



BELLINGHAM

FOUNDED IN 1693

Richard's Oven-Baked Cape Bream

Pair with Bellingham The Bernard Series Old Vine Chenin Blanc


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INGREDIENTS:

- 1 Cape bream (or however many you want to cook)
- Salt and pepper
- 1 lemon per fish
- Few cloves of garlic to taste, chopped
- 1 tablespoon butter per fish

METHOD:

Clean and descale the fish, or ask your fishmonger to do this for you. Make sure the fish is dry before you start seasoning, it helps to firm up the flesh. Squeeze the lemon over the inside and outside of the fish, as well as a generous grinding of salt and pepper. Finally rub garlic and butter on the inside, and a little on the outside – it must thinly coat the fish. Place the fish closed in an open baking dish. Pre-heat the oven to 180–190 degrees C and cook the fish for 20 minutes. Serve with any of your favourite side dishes.



A luminescent gold wine with rambunctious fleshy peach, passion fruit, honey melon, papaya and pineapple fruit aromas layered with whiffs of oat meal and crushed wheat.

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