

NEW ZEALAND

Taste

64

SEASONAL
RECIPES

Harvest

How to bake, pickle
and preserve the late
summer bounty

Adults-only Easter

- * Chocolate parfaits with pinot plums
- * *Port & prune dark chocolate torte*
- * Kahlúa latte cheesecake

A BACKYARD

Taco Party,

5 WAYS *with* ancient grains

Weeknight salads sorted!

- * Orzo, olive & lemon
- * *Watermelon & haloumi*
- * Grilled chicken & bacon

Roasted fruit tarts with
black pepper pastry
cream & rosé syrup,
page 12

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Chocolate parfaits
with pinot plums.
See page 74 for recipe.



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The Scene

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On the cover

Roasted fruit tarts with black pepper pastry cream & rosé syrup. See page 12 for recipe.

Harvest happy hour



THERE ARE MANY crazy happenings in the magazine world and deciding on a cover each issue is definitely one of them. Some months it's a nerve-racking, stress-inducing task and at other times it all seems to fall into place rather easily.

When we decided we wanted some tartlets brimming with roasted fruit, presented in a gorgeously autumnal, rustic and romantic way, I knew exactly who to call. The talented ladies from Gatherum Collectif, Fiona and Jani, turned our dream into reality and I am totally in love with our cover.

Fruit was a massive focus for us this issue and pickling and preserving are trending in a big way right now. If you've never given it a go, now is the perfect time. There's nothing better than making the most of all the current season has to offer and then storing it away for a rainy day – literally! Imagine serving up your favourite winter crumble with beautifully plump and juicy preserved peaches you foraged for during summer, or perhaps a decadent dark-chocolate torte topped with tumbling burgundy plums you were given from a kind neighbour's tree. Preserving isn't just for those with a sweet tooth, either – I love nothing better than having a fridge stacked with pickled gherkins, onions and beetroot (thanks, Mum, aka 'Master Pickler').

And because we're hanging onto the last threads of long, sunny days, we've got plenty of fresh and vibrant salads for you to enjoy as well as an epic backyard taco party (page 58), which I was lucky enough to attend – thanks for having me, Luca, Otis and Sarah.

Kristina Rapley
Editor

What I'm loving



Le Creuset have released the sweetest wee pastel stoneware egg cups just in time for Easter. Perfect for dippy eggs. RRP\$15 each.

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Taste

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PHOTOGRAPH RICHARD BRIMER

EVOLVE



ELEMENTi

ideas@robertson.co.nz
ROBERTSON.CO.NZ

Menus

Mix and match recipes from the issue with this planner, then make and share your menus with friends and family

Classy brunch



Grilled chicken, bacon & poached egg salad



Herbed potato & courgette tart



Honey caramel almond slice

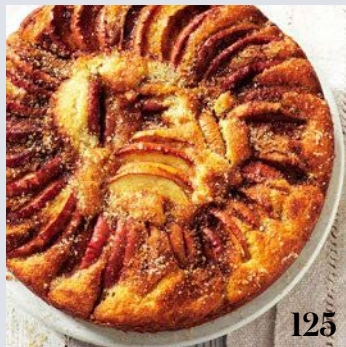
Season's greetings



Tomato tart with fig mozzarella & basil salad

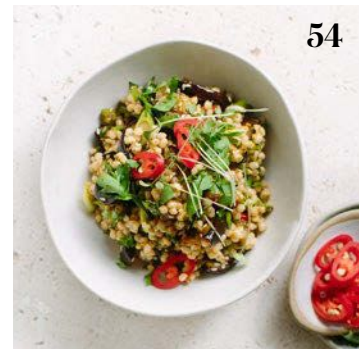


Watermelon & haloumi salad



Apfelkuchen

Mediterranean BBQ



Sorghum & roasted eggplant salad with pomegranate dressing



Barbecue lamb with feta



Galaktoboureko

Seafood sensation



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Lazy weekend



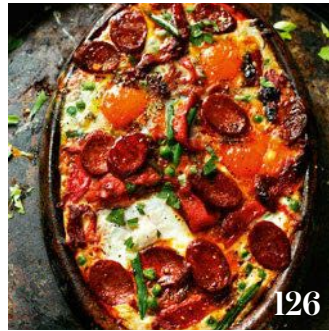
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Roasted fruit tarts with black pepper pastry cream & rosé syrup

Cook the cover

Roasted fruit in a velvety custard with heat-giving flecks of black pepper and a rich rosé syrup makes for a sophisticated, late-summer dessert

RECIPE AND STYLING Fiona Hugues

PHOTOGRAPHS Jani Shepherd
Gatherum Collectif



Roasted fruit tarts with black pepper pastry cream & rosé syrup

READY IN 1 hour 40 minutes plus cooling and chilling time **MAKES** 8 individual tarts or 1 large tart

The idea for this recipe came after I was sitting at a breezy, late-summer table when some wayward pepper grinds blew onto a sweet dish I was eating. Not one to fret while drinking rosé in the sun, I continued eating – and discovered the magical touch of spice and heat that pepper adds to creamy, sweet foods. Recreating that delicious effect, these easy roast fruit tarts are elevated to wondrousness with a twist of the wrist.

500ml rosé
1 Tbsp whole black peppercorns
 $\frac{2}{3}$ cup sugar
400g block shortcrust pastry
6 free-range yolks
100g caster sugar
 $\frac{1}{2}$ tsp vanilla paste
1 tsp freshly ground black pepper
 $\frac{1}{3}$ cup plain flour
600ml whole-fat milk
2 Tbsp butter
6 each small apples and pears, halved
(I used Royal Gala apples and Honey Belle pears)
10-12 Black Doris plums, halved
and stones removed
Grapeseed oil, for brushing

1 For the rosé syrup, combine wine, peppercorns and sugar in a saucepan over medium heat. Stir to dissolve sugar, bring to the boil then reduce heat and simmer until syrupy and reduced to about a third of the volume (around 20-25 minutes). Set aside to cool, then refrigerate.
2 Preheat oven to 180°C fanbake.
3 Grease eight 12cm tart tins or a single 30cm tart tin. Roll out pastry to around 3mm thick. Line tart tins with pastry, trimming off excess. Prick bases all over with fork and refrigerate for 20 minutes (this helps reduce pastry shrinkage).
4 Line chilled tart cases with baking paper and fill with dried beans, uncooked rice or ceramic weights. Blind bake cases for 10 minutes (5-10 minutes longer for large tart). Remove paper and blind-baking material and bake for a further



10-15 minutes (add on 5-10 minutes for large tart) until golden. Set aside to cool.

5 Whisk together yolks, sugar, vanilla, pepper and flour. Over medium heat, gently warm the milk in a pan until almost boiling. Turn heat to low and slowly pour yolk mixture into the hot milk, whisking all the time. Keep gently whisking until the mixture begins to thicken (around 10 minutes).

6 Remove from heat and whisk in butter. Pour this pastry cream through a sieve into a bowl to remove any lumps and set aside to cool briefly. Cover surface of pastry cream with plastic wrap or baking

paper (this stops a skin forming) then place in fridge to chill.

7 To roast the fruit, reduce oven to 160°C fanbake. Lay apples, pears and plums cut-side down on an oven tray lined with baking paper, making sure the pieces don't touch. Drizzle or brush fruit skin with a little grapeseed oil and bake for around 20 minutes until softened but still holding their shape. Set aside to cool.

8 To assemble, remove cases from tins, spoon in chilled pastry cream and smooth out. Lay roasted fruit on top and drizzle over a little rosé syrup. Garnish with a tiny grind of black pepper if desired. ●

Taste 24/7

A recipe a day keeps food boredom at bay! Join Taste online to feed your foodie fix with recipes, videos, techniques and inspiration



Easter memories

Remember Taste's last Easter extravaganza, complete with baby bunnies? Find those recipes and more on foodtolove.co.nz by searching 'Fiona Hugues' or 'Easter'.



Let's be friends

Follow [@tastemagnz](https://www.instagram.com/tastemagnz) on the 'gram to see what we get up to in between deadlines, throwbacks to some of our favourite recipe features and sneak peeks of upcoming ones, plus high-quality images of real recipes created by real chefs. We're your one-stop shop for midweek meal inspo, dinner-party menu planning or lazy long-weekend cooking marathons — give us a follow!



Bake the Back Page

You don't have to wait for a new issue of Taste to get your bake on! Search 'Karla Goodwin' on foodtolove.co.nz for previous recipes from our much-loved Bake the Back Page feature. Pictured: Karla's cookies & cream biscuits.

E-newsletter

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Daily updates, from quick recipes to trending ingredients



Instagram: [@tastemagnz](https://www.instagram.com/tastemagnz)
A showcase of our fave food images of the moment ●

The Scene

Taste

GARDEN CITY

*A focus on local
in Christchurch*

GET REAL

*A new dining
concept*

NEW BITES

*What's come
across our desks*

WINE TOUR

*Bob Campbell's
summer of wine*

KITCHEN TOOLS

*Slice, dice, spin
and spiralise*

BREW

*A stout for all
occasions*

BLUFF OYSTERS

*Make the most
of the season*



The McClure brothers harvesting fresh dill to pack into their pickle jars. The range includes whole, speared and sliced pickles in Sweet & Spicy, Spicy and Garlic Dill flavours.

So hot right now



If you're a pickle fan, you need to try **McClure's**. Hailing from Detroit, Michigan, the McClure family started making pickles commercially in 2006, using their grandmother Lala's secret recipe. Every jar is hand-packed and loaded with fresh, local ingredients. Kiwi import group Cook & Nelson (who are as passionate about the brand as they are about pickles) then ship them to our shores and supply a number of well-known eateries such as Federal Deli, Best Ugly Bagels, Charley Noble and Burger Burger. Once you've tried McClure's, you'll never eat supermarket pickles again! COOKANDNELSON.COM ●

Glories of the Garden City

Chef Alex Davies has just opened plant-focused restaurant Gatherings in central Christchurch, which celebrates all things local, with an ethical and sustainable focus

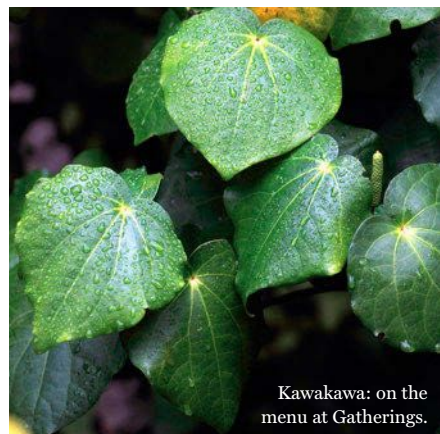
Understanding food systems

While I was getting this restaurant concept together I was working one day a week on the certified-organic market garden owned by Gianni Prencipe and his wife Lorraine in Swannanoa. I've been learning about growing in healthy soils free of chemical residues, pesticides and herbicides, and learning about plants and the way they work together.

Gianni and Lorraine are part of a collective of seed savers who aim to keep unique crops from disappearing. Restaurants can then introduce them to the general public and hopefully from there they might transition to the family dinner table. In the kitchen you see how seasonal herbs and produce have a natural synergy in terms of flavour profiles.

Seasonal, rotating menus

Through visiting and working at local farmers' markets I've met two young growers, Dylan Parker and Micah Reitze of Naked Gnome Organics. They run a small organic market garden on land leased by the College of Agriculture in Lincoln, and grow small yields of heritage vegetables like the Purple Heart, Karuparea and Pink Fir Apple potatoes that I'll be using in my menu.



Kawakawa: on the menu at Gatherings.



Having a small 25-seat restaurant and a set menu allows me to bring in unique produce from local market gardeners and present it when it's at its best. It's a cultural shift for diners to try new kinds of produce and to eat seasonally, but Christchurch is in the centre of a region with amazing seasonal produce so we should be celebrating it.

Medicinal and indigenous herbs

I've been working with medicinal herbs like chamomile, wild mugwort and St John's wort. I used them most recently at an event called Forage North Canterbury, where I gathered herbs with forager Mel Wright and used them to make a broth which I served with rye and tomatoes. It made for a soothing dish halfway through a meal rich in wild fish and meats.

I use kawakawa in a delicious dish with grapefruit granita, and I've also been playing with horopito to add a peppery flavour without needing to buy imported peppercorns. The produce trend I think will be most prevalent this year is chefs using indigenous herbs. I've also been experimenting with foraged seaweeds such as wakame, Neptune's necklace, sea lettuce and kelp found around Banks Peninsula.

Sourcing locally

From driving around North Canterbury, I collected the ingredients for a dish of raw plums with wild Sichuan pepper, fennel pollen and honeycomb. I matched this with a natural, skin-fermented orange wine made by North Canterbury winemaker Theo Coles using müller-thurgau grapes – one of the forgotten grapes of New Zealand wine.

Theo is curating the wine list at Gatherings and it will be full of innovative and unusual wines that differ from usual restaurant lists. He's also going to be producing four organic natural wines under a Gatherings label to match the philosophy behind the food.

The honeycomb in the dish comes from North Canterbury beekeeper Moto Suzuki of Bell Trees Honey. He also uses his honey to make Havill's Mazer Mead. The mead will be matched with a dessert on our menu.

I also do a tomato dish which uses eight or nine different varieties of tomato on the plate; I present it with a variety of techniques, using local food in a playful way. Some of the tomatoes are confited, some are raw and there's also a sorbet.



GATHERINGS
2 Papanui Road,
Christchurch



Made the old-fashioned way

Pot-set yoghurt has made a triumphant return to the food scene thanks to the clever crew at **The Collective**. Inspired by the traditional method of crafting yoghurt, their new range sets in the actual pot, producing a texture which is more like a firm, slightly wobbly panna cotta.

The Collective enlisted the help of a handful of chefs, who have spent two years developing and perfecting the recipe. The resulting blend of freshly warmed whole

milk mixed with loads of cultures ferments in the pot, creating a 'set' yoghurt. As with all The Collective's yoghurts, the Pot Set range is probiotic, gluten free, vegetarian friendly and has no artificial colours, flavours or preservatives.

The range includes five delicious flavours: Traditional, Cream on Top, Vanilla, Raspberry and Lemon. RRP\$5.99 per pot, available from selected supermarkets nationwide. THECOLLECTIVE.KIWI

TRENDING NOW DIY HEALTH DRINK

Aloe vera juice is an ancient and famously beneficial health drink. But most of us have grown used to buying the commercially made stuff. In 2017, we're taking a DIY approach to health drinks and that starts with sourcing organic, fresh aloe fronds, peeling off the skin to reveal the pure aloe vera gel then making our own smoothies and juices. Check out Kiwi business Aloe Fresh for a few pointers. ALOEFRUSH.CO.NZ



Flick on the kettle

New Zealand's only paddock-to-packet potato chip producer has just debuted a new style. **Heartland Potato Chips** started out in 2010 with their old-fashioned wave cut. In 2015, they added a flat-cut style, and just last month they launched a new line of kettle-cooked crisps. The process of cooking the kettle crisps is different from the other styles, which are produced on a continuous line. The new chips are batch-cooked (in a kettle) and this method results in a crunchier texture. Keep an eye out in supermarkets for this new release from a family-owned Kiwi success story. HEARTLANDCHIPS.CO.NZ



Do you feel real?

Damaris Coulter of K' Rd eatery Coco's Cantina talks about new dining concept The Realness

What's The Realness?

It's a website to promote independent, single site, owner-operated restaurants and cafes – starting in New Zealand and heading beyond. The concept came about three years ago when there was a huge influx of restaurants into Auckland that had backing from advertising agencies, breweries and casinos. These new restaurants could afford advertising and they'd be recommended in hotels and at the airport and by concierges – there was no voice for the little guy. A lot of these new places have great interiors and products – but they're a dime a dozen and you could find them in any major city. Intrepid travellers want to visit one-off places that choose to be different and that's what we provide on The Realness.

How do you join?

You need to be a single-site owner-operator, meaning you need to be working in your business on a day-to-day basis and be dedicated to your restaurant or cafe. You need to have been in business for 18 months, you need to serve ethically sourced proteins – animals that have freedom of movement – and you need to be free of corporate partnerships and deals that would force you to sell a particular kind of beer or wine or only buy from a particular supplier or could dictate how you do business. The critical feature is that you need someone already



Above: Damaris Coulter. Below left: Coco's Cantina.

on The Realness to vouch for you – that's the quality control. We've already had to kick someone off the website after red flags were raised when the vouching process didn't work; it turns out they didn't meet the criteria.

What's the reaction been to The Realness?

