

FOOD *and* TRAVEL

Gourmet travels in
AUSTRALIA

**VEGGIE
FEASTS**

Best of
SKIING

A night in with
TOM KERRIDGE

The local's guide to
CAPE TOWN



Origins
**SIMON
HOPKINSON**

VILLA *Escapes*

SPICE ROUTES

**GRENADA, MEXICO, INDIA,
MOROCCO, MADAGASCAR**

JAN/FEB 2021 £4.95



Flavours of
JAPAN

CONTRIBUTORS



ALICE ZASLAVSKY

Known in her native Australia for her infectious energy, Alice has written for countless publications on plant-based food, sharing her passion through TV programmes and books. Get inspired by her vibrant plates on p68.



RUPERT MELLOR

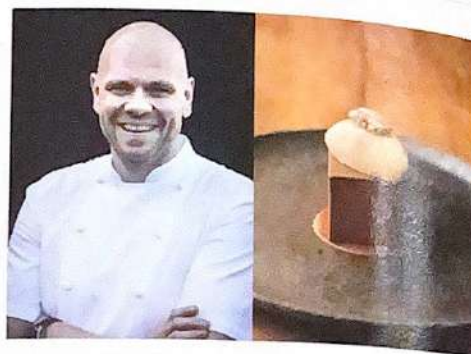
His travel writing has featured in every UK broadsheet, he's relaunched the glossy ski monthly *Snow*, and was the first snowboarder to beat Austrian ski legend Franz Klammer. Read Rupert's resort round-up on p96.



JULES BENSACQ

Hailing from Bordeaux, Jules is the head sommelier at acclaimed London wine bar 28°-50°. Take note of his expert pairings for this issue's recipes, including some special cabernet recommendations on p25.

'Rupert was the first snowboarder to beat Austrian ski legend Franz Klammer'



TOM KERRIDGE

Tom's talent has been recognised in multiple Food and Travel Reader Awards over the years. To recreate three of the best-selling dishes from his two-Michelin-starred Marlow pub The Hand and Flowers, turn to p66.



MICHAEL HARDEN

Food and Travel regular Michael has written for national newspapers and magazines the world over, including several acclaimed books on food and wine. Read his latest story on Australia's Mornington Peninsula on p38.



CLARISSA HYMAN

There aren't many cookery-writing awards that Clarissa hasn't won. In this issue, she dives into the world of root veg and explores why the humble leek could very well be the highlight of the season. Join her on p52.

Packed with blackcurrant and damson flavours, say hello to the 'king of grapes'

WORD ON THE VINE

THE GRAPE

One of the most famous grapes on the planet, so naturally it grew to prominence from Bordeaux, but you'll find it grown everywhere from Europe to Lebanon to Australasia. It's also one of the oldest, with texts referring to it as one of the first planted in Bordeaux, as far back as 1736.

THE TASTE

Blackcurrants, damson, even the occasional plum married with mint, and red fruit on the nose. You might also find eucalyptus (especially with Australian bottles) and green peppers, too. Often very subtle, but cedarwood, mocha, cigar box, smoke and black pepper can also be found.

THE PAIRINGS

Depending on the origin and age, fruitier New World styles – which have a herbal edge – go well with beefy stews made with rosemary or thyme (both working well with blackcurrant). For more complex, older wines, tender lamb with lots of garlic is a good match. It's also great with cheese (manchego and goat's) or with a simple rare steak.

THE VINES

Its home may be Bordeaux, but the Napa Valley in California has become renowned for its world-class cabernet, and you'll also find award-winning bottles from Coonawarra, South Australia and Hawke's Bay in New Zealand. Italy and South Africa are known for it, and Chile grows an awful lot of cabernet with some excellent results.

THE BOTTLES

Jules Bensacq, head sommelier at London's 28°-50° wine bar in Marylebone, chooses four of his favourite cabernet sauvignons

2016 CHÂTEAU LA LAGUNE MADEMOISELLE L
Bordeaux, France, £17.75, vinatis.co.uk

A beautiful, intense colour, this is produced by the team behind the iconic Château La Lagune 3ème Grand Cru Classé. On the nose you have aromas of blackcurrant with a touch of liquorice; on the palate, a certain opulence due to characteristics of the vintage.

