

ISSUE NO: 0003
Oct/Nov 2019

TAMU

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• FOOD • DRINK • LEISURE



FEEL THE GRAIN

TALE OF TWO FLAMES

There's more than one way to making skewers

ROB SCANNELL TALKS DRINKS

A brand ambassador, spirit appreciator, negronia the art

FLAKY HEAVEN

The secret to perfect cocktail



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GUINNESS
MADE OF MORE

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SATURDAY
26
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2019



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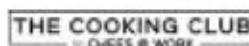
12 NOON - 7 PM

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3 WAYS WITH SKEWERS

Recipes by Philnah, the foodie behind @PhilsKitchen who likes making easy and quick homemade recipes. You can't go wrong with delicious food on a stick! It's simple to make and absolutely perfect for an outdoor BBQ or a quick lunch at home.

GRILLED GARLIC SOY STEAK SKEWERS

INGREDIENTS

- √ 1 kg Sirloin beef steak 2/3 cup dark soy sauce
- √ 6 garlic cloves minced
- √ 1/2 cup sugar
- √ 250grms cherry tomatoes
- √ 1/4 cup sesame oil
- √ 1/4 cup vegetable oil 1 tbsp ginger grated 2 tbsp sesame seeds
- √ Sliced green onions for garnish
- √ Wooden skewers

METHOD

1. Cut steak into one-inch cubes and set aside.
2. To make the marinade, mix together soy sauce, garlic, sugar, ginger, sesame oil, vegetable oil and sesame seeds. Add the steak in the soy mix and toss to coat in the marinade. Marinate for 3 hours or preferably overnight.
3. Preheat the grill pan to medium- high heat.
4. Meanwhile, thread the meat and grape tomatoes onto the skewers.
5. Grill the meat turning occasionally for 8-10 minutes until the meat is done to your liking



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WINE - VERGELEGEN CABERNET SAUVIGNON 2012



Funnily enough, actually had this wine in Nairobi! Sitting on the Sierra roof top in Yaya Centre before rushing to the airport! It was a delicious medium body wine from Stellenbosch, South Africa.

A strange blend of vanilla and plum notes on the palate and a perfect treed wine for pairing with red meat. Google Vergelegen estates for some incredible images (and holiday plans) find yourself fortunate enough to cross paths with this mystical dram...hold on tight my friends!

A candied map lenses, ginger bread and sticky marshmallow taste notes that are off set with light spices from there which makes up 95% of the mash .The balance of spicy and sweet makes this whiskey both complex and simple sipping. Nice one for the collector while this brand retains its craft status.



BEER

GUINNESS

I am going to break the rules here and take a step away from the craft. The best beer to have is a freshly poured Guinness on the roof top of the Guinness store house in Dublin, Ireland. Before anybody judges me, I am not talking about Guinness foreign extra, I am talking about the real deal.

I get to travel home maximum once a year, and this is my first port of call every single time.

A chill in the air, a fresh Guinness in hand and a 360 view of blue skies around Dublin at winter... nothing like it.

WHISKEY

ANGELS ENVY FINISHED

This whiskey is a rare finds, not available in a lot of countries around the globe but if you ever.

WHAT I'M DRINKING

Rob Scannell is annex bartender, ex brand ambassador, spirits appreciator, negronia the art.

He travels constantly around the globe exploring the drinks scene. He's been working with wines & spirits for closeto10 years and is often guilty of mixing occasion with flavour and that is how he created his list of favorite drinks.

GIN - MONKEY 47

My first time experiencing this little gem was in Mumbai in a dry martini. Upon tasting it I picked up notes of citrus, white chocolate, spice, fruit and about 17other flavors. I asked the barman what he had put into the martini, he told me some new gin called Monkey 47, with that a German man approached me and introduced himself as one of the founders of the company!

We spent the rest of the night introducing the brand to others, drinking martinis and talking gin. Still a staple in my library of spirits.