We didn't realise how much our peers wanted it – and our diners. After starting with 10 restaurants, we now have 22 up and down the country. We've had quite a few enquiries from new places starting up, but we've recently stipulated that you need to have been in business for 18 months. Because of the vouching system, you're asking restaurants and cafes to back you, so they need to know you're backable. It's a Catch 22: you need visibility when you're new, but we all had to go through that new stage; you just have to slug it out. The great thing is, we've already had an amazing woman in Christchurch contact us and tell us that she can join in three months (her business is only 15 months old) and she can't wait! I've also had someone change their animal protein so they can join, so it's proving to be beneficial for lots of reasons.

What next?

We've been contacted by a restaurant in New York and another in Melbourne who want to come on board, but we're still deciding how to proceed. We said, "If we don't know you, we can't vouch for you." Now we're having conversations about whether we travel to places like San Francisco, Los Angeles, Sydney and Melbourne and organise dinner parties and create a network. We're at a stage of deciding whether we focus on New Zealand, then go to Australia and the US, or just head over now and get to know them. THEREALNESS.WORLD



New bites

Delicious offerings that have landed in the Taste office this month



Seeing as they have four times the vitamin C of oranges, you'll be wondering why you aren't stuffing down guavas by the handful. Never fear, the Brazilian native is now easily quaffed in Almighty's **Guava, Lime & Basil** juice. RRP\$5 for a 300ml bottle from selected cafes and supermarkets.

It's nothing new... Nespresso's **Selection Vintage 2014** is made from aged Colombian beans that are stored at altitude to slowly mature, developing elegant woodiness

and soft-fruit flavours. RRP\$11.30 for 10 capsules from Nespresso boutiques nationwide or nespresso.com.

Well, it was just a matter of time... Lewis Road Creamery nailed down chocolate milk to widespread acclaim; now they've whacked in some triple-distilled premium spirits for a truly adult treat. **Chocolate Cream Liqueur** is nice over ice and even better in a cocktail. RRP\$49.99 from Glengarry's and selected Liquorland outlets.

'GanedenBC30' doesn't sound like a tasty breakfast option, but you'll love it as the "game-changing" probiotic that adds a healthy boost to the new muesli range by Something To Crow About. The probiotic joins nuts, seeds, honey, coconut and fruit in **Supreme Trio of Nuts & Berries Toasted Muesli**. RRP\$13.99 from selected supermarkets or crowabout.co.nz.

The world's first UMF manuka honey drink is made with 2 tsp of honey, fruit and botanicals.

Manukee Manuka Honey Drink is made with help from bees living in the remote outskirts of Tongariro National Park. RRP\$3.99 from selected stockists nationwide; see manukee.co.nz.

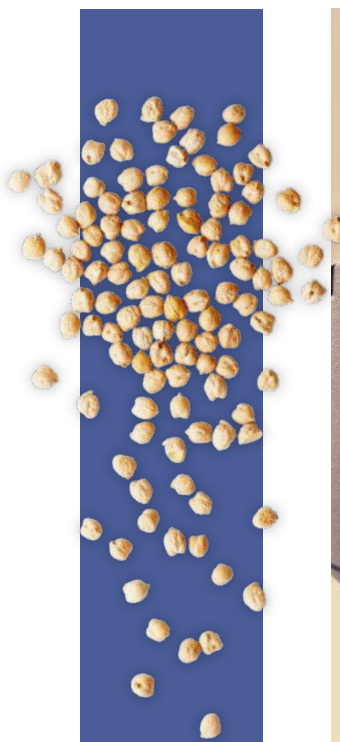
The venerable coconut is called upon once again to save vegan, paleo and dairy-free folk from a cruel and terrible world. WaHiki's **Coconut Vanilla & Chocolate Ice Cream** is available at selected cafes nationwide. Visit wahiki.co.nz for stockists.

Brewers Epic are famous for...er...epic craft beers. Now they're blending spicy native pepper trees kawakawa and horopito with a classic juniper base and bursts of New Zealand-grown limes and lemons for their small-batch **Hidden World Guardian Gin**. RRP\$80 from epicbeer.com.

Embrace the goodness of devil's tongue; it's a plant, also boringly known as konjac, which is used to make gluten-free shirataki noodles. These **Konjac noodles** are mixed with

different vegetables as well as rice flour and millet to give them their unique colour. RRP\$3.99 from specialty stores nationwide.

The best parts from three of Epic's most influential beers (Monk's Habit, Epic Pale Ale, and Epic Armageddon IPA) have been brewed into one special batch. **St Luke Milestone IPA** is a celebration of brewer Luke Nicholas' career spanning 20 years. RRP \$10.99 for a 500ml bottle from epicbeer.com.



**TRENDING
NOW**
AQUAFABA

Soak some chickpeas overnight then boil them up for a nutritious meal. That gooey leftover water is called aquafaba and it's fabulous as a vegan substitute for egg and egg whites. It's used to make mayonnaise, meringues, pancakes, foams and as a cocktail ingredient. You generally use 3 Tbsp aquafaba as a substitute for 1 egg, but you'll have to play with your water-to-chickpea ratio to get it right.



Mystery solved

MOST OF US will have tried luncheon sausage – the famous Kiwi mystery meat that you always hope is vaguely healthy while conceding it's probably all floor scrapings, fillers and preservatives. But that damn mystery meat is so good – a child who won't hammer back a luncheon and tomato sauce sandwich is rare indeed. But why does it have to be so disgusting? Well, it doesn't. **Frank's**, an award-winning smallgoods producer in the rural Waikato town of Te Aroha, has a made-to-order chicken luncheon that is made from free-range chicken, salt, white pepper, garlic, herbs and spices and a common emulsifier. Is it odd for an artisan producer to be dabbling in the dark arts of luncheon sausage? Not at all, says Frank, who came to New Zealand from his native Hamburg back in 2004. "In Germany it's a common kind of cold cut and lots of people put it in sandwiches. The idea to make it was actually my wife Sheryn's. She said it was such a common ingredient in kids' school lunches here, we should be able to provide something of better quality than what's out there." The chicken is from Turk's in Foxton and that's all that goes in, along with little bit of chicken fat and skin as otherwise the luncheon would be very dry. It's made to order simply because the lack of preservatives means it doesn't keep as long as a lot of luncheon – it's heated to 80 degrees and slightly smoked so it is preserved by temperature. FRANKSSAUSAGES.CO.NZ

Hop, skip & drunk

The hop heads have spoken. A poll in the lead-up to the June GABS (Great Australasian Beer Spectacular) festival in Auckland has proven two things: Kiwi craft beer drinkers like their beer crammed with hops and boozy as all hell. The winner of the **GABS Hottest Kiwi Craft Beer of 2016** was the Super Charger American Pale Ale made by Wellington brewery Panhead. Full of Centennial, Citra and Simcoe hops and at 5.7% ABV it's practically a friendly introduction to craft beer compared to the monsters that follow. Epic's Hop Zombie Double IPA boasts a dangerous 8.5% ABV while Garage Project's Pernicious Weed rounds out the top three: a hoppy bitter-sweet mouthful of 8% ABV pale ale. Tickets for the Auckland edition of GABS at Auckland's ASB Showgrounds go on sale on March 16.

GABSFESTIVAL.COM

PHOTOGRAPH GETTY IMAGES





TRENDING NOW ARTICHOKES

It's a staple in Mediterranean cuisines, used in dips, soups, gratins, souffles, salads and pizza; they're baked, grilled, boiled, stuffed, fried and marinated. The season is pretty short in New Zealand and they're fiddly to prepare but they're a wonderful ingredient to play with in the kitchen and they look amazing on the plate as legions of Instagrammers will attest.



Cold comfort

Fancy a sweet brioche bun filled with New Zealand Natural ice cream and delicious sauce of your choice? A guaranteed sugar coma awaits at the **New Zealand Natural Melt pop-up** at 137 Quay Street, Auckland. Housed in one of the waterfront's most iconic buildings, this one-of-a-kind ice cream parlour is set to extend summer in the best way possible. MELTNZNATURAL.CO.NZ

Pacific temptations

Quality local spirits and tropical fruit make the 'bula vulavula fizz' a true taste of Fiji. It's made for sipping in lush gardens by a private white-sand beach by the team at **Nanuku Auberge Resort**. It helped win them the prestigious Dining Experience Award at the 2016 ANZ Fiji Excellence in Tourism Awards. As part of the resort's unique 'Nanuku Food Safari' guests have the option to join staff in visiting local markets, or a mud crab farm or catch freshwater prawns and have those very ingredients prepared by the resort's culinary team at their world-class Kanavata Restaurant and Lounge. There's no shortage of ways to work up an appetite at the resort, with world-class surfing, white-water rafting and diving with sharks as well as less terrifying cultural events and walks. They also keep the kids amused at the Lailai Adventure Club where the young guests' programme is one of the best in Fiji. Located on the shores of Beqa Lagoon, Nanuku Auberge Resort is located in Pacific Harbour. Get there by air or a drive up the coast from either Suva or Nadi.

NANUKU.AUBERGERESORTS.COM



Bula vulavula fizz

READY IN 5 minutes SERVES 1

45ml Fiji Coconut Vodka
15ml Fiji Rum Co. Coconut Rum Liqueur
60ml coconut cream
60ml pineapple juice
Ice
Soda water

1 Build and stir in a Collins glass with ice. Top up with soda water and garnish with a pineapple slice.

Bob's summer of wine

Here are a few highlights of a busy time on the Kiwi wine calendar along with the drops that impressed me most **STORY** Bob Campbell **MASTER OF WINE**



Last month I joined 61 other passengers on a chartered Air New Zealand flight for a low-altitude fly-over of four wine regions: Nelson, Marlborough, Wairarapa (recently rechristened 'Wellington Wine Country') and Hawke's Bay. My fellow travellers were largely sommeliers and wine critics from 14 different countries. Most of us had just attended a symposium on aromatic wines in Nelson before travelling to Wellington for a three-day celebration of pinot noir. The flight would deposit us in Hawke's Bay for the 2017 Classic Reds Symposium, focusing on syrah plus the so-called Bordeaux varieties of merlot, cabernet sauvignon, cabernet franc, malbec and petit verdot. Our 'wine flight' was literally the high point in my summer of wine. If you want a completely new perspective on New Zealand's wine regions I recommend visiting them by air.



2

Pinot noir No international line-up of pinot noir is complete without a few Kiwi labels. We are now rated as among the best five or six pinot producers in the world. Every year since 2001, New Zealand has held an event in Wellington called Pinot Noir NZ. It attracts nearly 1000 people from all over the world as well as over 100 local winemakers. The three-day event involves extensive tastings, lectures and socialising. Choosing a favourite wine from the event is a daunting task; I tasted many wonderful old bottles that are no longer available for sale, but I've picked a wine that will be released on the market shortly.

3

WINE PICK

Cloudy Bay 2015 Te Wahi Pinot Noir, Central Otago, \$90 This relatively new label demonstrates that Cloudy Bay makes wine as successfully from Central Otago grapes as it can from those grown in its home base of Marlborough. It's a pinot powerhouse, with masses of plum and dark cherry flavours and a sumptuous texture.



4

Classic reds Hawke's Bay winemakers selected their best syrah and blended reds then mixed in a few international labels to make the 2017 Classic Reds Symposium more interesting. When the wines were revealed the locals occupied the top slots, according to my tasting notes. My winning wine had a price tag of \$59.99, but the average price in the syrah tasting was over \$78 with three wines at \$130.

5

WINE PICK

Villa Maria 2013 Reserve Gimblett Gravels Syrah, Hawke's Bay, \$59.99

My 'classic reds' pick is big and bold with plum, dark berry, black pepper and spicy oak flavours. Dense, rich wine that promises to get even better with bottle age.

6

Aromatic wines

Wine shops and restaurant wine lists tend to group wines by grape variety, such as chardonnay and pinot noir. In recent years, another category has been gaining popularity: aromatic wines. These include the well-known varieties riesling, gewürztraminer and pinot gris as well as lesser-known names such as viognier, albariño, grüner veltliner and pinot blanc. They tend to be more pungently aromatic than other varieties.

If you are seeking to match a wine with any dish that has underlying sweetness, such as a Thai curry, it's a good idea to choose a wine that's slightly sweeter than the dish. Sweetness in food pulls down our impression of sweetness in wine, hence the need to make the wine sweeter. My favourite match with Thai curry, by the way, is gewürztraminer.

At the Nelson International Aromatics Symposium, four teams of two speakers presented tastings of riesling, gewürztraminer, pinot gris and 'smaller plantings' (albariño, grüner veltliner and viognier). I was a speaker on the riesling panel where the wines were offered in three categories: dry, off-dry and fruit sweet.

7

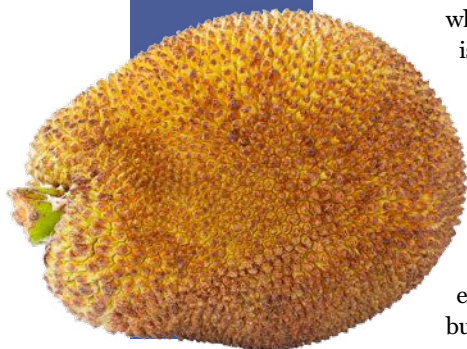
WINE PICK

Felton Road 2016 Dry Riesling, Central Otago, \$29 This was my pick of the aromatic wine symposium. Felton Road is one of the country's top riesling producers. This is a seriously good wine with impressive concentration and typical citrus/lime and subtle floral flavours. Good now but with the potential to develop even greater flavour and a richer texture.



**TRENDING
NOW
JACKFRUIT**

It's the meat alternative of the moment and is a popular stand-in for pulled pork. The spiky southern Asian fruit is naturally sweet when ripe and is used in ice creams, custards, cakes or eaten fresh. You can roast or boil the seeds and eat them as a snack. The young jackfruit is popular cooked into coconut-based curries instead of chicken; it's amazing shredded in a taco and can be smoked and marinated. Jackfruit is the largest tree-borne fruit in the world and you can buy it in New Zealand frozen, canned, dried and fresh when in season.



It's easy being green

"THE WORLD'S FALLING APART and all you've been doing is yoga." It's the zinger in the Rainforest Alliance's popular 'follow the frog' advertising campaign. But there's plenty of serious stuff in the viral web film, specifically about the environmental damage being caused by rampant deforestation and wetland destruction for agriculture and food production. The Rainforest Alliance was established to promote and implement efficient, environmentally friendly farming practices. It also works to transform business practices and consumer behaviour. We're all checking food labels for hidden sugar these days (it's in nearly everything) so during the supermarket detective work, look for the Rainforest Alliance Certified seal on the packaging to know you're buying responsibly sourced goods – it's that easy to be part of the solution.

Why follow a frog? Amphibians are an 'indicator species', which means their presence in areas of agricultural activity is a symbol of environmental health, and frogs are found on every continent except Antarctica.

Large food producers are joining in the certification programme, and Dole, one of the largest providers of both fresh and processed pineapple in the world, is among them.

With pineapples grown in many of the world's sensitive rainforest areas, Dole is well aware that the environment is essential to the production of quality fruit, but also to the long-term wellbeing of people and the planet.

The company now carries the Rainforest Alliance Certified seal on its pineapples in New Zealand and, additionally, it is spearheading the 'follow the frog' sustainability campaign locally with a six-month campaign of consumer education on food waste and sustainability as part of the global #followthefrog effort. ●



Kitchen tools

These clever little gadgets will slice, dice, spin and spiralise your fruit and veges and shave minutes off your prep time

STYLING Vanessa Nouwens
PHOTOGRAPH Rebekah Robinson

Clockwise from top Baccarat Pete Evans 3-in-1 spiraliser, \$59.99, from Farmers ▷ cookbooks, from \$5 each, from Kmart ▷ crocheted rubber bowl, A\$190, from theminimalist.com.au ▷ Zyliss spiraliser, \$39.99, from Milly's Kitchen ▷ OXO good grips avocado slicer, \$24.99, from Farmers ▷ Haven Kitchen mini colander, \$9.99, from Farmers ▷ PL8 mandoline, \$129, from Milly's Kitchen ▷ Kilo herb scissors, \$19.50, from Milly's Kitchen ▷ Terrazzo round board, \$12, from Kmart ▷ Wusthof double-bladed mincing knife (on board), \$249.95, from Milly's Kitchen ▷ Epicurean board in slate, \$34.95, from Milly's Kitchen ▷ double-ended zester, \$19.95, from Milly's Kitchen ▷ Monopol vege peeler, \$11.50, from Milly's Kitchen ▷ Zyliss easy-pull food processor, \$79.95, from Milly's Kitchen ▷ Home Living apple divider, \$8.99, from Countdown supermarket ▷ OXO Good Grips salad spinner, \$69.95, from Milly's Kitchen ▷ wallpaper (Essentially Yours Collection, BN47561), \$101.99 a roll, from Aspiring Walls ▷ kitchen surface painted in Resene 'Triple Concrete'. See Where to Buy, page 128. ●



BECAUSE SPECIAL isn't just FOR WHEN FRIENDS COME OVER



pam's
FINEST

The season of stout

Beer drinkers in New Zealand are spoilt for choice when it comes to styles of stout, whether it be the dry, food-friendly Irish styles or the luscious, heavy, imperial varieties. We're out to prove there's a stout for every occasion during March and April **STORY** Nick Russell

Easter

If you think of Easter (in a secular way) the first thing that will probably pop into your head is chocolate. Chocolate sales skyrocket over Easter and there's no reason why your beer shouldn't get into the spirit. **Sawmill Chocolate Stout** is made north of Auckland in the township of Matakana. Head brewer Mike Sutherland uses five different roasted malts, fair-trade raw cacao nibs from Peru, a little bit of cocoa powder and English-style Fuggle hops to add some bittering for balance.

