

ATLAS SWIFT & EARTH TO PLATE |  
BEETROOT + MUSHROOM EN CROÛTE

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ATLAS SWIFT  
PREMIUM WINES









## BEETROOT + MUSHROOM EN CROÛTE

### CHEF NOTES

In French, “en croûte” evokes the idea of layers—a blend of flavors and textures encased in pastry and baked to perfection. These delicious parcels embody this concept beautifully. The roasted beets deliver a rich, meaty depth, complemented by the earthy notes of mushrooms, lentils, and spices, encased in salty, crisp, golden pastry. I’ve paired them with twice-cooked garlicky roasted potatoes, zesty greens, and a mustard-black pepper sauce (either your choice of cream or red wine-based)

**PÂTÉ:** Make pâté ahead of time to allow it to firm up for easy shaping around the beetroot. Rehydrate a selection of dried mushrooms, such as porcini and shiitake, in hot water until soft. Squeeze out excess liquid and chop them up. Reserve the soaking liquid for flavoring stocks or soups. Leftover pâté keeps well in the fridge for up to 5 days and can be used as a spread or dip.

**BEETROOT:** For the best flavor and texture, avoid boiling the beets. Instead, wash and wrap them individually in foil with a drizzle of olive oil, a pinch of salt, and a sprig of rosemary. Roast at 220°C for about 45 minutes, until tender. Once done, let them cool slightly before slipping off the skins.

**EGG WASH:** Use beaten egg yolks with a splash of milk. For a vegan option, substitute the egg wash with plant milk or a mix of 2 parts plant milk and 1 part oil for extra shine.

## INGREDIENTS

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Puff pastry (dairy free if needed)  
 Roasted beets (see notes)  
 Kale or Swiss chard, blanched  
 Dijon mustard  
 Egg wash \*

### MUSHROOM PÂTÉ

Olive oil  
 1 onion, sliced thinly  
 2 garlic cloves, chopped  
 250g mushrooms, chopped  
 20g Dried mushrooms, rehydrated \*  
 1 tsp ground cumin  
 2 tsp ground coriander  
 2 tsp each thyme + rosemary, chopped  
 1 tbsp sweet sherry (or pure maple)  
 ¼ cup red wine  
 2 tbsp tamari (or soy sauce)  
 ½ cup walnuts, finely chopped  
 1 cup cooked black lentils  
 1 tbsp lemon juice  
 1 tsp salt + ½ tsp pepper  
 +- ¼ tsp liquid smoke

## METHOD

### TO PREPARE THE PARCELS:

(Refer to recipe video for visuals [@atlasswift\\_wines](#))

Blanch the chard or kale leaves, refresh in ice water, pat dry and trim the hardier parts of the stalks to create a pliable surface for wrapping. Cut puff pastry into squares—two per beet, one slightly larger than the other, big enough to enclose the parcel.

Lay the blanched spinach leaves on a board, patching them together if needed. Brush the leaves with mustard. Shape the cold pâté evenly around the roasted beets, then wrap tightly in the spinach to form a ball.

Place each beet parcel in the center of the smaller pastry square. Brush the edges with egg wash, then cover with the larger square. Press gently to remove air pockets and secure. Trim excess pastry, leaving a 1 cm border. Seal the edges, transfer to a lined baking tray. Brush with ‘egg wash’, and place in the fridge to chill until ready to bake.

### TO BAKE THE PARCELS:

1 hour before serving, preheat the oven to 200°C. Brush the pastry with another layer of ‘egg wash’, sprinkle with salt, and lightly score for decoration, if desired. Prick a small hole in the top of the pastry and bake for approximately 25 minutes, or until golden brown. Rest briefly on a cooling rack before slicing with a serrated knife and serving with your chosen sides.





These parcels are meant to be rustic and inviting! Whether you choose to score the pastry for decoration or leave it plain is entirely up to you. Just remember to prick a small hole or two to allow steam to escape while baking. For a creative touch, use the pastry offcuts to cut out decorative shapes, like leaves, and gently press them onto the dome before baking.



These beetroot parcels are a delicious centerpiece for a festive family-style meal. I've paired them with crisp roasties, zesty beans and a creamy mustard sauce but you could also consider pairing them with silky potato puree, minted garden peas, and a rich green peppercorn red wine sauce. Alternatively, they can stand out as a creative and satisfying vegetarian addition to your Christmas spread, offering a beautiful balance of textures and flavors to impress!





## Atlas Swift Vespertine Paarl (2022)

Introducing Atlas Swift Vespertine Paarl, an exceptional blend of Cabernet Sauvignon, Cabernet Franc, and Merlot that strikes the perfect balance between strength and elegance. Pouring a deep garnet hue, this wine welcomes you with enticing aromas of blackcurrant, dark cherries, and subtle floral notes, underscored by hints of cedar and spice.

On the palate, expect a rich tapestry of flavors—juicy plum, ripe blackberry, and a touch of cocoa—complemented by firm yet refined tannins. The vibrant acidity elevates the fruit profile, while traces of graphite and sweet spice add depth. The wine finishes gracefully with lingering notes of vanilla and a touch of oak, leaving a polished and sophisticated impression.



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