

ATLAS SWIFT & EARTH TO PLATE  
WAKAME + GARDEN HERB PESTO

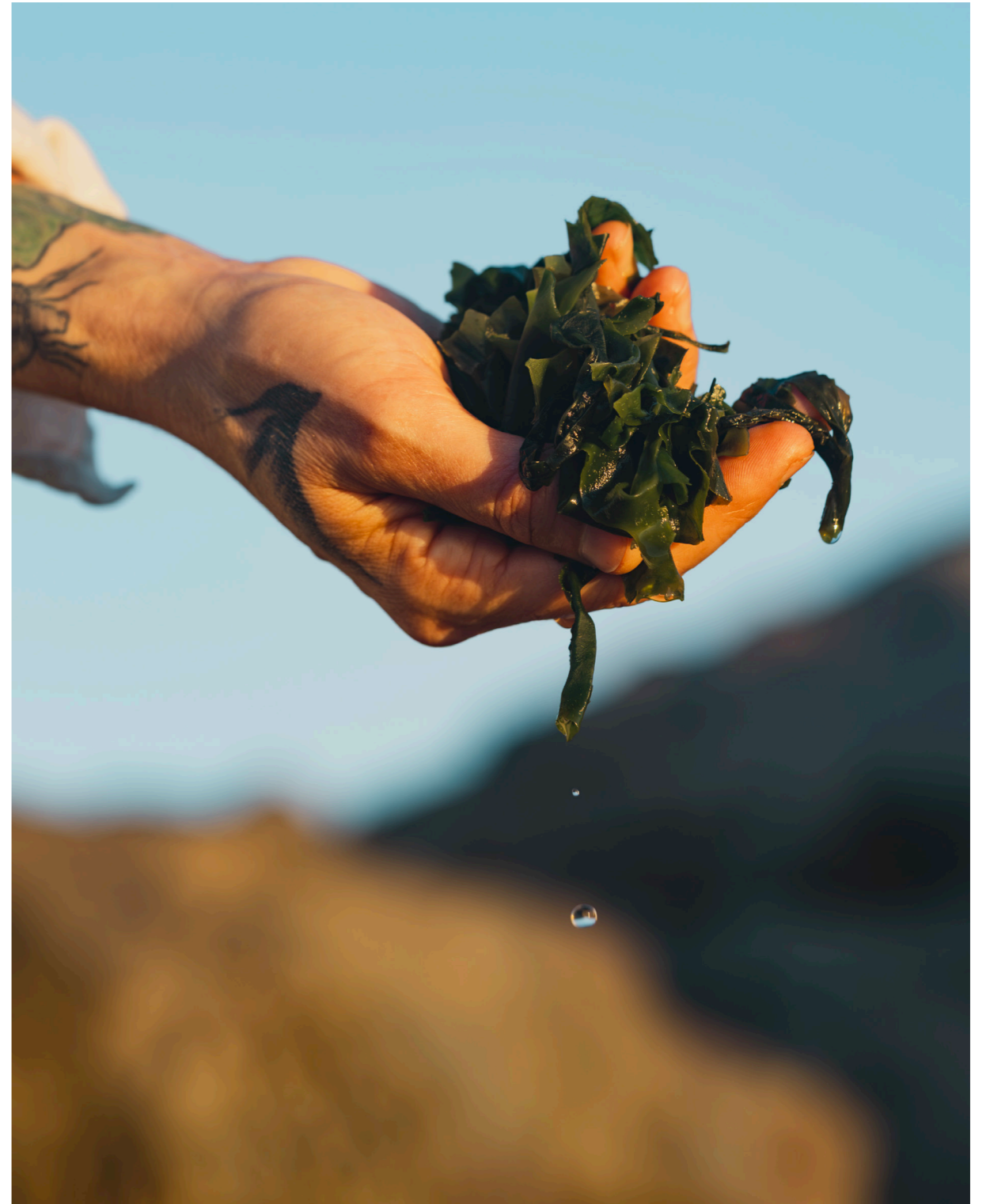
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ATLAS SWIFT  
PREMIUM WINES



Nutrient-rich Wakame seaweed is crispy and quite brittle in its dried form.



