

SEAWARD

ARTICHOKE, BUTTER BEAN & SOURDOUGH CROUTON SALAD WITH LEMON & HERB VINAIGRETTE

WITH SPIER SEAWARD SAUVIGNON BLANC



SPIER
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Toasted sourdough brings golden crunch and a gentle fermented tang to a fresh salad of artichoke and butter beans - earthy, creamy and substantial enough for a hearty lunch.

The Seaward Sauvignon Blanc 2025 is a natural match. Grown along the Atlantic coastline, it shows fresh green fig, blackcurrant and ripe tropical fruit, with a subtle sea-salt note on the finish. Its crisp acidity lifts the richness of the butter beans and olive oil, while the saline character works beautifully with the salad's savoury, herbaceous flavours.

Simple ingredients, good sourdough and a chilled glass of coastal Sauvignon Blanc - you couldn't ask for a tastier spring lunch.

Tips:

- Prepare the croutons right before serving, as they are best while still warm.

INGREDIENTS

Serves 4-6 as a side dish

For the vinaigrette

180 ml (¾ cup) extra virgin olive oil
60 ml (¼ cup) freshly squeezed lemon juice
a handful Italian parsley
a handful dill
5 ml (1 tsp) Dijon mustard
salt & pepper

For the salad

1 x 280 g jar grilled artichokes in oil, drained
1 x 400 g can butter beans in brine, drained
3-4 slices sourdough bread, cubed
45 ml olive oil
salt & pepper
a small bunch wild rocket leaves

about ½ cup shaved parmesan or Grana Padano cheese

METHOD

Prepare the vinaigrette:

In a small blender or food processor, add all the ingredients for the vinaigrette, seasoning lightly with salt & pepper. Pulse until you have a bright green vinaigrette, with some green speckles remaining. Transfer to a glass jar, cover and refrigerate until ready to serve.

Prepare the artichokes and beans:

Add the artichokes and beans to a medium mixing bowl. Add half of the vinaigrette and toss to coat and marinate while you prepare the croutons.

Prepare the croutons:

In a large wide pan over moderate heat, add the cubed bread, drizzle with oil and season lightly with salt & pepper. Toast while stirring every now and then, until the cubes are lightly browned and crisp on the edges with some softness remaining in the centres. Remove from the heat and set aside while you assemble the salad.

To assemble:

On a large platter, arrange the rocket leaves, then top with the marinated artichokes and beans. Top with the warm croutons and cheese, then give the salad a final drizzle of the vinaigrette. Serve with the remaining vinaigrette on the side.

Spier Seaward wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za



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