Mike says people usually associate dark beer with Guinness, which is a really dry style of stout. With the evolution of craft beer, Kiwis are expanding their tastes into sweeter styles with a bit of lactose in them. Lactose is a common sugar derived from milk that is unfermentable and adds sweetness and body to the beer. The texture of Mike's award-winning chocolate stout is made creamier with the addition of lactose, and the raw cacao lends it a rich, chocolatey aroma and flavour. He says the beer is best matched with a chocolate brownie.

Mike tells us he was in Melbourne recently and tried an amazing strawberry and chocolate stout. It's a dessert-style beer that he's planning to experiment with over the coming months. Sweet-toothed beer fans, take note.

Bluff oyster season

March 1 heralds the start of Bluff oyster season, when we go cray-cray over the southern bivalve. One of the most historically beloved food and beer matches of all time is oysters and dry stout. Luckily, New Zealand's most awarded dark beer is actually made using Bluff oysters and is sublime with the renowned Foveaux Strait dredge oyster.

Three Boys Oyster Stout is made by Kiwi craft legend Ralph Bungard. He says the oyster stout came along around the same time as oatmeal and milk stouts in the 1800s. Dark beers were always considered healthy, and adding in something even healthier such as oatmeal, milk or oysters was seen as doubly beneficial.

Ralph's oyster stout has a dedicated following so he's never been tempted to mess with his original recipe, although there are times when he'd like to. "The amount of oysters I use in the beer is a trade secret, but it costs thousands of dollars a year in oysters. I don't regret it, but I cringe when I pay the bill, with all those oysters going straight into the beer – oyster lovers must cringe even more."

The beer is in a dry style and is a natural match to oysters, but Ralph says it is a good food-matching beer across the board, as the brininess of the beer gets the tastebuds primed for food. It's

particularly good with strongly flavoured red meats such as venison and lamb.

There's one traditional food match at the Three Boys Brewery that foodies should probably avoid – after the Bluff oysters come out of the boil, they are "rubbery and disgusting" and, when the first oyster stout of the year is ready, the brewing team enjoy pairing a sip of beer with one of the desiccated oyster relics. These niche delicacies are nicknamed 'floysters' – because they taste just as if you'd picked them up off the floor.

What is stout?

It's a kind of ale. It's the kind of yeast and the style of fermentation that sets stout apart. It's mostly made with ale yeast, warm fermentation and roasted malt, which gives the beer its trademark dark colour.

St Patrick's Day ► Of course, the most widely recognised dark beer in the world is practically the only drink permitted on March 17, the celebration of Ireland's patron saint (Irish whiskey being the obvious exception). Guinness began its life as an ale in 1752, before the trend in porter led originator Arthur Guinness into black beer. **Guinness Foreign Extra Stout** is enjoyed all over the world today. Sláinte! ●

We like it STEAMY

Easy meals should be delicious too! Make those fast mealtimes satisfying with **Birds Eye SteamFresh Plus** grain and vegetable mixes



Pearl couscous with confit salmon

SERVES 2 PREP TIME 10 MINUTES
COOK TIME 50 MINUTES

¾ cup olive oil
1 tablespoon honey
1 tablespoon soy sauce
2 teaspoons water
2 teaspoons wholegrain mustard
250g skinless salmon fillet
400g packet frozen Birds Eye SteamFresh Plus Pearl Couscous with Chick Peas
1 tablespoon parsley, chopped
¼ cup reserved confit cooking liquid
Rocket and fresh dill, to garnish

1 Combine oil, honey, soy sauce, water and wholegrain mustard in a small baking dish. Add salmon and cook in a preheated oven at 100°C for 45 minutes.
2 When fish is almost ready, cook frozen **Birds Eye SteamFresh Plus Pearl Couscous with Chick Peas** following packet directions. Stir through parsley and keep warm.
3 Spoon couscous into serving dishes. Remove salmon from cooking liquid and flake over couscous, combining gently. (reserve cooking liquid)
4 Drizzle over 1/4 cup reserved cooking liquid. Garnish with rocket and dill then serve.



**FOR MORE SIMPLE
FAMILY MEAL IDEAS, VISIT
BIRDSEYE.CO.NZ**

Served with tenderness

*Crumbed and zesty, this recipe made with
Waitoa free range chicken fillets brings a
delicious crunch to your table*





Waitoa
free range chicken
100% grown in NZ

Flattened free range chicken breast fillets baked in a crunchy lemon, garlic herb crust

SERVES 2

2 Waitoa free range skinless chicken breast fillets
1 cup Snax or Ritz crackers, roughly crushed
1 clove garlic, crushed
3 sprigs flat-leaf parsley
1 Tbsp sesame seeds
Zest 1 lemon
Sea salt
2 heaped Tbsp all-purpose flour
1 large free range egg
Olive oil

1 Place a piece of plastic wrap over each chicken breast and bash a few times with a rolling pin or the bottom of a small, heavy pan until the breasts flatten out to around 1-1.5cm and almost double in surface area.

2 Put crackers into a food processor with the garlic, parsley, sesame seeds and lemon zest and pulse until just combined (don't over process, the larger pieces of cracker are what make up the crunchy coating). Add a pinch of sea salt and pepper and place crumbs on a piece of baking paper (using baking paper instead of plates for crumbing mixtures saves washing up).

3 Sprinkle the flour on to a second piece of baking paper. Crack the egg into a small bowl and beat with a fork.

4 Dip the flattened chicken breasts into the flour until both sides are completely coated, then dip into the egg and finally into the crumb mixture. Press the crumbs on to the chicken breasts so they stick – the fillets should be totally coated.

5 Heat oven to 220°C. Place crumbed fillets on a lined tray and drizzle with a little olive oil.

6 Cook for 15-20 minutes until golden and crisp.
Serve hot with a salad of seasonal green leaves and cherry tomatoes.



proudly
Free Range



Straight from the Strait

New Zealand oysters are amazing balls of briny, oceanic bliss. But Bluff oysters are truly special. The season is upon us again and it's time to get excited about the iconic, wild-caught bivalve **STORY** Nick Russell

When else in Invercargill does a crowd of 70 people line up well before dawn waiting for a shop to open?

When else do scores of fishing boats gather along the 130km stretch of Foveaux Strait, the narrow waterway separating Stewart Island and the South Island, waiting for the second hand to tick past midnight?

At 12.01am, March 1, fishing boats fly into action. A few hours later, the eager crowds outside the tiny shop attached to the Barnes Wild Bluff Oysters warehouse on Spey Street devour the first 'Bluffies' of the season.

There is ritual and romance to the native Bluff oyster. Harvested from perhaps the world's last wild oyster fishery, there are numerous factors which feed into the huge anticipation of the season. Gathered at a depth of around 20 metres in the fast-flowing waters of Foveaux Strait, their

location is unique: elsewhere, flat oysters tend to prefer the quiet life of estuaries.

The environment is unpredictable and the hardy 20-foot trawlers can handle a rough day, but when *Taste* calls on Barnes general manager Graeme Wright in the lead-up to the season, a weather bomb has descended and fishing boats are stuck in port. When the weather turns foul in Foveaux Strait between March and August, restaurants and gourmands have to wait it out, too. With Bluff oysters, nature often controls the supply.

Nature also holds a joker in its hand that can ruin the fun completely. Since 1986, the parasite *Bonamia exitiosa* has cut a swathe through the flat-oyster population of Bluff – it kills the oyster but is harmless to humans. *Bonamia* caused the Ministry of Fisheries to close the Bluff fishery from 1993-1996 to allow it to recover. In 2001, Graeme recalls, it delivered another “bite on the bum” when

ABOVE
Some eat their Bluffies just as they are, in the half shell with a little saltwater liquor.

Getting the party started

THERE ARE SOME serious shuckers at the Bluff Oyster Festival. The shucking competition is just one of the events at this annual fixture on the foodie calendar, which kicks off on May 20 with the traditional 'piping of the oyster' and the 'ode to the oyster'.

Graeme says the Barnes team has a healthy rivalry with some of the other fishing companies that operate in Foveaux Strait, and last year his team had a cracking time, taking out the women's shucking title and coming second in the men's.

The festival sold out last year, and ticket numbers remain the same this year, but committee chairman John Edminstin says they've made a few tweaks, adding some extra space to make the event more enjoyable.

There's great crowd participation and plenty of oysters are given away in quizzes and best-dressed competitions. Local celebrities pop on stage to lend their appetites to the infamous oyster-eating contest, where anyone can join in for what John describes as "a big guts-up".

Mind you, in the US, the home of big guts-ups, the winner of the self-styled 2016 World Oyster Eating Championship in New Orleans consumed a stomach-churning 42 dozen oysters followed by a tie-breaker of two dozen. Last year's winners in Bluff, both from Blenheim, only put away a few dozen each. Probably a good thing, too – Bluffies don't grow on trees, or in farms for that matter.

John has been the festival chairman for 10 years and is a retired oyster skipper. He likes his oysters all ways, but recommends them raw on cold buttered toast, or soaked in beer then put on fresh bread with a bit of pepper.

90 percent of adult Bluff oysters were killed. Despite the devastation of *Bonamia*, the bivalve has shown a huge ability to rebuild its numbers. It also helps that Bluff locals are fiercely protective of the fishery.

Graeme says his fishermen are born into the industry – all his captains, bar one, were born and raised in the region, and many crew members have fathers or grandfathers who worked the boats or toiled in the processing facilities.

They may be resilient but Bluff oysters have a delicate side, too, especially compared to the introduced Pacific oyster. The sub-tidal nature of farmed Pacific rock oysters – which are used to being out of the water and can feed 24/7 – means they grow relatively quickly and have a 'shelf life' of 12-15 days. Bluffies, however, coming from the chilly depths of Foveaux

Strait, grow much slower and the live ones tend to keep comfortably for only five days and the pottles for around seven days.

There is more demand for live oysters from restaurants these days, Graeme says, but the live oyster doesn't like to be chilled down and is tricky to transport. In many cases it's the grit and extraneous matter that attaches itself to the live oyster on the seabed that can cause spoilage. You can't clean them in a big tumbler like the Pacific oyster as they're too delicate.

Graeme says March to May is the prime time for Bluff oysters with the quality falling as they enter the spawning phase.

If you can't get down to Invercargill to line up outside the Barnes factory, there are other ways to get your hands on some Bluffies; turn the page for a sample of some of the restaurants serving up this delicacy.



THIS PAGE
A trawler dredges for Bluff oysters, which grow wild and untouched in Foveaux Strait; shucking in progress at the Bluff Oyster Festival, an annual event celebrating another delicious season of our native bivalve.

The big smoke

THERE'S QUITE A BUZZ when the first Bluff oysters arrive in Auckland.

At Rockefeller Champagne and Oyster Bar near the Viaduct Harbour on Fanshawe Street they always get them live in the shell. Co-owner Tim Arnold says the Bluff oysters are always shucked to order: "You're not doing anything to it apart from opening and serving it with a couple of condiments – the skill is in opening it carefully and keeping some of the saltwater liquor in the shell." It requires a different opening technique to the Pacific oyster, but once you've done a few it becomes second nature, he says. If you were cooking them, the quality of the shucking wouldn't be so important – but it becomes crucial when they're served raw.

"It used to be hard to get fresh Bluff oysters in Auckland but demand has increased and now they are being supplied more often," Tim says. "The next thing I'm hoping for is fresh scallops in the shell to become readily available."

If you're a purist you can take your freshly shucked Bluff oyster with just a bit of brine left in the shell, or balance the rich flavour with a squeeze of lemon juice. The next step

is to serve it with a mignonette, a condiment of minced shallots in vinegar – at Rockefeller they go for a red wine vinegar with a little bit of balsamic. "We load up on condiments and provide a tray with hot sauces and a white balsamic which has a touch of sweetness."

Of course, there's also their namesake Rockefeller oyster, based on the secret recipe created by New Orleans restaurant Antoine's. It's essentially a green butter sauce, but there are a lot of variations. "We use watercress for crunch, parsley, a little wasabi and some Pernod, then make a compound butter out of it. You just slice off a bit of the butter, place it on the oysters and briefly sit them under a really hot grill."

Generally, dry drinks are best to match with oysters, Tim says. "I prefer dry Champagne, like blanc de blancs, or a dry white wine." Tim is a particular fan of the French Picpoul de Pinet, a restrained, minerally dry white style with hints of grapefruit, aniseed and green apple which acts to neutralise the salt and iodine in shellfish.

Dry-style cocktails are another excellent partner for oysters. Tim says that, again, anise flavours work well, such as Pernod or absinthe-based cocktails.



Where shell we go...?

Here are a few of the best places in the country to get your Bluff oyster fix

AUCKLAND

- Cocoro
- Depot Eatery
- Euro
- Soul Bar
- SPQR

HAMILTON

- Palate

HAWKE'S BAY

- Bistronomy
- Elephant Hill
- Pacifica

WELLINGTON

- Logan Brown
- Ortega Fish Shack
- WBC
- Whitebait

CHRISTCHURCH

- JDV Merivale
- Pegasus Bay
- Roots

QUEENSTOWN

- Aggy's Shack
- Fishbone

DUNEDIN

- Best Cafe
- Bracken
- Riverstone Kitchen

INVERCARGILL/BLUFF

- Buster Crabb
- Oyster Cove
- Ziff's Cafe and Bar ●

KEEPING THE
ROWS TIDY – IT'S A DIRTY
JOB, BUT SOMEBODY'S
GOT TO DO IT.

BEING SMALL MEANS
KUNE KUNE PIGS CAN'T
REACH OUR GRAPES, SO
THEY'RE ONLY LITTLE
PIGS WHEN IT COMES
TO OUR WEEDS.



Yealands
— FAMILY WINES —
MARLBOROUGH • NEW ZEALAND

EVERY BIT EXTRAORDINARY







Terrace Kitchen

A stylish, community-focused eatery and bar blends heritage and history with modern masterpieces

STORY Jared Dobbs

PHOTOGRAPHS Rachel Dobbs

THIS PAGE

Pale wood, concrete floors and airy spaces keep the look clean and contemporary.

OPPOSITE PAGE

Terrace Kitchen has an exterior counter for coffee-drinkers on the go (above you can see the bar's roof deck, which has lakefront views). The eatery is open till late every day and serves brunch, snacks, tapas and dinner.

The interior of Terrace Kitchen in Rotorua is inspired by one of New Zealand's lost natural wonders, while the building itself is crafted from the bones of another – albeit less ravishing – vanished landmark: an old Pizza Hut.

You can feel a reminder of the elemental forces that claimed the world-famous Pink and White Terraces in the under-concrete geothermal heating at the bistro on Tutanekai Street, while the stunning colours that wowed tourists in the 19th century are represented in bright marble and soft pink hues throughout the building. The wooden rafters and part of the signature tiled roof are all that remain of the Pizza Hut that had stood on the location, facing Lake Rotorua and the village green, since 1975.

Drawing a bit of heritage and history into the proceedings is second nature to owner

Jo Romanes. For the past 17 years she has also operated the city's famed Blue Baths – built in 1933 and a Category 1 historic building – which has its own restaurant, venue and catering service.

The nostalgia trip at Terrace Kitchen extends to the menu of executive chef Timo Dicker, but you won't be getting a stuffed-crust, deep-pan pizza, thankfully. The toil of local growers and producers is transformed into a menu that puts subtle, modern twists on old favourites.

Brunch includes brioche waffles with caramel crème fraîche, tangelo and grapefruit marmalade, cocoa nibs and labneh. The Kitchen Bene sits poached eggs on a rosemary potato cake with house-smoked whisky bacon and a slug of artery-tickling shallot hollandaise. There are twists on international flavours too, with their stunning breakfast ramen bowls.