Once hydrated, it transforms into a silky yet chewy texture with a subtle, salty sea flavour.



## WAKAME + GARDEN HERB PESTO

### CHEF NOTES

Pesto—a kitchen staple, loved for its rich, garlicky, herbaceous, and ‘cheesy’ depth! Over time, this classic recipe has become a canvas for creative twists - swapping herbs, nuts, and oils to craft unique variations.

With that in mind, we’ve paired The Cape South Coast Chardonnay with a mineral-rich seaweed pesto, using Wakame. Its subtle ocean brine and natural nuttiness soften the boldness of fresh herbs, while dill and parsley enhance the coastal-inspired profile, complementing the seaweed’s umami depth.

We’ve used dried wakame here, but sustainably harvested local Nori or sea lettuce would make excellent substitutes. Once hydrated, these seaweeds take on a silky, slightly chewy texture, adding a lovely dimension to the pesto. Beyond this dish, Wakame is a nutrient powerhouse - try tossing it into salads, soups, or sauces for an extra umami boost!

For this recipe, we’ve opted for a slightly chunky texture, using a traditional mortar and pestle for a more rustic feel. But if you prefer a smoother consistency, a quick blend will do the trick. However you enjoy it, we hope it brings a taste of the sea to your table.

## INGREDIENTS

Makes 1 Cup

- 2 tbsp dried wakame
- 1 garlic clove, or more to taste
- ¼ cup cashews, lightly toasted ( or 3 tbsp pine nuts )
- ½ cup fresh basil leaves
- ¼ cup fresh dill, tightly packed
- ¼ cup fresh parsley, stalks removed
- 1 tsp white / yellow miso ( an earthy, mild & slightly sweeter miso )
- 1–2 tbsp nutritional yeast (optional, or substitute with Parmesan)
- +– 1/3 cup extra virgin olive oil, or as needed and extra for storing
- 1 tsp fresh lemon juice, plus more if needed
- Pinch of salt, to taste

## METHOD

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

Rehydrate the Wakame in room temperature water for 5 minutes, then remove and squeeze out excess liquid. Reserve the soaking water. Finely chop the Wakame and roughly chop the herbs.

Place garlic in the mortar with a pinch of salt and crush into a paste. Add the nuts and grind into a coarse paste.

Add the herbs in two stages, using a circular motion to release their natural oils. Then, mix in the chopped Wakame, continuing to pound until well combined. Add 1–2 tablespoons of the reserved soaking water to help loosen the mixture.

Now it’s time to enhance the umami by adding the Miso and/or nutritional yeast and grind until well mixed.

Slowly drizzle in the extra virgin olive oil while stirring with the pestle, creating a cohesive pesto. Adjust the consistency as needed with more oil or a splash of the reserved soaking water.

Stir in fresh lemon juice, taste, and adjust with more lemon or salt if needed. Transfer to a jar and cover with a thin layer of olive oil. Store in the fridge for up to one week.



Silky threads of hydrated Wakame, ready to be incorporated into pesto, salads and soups.



Simple pleasures - savouring seaweed pesto on the rocks, paired with crisp sourdough breadsticks and a glass of Cape South Coast Chardonnay.



## Atlas Swift Cape South Coast Chardonnay (2023)

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This wine shines in brilliant golden-green hues, exhaling citrusy scents of lemon, lime, and orange peel interlaced with subtle hints of brioche. The aromatic profile intrigues, inviting you to discover more.

The taste experience explodes with citrus fruit at the mid-palate. A balanced acidity couples eloquently with a chalky, mineral, and slightly salty aftertaste, paying homage to the limestone-rich soils of the vineyard.

# ATLAS SWIFT

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