



GRAHAM BECK

MÉTHODE CAP CLASSIQUE



MISO 'BLANC DE BLANCS' BASA WITH CAULIFLOWER

SERVES 4 TAPAS PLATES

This recipe uses Basa fillets, sustainable and readily available - any white fish would work, hake or kingklip would also be delicious.

We chose cauliflower as it pairs beautifully with Chardonnay but is also easy to cook and prep and we wanted to cook a dish that used the whole vegetable, trimmings and leaves included.

BASA MARINADE

100g miso paste
75g water
75g mirin
50g sugar / honey

Whisk together the miso, water, mirin and sugar or honey until the marinade has become thickened and has a smooth consistency. Pour over the fish in a bowl and leave to marinate for 1/2 hour.

Take fish out of the marinade and place on a non-stick oven tray under a (pre-heated) hot grill for 6-8 minutes. Cooking time will depend on the size of your fish fillets - brush with marinade before cooking.

ROASTED CAULIFLOWER

2 cauliflowers
50g butter
Oil
Salt

Cut the 2 x cauliflowers up into 8 even 'steaks' saving the trimmings to make purée, and the leaves for garnish.

Season with salt and brown in a hot pan on both sides with oil and butter.

Place the pieces in a roasting tray and roast in oven at 180c for 8 mins.



CAULIFLOWER PURÉE

Cauliflower trimmings
50g butter
150g milk
Salt

Cook the cauliflower trimmings down with butter until lightly browned. Add in milk and cook until cauliflower is soft. Place in the blender and blend till smooth.

Cauliflower leaves -just a quick blanch in hot salty water - to add at the end.

PONZU DRESSING

Mix together dressing elements until smooth
5 tbsp Sunflower oil
2 tbsp Soya sauce
2 tbsp Ponzu
1 tbsp Sugar / honey
1 tbsp Mirin

TO PLATE

Place a small spoon of purée down on the plate followed by the roasted cauliflower and miso fish. Then finish with the blanched cauliflower leaves, ponzu dressing and enjoy while sipping on some bubbly!

Pairing with Graham Beck Blanc de Blancs 2015 - A note from Chef Henry Vigar

Not only are we huge fans of Graham Beck and all their Cap Classiques, but being given the opportunity to pair this brilliant bubbly with our food was a real treat!

We chose a flavoursome and Asian inspired fish dish to pair with the Blanc de Blancs 2015. The earthy undertones of the cauliflower and the punchy flavours of both the marinade and dressing worked beautifully in complimenting the MCC.

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