

# THE MORGENSTER MINUTE

*"Red wine with fish. That should have told me something."  
- Sean Connery in From Russia with love*

## DEAR FRIENDS

*Ezio's delicious recipe below is so very typical of Piedmont where I come from, that it suddenly made my mouth think of the excellent food that I enjoy there.*

*Langhe is a hilly area to the south and east of the river Tanaro in the province of Cuneo in Piedmont in northern Italy. I always make sure to have a trip planned there in November, which is the fresh white truffle season. They are also famous for wines and cheese. I love the delicious lunches of *Cardi* (thistle) served with *Castelmagno* cheese fondue which is made with the most exclusive cheese of Piedmont.*

*Another meal from Piedmont that I always long for and enjoy is *Agnolotti*, a type of pasta which looks like little pillows. *Agnolotti* is made of very thin pasta dough folded over a roast beef and vegetable stuffing.*



## AAH ... TRUFFLE!

*"Whosoever says truffle, utters a grand word, which awakens erotic and gastronomic ideas ..." said Jean-Anthelme Brillat-Savarin (1755-1826), the author of a celebrated work on gastronomy, *Physiologie du goût* (The Physiology of Taste).*

The white truffle, a cross between a potato and a mushroom, grows only in certain regions of the world and is all the more elusive as it is uncultivable. The white truffle found in Alba, Italy, grows on the roots of oaks, poplar, willow and hazelnut trees. It is "hunted" by dogs and their "Trifulao" masters in the dead of night to conceal their hunting grounds. The scent, redolent of earth, wood and vaguely garlicky, permeates the senses rapturously.

November is the season for the fresh white truffles of Alba in Piedmont and Giulio Bertrand looks forward to his trips there. For other times of the year he enjoys Morgenster White Truffle Enhanced Extra Virgin Olive Oil. This is currently out of stock, but should be back on our shelves in August.



*My mother, who was a very good cook, made *Agnolotti* with roast veal, beef, pork and *cappone* (capon) using the *jus* from roasting the meat as the sauce. Her secret recipe of the different meats was normally served as part of our Christmas meal, after the *antipasti* of salami, olives and other Italian specialities.*

*November is also the month when the fog is heavy around Piedmont. Fog in Italian is "nebbia" and some say that the name for the delicate *nebbiolo* grape that grows so well in the region comes from that word. Others say the name of the grape comes from "nobile" meaning noble, and that *nebbiolo* is the noble grape of Italy.*

*Both translations are accepted as correct and I am so happy that this, the most noble Italian cultivar, is growing on Morgenster, in the middle of the world's richest floral kingdom. It is also wonderful that precious vintages of *Nabucco* are in my cellar to help me celebrate my memories of fantastic Italian food!*

Ciao!  
Giulio.



## THE NEBBIOLO OF MORGENSTER

*Nabucco*, named after Giulio Bertrand's favourite opera, is one of his three Italian Collection wines. Of the available vintages, 2009 – 2011 are 100% *nebbiolo* while the 2008 is 68% *nebbiolo*, 28% *merlot* and 4% *petit verdot*.

In order to gain insights into the heart of the finicky *nebbiolo* grape, Giulio arranged for Henry Kotzé to make two trips to Italy to consult with iconic Italian producers. The visits, which looked at stellar examples of both *Barbaresco* and *Barolo*, proved to be exactly what was required to gain an understanding of how the Italians get the very best from the vineyards and the typical nuances in the cellar. Armed with this in-depth understanding of how to nurture his *prima donna* vineyard and the grapes in the cellar, Henry returned to Morgenster to get the finest production and quality from our *nebbiolo*.



These techniques combine with our unique Morgenster terroir to bring out the very best in the cultivar and showcase its union with the magic of Morgenster, creating *Nabucco*. As with the Italian versions, *Nabucco* has been made to age well, and Henry punts each of the available vintages for at least another 20 years.

## INSALATA DI CARNE CRUDA

In Piedmont tradition, *carpaccio* can also be made with finely chopped meat and garlic and is called "*carne cruda*".

Chef Ezio De Biaggi of *Magica Roma* in Pinelands, Cape Town shares his recipe for this raw chopped veal fillet salad which is very popular in Piedmont. »



## OLIVE OIL WINNER

Congratulations to **Nico Swart** who wins the box of three different Morgenster extra virgin olive oils: the internationally acclaimed blended Morgenster flagship oil, delicate single varietal *Monte Marcello* and intense single varietal *Don Carlo*.



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