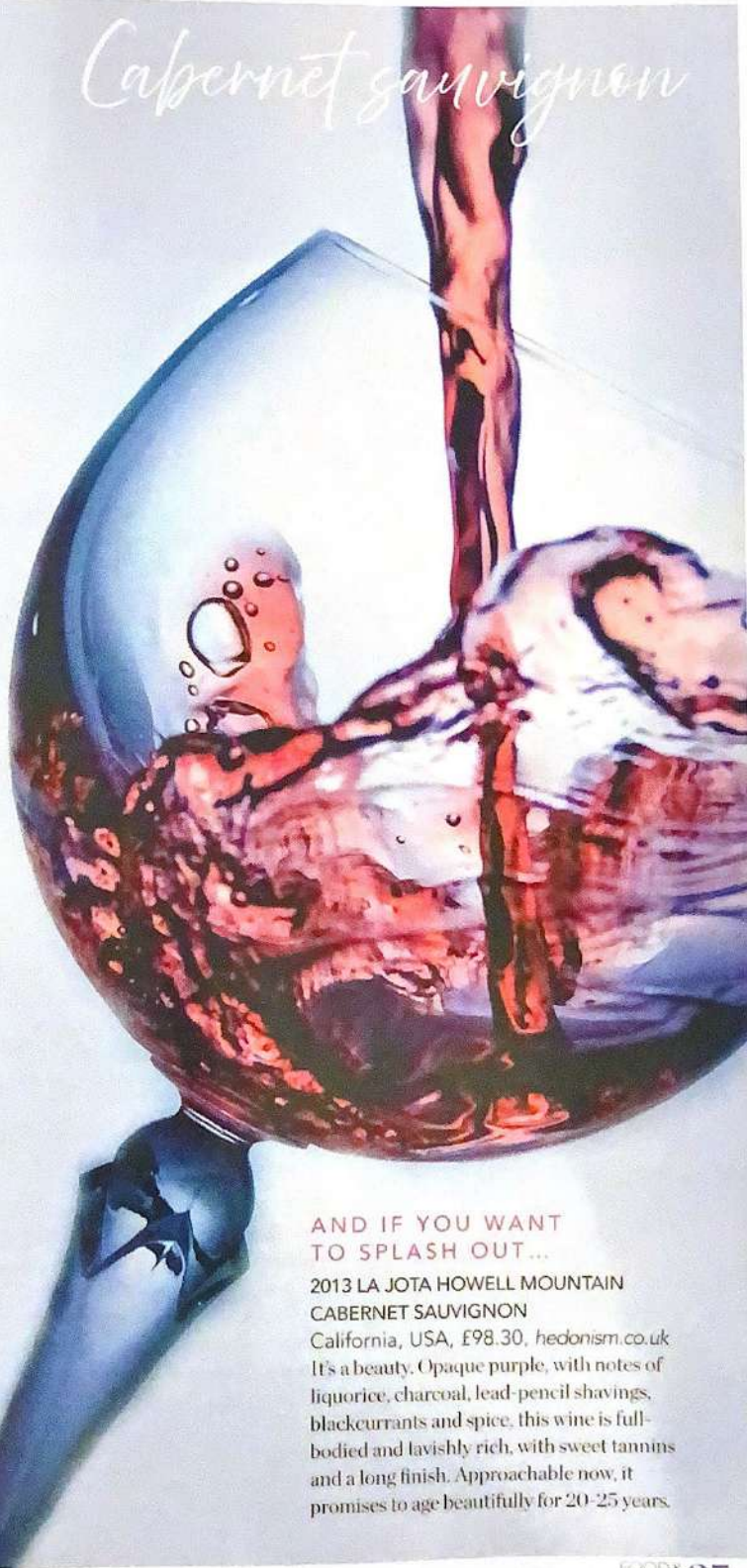
2017 KLEIN CONSTANTIA ESTATE RED
Constantia, South Africa, £20.38, 8wines.com

Located in one of the coolest wine regions in South Africa, Klein Constantia is able to achieve ripeness in conjunction with delicate tannins, creating a more refined red wine. Intense fruit aromas burst on the nose, followed by wood spice and a long, velvety finish.

2018 TE MATA ESTATE CABERNET/MERLOT
Hawke's Bay, New Zealand, £14.99, majestic.co.uk

This is a bright magenta, with wild blackberry, red plum, cherry, cedar and rosemary all jumping from the glass. Te Mata cabernet sauvignon is considered by some the most famous critics as being one of the best alternatives to claret at a cracking price.

Cabernet sauvignon



AND IF YOU WANT TO SPLASH OUT...

2013 LA JOTA HOWELL MOUNTAIN CABERNET SAUVIGNON

California, USA, £98.30, hedonism.co.uk
It's a beauty. Opaque purple, with notes of liquorice, charcoal, lead-pencil shavings, blackcurrants and spice, this wine is full-bodied and lavishly rich, with sweet tannins and a long finish. Approachable now, it promises to age beautifully for 20-25 years.