



October 2012

Things are heating up!

Monique Burn



Kanu gets recognised by both IWSC and Veritas in one month.

What an amazing month this has been so far! As I said in the previous newsletter, spring just brings back the energy we have been lacking during winter. (Mostly due to the copious amount of time spent in front of the fire with bottles of heavy red wine)

But now that spring has “sprung”, life is back in action. Festivals and outdoor events are happening everywhere. Last weekend Kanu was invited to Harare, Zimbabwe, by Stables Winery, our wine distributor there. A weekend filled with dinners and parties, where clients could socially interact with the representatives from the respective farms. On the Saturday, Stables hosted a “Braai Masters Challenge”, where 4 different wineries’ representatives and 4 Zimbabwean chefs competed for the title as the “Braai Master of the Year”. What a fun day! People flocked to Stables, to eat, drink and vote for their favourite dishes. Even Abigail Donnelly was there to host the day and, of course, judge the food. Iona’s Andrew and Rozy Gunn won the title as the “Braai Master(s) of the year”, and Kanu is proud to have taken part and find a spot in second place!

There has been more cause for excitement on the farm! October on Kanu kicked off by being awarded a Double Gold at the Veritas Wine Awards for the KCB 2008.

The Kanu Keystone 2009 was awarded Bronze. As this is one of South Africa's most prestigious wine awards, we feel honoured to be part of the "elite". The wines I tasted at the Veritas tasting in Cape Town on Tuesday night blew me away! It is wonderful to know that the South African wine standards are so high.

Then, just almost a week after the announcement of the Veritas Awards, IWSC awarded 3 of our wines with "Silver Outstanding" medals; Kanu Kia Ora 2008, KCB 2009 and Keystone 2009. We are left feeling extremely excited about the progress our brand has made in just less than 2 years, not to mention the promise it holds for the future of Kanu... Watch this space!

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Kanu's Cellar and Vineyard news

Johan Grimbeek and Wynand Pienaar



Bokashi liquid-compost being sprayed in the vineyards.

With the slow approach towards summer, the vines are either in bloom or already busy forming little green grapes which will soon be transformed into succulent bunches filled with flavour. Kanu is blessed not to have any damage from the recent heavy rain and hail, which pounded down a couple of weeks ago. Organic manure has been used as fertiliser, which will help to keep the vines nourished and healthy.

The vines have already undergone suckering. This is the procedure where weaker young shoots are broken off from the vines, to prevent any unnecessary branches taking all the nourishment. Later in the year the same procedure will be done with bigger branches and bunches, to ensure that the best bunches get the optimum amount of nourishment, sunlight and fresh air. This produces the best quality grapes for the Kanu wines.

The cellar team is in full steam, as usual! It is that time in the year where Johan starts to plan his bottling schedule for the end of the year. By the end of December everything needs to be empty and sterilised to prepare for the coming harvest.

Johan's brain child, the Giselle 2012 (a classic blend of Chardonnay and Pinot Noir), has just been bottled, and will then will undergo secondary fermentation over the next 30 months. To say the least, Johan is very excited!!

As one of the Chenin Blanc Kings of South Africa, Johan is also making up the blend for the last batch of Chenin Blanc 2012 to be bottled. Kanu is in the process of upgrading the bottling line, which also sees the installation of our own labelling machine. Soon we will be able to do both cork and screw cap bottling and labelling in-house, which makes it so much more efficient, fast and easy.

Johan has selected the student from the Stellenbosch University Department of Viticulture and Oenology, whom will be part of the Kanu team for her 3rd year internship. Tanya Fourie will start working on Kanu from November 2012 until April 2013, during which time she will gain valuable experience in both the cellar and vineyards. She will also do 2 research pieces for Johan. But more about Tanya in next month's letter...

Recipe of the month: Succulent beef fillet, stuffed with cheese, bacon and peppers...

A perfect "Sunday-on-the-Stoep" meal.



Fillet oozing with melting cheese...

This is the easiest, most "yummy" fillet recipe I know!

1 Big Beef Fillet - trimmed
1 Onion - chopped
250g Cheddar or Gouda Cheese – grated
200g Parmesan Cheese (optional)
1 Packet of Bacon – cut into chunky pieces
1 Red Pepper – chopped
Fresh, Picked Thyme
Salt and Pepper
50ml Oil (Sunflower or Canola)
Pre-heat the oven to 180°C.

Start by frying the onions and bacon, before adding the peppers. Season well, add the thyme and set it aside to cool. Once the mixture is slightly colder, add the cheese. (The mixture must be cold enough so the cheese doesn't melt.)

Take your fillet and slice it three quarter of the way through, folding it open like you would do with a bread roll when you are making a hotdog. Place the cheese mixture inside the cavity and close the fillet back up. Try to get as much mixture in it as possible. Secure the fillet closed by pinning it either with tooth picks or fasten it with string.

Heat the oil in a big pan. The oil should almost start to smoke before placing the fillet in it. Brown the fillet on all 4 sides, as quickly as possible to prevent the end result from being overcooked and dry. Once that is done, place the meat in an oven tray and bake it for 10 – 20 minutes. Fillet is best served Medium Rare to Medium, keep an eye on it to prevent overcooking.

In order to get the full effect of the meal you are about to serve, slice the fillet in front of you guests and watch their faces as the cheesy mixture oozes out... I usually serve this fillet with oven baked rosemary potato wedges, buttery mielies on the cob and a plain green salad. But the best match to this fillet is a [Kanu Shiraz 2005!](#)




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<p>Kanu Wines Pictures to keep you updated with all the constant changes on Kanu...</p>	<p>Kanu KCB 2009 The KCB 2009 has officially been launched, promising to be your new favourite wine...</p>	<p>Life on the Barrel There is now a Kanu Blog on Tumbler. Follow it to see the latest farm updates.</p>

Kanu Wines
R304, Stellenbosch
Wines of South Africa
Tel: +27 21 865 2488
Fax: +27 21 865 2351
info@kanu.co.za
www.kanu.co.za

