

In your hood: Throughout the Western Cape



Le Riche Wines | 021 842 3472 | leriche.co.za
KWV | 021 807 3911 | kwv.co.za
Bartinney | 021 885 1013 | bartinney.co.za
Groot Phesantekraal Wines | 021 825 0060 | grootphesantekraal.co.za

King Cabernet

Whether you're cellaring or sipping, these top-notch Cabernets won't disappoint

WORDS: RICHARD HOLMES
IMAGES: SUPPLIED & SHUTTERSTOCK

Dubbed the “king of the red grapes”, Cabernet Sauvignon hails from the French wine-producing region of Bordeaux. It's often blended with other red wines (traditionally Cabernet Franc and Merlot) but in New World wine countries, such as South Africa, it's also combined with everything from Shiraz to Pinotage.

But to truly taste the vintage, terroir and skill of the winemaker, it's best to discover Cabernet on its own. And it's worth spending a bit more too. While Cabernet Sauvignon does offer great value for money, cheaper Cabernets can be overpowering with their bold fruit and mouth-puckering tannins. Upping your budget a little means you'll get better quality fruit, longer ageing (in both barrel and bottle) and a little more care and attention in the cellar. And for this “king of the reds”, it's worth the price.

Le Riche Cabernet Sauvignon 2014
Father-and-son team Etienne and Christo Le Riche continue to turn out some of the Cape's finest Cabernet. This wine spent nearly two years in oak barrels, allowing plenty of time for the tannins and fruit flavours to get to know each other. With grapes drawn from a diversity of vineyards across Stellenbosch, it's a perfect snapshot of Cabernet Sauvignon from the Cape.

The Mentors Cabernet Sauvignon 2012
The Mentors, the premium wine portfolio from KWV, offers superb value for money. This was the first vintage where a 100% Cabernet was produced, with grapes sourced from Darling, Stellenbosch and Paarl. With plenty of dark fruits and velvety tannins, this is an easy drinking wine that will keep getting better for at least another three years.

Bartinney Cabernet Sauvignon 2013
The high, cool slopes of the Banhoek valley are ideal territory for Cabernet Sauvignon, and Bartinney has proven itself a specialist at this varietal. This wine is a classic Cabernet, with plenty of cassis and tobacco on the nose, backed up by a palate of firm tannins and dark fruit.

Groot Phesantekraal Cabernet Sauvignon 2015
This historic Durbanville farm has been in the Brink family for four generations, and their award-winning Cabernet offers excellent value. Their Cabernet is made in a lighter style; it's a wine for drinking now rather than cellaring. Perhaps enjoyed with a good medium-rare sirloin at the charming farm restaurant?



In your hood: Tokai



Bistro Sixteen82 | 021 713 2211 | steenbergfarm.com/bistro1682
Abalobi | abalobi.info



Fish with a story

Bistro Sixteen82 pioneers a new “hook to cook” app ensuring traceability of its fish

WORDS & IMAGE: KIT HEATHCOCK

The menu at Bistro Sixteen82 arrives with a wooden fish with dangling paper QR codes. Using the Abalobi app you read the whole story of the fish on the menu: the fisherman who caught it, bait and fishing methods, the boat used and the fish itself. It's a beautifully put together app devoted to the sustainability of the fish and of the small-scale fishing industry. The programme behind it empowers those who have relied on fishing for their livelihood for generations, using sustainable line-fishing methods from small boats.

For chef Kerry Kilpin the beauty of the Abalobi programme has been the freshness of the catch “We're getting the most amazing product; the quality is incredible,” she says. “It comes direct from the fishermen to us, no middleman, either on the same day or the next. It's been exciting; it's something different for the guys in the kitchen, using different fish, learning to fillet, as it comes to us whole.”

One week she received 60kg of Cape bream, which flew off the menu. Another week it was carpenter. When we visited, the restaurant had just had its first delivery of yellowtail and Kerry was inspired to offer two versions

for lunch, one with a rich shellfish and lemongrass velouté and a spicy shimeji salsa, the other with a warm quinoa salad, aubergine mousse, red pepper coulis and artichoke salsa.

We loved reading the stories as we placed our order, words straight from the fishermen about their relationship with the sea, how their boats, knowledge and skills are handed down the generations and the responsibility they feel towards protecting the oceans for their descendants.

For our starter, we tasted Cape Hope squid from Struisbaai in a sparkling fresh salad. With a completely different texture to imported Patagonian calamari, it was much firmer to the bite and had a lot more flavour, complemented by the crispness of fennel, radish and herbs.

In both our mains, the yellowtail shone with freshness and succulence, the flavour enhanced perhaps by knowing the story, but the fish is also that much fresher, straight from hook to cook. The Abalobi programme is gradually being rolled out to selected Cape Town restaurants, so look out for those QR codes and enjoy sustainable fish with a story.