TERRACE KITCHEN
1029 Tutanekei Street,
Rotorua

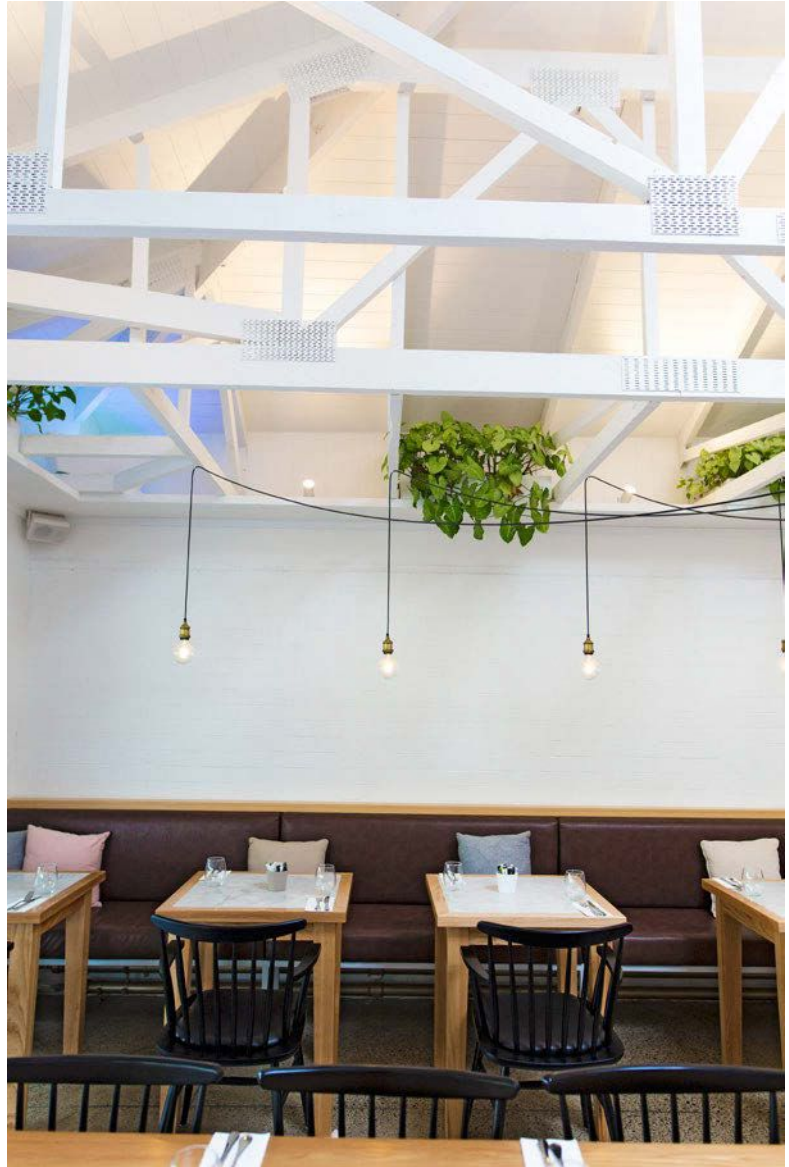
Timo is a chef with a background in catering and hotels, meaning he's good at feeding crowds; you'll appreciate that when the kitchen is getting slammed on a Sunday morning.

Afternoon tea is best enjoyed holding a gooey house-made cookie, macaroon or trendy injectable doughnut – the kids can play nurse with your deep-fried treat before heading out to have fun on the back lawn while you scoff it. You're unlikely to find a better eatery for keeping kids entertained on a sunny day than Terrace Kitchen. While you relax with friends, the nippers can play in the wooden playhouse or on mini-bikes on the fenced lawn ringed with herb boxes, where Timo and his team grow their seasonal garnishes.

There's bright, textural, on-trend salads for lunch, like the combo of kumara, onion jam, fennel, shaved chioggia beets, treacle-roasted carrot and baby spinach with dill yoghurt. For a meat and carb fix there's a classic Reuben or a hanger steak burger. The coffee is Atomic and the tea is from Kiwi artisan producer Forage & Bloom.

With their upstairs Tonic Bar, live music and a happy hour from 5-7pm Monday to Friday, it's a given that the evenings are fun times at Terrace Kitchen. You can

“I thought the people of Rotorua would enjoy something with a little more attention taken with the design. It makes people feel different”



have cocktails, craft beer, cider or wine while sampling their popular Kitchen Fried Chicken or one of their platters. The cocktails are riffs on classics, such as their Terrace sour, which adds spice and red wine for a New York-style whisky sour, while the greyhound cocktail has been ‘Tarted Up’ (its name on the menu) with grapefruit vodka and locally made limoncello.

A combination of small sharing plates and larger meals makes up their dinner menu, with the likes of duck rillettes, sous vide lamb, pinot and anise salt-roasted beets, market fish, pork belly and gnocchi. “Time and care goes into every dish,” Timo says.

“If people want a steak they can have one, but it’ll be slow-cooked for 17 hours then finished off in the pan; if they want

chicken they can have it, but we’ll brine it for three hours. Everything is made from scratch, even our bread.”

Jo talks about building a strong feeling of family or community among the staff and extending it to their customers. Her passion for family includes having her son Ryan, a Melbourne-based designer, take care of the design of the building, the interior fit-out and every detail from the plants to the signage and branding.

“I have three adult children in Melbourne, so I have been quite inspired by the food scene there,” Jo says. “I thought the people of Rotorua would enjoy something with a little more attention taken with the design. It makes people feel different; their eyes widen as they look around.” ●

Stories of tea devotees

We went to the Bell Tea Company and found not only their most devoted tea drinkers – but uncovered their quirky secrets to a perfect cup!

The dedicated all-day sipper

NAME Lena Jean Ganley, Bell Tea Company

TEA OF CHOICE Bell Zesty Green tea range

My father was Irish and my mother is English so, you know, the kettle is always on. Tea is the solution to everything. Had a good day? Chuck the kettle on. Had a bad day? Chuck the kettle on.

While I grew up on English Breakfast, our neighbour used to invite us over and make us tea with interesting additions from his garden. Tea with basil wasn't the best, let me tell you! But tea with a couple of sprigs of lavender in the pot was great!

I'm an account manager at the Bell Tea Company. Bell's huge range of teas inspires me to carry on our neighbour's legacy by adding bits from the garden. Most mornings I kick off with a Bell Zesty Green tea, which I zing up with lemon or lime. And I still add lavender to my black teas when the mood takes me!

In the evenings, I love to finish my day with a Bell Herbal tea. I'm a hobby bee keeper and before bedtime there's nothing like a nice Bell Chamomile sweetened with a teaspoon of my own honey. I don't bother with tea cups, a mug fits in so much more!

Our grandmother taught us that you put a tea bag in for each person and one for the pot. Then, before she poured the tea she turned the pot around three times, both to stir it and for good luck. I still do that now. People are always taking the mickey out of me!

Tea makes me feel centred. It's a bit of calm, a bit of liquid strength. Anything can be tackled after a cup of tea.





“Tea makes me feel centred. It’s a bit of calm, a bit of liquid strength. Anything can be tackled after a cup of tea”

The scientific tea brewer

NAME Johnny Leung, Bell Tea Company

TEA OF CHOICE Bell Kenya Bold tea

I work for the Bell Tea Company as a beverage specialist and to say I’ve developed a real passion for the craft of tea making is an understatement!

My wife doesn’t drink coffee, so at home I’ve pioneered a new way of making tea using coffee technology. I figured it works so well with coffee, why not tea?

Without getting too technical, I use a coffee syphon, which is basically a scientific method of boiling water at a controlled temperature by using two glass vessels. I brew a mixture of different Bell blends – the key ingredient being Bell Kenya Bold because it has such a full flavour and body. I serve it with evaporated milk.

Talk about a win-win. It’s delicious, I get to use my coffee-making equipment and the end result is something special that my wife gets to enjoy too.

When family and friends visit they always ask, “Johnny, can you make that, what do you call it... that tea syphon?” It’s a hit!

I’m New Zealand born and bred but my parents are from Hong Kong and tea is a huge part of our Chinese culture.

One of my most memorable moments with tea was our wedding. The day before, we underwent the traditional tea ceremony, kneeling before our respected elders and presenting them with tea. It was a way of saying, “Thank you for everything and we hope we can grow stronger as one big family.”

When I’m not using my syphon, I prefer my tea strong and black but there’s no right or wrong way to drink it.

I find it completely invigorating. I’ll look at the dishes from the night before and I’m like, “You know what? I’ll have a cup of tea first,” and then I’m ready for the household chores.



TOP LEFT

Lena Jean adds some lemon slices to her Bell Zesty Green tea with Pink Grapefruit and Lime.

RIGHT

Johnny brews his Bell Kenya Bold tea in a coffee syphon and tops it off with evaporated milk for strong flavour.



“I always make sure it has brewed for three minutes before I drink it. It makes a huge difference”



The pink cup for me, please

NAME Alla Heta, Bell Tea Company

TEA OF CHOICE Bell Pure Green tea

As Master Tea Blender at the Bell Tea Company, I look back on my tea-making habits as a teenager with shame. I definitely had a dunk-it-and-go approach – basically giving the cup of hot water just a sniff of a tea bag. These days I have far more respect for the art of tea making – and tea drinking!

I always make sure it has brewed for three minutes before I drink it. It makes a huge difference – not only to the flavour of the tea but also it means you're getting more of the healthy stuff, the antioxidants, too.

I love tea so much, my husband gave me a beautiful, pink, wide-brimmed cup, which is now the only one I will drink from at home. Yes, pink is my favourite colour but it's more than that: I don't like milk with my tea, so drinking it from a wide cup helps it to cool down quickly.

As Master Tea Blender, I source tea from estates all over the world – my last trip was to Sri Lanka – and I'm responsible for everything from quality control and organising tea tastings to developing exciting new blends for Bell. As you can imagine, I have developed a deep and abiding appreciation for tea.

My favourite teas are delicate and fragrant, like Bell Pure Green tea, and I'm not into any fancy-pants added flavours. I just love the 100 percent pure, unadulterated taste of green tea sourced from the Zhejiang province in China, which grows some of the highest quality green tea in the world.

Tea is 'my time'. I'll grab a moment to sit in the sun, sipping on a little cup of tea and everything around me just fades away... ■



New Zealand's favourite* green tea.

Equally *delicious* in pink.



*New Zealand's leading green tea brand with 22.1% value share. Source: IRI NZ Grocery scan data, MAT to 08/01/2017.



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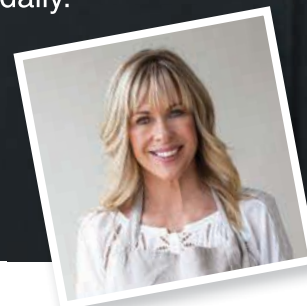
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RECIPE AND STYLING Fiona Hugues

PHOTOGRAPH Jani Shepherd
Gatherum Collectif

Hand-rolled flour tortillas

READY IN 1 hour 50 minutes **MAKES** 16

3 cups flour
1 tsp baking powder
1 tsp sea salt
½ cup vegetable oil
1 cup warm water

1 Add the dry ingredients to the bowl of a stand mixer fitted with a dough hook and mix until combined. With the mixer running, add the oil and water and mix for about 1 minute until mixture comes together. Mix for another minute or so until dough is smooth. (Or mix by hand in a bowl.)

2 Transfer to a floured surface, cover with a damp tea towel and allow to rest for at least 1 hour.

3 After dough has rested, heat a cast-iron

pan over medium heat. Divide dough into 16 or more evenly sized pieces.

4 Roll into balls, press flat with your hand and roll each to a thin disc using a lightly floured rolling pin.

5 Gently place a dough disc into the hot, dry pan and cook for 1-2 minutes until the bottom of the tortilla is lightly browned in places and starting to bubble slightly. Flip and cook the other side for around 30 seconds. All cooking surfaces behave differently so you may need to adjust the heat slightly – ideally, the tortillas should be soft with brown spots on the surface.

6 Remove from pan and stack on a plate until all tortillas are cooked. They will keep, covered in plastic food wrap, for 24 hours or place in a zip-lock bag and freeze (to use, warm in the microwave from frozen). ●



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seasonal
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simple,
you'll be
done, dusted
and dining
before you
know it



WEEKNIGHT WONDERS

READY IN
25
MINUTES

THIS PAGE

Watermelon & haloumi salad. See page 50 for recipe.

OPPOSITE PAGE

Grilled chicken, bacon & poached egg salad. See page 50 for recipe.



THIS PAGE

Tomato tart with
fig, mozzarella
& basil salad.
See page 50 for
recipe.



Take the
'less is more'
approach.
A simple
recipe
allows the
flavours
of fresh,
seasonal
ingredients
to shine



READY IN
25
MINUTES

Grilled prawns with pink grapefruit salad

READY IN 25 minutes SERVES 4 GLUTEN FREE

Place **500g peeled raw prawns (tails on)** in a bowl with **3 crushed cloves garlic**, **2 finely chopped long red chillies**, **finely grated zest and juice 1 lime** and **2 Tbsp olive oil** then season to taste. Grill prawns on a barbecue or in a grill pan over medium-high heat, turning occasionally, until golden and cooked through (about 6 minutes). Meanwhile, place **2 peeled, thinly sliced pink grapefruit** and **6 thinly sliced fresh shallots** with **1 cup (60g) shop-bought fried shallots*** and **½ cup each (firmly packed) Thai basil, mint and coriander** in a bowl. Toss to combine and arrange on a plate. Whisk **2 Tbsp fish sauce*** with **juice 1 lime** and **1½ Tbsp caster sugar** in a bowl and drizzle over salad. Serve immediately with prawns.

Lamb skewers with herb & radish tabbouleh

READY IN 40 minutes

SERVES 4

1kg boneless lamb shoulder, trimmed and cut into 2cm cubes
 5 cloves garlic
 ¼ cup loosely packed oregano leaves
 1 Tbsp dried oregano
 Finely grated zest and juice 1 lemon
 ⅓ cup (80ml) extra virgin olive oil
TABBOULEH
 ¼ cup (55g) coarse cracked wheat (burghul)
 125ml boiling water
 1½ cups loosely packed coriander leaves
 1½ cups loosely packed flat-leaf parsley leaves
 3 cloves garlic, finely chopped
 1 red onion, finely chopped
 4 radishes, thinly sliced
 100ml extra virgin olive oil
 2 Tbsp lemon juice

- 1 Place lamb in a non-reactive container. Place garlic, fresh and dried oregano and lemon zest in a mortar and pestle and pound to a paste; stir in lemon juice and oil.
- 2 Add marinade to lamb, mix well and season to taste. Thread 4-5 cubes of lamb onto metal or soaked bamboo skewers.
- 3 Heat a barbecue or grill pan to high heat and grill skewers, turning occasionally, until cooked to your liking (about 8 minutes for medium rare). Cover loosely with foil and rest for 5 minutes.
- 4 Meanwhile, make the tabbouleh. Place cracked wheat in a heatproof bowl. Add the boiling water, cover with plastic

wrap and stand for 10 minutes or until soft.

- 5 Drain well. Stir remaining ingredients through and season to taste. Serve on a platter with lamb skewers on top.

TIP

Lamb can be marinated the night before. Refrigerate until needed.

Orzo, tomato, olive & lemon salad

READY IN 25 minutes plus cooling time
 SERVES 6-8 as a side dish **VEGETARIAN**

350g orzo or risoni pasta
 ⅓ cup (80ml) extra virgin olive oil, plus extra to serve
 550g (about 2 punnets) vine-ripened cherry tomatoes
 15 large green olives, pitted and thinly sliced
 ½ red onion, finely chopped
 ½ cup coarsely chopped flat-leaf parsley
 ½ cup coarsely chopped mint
 2 Tbsp fresh oregano, coarsely chopped
 Juice 2 lemons, or to taste
 Finely grated zest 1 lemon, or to taste
 1 clove garlic, crushed

- 1 Preheat oven to 250°C (230°C fanbake). Cook orzo in a large saucepan of salted boiling water until cooked al dente (about 10 minutes).
- 2 Drain, rinse lightly with cold water to prevent sticking, then drain well in a sieve until drained of most water.
- 3 Transfer orzo to a large bowl, add ¼ cup (60ml) olive oil and season to taste with salt and pepper.
- 4 Meanwhile, scatter tomatoes

in a single layer on oven tray, drizzle with rest of oil and roast until caramelised (about 10-15 minutes). Set aside to cool.

- 5 Add remaining ingredients to orzo and toss to combine, then transfer to a platter. Top with tomatoes, drizzle with a little extra oil and serve.

