



## SARONSBERG FOOD AND WINE

Great wine deserves great food, especially in the growing gastronomic region of Tulbagh valley. Taking advantage of the wealth of fresh local ingredients, our culinarians will create a personalised dish to perfectly match their favourite Saronsberg wine.

This month's recipe comes from Carol Collins of Readers restaurant in Church Street, Tulbagh. A Silwood-trained Cordon Bleu chef, Carol's dynamic menu is driven by imagination, passion and flair – qualities that she has applied in the design of her ideal accompaniment to the Provenance Rooi2005. Bon Appetit!

### Readers' Slow-Roasted Lamb Shank

(Serves 4)

- 4 lamb shanks (350g each)
- 10 tomatoes, blanched and skinned removed and cut into quarters
- 5 onions, halved and sliced
- 5 cloves garlic, crushed
- 500ml Provenance Rooi
- 2 tsp flour
- 1 tsp cinnamon
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp paprika

Preheat oven to 150°C.

Combine all the dry ingredients.

Toss lamb in flour, shake excess off and place in an oven dish.

Combine wine, garlic, onions and tomatoes and pour over lamb.

Cover and roast slowly for 4 to 6 hours until meat is tender. The shanks can be turned every 30 minutes. If they become dry, simply add more wine.

Serve with olive and almond mashed potatoes and roasted whole garlic.

#### Olive and almond mashed potatoes

Boil potato with the skin on until cooked. Drain. Add chopped olives, finely chopped almonds, butter, cream or milk and seasoning. Mash and serve hot.

#### Roasted whole garlic

Cut garlic horizontally through the center and brush with olive oil. Bake for 1 hour.

Serve with a bottle of Provenance Rooi!

