

Tokara brandy, Pinot Noir bubbly, frozen farm meals, Checkers Simple Truth

 By [Lauren Hartzenberg](#)

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In #FreshOnTheShelf, we round up some of our favourite food and beverage products that have hit the shelves recently.

Nitida's The Grande Matriarch MCC 2015

Nitida, the acclaimed boutique cellar in Cape Town's Durbanville Wine Valley has unveiled its first 100% Pinot Noir bubbly, The Grande Matriarch MCC 2015. The new Method Cap Classique has been three years in the making and promises consumers a unique take on blush bubbly.

The tasting notes for The Grande Matriarch MCC describe it as "exuberant, pretty and generous. Delightful fine effervescence accentuates ripe raspberry and cherry within rosewater. Just a hint of marmalade which culminates in a memorable tautness. Perfect for that romantic evening, just add significant other and smoked salmon."

The Grande Matriarch MCC 2015 - priced at R225 a bottle - is now available from Nitida's cellar or via their [website's wine shop](#).



Checkers Simple Truth

Checkers has launched a new private label wellness range with the aim to "make everyday products more accessible and affordable".

The extensive range includes convenience meals, breakfast staples (including oats, muesli and rusks), snacks (biscuits, dried fruit rolls and seed crackers), pantry essentials (apple cider vinegar, peanut butter, raw honey and vegan noodles) as well as household cleaning products. Amongst these are vegetarian, vegan, gluten-free, raw, organic, reduced sugar, high protein as well as eco-friendly options.



All Simple Truth products adhere to three promises: No artificial colours or flavours, no artificial sweeteners and no added MSG.

The Simple Truth range is available nationally at all Checkers and Checkers Hyper stores. New additions and range extensions will be introduced in coming months.



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Tokara 10-year old Potstill Brandy

Family-owned Stellenbosch wine estate Tokara has released its first 10-year old Potstill Brandy. The Director's Reserve 10 Year Old Potstill Brandy is a natural progression from Tokara's acclaimed 5-year old brandy first released in 2004.

Honouring the age-old cognac tradition, the chenin blanc base wine is double distilled retaining only the heart fraction for ageing in Limousin oak barrels for a minimum of 10 years. The estate ages its brandy in 15% new Limousin oak barrels with the balance comprising older barrels ranging in age from one to 30 years. Only barrels which display mature, mellow characteristics are selected for the blend.

During this extended maturation time, the brandy loses liquid volume to evaporation, generally referred to by the distiller as the 'the angels' share'. As a result of this slow, prolonged barrel ageing, the aromas and flavours are more concentrated, making the brandy more complex with greater depth of character.



Subtle complex notes of fresh vanilla, dried fig, peach and raisins meld with aromas of floral pot-pourri and whiffs of rich jasmine and orange blossom. The palate delivers mellow rounded flavours of caramel, dried apricots and a spicy pepper and saffron finish.

The Director's Reserve 10 Year Old Potstill Brandy is available at the cellar door at R650 as well as at selected purveyors of fine wines. For online purchases visit www.tokara.com.

Think Organic Farm Food

Cape Town-based online natural grocer Think Organic is stocking a small range of ready-made, frozen farm meals like beef bobotie and beef lasagne. Farm Food products are developed in the Northern Cape by a qualified nutritionist with over 25 years' experience in the food science and nutrition industries.

The beef comes from her own herd of Dexter cattle farmed in the Highlands Karoo, Northern Cape. Venison is springbok from the same area and/or kudu from the Western Cape Karoo. Natural and bio-sustainable farming practices are used where venison is harvested, and the chicken comes from a certified free-range farm.



Only original ingredients and as far as possible organically grown vegetables and herbs are used. All products except lasagne are free from wheat and gluten. Egg used in the bobotie is from free-range farm chickens eating a natural diet.

Extra virgin olive oil from a local Karoo supplier is used where a recipe calls for oil and dairy products called for in recipes are made from milk that comes from free-ranging Karoo Guernsey cows that are certified free from tuberculosis and Brucellosis.

Food is prepared in small batches using time honoured recipes and techniques, and then quick frozen and vacuum packed.

Farm Food is available online from [Think Organic](#).

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