Barbecued lamb with feta

READY IN 25 minutes plus marinating and resting time
 SERVES 6-8 **GLUTEN FREE**

8 lamb loin double chops or 16 lamb loin chops (see Note opposite)
 90ml olive oil
 1 Tbsp red wine vinegar
 ½ Tbsp finely chopped rosemary, plus extra leaves to serve
 ½ Tbsp finely chopped oregano, plus extra leaves to serve
 1 tsp dried chilli flakes, plus extra to serve
 1 tsp fennel seeds, coarsely crushed
 2 cloves garlic, finely chopped
 Thinly sliced spring onion
 Greek feta, to serve

- 1 Place all ingredients except spring onion and feta in a large bowl, season to taste and mix well to coat. Cover and refrigerate for at least 1 hour.
- 2 Preheat barbecue or grill pan to medium-high heat. Remove lamb from marinade and grill, turning occasionally, until cooked to your liking (about 8 minutes for medium rare). Rest lamb on plate for 5 minutes.
- 3 Serve with extra herbs, chilli flakes, spring onion and crumbled feta on top.

Lemon & herb barbecued chicken

READY IN 45 minutes plus marinating and resting time
 SERVES 6-8 **GLUTEN FREE**

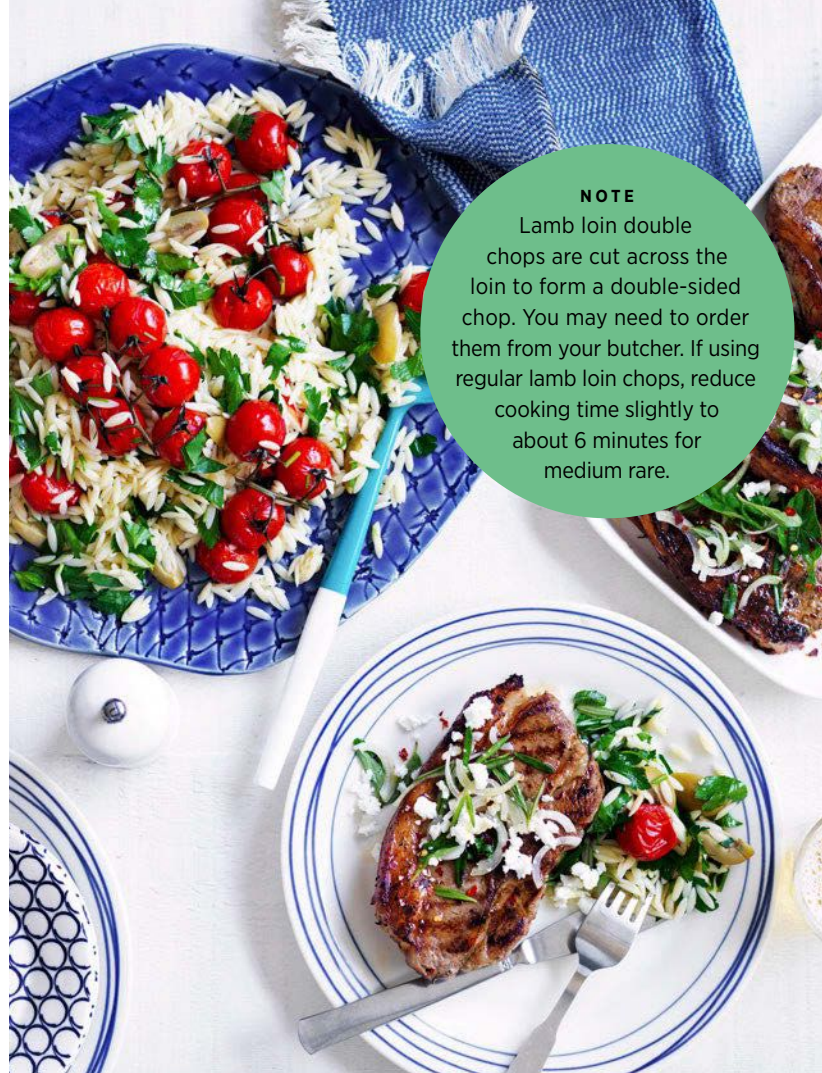
3 cloves garlic, coarsely chopped
 1 Tbsp coarsely chopped fresh oregano
 1 Tbsp coarsely chopped dill
 2 tsp dried Greek oregano (rigani)
 Finely grated zest and juice 1 lemon
 100ml olive oil
 1 butterflied chicken (about 1.8kg), skin slashed at intervals at thickest part of thighs and breasts
 2 lemons, halved
 Coarsely chopped dill and flat-leaf parsley, to serve

- 1 Place garlic, fresh and dried herbs, and zest in a mortar with a generous pinch of salt and pound to a paste.
- 2 Transfer to a large bowl and season to taste with salt and black pepper. Stir in oil and lemon juice then massage into chicken. Cover and refrigerate for at least 1 hour.
- 3 Preheat a barbecue or grill pan to medium-high. Remove chicken from marinade and cook, skin-side down, until browned and chicken no longer sticks to grill (about 8 minutes).
- 4 Turn and cook, turning a few times, for 20 minutes or until cooked through (juices should run clear when flesh pierced at thickest part). Rest on a plate.
- 5 Grill lemon halves, cut-side down, until brown and caramelised (about 2 minutes).
- 6 Serve chicken hot, scattered with extra herbs and with grilled lemon on the side.

Pasta salad with smoked salmon, lemon & herbs

READY IN 25 minutes SERVES 4

Cook **350g farfalle** in salted boiling water for about 8 minutes or until al dente. Drain, then refresh under cold water, drain again then transfer to a bowl. Meanwhile, heat **30g butter** in a frying pan over medium-high heat. Add **2 shallots, diced**, and **1 clove garlic, crushed**; stir for 2 minutes or until tender. Add **½ cup (125ml) dry white wine**, bring to the boil, then stir in **2 smoked salmon fillets, flaked**. Remove from heat and immediately stir through pasta, along with **1 handful chopped dill**, **1 handful chopped chives**, **juice and zest 1 lemon** and **¼ cup (60ml) extra virgin olive oil**. Toss to combine and season to taste. Serve warm with a dollop of **crème fraîche**.



NOTE
Lamb loin double chops are cut across the loin to form a double-sided chop. You may need to order them from your butcher. If using regular lamb loin chops, reduce cooking time slightly to about 6 minutes for medium rare.

CLOCKWISE FROM ABOVE LEFT Lamb skewers with herb & radish tabbouleh; orzo, tomato, olive & lemon salad served with barbecued lamb with feta; lemon & herb barbecued chicken; pasta salad with smoked salmon, lemon & herbs. See opposite for recipes.



A well-stocked pantry makes it easy to improvise and so cuts down on food waste

Grilled chicken, bacon & poached egg salad

READY IN 40 minutes

SERVES 4

- 4 skinless chicken breasts (about 200g each)
 - 2 Tbsp olive oil
 - 200g sliced streaky bacon
 - 2 cups loosely packed frisée lettuce (curly endive)
 - ½ cup flat-leaf parsley leaves, torn
 - ¼ cup finely chopped chives, plus extra to serve
 - 4 fresh free-range eggs
 - ⅓ cup (80ml) olive oil
 - 2 Tbsp white wine vinegar
- CROUTONS**
- 30g butter, melted
 - 3 tsp olive oil
 - 1 baguette, cut into 12 x 1cm-thick slices

1 Place chicken on a plate and season. Drizzle with 2 Tbsp olive oil, turning to coat. Heat a grill pan over medium-high heat and cook, turning occasionally, until golden and cooked through (about 8 minutes). Set aside to rest. Wipe pan clean with paper towel.

2 To make croutons, combine butter and oil in a bowl and brush onto both sides of baguette slices. In same grill pan, toast slices over medium-high heat until golden, turning once (about 1 minute per side). Set aside.

3 In same grill pan, grill bacon for 3 minutes or until crisp, turning occasionally. Cool slightly, then tear into small pieces and place in a large bowl with croutons, frisée, parsley and chives.

4 Meanwhile, poach eggs. Bring pan of salted water to a simmer, swirl into a whirlpool and gently break eggs into moving water. Cook to your liking (about 3 minutes for soft yolks). Remove eggs with slotted spoon and drain off water. Keep warm until ready to serve.

5 Combine final measure of olive oil and vinegar in a jug, season to taste then drizzle over salad. Toss lightly then arrange on a platter or divide among serving plates. Serve with sliced chicken and poached eggs with a sprinkle of extra chopped chives.

Watermelon & haloumi salad

READY IN 25 minutes

SERVES 6-8 as a shared dish

VEGETARIAN GLUTEN FREE

- 30ml extra virgin olive oil
- 180g haloumi, thinly sliced
- Juice 1 lemon, or to taste
- 400g seedless watermelon, thinly sliced
- ½ small red onion, thinly sliced
- ⅔ cup each torn mint and flat-leaf parsley (or swap parsley for micro green if you prefer)
- Seeds ½ pomegranate (if available)

1 Heat half the olive oil in a frying pan over high heat. Cook haloumi in batches, turning once, until golden (about 1 minute each side).

2 Place haloumi on a platter and squeeze a little lemon juice over the top.

3 Arrange haloumi, watermelon and onion in layers. Combine herbs and pomegranate seeds, season to taste and scatter over salad.

4 Place remaining olive oil and lemon juice in a bowl and whisk to combine; season to taste. Drizzle over salad and serve immediately.

Tomato tart with fig, mozzarella & basil salad

READY IN 45 minutes

SERVES 5-6 VEGETARIAN

- 15 sheets filo pastry, cut square
- 100g butter, melted
- 500g sour cream
- 5 eggs
- 2 cloves garlic, finely grated
- 1 Tbsp thyme leaves
- 1 Tbsp plain flour
- 250g assorted tomatoes, larger ones cut into wedges
- Handful mint leaves, torn
- Handful flat-leaf parsley leaves
- Extra virgin olive oil, for drizzling

SALAD

- ⅓ cup (80ml) extra virgin olive oil
- 2 Tbsp red wine vinegar
- Pinch caster sugar
- 6 black figs, trimmed and cut into large chunks
- 2 balls buffalo mozzarella (about 120g each), torn
- 1 cup basil leaves, torn
- 3 shallots, finely diced

1 Preheat oven to 200°C (180°C fanbake). Lay 1 filo sheet on bench, brush with butter, then lay buttered-side down in a 22cm square loose-based tart tin, allowing 1-2cm overhang.

2 Brush with butter, then top with another filo sheet. Repeat with remaining butter and filo, finishing with a layer of pastry.

3 Place sour cream in a

bowl and whisk to soften. Add eggs, garlic, thyme and flour, and whisk to combine. Season to taste then pour into pastry-lined tin.

4 Bake until golden and cooked through (about 15-20 minutes), covering edges loosely with foil if browning too quickly. Remove from oven and stand for 5 minutes.

5 Place tomatoes, herbs and a drizzle of olive oil in a bowl and mix to combine. Season well, then scatter over tart. Transfer to a platter.

6 To make salad dressing, whisk olive oil, vinegar and sugar together in a bowl then season to taste. Arrange salad ingredients on a platter and drizzle dressing over. Serve immediately with tart.

Galaktoboureko

READY IN 1 hour 30 minutes plus cooling time

SERVES 8-10

- 375g filo pastry
 - 200g butter, melted
 - 800ml milk
 - 4 eggs
 - 6 egg yolks
 - ½ cup (110g) caster sugar
 - 90g fine semolina
 - Thickly sliced strawberries and halved grapes (or whatever fruit is in season), to serve
- VANILLA & CITRUS SYRUP**
- 400g caster sugar
 - 1 vanilla bean, split
 - Zest 1 orange and 1 lemon, removed with a peeler and julienned
 - 200ml water
 - 2 Tbsp orange juice

1 Preheat oven to 190°C. Butter a shallow 25cm x 30cm tin. Lay pastry flat and cover with a damp tea towel.

For more fast meal ideas search **quick dinners** on

 **FOODTOLOVE.CO.NZ**

Reserve 50g melted butter; the rest will be used for brushing the filo.

2 Working with 1 filo sheet at a time and keeping remaining filo covered, brush 1 sheet with melted butter and place over one half of the tin's base, covering the side and overhanging the edges.

3 Brush another filo sheet with butter and line base and sides of remaining half of tin, allowing filo to hang over edges. Repeat until half of the filo is used; set aside.

4 Bring milk to the boil over medium heat. Meanwhile, whisk eggs, yolks and sugar together in a heatproof bowl. Slowly whisk hot milk into egg mixture, then return to saucepan over medium heat. Gradually add semolina and reserved melted butter to milk mixture, continuing to whisk until thickened (about 7 minutes). Cool slightly, then pour into prepared tin, fold in overhanging edges of filo and refrigerate until cool.

5 Meanwhile, make syrup: place sugar, vanilla, orange and lemon zest and water in a saucepan. Bring to the boil, stirring to dissolve sugar. Add orange juice, remove from heat and set aside.

6 Working with 1 sheet at a time, brush remaining filo with butter and layer sheets on top of each other on a board until all filo is used.

7 Lay filo on top of semolina mixture, press to seal and trim edges with a knife. Score top of filo to desired serving sizes, then bake until starting to turn golden (about 15 minutes). Reduce oven to 160°C and bake until golden and starting to puff (a further 30 minutes).

8 Pour syrup over hot galaktoboureko and let cool to room temperature. Serve with seasonal fruit. Galaktoboureko is best made on day of serving. ●

* Check label if eating gluten free

Galaktoboureko



THIS PAGE

Buckwheat & roasted pumpkin salad with sumac yoghurt & pickled red onion. See page 56 for recipe.

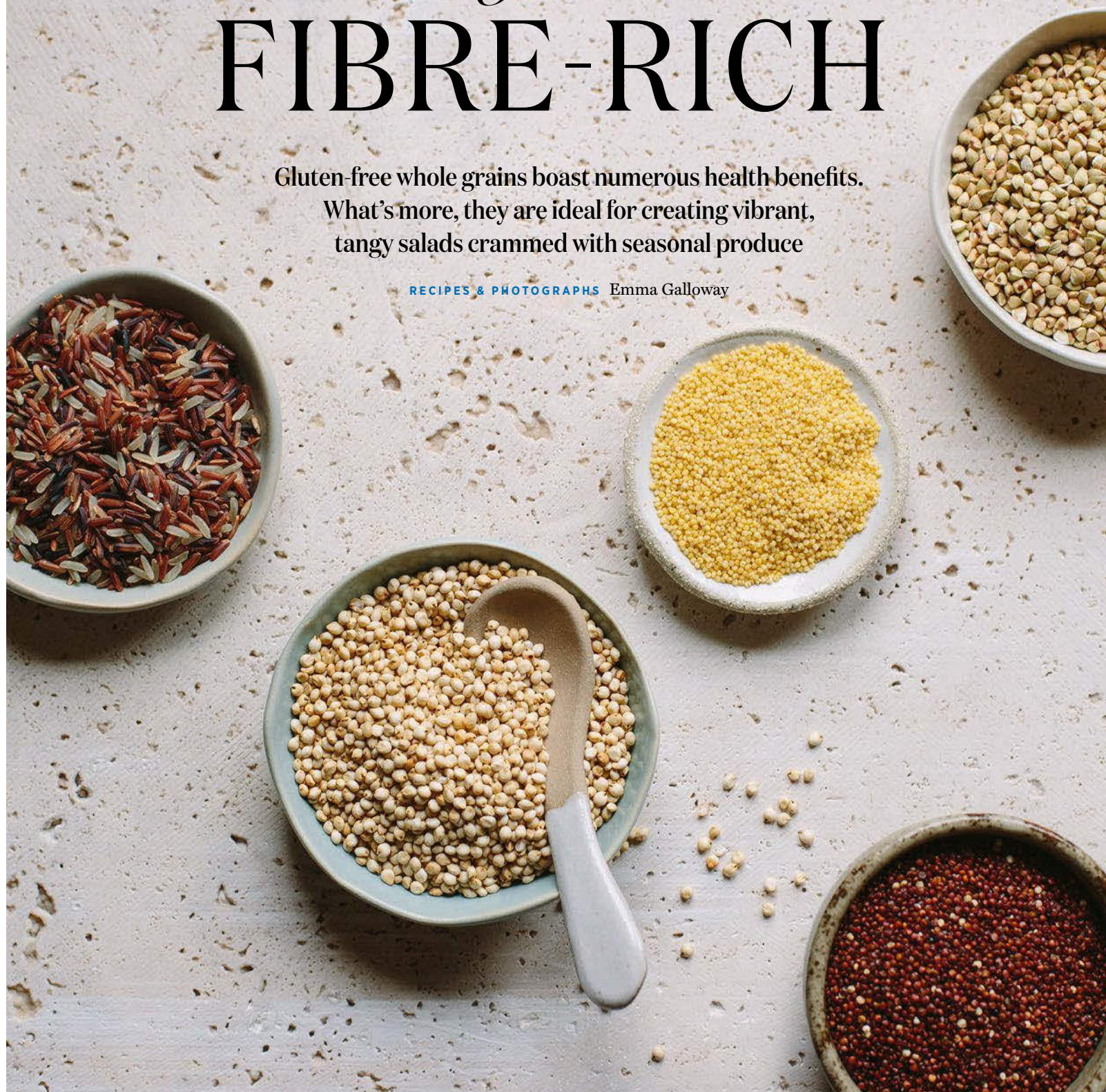
Buckwheat

Buckwheat is a naturally gluten-free grain (ignore the 'wheat' part of its name) from the same family as rhubarb and sorrel. Like many other grains, it's high in protein, iron, zinc and B vitamins, as well as selenium. It's great in soups and stews, or can be sprouted and used in salads, granolas and porridge. To cook, bring a large saucepan of lightly salted water to the boil, add 1 cup (180g) raw hulled buckwheat and cook for 10-12 minutes or until tender (it will still have some bite). Drain well and set aside to cool.

