



KANONKOP

WINE ESTATE

CANNONS & COALS

KANONKOP ESTATE – BROTHERS JOHANN & PAUL KRIGE, WITH THEIR WIVES MARIE AND ILSE HAVE BRAAING SNOEK DOWN TO A FINE ART ON THIS PRESTIGIOUS FAMILY OWNED AND RUN ESTATE.





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WINE ESTATE

HOW TO BRAAI A SNOEK

Select a large, firm snoek (if snoek is not available you can use any firm-fleshed white fish). Salting the snoek straight after it's been caught helps to keep it firm. You can clean and fleck (cut open along the spine) it yourself or ask your fishmonger to do it for you. The best time of year for catching or buying fresh snoek in the Cape is towards winter – the season is short, usually from April to July. Braai the snoek skin side down first, then turn it over to colour the flesh. Use a hinged grid

to prevent the fish from breaking or falling out when turning it. Be liberal with the basting sauce and splash it on frequently (see recipe) to keep the snoek from drying out. Cooking time is 6–10 minutes and the fish is ready when the opaque white flesh can be easily separated from the bones. Snoek freezes exceptionally well so it's a good idea to stock your freezer for those summer braais – defrost the fish slowly in the refrigerator to keep its texture before cooking.



BRAAI TIPS

- The fish are fatter in the late summer – the larger the snoek, the better the flavour.
- Make sure that your accompaniments are ready before starting to braai the snoek as the cooking time is only 6–10 minutes.

WINE NOTE

Snoek is a full-flavoured fish and pairs well with Kanonkop's second-label Kadette, a full-bodied blend of Pinotage, Cabernet Sauvignon, Merlot and Cabernet Franc matured in 2nd- and 3rd-fill French Nevers 225-litre barrels. There are a number of Pinotage-based blends to be found in the Cape which would perfectly partner braaiied snoek; a Bordeaux-style blend would work equally well.

SNOEK ON THE COALS

Snoek is such a flavourful fish that it tastes best with a simple basting sauce, but a mixture of butter, lemon juice and apricot jam is also popular in the Cape.

BASTING SAUCE

100ml white wine
100ml olive or canola oil
50ml lemon juice

Mix ingredients together in a screwcap wine bottle – makes enough to baste two snoek. Pierce holes in the lid and splash liberally over fish while braaing (takes about 6–10 minutes).

SWEET POTATOES WITH ORANGE & GINGER

(Soetpatats in Afrikaans)

SERVES 10

2kg sweet potatoes, peeled
2 cups white sugar, caramelised
1 orange
2cm fresh ginger, grated
A few cassia sticks



Slice the sweet potatoes into thick rounds, place them in a casserole dish and pour the caramelised sugar over them. Squeeze the juice of the orange over, then add the squeezed orange, grated ginger and cassia sticks to the dish. Bake in the oven at 180°C for about 60 minutes. Turn twice in the first half-hour.

