

Cooking notes

Should you open your best bottle when a recipe calls for wine? We asked three pros for their number one rule when cooking with wine



THE SOMMELIER

Moses Magwaza, Restaurant Mosaic, The Orient, Pretoria

Never pour too much wine into your dish. You want to enhance the flavours, not overpower them. And never use corked or oxidized wine when you are cooking.

My favourite dish cooked with wine is ... Le Lapin on our Tabula Rasa menu: braised rabbit, morel mushrooms and prunes cooked in Roger Sabon Lirac Rouge – a Grenache, Shiraz and Cinsaut blend. I like the aromas of sweet raspberries, blackberries and garrigue with a hint of pepper.



THE CHEF

Eric Bulpitt, Faber, Avondale Estate, Paarl

Only if the wine is good enough to drink ... is it good enough to cook with. The bonus is that you can sample a glass, too.

Always consider ... the weight of the food and the wine, as well as flavour intensity. Neither the food nor the wine should overpower the other. For hearty food like oxtail, a full-bodied wine such as Shiraz is best.

You must ... cook off the alcohol so that only the flavour remains. But never over-reduce as the sugars in wine caramelize and burn easily.



THE WINEMAKER

Kathy Jordan, Jordan wine estate, Stellenbosch

Always add wine as early as possible ... to ensure that it integrates well and all the alcohol cooks off to avoid a “wine-y” flavour.

My favourite wine-infused dish is ... fish soup/stew (*bourride*), because you can add at least a bottle as part of the base stock! A fresh, zesty white like Jordan’s Chameleon (Sauvignon Blanc/Chardonnay) is ideal. The wine accentuates the delicate flavours of the white fish and prawns, and the richness of the root vegetables. These flavours are rounded off with a dollop of aioli, permeating the soup with a delicious garlic flavour.