SECRETS *of the* FIBRE-RICH

Gluten-free whole grains boast numerous health benefits.
What's more, they are ideal for creating vibrant,
tangy salads crammed with seasonal produce

RECIPES & PHOTOGRAPHS Emma Galloway





Sorghum & roasted eggplant salad with pomegranate dressing

READY IN 1 hour plus cooling time **SERVES** 4-6 **VEGETARIAN** **GLUTEN FREE**

1 cup sorghum
 2 medium eggplants,
 ends trimmed
 2 Tbsp olive oil
 ½ tsp fennel seeds
 ½ tsp cumin seeds
 Fine sea salt
 2 spring onions, finely sliced
 ½ red chilli, finely chopped
 (deseed for less heat)
 2 Tbsp lightly toasted
 sesame seeds
 Large handful flat-leaf
 parsley, roughly chopped
 Large handful mint, roughly
 chopped
 Large handful coriander,
 leaves and tender stalks
 roughly chopped

POMEGRANATE DRESSING

1 Tbsp honey
 2 Tbsp pomegranate
 molasses (available from

Middle Eastern stores and
 specialty food shops)
 3 Tbsp lemon juice
 1 Tbsp apple cider vinegar
 4 Tbsp extra virgin olive oil
 Fine sea salt

1 Cook sorghum using
 instructions below. Let cool.
2 Meanwhile, preheat oven
 to 200°C. Line two oven
 trays with baking paper and
 grease well with olive oil.
3 Slice eggplants into 1cm
 rounds and quarter each one.
 Transfer to trays, drizzle with
 the oil, scatter over fennel
 and cumin seeds, and season
 well with fine sea salt and
 freshly ground black pepper.
4 Mix well, using your hands
 to evenly coat the eggplant
 in oil. Spread out in a single

layer on trays and roast for
 15-20 minutes or until
 golden underneath. Flip
 each piece over and cook
 for a further 10 minutes
 or until golden and tender.
 Remove from the oven
 and set aside until cooled
 to room temperature.
5 To make the dressing,
 mix honey and pomegranate
 molasses in a bowl. Whisk
 well, add lemon juice and
 cider vinegar, then drizzle in
 olive oil while whisking to
 form an emulsified dressing.
 Season with fine sea salt and
 freshly ground black pepper.
6 Combine sorghum, cooled
 eggplant, spring onions,
 chilli, sesame seeds and
 herbs in a large bowl. Add
 dressing, mix well and serve.

Sorghum Sorghum is the new kid on the gluten-free grain block. Its high protein and dietary fibre content make it a great nourishing wholegrain alternative to couscous or rice. It has a lovely nutty flavour and retains a slight chewy texture when cooked. To cook, bring 3 cups (750ml) water to the boil in a medium saucepan, add 1 cup (180g) sorghum, cover, reduce to a simmer and cook 45-50 minutes. To reduce cooking time and improve digestibility, I like to soak the sorghum in measured water overnight, then cook the following day. You can find sorghum at most health food stores and selected supermarkets. I buy Ceres Organics brand.

Quinoa

I used red quinoa here, but any colour will do. To cook, rinse 1 cup (185g) quinoa in a fine sieve under cold water. Bring 1½ cups (375ml) water to the boil, add quinoa, cover with a lid and reduce heat to a simmer. Cook for 10-12 minutes until all the water has been absorbed and quinoa is tender. Remove from the heat and set aside with the lid on for a further 5 minutes before fluffing up with a fork.

Quinoa & beetroot salad with grilled haloumi & preserved lemon

READY IN 45 minutes plus cooling time **SERVES** 4-6

VEGETARIAN **GLUTEN FREE**

1 cup quinoa
6 medium beetroots, ends trimmed to 1cm
½ preserved lemon, flesh discarded and skin finely chopped
Juice ½ lemon
2 Tbsp extra virgin olive oil
Handful flat-leaf parsley, roughly chopped
1 tsp finely chopped fresh thyme
½ tsp dried oregano
3-4 small chioggia beetroots, thinly sliced, (optional)
Olive oil, for frying
1 packet haloumi, thinly sliced

- 1 Cook quinoa using directions above left. Let cool.
- 2 Meanwhile, place beetroots in a saucepan, cover with plenty of cold water, bring to the boil, then simmer for 20-30 minutes until tender.
- 3 Remove from the heat, drain off the water and, when cool enough to handle, peel and slice into quarters.
- 4 Combine cooled quinoa, beetroot, preserved lemon, lemon juice, extra virgin olive oil, herbs and sliced chioggia beetroots (if using) in a bowl. Mix well and season to taste with salt and pepper.
- 5 Heat a little olive oil in a frying pan and fry haloumi on both sides until golden. Serve salad with hot fried haloumi.

Mixed rice & tomato salad with basil dressing

READY IN 30 minutes plus cooling time **SERVES** 4-6

VEGETARIAN GLUTEN FREE

- 1 cup mixed rice, cooked according to instructions on the packet, cooled
- 250g cherry tomatoes, halved
- 1 celery heart (4-5 tender inner stalks with leaves), finely sliced
- 1 Tbsp capers, drained and finely chopped
- 3-5 heirloom tomatoes, roughly chopped, to serve (optional)

BASIL DRESSING

- 1 cup packed basil leaves
- 1 clove garlic
- 1 tsp Dijon mustard*
- 1 tsp apple cider vinegar
- 3 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil
- Fine sea salt

- 1 Combine cooled rice, cherry tomatoes, sliced celery and capers in a bowl.
- 2 To make the basil dressing, place basil, garlic, mustard, vinegar and lemon juice in a blender or small food processor and blend until finely chopped.
- 3 Add oil and continue to blend until bright green. Season with sea salt and ground black pepper.
- 4 Stir enough dressing through salad to nicely coat



and serve with extra chunks of heirloom tomato if desired.

* Check label if eating gluten free

Buckwheat & roasted pumpkin salad with sumac yoghurt & pickled red onion

READY IN 50 minutes

SERVES 4-6 **VEGETARIAN**

GLUTEN FREE

- 1 cup buckwheat
- 1 small butternut pumpkin
- 4 Tbsp extra virgin olive oil
- Juice ½ lemon
- Small handful flat-leaf parsley, roughly chopped
- Small handful mint leaves, roughly chopped

PICKLED RED ONION

- 1 medium red onion, finely sliced
- ¼ cup (60ml) apple cider vinegar

- 1 Tbsp raw sugar
- 1½ tsp fine sea salt
- SUMAC YOGHURT**
- ½ cup (125ml) plain Greek yoghurt
- 1 small clove garlic, crushed
- 1 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1 tsp ground sumac

- 1 Cook buckwheat following guide on page 52. Let cool.
- 2 Meanwhile, preheat oven to 200°C. Peel and deseed pumpkin, then slice into small wedges. Transfer to oven tray, drizzle with half the oil, season and roast for 30-40 minutes or until tender and golden.
- 3 While pumpkin is roasting, prepare the pickled red onion. Place the sliced red onion in a shallow bowl and break up using your hands.
- 4 Combine apple cider

vinegar, sugar and sea salt in a small saucepan and bring to the boil, stirring often to dissolve sugar.

- 5 Once boiling, remove from the heat and immediately pour over the onion. Set aside to cool, stirring often.
- 6 To make sumac yoghurt, place all the ingredients in a bowl and mix well.
- 7 To assemble salad, place cooled buckwheat, pumpkin, the remaining oil, lemon juice and herbs in a bowl and mix well. Divide between bowls, top with drained pickled onion and dollop with sumac yoghurt.

Herbed millet & carrot salad

READY IN 35 minutes plus cooling time **SERVES** 4-6

VEGETARIAN GLUTEN FREE

- ½ cup hulled millet, cooked using instructions opposite, cooled
- 1 large carrot, finely grated
- 2 large handfuls flat-leaf parsley, roughly chopped
- Large handful mint leaves, roughly chopped
- 1 small clove garlic, crushed
- Juice 1 lemon
- 3 Tbsp extra virgin olive oil
- Fine sea salt

- 1 Combine cooled millet, carrot and herbs in a large serving bowl.
- 2 In a small jar, mix garlic and lemon juice together. Add olive oil, screw on the lid and shake well until combined. Season with sea salt and pepper to taste. Pour over salad, mix well and serve.

For more of Emma's recipes visit mydarlinglemonthyme.com, or find Emma on Instagram @mydarlinglemonthyme

Mixed rice

I use Macro natural tri-colour rice, which is a mixture of red rice, black rice and white rice. Alternatively, you could use just red rice, or brown rice for something a little different.



Millet Millet was once only thought of as bird food, but it's a wonderful grain for us humans too. Being high in protein, calcium, iron, B vitamins and zinc, it's not only a great option for vegetarians, but also those eating a gluten-free diet, being naturally gluten free. To cook, heat a little olive oil in a saucepan, add $\frac{1}{2}$ cup (105g) hulled millet and cook for a few minutes, stirring often until it smells toasty. Add 1 cup (250ml) cold water, taking care as it will splutter a bit, then add a pinch of salt, cover with a lid and bring to the boil. Reduce to a gentle simmer and cook for 20 minutes. Remove from the heat, keep the lid on and allow to sit for a further 5 minutes before fluffing up with a fork. Continue to fluff up periodically as it cools to prevent grains from clumping together. ●

Chipotle chicken taco
with spicy avocado cream.
Sizzlin' steak taco with
pico de gallo. See page 67
for recipes.



READY IN
30
MINUTES



TACO PARTY

Luca Villari joins forces
with The Lucky Taco's
Sarah and Otis Frizzell
to lay on a backyard
taco fest for friends

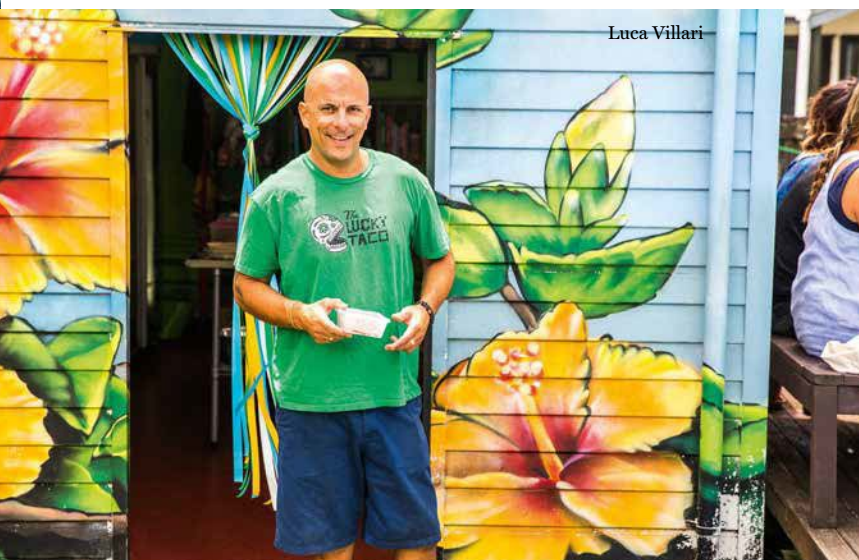
RECIPES Luca Villari and Otis and Sarah Frizzell
PHOTOGRAPHS Todd Eyre



Otis Frizzell



Sarah Frizzell



Luca Villari





I LOVE MEXICAN STREET FOOD FOR ITS EARTHY, ZESTY FLAVOURS AND THE MOST FAMOUS EXPRESSION OF THIS CUISINE IS TACOS. FOR THIS FEATURE I'M JOINED BY THE FABULOUS DUO BEHIND THE POPULAR LUCKY TACO BRAND - NO ONE DOES TACOS BETTER IN AUCKLAND THAN THESE GUYS. I MOVED AWAY FROM THE TRADITIONAL MEXICAN FLAVOURS FOR MY TACOS AND CREATED ASIAN-INSPIRED RECIPES, WHILE OTIS AND SARAH PREPARED THE MORE AUTHENTIC VARIETIES THEY SERVE ON THEIR FOOD TRUCK.

- Luca Villari



Clockwise from
top left: Bobby
Brazuka, Jaz
Kapow, Michaiiah
Simmons-Villari,
Mark Williams,
baby Aiko,
Gua Loheni.



Char siu barbecue
pork taco with mixed
mushroom & ginger
stir-fry. See page 66
for recipe.



READY IN
15
MINUTES



Roast duck tacos with pickled cucumber & spicy barbecue sauce

READY IN 40 minutes SERVES 4

Crispy whole barbecue duck takes time to prepare, from the drying process, to the roasting in the specialised duck ovens, to the mouth-watering finished product we see hanging in the windows of Cantonese restaurants. If you can't manage to source a whole roast barbecue duck for this recipe you could use roast duck breasts instead.

BARBECUE SAUCE

250ml hoisin sauce

200ml ketchup

150ml rice vinegar

Juice 1 orange

1 Tbsp honey

1 red chilli, deseeded and chopped

PICKLED CUCUMBER

1 telegraph cucumber, thinly sliced on a mandoline or with a sharp knife

100g shelled edamame beans

125ml rice vinegar

40g white sugar

1 red chilli, thinly sliced

TO SERVE

½ white cabbage, shredded

Handful beansprouts

1 crispy-skinned barbecue duck, deboned and shredded (available from Asian supermarkets)

12 small, soft flour tortillas

Picked coriander leaves, to garnish

- 1 For the barbecue sauce, whisk all the ingredients in a bowl, transfer to a small pot and bring to the boil. Remove from heat and set aside (the barbecue sauce makes about 500ml and will last for one month stored in the fridge).
- 2 For pickled cucumber, place cucumber and edamame beans in a bowl. Whisk remaining ingredients in a jug then pour over the cucumber and beans – do this just before serving as you only want to pickle the vegetables for a few minutes.
- 3 Mix the cabbage and beansprouts in a small bowl and season.
- 4 Place shredded duck in a frying pan on medium-high heat to warm through, stirring in a few spoonfuls of the barbecue sauce to flavour and bind the meat.
- 5 Heat a dry frying pan over high heat. Prepare a large piece of tinfoil.
- 6 When pan is really hot, place in tortillas, one at a time, for a few seconds on each side. They are ready when they puff up and go a little brown around the



edges. As each taco is ready, place it on the foil in a stack and enclose with foil to keep warm.

- 7 To serve, place a handful of cabbage mix on a warmed tortilla, followed by some shredded duck meat and some drained pickled vegetables. Sprinkle with coriander leaves and add a few dots of hot sauce if desired.

FIESTA FEAST

FOOD

Sarah: When we entertain at home everyone always wants tacos! We always have our taco kit ingredients at hand. They're really versatile; just last weekend we caught some fresh fish and I used the chipotle marinade from the chicken taco kit and changed it up a little by adding a sweet and spicy pineapple salsa. It was so good.

DRINKS

For this meal, we made a refreshing jug of hibiscus cooler (see recipe over the page). In Mexico it's called Jamaica (Ham-i-kah). You'll find it on every street corner; it's tangy, sweet and sour and tastes somewhere between pomegranate and cranberry juice. It's a perfect complement to a spicy, hot taco. We also served up a shot of mezcal before eating (100 percent agave tequila). We learned in Mexico that it's quite customary to offer mezcal to your guests as an aperitif. Gets the party started, too...



FIESTA STYLE

TUNES

Sarah: With Spotify you're always spoiled for choice, but we played the *Narcos* soundtrack during our taco fiesta. Which is mostly Colombian/Latin stone-cold funk, with the odd '80s disco track thrown in there. Perfect party beats.

STYLE

As you can probably tell, we love colour, in both our food and in our lives. The tablecloth is from the Oaxaca markets in Mexico – we bought a few! Most of the serving bowls are also from Mexico. They were gifts from Otis' mum, Jude. She and Otis' dad, Dick, travelled around Mexico in the late '70s and gave them to us, so they are very treasured. When the weather allows, we love to dine al fresco. We only have a small deck but we can fit a lot of people on it. We're never short of dinner guests when tacos are on the menu!

