

TEBOGO LETSIE



As an alternative to gelato, Bella & Boo's frozen yoghurt is adding culture to towns around South Africa, writes **Shelley Seid**

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in Johannesburg and more about to, and several that will open in the next months in Cape Town. A franchise is going into Botswana and he has been approached to extend the brand overseas. Much is invested in maintaining franchise standards. Operations manager Matt Meston moves from branch to branch checking products, making sure machines are clean and stores are tidy. It began as a 94% fat-free product is 98% fat free, and a sugar-free version has been introduced.

Of course, the most important element is taste. Cocorozis, together with his old friend Arthur, an independent ice-cream maker, took six months to develop flavours that include chocolate, berry, coffee, nougat and apple. He has also developed a soft-serve-style yoghurt that is different in terms of flavours and colourants, but not overly sweet.

Cocorozis is constantly fine-tuning his products. "My daughter Bella is a test pilot. Strawberry is her favourite. Things change when you have a child. You see Jamie Oliver on TV showing you how kids' patterns and needs alter from sugar and preservatives, now I see it with my own child. We want a healthier option of frozen yoghurt. Happy for her to eat our product, full of probiotics, devoid of preservatives and flavoured with fruit, every day."

outlets, visit www.bellaandboo.co.za



 **Honingklip Blond, Honingklip Brewery, 330ml bottle, R21.50**

Not too long ago I found myself in a restaurant being talked at by a man who paired wine with food at functions for a living. He was adamant that beer isn't suited to pairing with food, for one main reason. "Look," he said, pointing to his 500ml draught of lager and patting his stomach, "after two of those, I'm too full to eat."

I said he made a fair argument, but then pointed to my own beer, a petite glass of Belgian blond that I had paired with an overflowing bucket of steamed mussels. "Maybe," I said after shelling another mollusc down my throat, "if



you'd drunk a litre of wine before your main, you'd feel pretty full then, too."

Smarm aside, the point I was trying to make was that there are plenty of different kinds of beers that, while easily quaffable, are just as enjoyable in small amounts, especially when paired with food that matches or contrasts their subtleties. Beer is far more versatile than most people think, and even though its carbonation might make you feel fuller than the equivalent amount of wine, there's a (quite obvious) solution to that: don't drink as much, or take smaller sips and savour them.

You don't have to go far to find beer enjoyable in both pints



WINE OF THE WEEK
JOANNE GIBSON

NOT SO ZINFUL

Plantings of Italian varieties including pinot grigio, sangiovese, barbera and nebbiolo have increased significantly in South Africa over the past decade. It makes sense: the Cape has a Mediterranean climate, and everyone loves Italy.

One variety is showing a decline, however: primitivo. Said to have been the wine served at The Last Supper, its Italian home is Puglia, where it produces rich wines with concentrated dark berry flavours and savoury whiffs of pepper, sage, rosemary and bayleaf. DNA fingerprinting has proved that it is virtually identical to the clone known as zinfandel in California.

But in South Africa there are now fewer than a handful of producers making primitivo/zinfandel. "The variety is even harder to work with than pinot noir," reveals Rolf Zeitvogel, MD at Blaauwklippen Vineyards in Stellenbosch, explaining that it ripens very unevenly. "You get four seasons in one bunch, from underripe through ripe and overripe grapes to raisins. And we have to remove so much sour rot every year, it's amazing we haven't produced vinegar yet!"

Admitting to a love-hate relationship with the grape, he firmly believes in its potential when handled properly — and if anyone knows how to handle it properly in SA, it's the team at Blaauwklippen, where it has been growing since the 1980s.

A vertical tasting of 10 wines dating to 2004 was eye-opening (and tongue-tingling). All had the naturally high acidity that makes Italian wines generally come into their own with food, and despite high alcohol (well over 15% in a couple of vintages) the wines were in balance — and showing great ageing potential.

The current-release Vineyard Selection 2008 (R92 ex-cellar) has dark cherry and tangy apricot flavours spiced with cinnamon, liquorice and a pinch of thyme.