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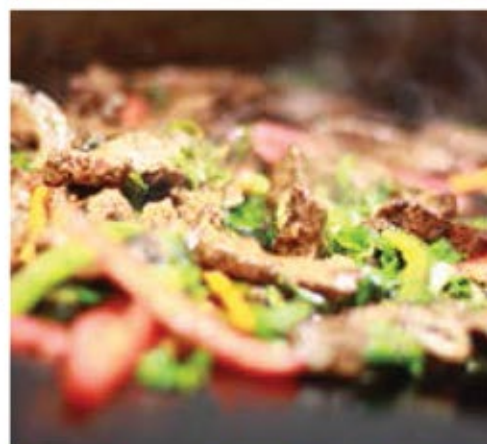


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COCKTAIL- PISCO SOUR

In the spirit of craft, I have selected the Pisco Sour as my number1 cocktail. It is hard to come by and when you do come across it, you know you have stepped foot in to a high-quality cocktail bar, knowing they have sourced some fine Peruvian pisco.

Created initially in Lima in the 1920s ,the South American classic recipe reads like a twist on what most might read as a whisky sour but due to the flavour of the pisco it is a wholly different drink, the addition of Angostura bitters makes a world of difference when left lightly colouring the egg white foam at the top of the glass.



45ml Pisco

30ml lime juice

20ml simple syrup

1 egg white

FUN FACT:

Peru celebrates a yearly public holiday in honour of the cocktail during the first Saturday of February.



DANIEL DYER

BRAND AMBASSADOR FOR GRANT'S TRIPLE WOOD SCOTCH WHISKY



DANIEL SHARED WITH US
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TOFU PEANUT SATAY AND CUCUMBER SKEWERS

INGREDIENTS

2 blocks hard tofu,
Cut into 1-inch cubes
1 English cucumber,
peeled into long thin
ribbons
Wooden skewers

For the Tofu Marinade:

1 tbsp peanut butter
3 tbsp soy sauce
2 tbsp sesame oil
1 clove garlic, minced
2 tbsp maple syrup

For the Peanut Satay Sauce:

¼ cup coconut milk
3 tbs peanut butter
1 tbsp lime juice
2 tsp soy sauce
2 tsp maple syrup
1 small garlic clove, minced
1 tsp ginger, minced

For Garnish

1 tbsp peanut butter
3 tbsp soy sauce

METHOD

1. In a bowl mix the tofu marinade.
2. Add the tofu and make sure all is coated in the marinade. Let that sit for 15 minutes.
3. Mean while, wash the cucumber and using a vegetable peeler, cut into long, thin ribbons going from up to down then set aside.
4. In another bowl mix the ingredients for the satay sauce until smooth and set aside for serving.
5. Pre heat a grill pan to medium heat, lightly rub with oil.
6. Mean while, thread the marinated tofu on to skewers gently and slowly.
Place the skewers on to the grill and cook for 4 minutes per side until nicely browned.
7. Once cooked, carefully remove tofu from skewers leaving one then start threading inter changing between tofu and cucumber. Fold the cucumber into ribbons, served topped with satay, chopped peanuts and mint leaves.



BARBEQUE CHICKEN PINEAPPLE SKEWERS

INGREDIENTS

- 1kg boneless, skinless chicken breasts cut into
- 1-inch chunks
- 2cups fresh pineapple chunks
- 2/3cup barbeque sauce
- 2/3 cup teriyaki sauce
- 1red bell pepper cut into an inch pieces
- 1yellow onion, cut into an inch pieces
- 4cloves garlic, minced
- 1tbsp grated ginger
- 2 tbsp vegetable oil
- Kosher salt Ground pepper
- Wooden skewers

METHOD

1. To make the marinade, mix together barbecue sauce, teriyaki sauce, garlic and ginger. Reserve 1/2cup and set aside for later.
2. In a bowl, combine chicken chunks and barbecue mixture. Put in a Zip loc bag and marinate for at least 2 hours or overnight.
3. Remove the chicken from marinade. Thread chicken, pineapple, bell pepper and onions on skewers in that order. Brush with oil and season with salt and black pepper to taste.
4. Add the skewers to a pre heated grill and cook turning occasionally for about 10 minutes until chicken is completely cooked through.
5. Take the reserved barbecue sauce mixture brush on skewers and cook for an additional 2 minutes still you get a nice char on the outer surface. Serve Immediately



Diwali



Recipe By Alpa Patel

SWEET COCONUT GHUGRA

A Diwali staple in most Gujarati families, every homemaker claims to have invented this recipe. Every culture across India has its own version of this snack with substituted ingredients and calls it differently like karanji, neuri, garijalu etc. With a fluffy, crispy shell and a granulated sweet texture on the inside, few snacks offer a similar adventure for your palette.

