

ATLAS SWIFT & EARTH TO PLATE |
CREAMY SAMP & BEANS



ATLAS SWIFT
PREMIUM WINES

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The hearty samp is elegantly paired with the Cederberg Chardonnay 2023, a wine that captivates with its rich mouthfeel and refreshing, crisp acidity.

This Chardonnay presents vibrant citrus notes and subtle mineral undertones, which beautifully enhance the earthy flavors of the dish.

The interplay between the wine's structure and the samp's comforting texture creates a harmonious dining experience, showcasing the depth of traditional African cuisine alongside the finesse of a well-crafted South African wine.

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CREAMY SAMP AND BEANS

NOTES

Samp, dried corn kernels, has been a staple food in many African indigenous cultures and is widely recognized in South Africa as a hearty favourite. Traditionally, samp is cooked with beans to make a protein and fibre-rich meal. I've put my spin on it by adding earthy ingredients like roasted garlic, creamy cannellini beans, cauliflower, mineral-rich kombu and truffle! It can be enjoyed on its own or served as an accompaniment to a warm winter stew, roast, or family braai.

Recipe Tips:

To Roast Cauliflower and Garlic: Break one head of cauliflower into florets and lay them evenly on a baking sheet. Drizzle lightly with olive oil and season with salt, pepper, and thyme. Roast on high heat until charred and cooked. Remove and squeeze fresh lemon over while still hot.

For the garlic: Slice the top off a bulb of garlic and place it on a baking sheet (you can add it to the tray with the cauliflower). Season with salt and a generous glug of olive oil. Roast for +- 30 min until soft and the tops are caramelized. Set aside to cool, then squeeze out the cloves.

Note on Cream: If you want to replace dairy in this recipe, try this nut cream:

Soak 1 cup cashews (or pine nuts if you are feeling decadent) in boiled water for 2 hours. Drain, rinse, and transfer to a blender with 2 cups of water, 1 tsp of lemon juice, and a pinch of salt. Blend until smooth and creamy, ensuring no visible bits of nuts remain. Strain through a sieve and store in a jar in the fridge for up to 3 days. Use as needed to replace cream.

INGREDIENTS

* Serves 8

- > 1 ½ cup samp, soaked overnight
- > Thumb size piece of kombu
- > ½ cup white wine
- > 6 cups vegetable stock (unsalted)
- > ½ cup onions, chopped
- > 1 tbsp. ghee or plant based butter (extra for finishing)
- > 1 tbsp. Olive oil (extra for topping)
- > 1 tbsp. fresh thyme, picked
- > ½ cup cream (see note)
- > ¼ - ½ cup parmesan of choice
- > 1 full batch bean puree
- > ½ tsp. salt and a few cracks pepper
- > Lemon + truffle oil to taste

* Bean puree

- > 1 can cannellini beans, drained + rinsed
- > ¼ cup nutritional yeast
- > 1 whole head of garlic, roasted until soft (see notes)
- > 2 tbsp. olive oil
- > 1 tsp. apple cider vinegar
- > ¼ tsp. salt
- > 1/3 cup veg stock or water

*Toppings

- > Roasted cauliflower, extra beans, lemon zest, thyme, truffle/olive oil

METHOD

1. Drain and rinse the samp. Place in a pot with cold water and kombu. Cook for 1 hour or until slightly soft but not fully cooked.
2. Roast garlic and cauliflower (see notes).
3. Blend bean puree ingredients until silky smooth.
4. Drain the cooked samp (do not rinse) Add kombu to the stock and warm over medium heat.
5. Heat a large cast iron pan, melt butter and olive oil. Add onions and a pinch of salt, and cook until softened. Add pre-cooked samp and thyme. Sauté for a few minutes, stirring frequently.

Deglaze with wine and stir until reduced. Stir in 1 cup of warm stock, and simmer until it reduces. Stir in 2 cups of stock, cover with lid and simmer for 15 min.

6. Remove the lid and add the rest of the stock, 1 cup at a time, ensuring the stock is absorbed before adding the next cup. Continue until the samp is tender and all the stock is used. Optionally, chop up the leftover kombu and stir it into the samp.

7. Towards the end, stir in the bean puree, cream of choice, truffle oil and season with salt and pepper. Mix well and simmer to warm through. Remove from heat, add butter and parmesan of choice, a squeeze of lemon. Stir to combine, cover, and set aside for a few minutes to meld flavours.

8. Serve topped with roasted cauliflower florets, sautéed cannellini beans, lemon zest, chopped thyme, and extra truffle or olive oil.



Cooking with Kombu adds a subtle umami flavour, infuses the samp with its mineral rich qualities and helps breakdown hard to digest compounds.



Roasted garlic is not as pungent as raw garlic. It becomes mildly sweet and buttery due to the caramelisation of natural sugars while roasting.



Atlas Swift Wine of Origin Cederberg Chardonnay (2022)

This pale straw-tinted wine greets you with scents of vanilla pod, orange blossoms, jasmine, and neroli oil. The aromatic dance continues with additional notes of white stone fruits and lemon zest adding layers of complexity.

Bright, clean acidity with a delicate subtleness graces the palate. The full, velvety texture offers a luxury feel, concluding with almond, desiccated coconut, and citrus zest flavors. A lengthy finish transforms each sip into a memorable wine moment.

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