



**MONT  
ROCHELLE**  
HOTEL & MOUNTAIN VINEYARDS

eat | drink | sleep newsletter | winter

### as winter settles in...



As in summer, Franschhoek in winter is one of the most beautiful settings in the world. Mont Rochelle overlooks the colourful transformation taking place within our Valley.

In this edition, giving back to mother earth was marked as being very important to Mont Rochelle. Producing the perfect harvest, a thank you was shown back by planting olive trees.

Mont Rochelle's winter special, back by popular demand, literally took the on-coming winter chills by the vines! Incorporating value, exceptional food and outstanding wines, your winter warmer awaits you at Mont Rochelle.

Congratulations was in order upon contacting Lynette Waters, winner of the prize from our last edition

As a reminder, Bastille Day is once again almost upon us with food and wine in abundance, show piecing the very best with something for all palates. Be sure to visit our stand and say hello or better yet visit Mont Rochelle! After all, The Country Kitchen's menu has made some interesting and tasteful changes. If the seasons can, why can't we?

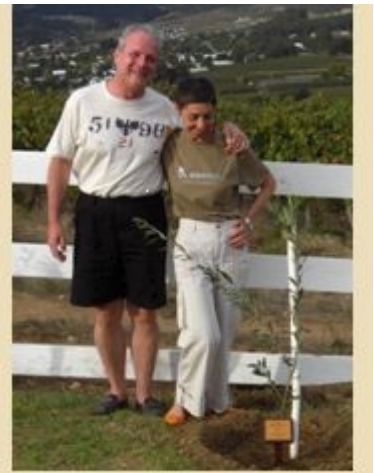
### switch to green power

Historical research indicates hurricanes, tornadoes, and tropical storms are getting fiercer. Droughts are on the increase, at the same time record rainfalls are being recorded. The melting glaciers and the ice caps are also on the increase, 50 cubic miles of ice melted off Greenland in the last year. If this trend continues the sea level will rise an average of 20 meters, with catastrophic effects. In less than 50 years, scientists predict we will have to redraw the map of earth. Within this time it is predicted that almost 2 billion people will have to relocate to higher grounds, islands in the south

acific will disappear, and some of the greatest cities in the world will simply drown.

This phenomenon does not only affect us as humans but has a major effect on other innocent beings in this world. Certain animal species are becoming extinct, migration patterns of birds are changing, insects are changing habitat and coral reefs are dying. Food, one of humans basic needs for survival is falling under pressure. To most of us this means that the price of food is on the increase, and to millions of people it means hunger and starvation.

What could be the cause of such catastrophic disasters? Everyone is blaming global warming, when actually it is not global warming that's at fault, but rather our fault for causing global warming!



Fortunately the power is in our hands to make a difference. The carbon footprint is a measure of how much carbon we as humans produce. The key to making a difference is to minimise ones carbon footprint. We will never eliminate our carbon footprint, we can only minimise it, by making a concerted effort by: turning off electronic devices when not using them, changing from regular light bulbs to energy saving bulbs, using less hot water, checking our tires regularly as it saves petrol and lessens carbon emissions, planting trees (to use up carbon dioxide), recycling more and learning from each other to become part of the solution.

This is our only home and we must take care of it, from An Inconvenient Truth by Al Gore.

Heidi and Klaus Schoenknecht, regular guests at Mont Rochelle Hotel, considered their carbon footprint and decided to start making a difference. They have recently planted their olive tree to help minimise their carbon footprint.

We are giving all our guests the opportunity to plant a tree at Mont Rochelle. Please contact our reservations department for more details. We will order your tree with a personalised name plaque to be ready for planting upon your arrival at the hotel.

## notes from the grapevine!



This will surely go down as one of the cooler vintages to be experienced by the wine industry, on the whole though it will be seen as a good quality vintage. As we stand in the winery at the moment wines have been put to sleep in tanks waiting to go into cooperage. There are a couple of stragglers still going through secondary fermentation (Malo-lactic Fermentation). These are being babied through with the most modern in temperature control systems, in the form of hotel electric blankets!!!

Only the best for Mont Rochelle wines!

We left you last time with us moving into the red wine harvest, this actually came off very well. With no surprises, once more these grapes came off at lower sugar levels than previous years. Already we have taken into bottle the first of our 2008 wines, including our Reserve Sauvignon Blanc and Unwooded Chardonnay. Both these wines are looking stellar. The Sauvignon will be boasting layers of passion fruit and granadilla, balanced with clean crisp acidity, and the chardonnay more papaya and melon undertones. So remember to place your orders early in order to avoid disappointment.

The vineyard is also being put to sleep for the winter, with most of the work revolving around irrigation and making sure the vine has enough reserves to carry it through winter. We have also been focusing on our cover crop, which is planted between the rows in the vineyard. We have decided on a rye crop named Korog. Planting cover crops is beneficial in many ways. Most importantly it helps us minimize the use of synthetic sprays for pest and disease management. This is achieved by the actual cover crop providing an environment beneficial to beneficial insects, which predate on some grape enemies! During spring time the cover crop will help out compete the weeds

that are trying to grow once again minimizing the use of herbicides. Another beneficial factor comes

when we mow the rye grass and provide a natural mulch layer for moisture retention and this also helps as a good Carbon source, improving our soil structure on the micro scale.

Now we move forward into the winter months, we bid you a very warm winter and many bottles of red wine! There are two reasons for drinking wine when you are thirsty, to cure it, the other, when you are not thirsty, to prevent it! Prevention is better than cure! (Thomas Love Peacock)



## African spiced tuna recipes

### *Ingredients :*

#### Spice mix:

- 100g Coriander seeds
- 100g Fennel seeds
- 100g Cumin seeds
- 50g Paprika
- 25g Curry powder
- 25g Cayenne pepper
- 25g Anis seed
- 25g Cloves
- 25g Cinnamon sticks
- 10g Whole black peppercorns

#### Coriander Oil:

- 250g Coriander
- 500ml Mild olive oil

Tuna loin (80g portion)



### *Method:*

#### Spice mix

Grind the coriander seeds, cumin, fennel, peppercorns, paprika, cayenne, anis, and curry powder into a fine powder.

#### Coriander oil:

Blanch the fresh coriander, refresh in ice water. Puree together with some of the olive oil and spice mix as seasoning.

#### Tuna:

Trim the tuna into neat loins. Roll in the spice mixture and then roll tightly in plastic film.

When needed, cut individual portions of approximately 80g. Season with salt and sear quickly in a hot pan with olive oil and then slice.

**Bastille festival not to be missed!**



Once again Franschhoek will get painted red, blue and white from 12-13 July for the annual Bastille Festival in celebration of our Huguenot heritage.

Not only will the best food and wine from South Africa's number one Gourmet destination be on offer but also will the theme of freedom be celebrated.

The Long Walk to Freedom will start at the Drakenstein Prison from

where Mr Nelson Mandela was released in 1990.

Other activities on the program include:

Boules, float processions, Bastille freedom run, chef and waiters race, farmers market, kiddies soccer, barrel rolling contest, mountain-biking, craft market stalls, musicians, food and wine marquee.

Our new vintage Unwooded Chardonnay and Sauvignon Blanc will be available for tasting. Meet Dustin Osborne, winemaker, at the festival to answer all your questions.



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