INGREDIENTS

For the stuffing:

- $\frac{3}{4}$ cup desiccated coconut
- $\frac{3}{4}$ cup almond and pistachio powder
- 1 cup semolina
- $\frac{3}{4}$ cup ghee
- 1 cup sugar
- 1 tbsp. cardamom
- Saffron
- 1 tsp. nutmeg powder

For the Ghugra Shell:

- 2 cups all-purpose flour
- $\frac{1}{2}$ cup water and milk mixture (50-50)
- 4 tsp. ghee

METHOD

For the stuffing

1. Heat 2 tbsp. of ghee in a pan, while stirring continuously, add desiccated coconut and cook until light brown.
2. Add almond and pistachio powder, cardamom, nutmeg and saffron. Take off heat, remove in a bowl and rest aside.
3. Heat 2 tbsp. of ghee in the pan, while stirring continuously, add semolina and cook until light brown.
4. Add the mixture from Step 1 above and bring it up to temperature. Add sugar and stir well.

For the shell

1. In a bowl, mix flour and 4 Tbsp. ghee. Add water and milk mixture to make a dough. Make small dough balls; roll them out into small circles.
2. Encapsulate the filling into the rolled out dough like you would a dumpling. Try to make patterns on the sealing edge like seen in the picture. (It seems impossible but it's not) then deep fry to golden brown in a mixture of ghee and oil.







WHAT THE CRAFT!

Written by Diane Chimboza from Under The Influence.

Artisan and Craft-These are the two trendiest words at the moment when it comes to drinks. But what exactly is a craft product and how do we define it? More importantly, how important is it to you the drinker, if your beverage is aerator not?

For most people, we imagine a craft beverage as a drink made in some mysterious facility by equally special people who only care about small volume production, unique ingredients and love for what they do. We probably imagine that they spend their days foraging hills for unique ingredients like Angelica root, bunch and kapokbos (wild rosemary). They distill their products with salt water from an ocean cave or from an ancient spring high in some unknown sacred mountain.

In reality, all the above are true...to some extent. Traditionally, a craft product is made by one individual entity-sourcing its own grain or fruits and then distilling, fermenting, blending and bottling. Others purchase what we call Neutral Grain Spirits-abase neutral alcohol that you then infuse with impressive botanicals to reduce magic in a bottle. So, do we order fine craft simply by volume or a producer having control of the entire process from grains sourcing to bottling? Does that even make a difference? What matters most to consumers? Is it the story behind the production or does taste trump all else? Truth be told, the definition remains ambiguous!

In my opinion, a craft product is driven by botanical terror that yield unique fla-

vor profiles. This is often supported by a great brand story and innovative packaging. Craft products, be it beer, cider or spirits, seek to serve niche markets, those seeking variety and differentiation. Most craft products cater to localized tastes and probably don't anticipate their products being exported and becoming a global phenomenon. But as we have seen worldwide with the gin explosion, success breeds growth.

The demand and growth for these products mean that brands need to meet the demand for fresh original flavors and premium quality. That means ultimately producing more. But this is not a compromise inequality, you can still do small batch production, but just a lot more than what you used to do.

As we ride the boozy wave of all things craft-we do wonder what's next. Just as fine wine ages overtime, other aged Alcohols become more refined as they spend time in an oak barrel. Imagine sipping a spirit with all the classic characteristics of gin, but also offering subtleties more commonly attributed to whisky-those of wood, vanilla and candied toffee apples.

