



FUNK UP YOUR BAR with a Black Cat wine bottle-opener (R250) and My Pup bottle-opener (R200), both from Pylones, www.pylones.co.za

KUDOS TO...

- The **Eikendal Pinotage 2014** (R100) received Double Platinum status from the National Wine Challenge (now part of the Top 100 SA Wines Awards). This is a good one to store for up to six years.
- With a nod to **Boschendal's** exceptional commitment to the environment and its eco-friendly management plan, the wine estate was recently awarded WWF Conservation Champion status. "Our winemaking team applies a sustainable approach to each aspect of the winemaking process, from the attentive use of cover crops to protect the vineyards to increased energy-efficiency in the cellar using solar power," says viticulturist Stephan Joubert, who believes the making of award-winning wine begins with sustainable farming in the vineyards.



BOOK NOW!

29 July: The Grande Provence Wine & Dine Collaboration dinner focuses on Shiraz, with producers Oldenburg Vineyards, Lismore Estate Vineyards and De Trafford Wines. The pairing menu will be done by Grande Provence Executive Chef Darren Badenhorst. Cost: R695 per person. Tel: 021 876 8600.

Email: restaurant@grandeprovence.co.za

LIVING LA DOLCE VITA



Guliana Abrahamse, Operations & Marketing Director for Profumi D'Italia, the South African-based importer of Bottega, is giving locals a taste of the world-renowned sparkling wine.

"In the UK, Bottega grew 33% from 2014 to 2015," she says of the premium Italian brand. "Prosecco is now the No 1 sparkling wine sold around the world, even above French champagne."

One of the reasons is the ease of drinking. Because prosecco's lighter and fruitier than champagne or MCC, it has a wider target audience.

"The beauty of prosecco is that it's drunk from the beginning of the meal right until the end," says Abrahamse. "You can enjoy it as an aperitif, as a welcome drink, with your appetisers, with dessert or as a celebration at the end of a meal."

It's also ideal in a spritz: three parts Bottega, two parts

Aperol (an Italian aperitif made of bitter orange, gentian, rhubarb and cinchona, among other ingredients) and a splash of soda.

"If you make a spritz with a local MCC sparkling wine, it changes the flavour profile," explains Abrahamse. "To make a genuine Venetian spritz, you need a genuine prosecco."

The main reason for the popularity of prosecco is affordability. Although there are different qualities and levels of it, it often costs just half or even one-third the price of French champagne.

"In British retailers, for every four bottles of bubbly sold, one is champagne and three are prosecco," says Abrahamse. "At M&S last December, we actually sold more prosecco than milk. Persuading the British to drink prosecco instead of tea is a major achievement!"
Visit: www.bottegasaco.za

— Eugene Yiga



AVO-LICIOUS

Did you know that avocados originated in the southern part of central America? They were introduced to our country in the 1920s and today SA's one of the world's major producers of the fruit, as well as one of the top three exporters to Europe.

Avos offer an easy way to boost your daily intake of mono-unsaturated fats and essential nutrients such as magnesium, folic acid and vitamin C.