Lucky Taco hibiscus cooler

READY IN 25 minutes plus chilling time

SERVES 10-12 **GLUTEN FREE**

- 2 litres cold water
- 1 cup freshly squeezed citrus juice (we used a mixture of lemon and lime)
- 1 cup sugar syrup (simmer a 50:50 mix of water and sugar until sugar dissolves, then cool in fridge until ready to use)
- 1 cup spray-free hibiscus flowers
- Ice cubes
- Orange slices, to serve

- 1 Bring 1 litre of the water to the boil in a large saucepan.
- 2 Meanwhile, place the citrus juice, sugar syrup and the remaining 1 litre of water into a large jug and mix well.
- 3 When the water is boiling, remove from heat, add the hibiscus flowers and leave to steep for 15 minutes.
- 4 Pour the warm hibiscus water into the jug through a sieve (to remove flowers).
- 5 Mix well and refrigerate for at least 2 hours before serving. Serve over ice with a slice of orange.

Lemongrass chilli prawn tacos with crunchy salad

READY IN 50 minutes plus marinating time **SERVES** 4

- 16-20 large tiger prawns, heads removed, peeled and deveined

MARINADE

- Zest and juice 2 limes
- 2 lemongrass stalks, roughly chopped
- 2 cloves garlic
- 1 red chilli, halved and deseeded
- ¼ cup coriander leaves
- 6 Tbsp vegetable oil
- 2 Tbsp water

COCONUT SAUCE

- 2 Tbsp vegetable oil
- 2 small shallots, chopped
- 1 tsp peeled, grated ginger
- 1 clove garlic, finely chopped
- 1 red chilli, halved lengthways, deseeded and roughly chopped
- 425ml tin coconut cream
- Juice 2 limes
- 1 Tbsp fish sauce
- ¼ cup coriander leaves, chopped

SALAD

- 200g snow peas, trimmed, blanched in boiling water for 30 seconds, refreshed in cold water then thinly sliced on an angle
 - 3 celery stalks, trimmed and cut into matchsticks
 - 2-3 red radishes, thinly sliced on a mandoline or with a sharp knife
- TO SERVE**
- 12 small, soft flour tortillas
 - 2 handfuls watercress
 - Toasted peanut halves (optional)
 - 8-12 lime halves, cooked cut-side down on a griddle pan or barbecue grill until slightly charred

- 1 Place prawns in a non-reactive bowl. For the marinade, combine lime zest and juice with lemongrass, garlic, chilli and coriander in a blender. Add the vegetable oil, the water and a pinch of salt and pepper and blitz until smooth. Pour over prawns and leave to marinate in fridge for 45 minutes.
- 2 For the sauce, heat oil in a saucepan on medium heat. Fry shallots, ginger, garlic and chilli for 2 minutes, stirring often. Add coconut cream, lime juice, fish sauce and coriander and simmer until reduced by half. (Sauce makes about 300ml and keeps for up to a week in the fridge.)
- 3 For the salad, mix all ingredients in a small bowl and season.
- 4 To serve, heat a large griddle pan or frying pan until hot (you won't need oil). Remove prawns from marinade and cook in pan, in batches, for 1 minute or so on each side (do not overcook the prawns as they will become rubbery). Transfer prawns to a plate and set aside.
- 5 Heat a dry frying pan over high heat. Prepare a large piece of tinfoil.
- 6 When pan is really hot, add a tortilla and heat for a few seconds on each side. When it puffs up and goes a little brown at the edges, remove, place on foil and enclose in foil to keep warm. Repeat with remaining tortillas, adding each one to your foil-wrapped stack.
- 7 Scatter some salad onto a tortilla, followed by a few prawns. Drizzle with the coconut sauce, garnish with watercress and toasted peanuts (if using) and serve with grilled lime halves.





**“PARA TODO
MAL, MEZCAL,
Y PARA TODO
BIEN, TAMBIÉN”**

**(FOR EVERY ILL,
MEZCAL, AND
FOR EVERY GOOD
AS WELL)**

– *Oaxacan proverb*

Char siu barbecue pork tacos with mixed mushroom & ginger stir-fry

READY IN 15 minutes SERVES 4

Char siu is a very popular Cantonese dish of barbecued pork. You can buy the ready-to-eat version from Chinese barbecue shops or Asian supermarkets, or marinate a pork tenderloin in shop-bought char siu sauce and roast it at home. If you can't find some of the mushrooms used here, replace them with button and other varieties.

2 Tbsp vegetable oil
1 Tbsp peeled, thinly sliced ginger
1 small red chilli, thinly sliced
2 cloves garlic, thinly sliced
2 bok choy, thick base removed, washed and thinly sliced lengthwise
200g oyster mushrooms
100g shiitake mushrooms
200g needle mushrooms
400g Chinese barbecued

(char siu) pork, thinly sliced – from Asian supermarkets
2 spring onions, cut into 2cm pieces
2 Tbsp oyster sauce
2 Tbsp light soy sauce
12 small, soft flour tortillas
Shop-bought crispy shallots
Fennel blossoms (optional)
and lime wedges, to serve

1 Heat a large wok or non-stick frying pan until hot then add the oil. When oil is smoking, add ginger, chilli, garlic and bok choy. Stir-fry for 30 seconds then add all the mushrooms, sliced pork and spring onions and toss for 1 minute.

2 Add the oyster and soy sauce and toss for a further 30 seconds then take off the heat and set aside.

3 Heat a dry frying pan over high heat. Prepare a large piece of tinfoil.

4 When pan is really hot, add 1 tortilla and heat for a few seconds on each side. When it puffs up and edges brown a little, remove, place on foil and enclose to keep warm. Repeat with remaining tortillas, adding them to the foil-wrapped stack.

5 Arrange pork and mushroom mix on tortillas and scatter with crispy shallots and fennel blossoms (if using). Serve with lime wedges and add a few dots of hot sauce if desired.

For more delicious taco fillings search **taco** on

FOODTOLOVE.CO.NZ

Sizzlin' steak tacos with pico de gallo

READY IN 40 minutes plus marinating time **SERVES** 4

This taco is based on The Lucky Taco Sizzlin' Steak Taco Kit, which is designed to make the process of creating authentic, tasty Mexican food faster and easier. The kits are based on popular recipes from our food truck and are a great starting point for experimenting with flavourings and combinations. You can give the skirt steak a good whack with a meat mallet to help tenderise it, or ask your butcher to do this.

500g skirt steak, cut into 3-4 even pieces
150g steak marinade (see Notes, right)
12 small, soft flour tortillas

SPICY AVOCADO CREAM

2 ripe avocados
1 cup plain yoghurt
Zest and juice 1 lime
1 jalapeño chilli
½ cup fresh coriander
Dash hot sauce

PICO DE GALLO

6 tomatoes, quartered, seeds removed, and diced
1 small onion, finely chopped
6 cloves garlic, finely chopped
1 whole chilli, finely chopped
Handful fresh coriander, roughly chopped
Zest and juice 1 lime

CONDIMENTS

¼ red cabbage, finely shredded
3 limes, each cut into 8 wedges
Handful fresh coriander, roughly chopped
Lucky Taco hot sauces

- 1 Place steak in a large non-reactive bowl and cover in marinade. Ensure the steak is well coated, cover bowl with plastic wrap and refrigerate for 1-3 hours.
- 2 For the spicy avocado cream, place avocado flesh in a blender along with remaining ingredients. Blitz until smooth and season to taste.
- 3 For pico de gallo, combine ingredients in a bowl and season to taste.
- 4 Place cabbage, lime wedges and coriander in separate bowls and place on table along with a selection of hot sauces.
- 5 Heat griddle pan or barbecue grill on high heat. Cook steak, turning once, until both sides are browned and steak is cooked to your liking. Let rest for a few minutes then slice against grain. Place on warmed plate and cover with tinfoil.
- 6 Heat a dry frying pan over high heat.

Prepare two large sheets of tinfoil.

- 7 When pan is really hot, add 1 tortilla and heat for a few seconds on each side. When it puffs up and edges brown a little, remove, place on a foil sheet and enclose to keep warm. Repeat, making a pile of tortillas on each sheet and enclosing in foil (two piles makes for easier access).
- 8 Spread spoonful spicy avocado cream down middle of warm tortilla, add some steak, red cabbage, coriander and a spoonful of pico de gallo plus some hot sauce, if you like. Squeeze on some fresh lime juice and enjoy.

Chipotle chicken tacos with spicy avocado cream

READY IN 30 minutes **SERVES** 4

This taco is based on The Lucky Taco Chipotle Chicken Taco Kit. If you buy a hot, ready-cooked chook and shred it, the whole meal can be ready in minutes.

500g cooked, shredded chicken
150g chipotle chicken marinade (see Notes, right)

12 small, soft flour tortillas

SPICY AVOCADO CREAM

(See recipe left)

CONDIMENTS

¼ red cabbage, finely shredded
3 limes, each cut into 8 wedges
Handful fresh coriander, roughly chopped
Lucky Taco Pink Pickle, Chilli Salt, and hot sauces

- 1 Place shredded chicken into a lightly oiled frying pan. Add marinade and heat until warmed through.
- 2 Make the spicy avocado cream by following step 2 in steak taco recipe, left.
- 3 Place cabbage, lime wedges and coriander in separate bowls and place on table with pickle, chilli salt and hot sauces.
- 4 Meanwhile, heat a dry frying pan over high heat. Prepare 2 large sheets tinfoil.
- 5 When pan is really hot, prepare the tortillas by following step 7 in the steak taco recipe, above.
- 6 Put the pan of warmed chicken on a heatproof mat in the middle of the table with a couple of serving spoons.
- 7 Spread a spoonful of avocado cream down the middle of a warm tortilla, add some chicken, cabbage, a good forkful of pink pickle, coriander, a sprinkling of chilli salt and a dash of hot sauce. Squeeze on some fresh lime juice and boom! Muy rico!

NOTES

* Use the steak marinade and chipotle chicken marinade from the Lucky Taco kits or try these quick alternatives:

Steak marinade

⅓ cup orange juice
¼ cup lemon juice
Juice 1 lime
2 cloves garlic, crushed
¼ cup soy sauce
2 tsp chipotle peppers in adobo sauce (1 tsp finely chopped pepper plus 1 tsp sauce from the can)
½ Tbsp ground chilli
½ Tbsp ground cumin
½ tsp dried oregano
1 Tbsp oil

- 1 In a non-reactive bowl combine all ingredients with a good grind of black pepper.

Chipotle chicken marinade

⅓ cup store-bought tomato sauce
1 tsp ground cumin
1 clove garlic, crushed
2 chipotle peppers in adobo sauce, finely chopped, plus 1 Tbsp sauce from the can
2 Tbsp cider vinegar
Pinch dried oregano
1 tsp ground chilli

- 1 Place ingredients in small pan and heat until simmering then set aside. Add a dash of water if too dry. ●

EAT

ADULTS-ONLY EASTER

No one does decadence quite like Fiona Hugues. Here she pushes the boat out once more with these inventive and sumptuous treats for holiday gatherings

RECIPES AND STYLING Fiona Hugues

PHOTOGRAPHS Jani Shepherd
Gatherum Collectif

ENGLISH
BIRDS EGGS



BY SPECIAL REQUEST

THIS PAGE

Port & prune chocolate torte.
See page 74 for recipe.

This traditional Italian Easter tart with a filling of lemony ricotta and nutty whole wheat is a favourite at this time of year



Italian Easter tart with pears & white chocolate sauce

READY IN 2 hours 40 minutes plus cooling time SERVES 10-12

I've always been fascinated with the history of wheat and what it has symbolised over the ages, so I like to utilise this gorgeous grain whenever I have visitors to share it with. I've served this tart with poached citrus pears but it's great on its own or with a little whipped cream. Serve chilled or gently warmed.

TART

- 1 cup whole wheat kernels (sometimes called wheat berries)
– available from bulk bin stores and health food shops
- 2 x 400g blocks sweet short pastry
- 1 cup milk
- 100g caster sugar
- Zest 2 lemons (2 large thin pieces and the rest finely grated)
- 500g fresh ricotta cheese
- $\frac{1}{3}$ cup finely chopped candied citrus peel
- 3 free-range eggs, separated
- $\frac{1}{4}$ cup pine nuts, lightly toasted in a dry pan

PEARS

- 400g caster sugar
- Zest 1 lemon
- Juice 3 lemons
- 500ml water
- 6-7 large pears, peeled but with stems left on

WHITE CHOCOLATE SAUCE

- $\frac{3}{4}$ cup cream
- 1 Tbsp butter
- 250g white chocolate
- 1 tsp vanilla paste
- Thinly sliced candied citrus peel, to serve (optional)

- 1 Place whole wheat in a saucepan, cover with water and simmer for 20 minutes. Set aside to completely cool in the water (I do this the night before).
- 2 Lightly grease a deep 25cm tart tin. Roll out one block of pastry and line the tin. Prick the pastry base with a fork then place in the fridge to chill.
- 3 Drain the wheat and return to the saucepan. Add the milk, 1 Tbsp of the caster sugar and the 2 pieces of lemon peel. Simmer very gently until all the milk has been absorbed (around 40 minutes). Discard lemon peel and set aside to cool.
- 4 Preheat oven to 170°C fanbake. Mix together ricotta, remaining sugar, remaining zest and candied peel then add egg yolks one at a time, mixing well between each addition. Stir in the cooled wheat and pine nuts.

- 5 Whisk the egg whites until stiff then gently fold into the wheat and ricotta mixture.
- 6 Spoon mixture into the tart case and smooth surface with the back of a spoon. Roll out the remaining block of pastry and cut into 2cm-wide strips. Use strips to make a lattice pattern over the top of the tart, leaving a few slight gaps between strips. Pinch edges to seal around the rim and trim edges neatly.
- 7 Bake in centre of oven for around 1 hour or until the top is golden and a skewer inserted into the centre comes out clean.
- 8 To poach pears, place the sugar, lemon zest and juice and water in a saucepan big enough to fit the pears and simmer until sugar has dissolved. Reduce heat and lower in the pears. Simmer gently for around 10 minutes or until pears are slightly tender. Set aside to cool in the lemon syrup until required.
- 9 For the white chocolate sauce, place cream, butter and chocolate in a bowl. Microwave on high for 50 seconds then let sit for 2 minutes (or melt in a double boiler over simmering water). Add vanilla and gently stir to incorporate.
- 10 Drain pears and trim the base of each so they can stand upright. When ready to serve, nestle pears on top of tart (or serve them on the side). Decorate with sliced candied citrus peel if desired and drizzle with white chocolate sauce (gently warm it first if it has cooled).



On those days
when you just
need wine and
chocolate in
no particular
order, this
recipe is the
answer





THIS PAGE
Kahlua latte cheesecake.
See page 74 for recipe.

OPPOSITE PAGE
Chocolate parfaits
with pinot plums.
See page 74 for recipe.

Port & prune chocolate torte

READY IN 1 hour plus overnight soaking **SERVES** 10-12

GLUTEN FREE

As I write this, I'm looking out over hills that have browned off to a nutty beige and there's a whiff of autumn drifting through the window. It has stirred a fancy for a gutsy and gratifying cake like this one. I use whatever port I have lying around the house but any fortified wine will work well.

200g pitted prunes,
roughly chopped
150ml port or Marsala wine
300g dark chocolate
180g ground almonds
6 free-range egg whites
200g caster sugar
Cocoa powder, for dusting
Fresh cherries or plums
(halved or cut into wedges
if large), to garnish
Crème fraîche, to serve

- 1 Place the prunes and port in a non-reactive (eg glass, ceramic, stainless-steel) bowl and leave to soak overnight.
- 2 Preheat oven to 180°C fanbake. Grease and line a 24-26cm springform cake tin.
- 3 Melt chocolate in microwave (I give it 40 seconds on high then let it sit, but this will vary depending on your microwave) or in a double boiler over simmering water. Remove from heat and stir in almonds and the soaked prunes and port.
- 4 Beat egg whites in a mixer until starting to stiffen. With mixer running, gradually add sugar and whisk until slightly shiny. Gently fold this meringue into chocolate mixture.
- 5 Spoon into tin and bake for around 35 minutes or until a skewer inserted into the centre comes out clean. Let cool in tin.

For more festive treats search
Easter on

 **FOODTOLOVE.CO.NZ**

6 Dust top with good-quality cocoa powder, garnish with cherries or plums and serve with crème fraîche.

Chocolate parfaits with pinot plums

READY IN 1 hour 10 minutes plus overnight freezing

SERVES 6 **GLUTEN FREE**

This is my recreation of a not-so-classy chocolate dessert I was once given back in the '80s. It was served in a goblet and came from a packet – and it blew my nine-year-old mind! Top with late-season plums poached in pinot noir, and you've got a rather fancy adult dessert.