The future of craft is bright, there is no end in sight. The important thing at the end of the day is to drink what you enjoy. Explore local craft brands and fall in love with more than the liquid in your glass, but the story behind the brand. There is no bad craft, there is just some craft that is better than others.

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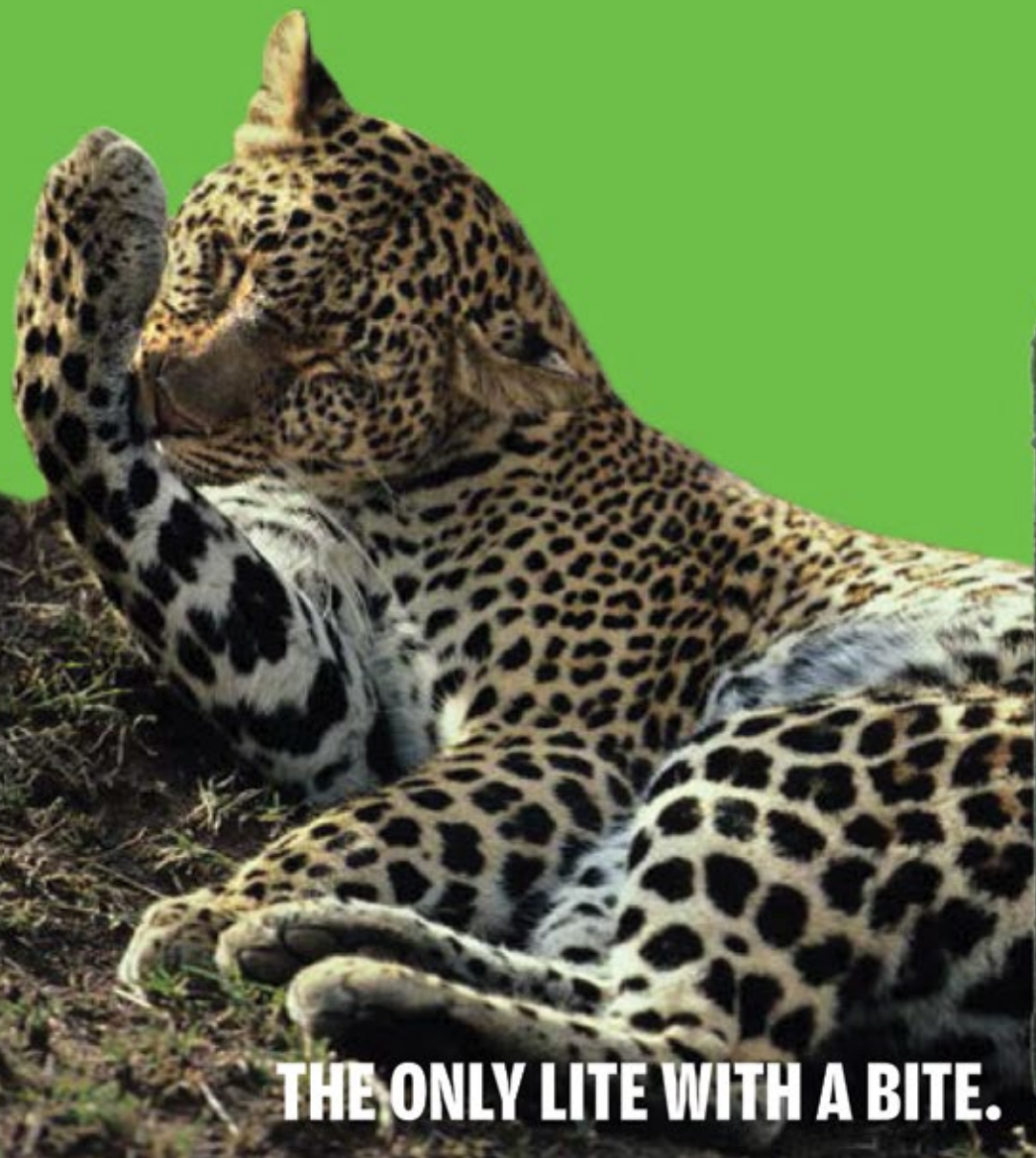
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