CHOCOLATE PARFAITS

150g milk chocolate, broken up
150g dark chocolate, broken up
1 cup water
1 cup caster sugar
6 free-range egg yolks
200ml whipped cream
½ cup mascarpone

PINOT PLUMS

500ml (2 cups) pinot noir
1 cup sugar
1 cinnamon stick
1 vanilla pod, split lengthways
25 dark plums (I used Black Doris)

- 1 Place milk chocolate and dark chocolate in separate medium bowls. In a saucepan over medium heat, combine the water and sugar and stir until sugar dissolves then simmer for 3 minutes.
- 2 Pour half the hot sugar mixture over one bowl of chocolate, and half over the other. Leave to sit while you beat 3 egg yolks in a large bowl until pale and fluffy.
- 3 Stir each bowl of chocolate until smooth and combined. Pour one bowl of melted chocolate into egg yolks, mixing to combine.
- 4 Repeat step 3 with remaining yolks and second bowl of chocolate.
- 5 Fold half the whipped cream and half the mascarpone into

each bowl of chocolate mixture until evenly combined.

- 6 Pour dark chocolate mixture into six parfait glasses. Slowly spoon the milk chocolate mixture on top. Cover and freeze overnight.
- 7 For pinot plums, add wine, sugar, cinnamon and vanilla pod to a saucepan over medium heat and simmer gently until the sugar has dissolved.
- 8 Place the plums in the sugar syrup and simmer until just tender (around 15 minutes). Remove plums and set aside. Continue to simmer the liquid until reduced and syrupy.
- 9 Place plums in a large jar and pour over the syrup (pick out the cinnamon stick and vanilla pod). Keep covered in the fridge until required.
- 10 Remove parfaits from freezer 30 minutes before serving to soften at room temperature. Serve with a few pinot plums. (Leftover plums are delicious with vanilla ice cream or in glasses with a drizzle of cream and a grating of bitter chocolate. I've even used them with a little balsamic glaze as a side to roast beef.)

Kahlúa latte cheesecake

READY IN 2 hours plus cooling time **SERVES** 10-12

I have a love-hate relationship with Kahlúa, probably because it was the first spirit I tried as a teenager and I naively delved rather deep, and suffered badly for it the next day. Confessions aside, this is how I prefer to take the coffee-flavoured tipples these days: maturely baked into a creamy white-chocolate cheesecake topped with fluffy, coffee-flavoured mascarpone cream and smashed Ferrero Rocher chocolates. She's a sight for sore red eyes.

2 x 200g packets chocolate
digestive biscuits
130g butter, melted
600g cream cheese
200g crème fraîche

200g caster sugar
1 tsp vanilla paste
3 large free-range eggs
180g white chocolate,
chopped
¼ cup Kahlúa (or other
coffee-flavoured liqueur)

COFFEE CREAM

300ml cream, whipped
180g mascarpone
2 Tbsp icing sugar
1 tsp finely ground coffee

GARNISH

Chopped hazelnuts
White chocolate shavings
Ferrero Rocher chocolates

- 1 Preheat oven to 180°C. Grease and line a 25cm springform cake tin with baking paper.
- 2 In a food processor, blitz the biscuits with the melted butter until they are fine crumbs. Press crumbs firmly and evenly into the base of cake tin. Bake for 10 minutes and set aside to cool.
- 3 In a stand mixer, beat cream cheese and crème fraîche until smooth. Add the sugar, vanilla paste and eggs one at a time.
- 4 Melt chocolate in microwave (I give it 40 seconds on high then let it sit, but this will vary depending on your microwave) or in a double boiler over a pot of simmering water. Remove from heat, add Kahlúa and gently stir to combine.
- 5 Fold Kahlúa mixture into cheese mixture until combined. Pour onto cooked base.
- 6 Place a dish of water near base of oven to create steam. Place cheesecake in middle of oven and bake for about 1 hour until set on the top with a slight wobble. Set aside to cool.
- 7 Combine the whipped cream with the mascarpone, icing sugar and finely ground coffee.
- 8 Carefully remove cooled cheesecake from tin and place on serving plate or stand. Pile cream mixture on top and decorate with chopped hazelnuts, shaved white chocolate and Ferrero Rochers (some smashed, some whole). Serve immediately.



Sticky peanut popcorn blondies

READY IN 40 minutes

MAKES 40 pieces

Salty popcorn, sweet white chocolate, nutty peanut butter and sticky caramel all baked into a bar.

¾ cup peanut butter
2½ cups soft brown sugar
180g butter, melted
3 free-range eggs
3 cups flour
1 heaped tsp baking powder
400g white chocolate buttons
3 cups popped corn, plus extra for topping (I used Kettle Korn in support of Eat My Lunch)
1 cup salted roasted peanuts
Good-quality caramel sauce, to serve

- 1 Preheat oven to 180°C fanbake. Grease and line a 30cm x 40cm slice tray with baking paper.
- 2 In a large bowl, mix together the peanut butter, brown sugar and melted butter with a wooden spoon.
- 3 Add the eggs one at a time, mixing well after each addition. Stir in the flour and baking powder until just incorporated. Add the white chocolate buttons, popcorn and peanuts, stirring to combine evenly.
- 4 Spread mixture into the lined tray, smoothing the top with the back of a spoon. Press extra popcorn into the surface if desired. Bake in the oven for 20 minutes or until lightly golden.
- 5 Drizzle caramel sauce in a zig-zag pattern over the top then leave in the tin to cool completely before cutting into small squares. ●



THIS PAGE
Worcestershire
sauce. See page
80 for recipe.

OPPOSITE PAGE
Blueberry & sage
chutney. See over the
page for recipe.



A TASTE OF THINGS TO COME

Squirrel away some of autumn's goodness with these flavoursome pickles and a fruity chutney

RECIPES Kirsten Day PHOTOGRAPHS Todd Eyre

Pickled pears

MAKES 2 x 500ml jars

Slice these and add to salad vegetables, blue cheese and walnuts for a fresh, fruity salad. Use the pickling liquid to make a vinaigrette.

1kg pears
500g sugar
300ml distilled malt vinegar
1 tsp whole cloves
1 tsp allspice berries
1 cinnamon stick
12mm piece fresh ginger, peeled and sliced
2 strips lemon peel

- 1 Peel, core and quarter pears. Set aside in water with a little vinegar to prevent discolouring.
- 2 Put the sugar, vinegar, spices, ginger and lemon peel into a saucepan over a low heat and stir until all the sugar has dissolved. Bring to the boil.
- 3 Add the pears, and simmer very gently for 20 minutes until they are transparent and cooked.
- 4 Remove the pears, then strain the syrup (reserve the cinnamon stick and lemon peel) and boil for 15-20 minutes to reduce.
- 5 Put the pears into hot, sterilised jars and cover with the reduced syrup.
- 6 Add the cinnamon and lemon peel.
- 7 Seal, label and date jars, then leave for two weeks in a cool, dark place before eating.



Blueberry & sage chutney

MAKES 2 x 250ml jars

GLUTEN FREE

I love this recipe! Blueberries can be expensive out of season, but luckily this chutney is just as good when made with frozen berries.

I grab a bag from the supermarket when they are on special and whip up a few jars to have on hand. This chutney goes well with fresh ricotta and bruschetta.

- 1 onion, finely diced
- 2 cloves garlic, crushed
- 80ml fresh orange juice
- 3 cups fresh or (unthawed) frozen blueberries
- 4 Tbsp balsamic vinegar
- ¼ cup coconut or white sugar
- 1 tsp freshly grated ginger
- Pinch red chilli flakes (optional)
- 5 fresh sage leaves, finely sliced

- 1 Put the onion, garlic and fresh orange juice in a saucepan and bring to the boil while stirring.
- 2 When boiling, add the blueberries, vinegar, sugar, ginger, chilli flakes if desired, and a pinch of salt. As the pan comes back to the boil, stir to prevent chutney from sticking to the bottom.
- 3 Reduce the heat and simmer for 35–40 minutes, or until the mixture has reduced enough to create a thick sauce. Add the sage leaves and cook for a couple of minutes.
- 4 Spoon into warm, sterilised jars, seal and cool. Label and date the jars. Refrigerate after opening. Once opened, the chutney will keep for a month in the fridge.

For more preserving ideas
search **pickles** on

 **FOODTOLOVE.CO.NZ**



Pickled red cabbage

MAKES 1 litre jar GLUTEN FREE

This is a tangy, crunchy accompaniment to have with cold meats or as a side at the barbecue. This recipe needs to be started the day before, as the cabbages are salted overnight before pickling.

- ½ red cabbage, finely shredded
- 2 Tbsp salt
- 200ml rice vinegar
- 3 tsp brown sugar
- 1 tsp whole allspice
- 1 red onion, halved and finely sliced

- 1 Place shredded cabbage in a large bowl and sprinkle the salt over it. Mix well to ensure the salt is evenly distributed through the cabbage. Cover and leave overnight (the salt will pull the excess liquid out of the cabbage). When ready, drain off the liquid and thoroughly rinse the cabbage.
- 2 In a small saucepan, bring the vinegar, sugar and allspice to the boil. Remove saucepan from the heat.
- 3 Layer the cabbage and

sliced red onion into a warm, sterilised jar. Pour the hot spice mixture over the cabbage and onion until it reaches the top of the jar.

- 4 Using a sterilised knife, release any air bubbles before putting the lid on. Label and date. It will store in the fridge for up to a month.

VARIATION For additional flavour, add fennel seeds, coriander seeds, cloves and cinnamon to the vinegar when bringing to the boil.



Old-fashioned pickled onions

MAKES 2 x 1 litre jars

These onions were always a go-to snack when I was growing up, and were stored in a large pottery crock on the sideboard. They are a delicious accompaniment for a cheeseboard or in a cheese sandwich. They need to be started the day before, as they are salted overnight before pickling.

1kg pickling onions, peeled (see Tip above)
 25g pickling salt (non-iodised)
 1 tsp coriander seeds
 1 tsp mustard seeds
 1 tsp black peppercorns
 ½ tsp red chilli flakes
 1 litre malt vinegar
 160g sugar or honey
 4 bayleaves

TIP To make short work of peeling pickling onions, place the onions in a large heatproof bowl and cover with boiling water. Leave to cool. Once the water is cool, the onions will be much easier to peel.

- 1 Place the onions in a stainless-steel mixing bowl. Sprinkle over the salt, and mix to ensure the salt is evenly distributed. Cover and leave overnight. (The longer you leave the onions, the softer they will become.)
- 2 The next day, rinse the onions well and pat them dry with a clean paper towel. Place the spices, vinegar and sugar or honey into a saucepan. Heat to dissolve the sugar but do not boil.
- 3 Pack the onions into warm, sterilised jars with 2 bayleaves per jar. Pour over the vinegar and spice liquid to fill the jars, making sure each jar has some pickling spices in it. Sterilise a knife under boiling water from an electric kettle, and slide the knife into the jars to release any air pockets.
- 4 Seal the jars with sterilised lids and leave to cool. Once cool, label and date the jars, then pop them into a cool, dark place. The onions will be ready to eat after a month, but just keep getting better with time.

Worcestershire sauce

MAKES 750ml jar

This sauce is very easy to make, and the flavour gets better with time as all the ingredients blend together. It will last for months in the fridge.

2 cups malt vinegar
 ¼ cup tamarind concentrate
 ½ cup molasses
 ½ cup soy sauce
 ½ tsp curry powder
 3 Tbsp yellow mustard seeds
 1 tsp whole cloves
 5 cardamom pods, crushed

1 tsp whole black peppercorns
 3 Tbsp salt
 4 red chillies, finely chopped
 2 cloves garlic, crushed
 3 anchovy fillets, roughly chopped
 1 medium onion, roughly chopped
 12mm piece ginger, peeled and grated
 1 cinnamon stick
 ½ cup sugar

- 1 Place all the ingredients, except for the sugar, into a medium-sized, heavy-based saucepan. Bring to the boil over medium-high heat, then reduce to low and simmer for 10 minutes.
- 2 To caramelise the sugar, melt it in a small, heavy-based saucepan over medium-high heat until it becomes dark amber in colour and syrupy (about 5 minutes). Swirl the melting sugar around the pot but do not stir.
- 3 Add the caramelised sugar to the simmering sauce and whisk to combine. Simmer the sauce for another 5 minutes.
- 4 Transfer the sauce to a clean glass jar with a tight-fitting lid, cool and leave in the fridge for three weeks.
- 5 Remove the solids in the sauce by straining it. Pour the sauce into a sterilised bottle, seal, label and date it. Store in the fridge for up to two months. ●



Extracted with permission from *In A Pickle: Sauces, Pickles, Chutneys & Relishes* by Kirsten Day (Bateman Publishing, hardback \$29.99).

Learn

PRESERVING 101

A beginner's guide to bottling fruit & veges

JAM IT!

Ready those jars for an epic jam session

TAKE YOUR FILL

Fruity pie fillings, crumbles & desserts

SAVOURY IDEAS

Venison & cherries, citrus & wild pork

PASTRY PERFECTION

Two favourite shortcrusts & a rustic galette



Cooking with fruit

With more fruit at its peak now than at any other time of the year, it makes sense to save some for a rainy day. Although individual recipes will vary, the general principles of preserving remain the same, so check through our guide before you start jamming and bottling

TEXT AND RECIPES Sophie Gray



Lock it in

Creating the conditions for perfect preserves is all about managing acidity and ensuring sterility so you can enjoy summer produce well into winter

● Jars

You can reuse old preserving jars, or jam or pasta sauce jars for bottling preserves. Ensure you have lids to fit. Wash jars in warm, soapy water and place in an oven preheated to 120°C for at least 15 minutes. As most preserving methods require the jars to be hot for a vacuum to form, you can simply leave them in the warm oven until needed. Handle jars with tongs to avoid contamination. Avoid placing hot jars onto a cold bench as heat shock can cause them to crack. Place on a wooden board or into a warm metal pie dish, which will also catch spills.

● To fill jars

Using tongs, lift a hot, clean jar out of the oven and place it in a heatproof dish or on a board. Pack the filling into the jar according to the recipe – in most cases it should be piping hot. For jams, chutneys and relishes, leave a little space at the top. For bottled fruit, fill the jar to overflowing. Run a sterilised, thin-bladed knife down the inside of the jar to release air bubbles. Using tongs, place a hot lid in position and use a clean tea towel to tighten it. When cooled, the lid should have become slightly concave. Wash the jars to remove any stickiness and store out of direct sunlight.

● Lids

Soften new preserving jar seals by pouring hot water over them. If reusing seals, bands or jar lids, check for rust spots or damage. Place in a small saucepan of water and boil for 10 minutes. Like the jars, they need to be hot to form a vacuum, so keep them gently simmering on the stove until needed and handle with tongs. Use a clean tea towel to screw them in place.

THE SCIENCE STUFF

▼ Acidity (pH) of 4.6 or lower is required to prevent botulism developing. Some foods are naturally acidic, having a pH of less than 4.5, and so carry very little risk. With the exception of bananas, mangoes and melons, most fruit fall into this category, so are safe for bottling and making into jam or preserves without the need for added acidity. Relishes, pickles and chutneys also generally pass the acidity test due to the presence of significant amounts of vinegar.

Surprisingly, tomatoes are borderline. If preserved along with low-acid ingredients such as mushrooms, garlic, capsicum or corn, the pH is likely to sit over the 4.6 mark, so tomato-based bottling can be problematic. Even a very basic pasta sauce of tomatoes, onion, garlic and herbs will still need lemon juice and possibly vinegar to ensure the pH is in the safe zone. But tomato ketchups, barbecue sauces and relishes include a lot of vinegar and are likely to be fine. If you want to test your mixture, pH strips can be purchased from pharmacies, but should only be used as a general guide as the mixture may not be completely emulsified, which could affect the accuracy of the test.

Jam session

Understanding the delicate science of jams, jellies and conserves will make your adventures with fruit and sugar more likely to end happily – atop toast or with fluffy cream and scones

JAM IS ESSENTIALLY equal quantities of fruit and sugar cooked together to form a gel. You can improvise a bit, but reduce the sugar too much and you will lose its preservative effect; reduce the fruit too much and the sugar will crystallise. Water is also added to soften the fruit, particularly if it is dry.

The method

Fruit is gently brought to the boil and, as it heats, juices are released and it begins to soften. Sugar is added and, once dissolved, the mixture is boiled, which causes the fruit to release a compound called pectin. Pectin forms the gel that holds the jam together and naturally occurs in fruit. Some fruit, such as strawberries, are low in pectin so the addition of lemon juice (citrus is high in pectin) is necessary. Blending a high-pectin fruit, such as apples or damsons, with a low-pectin fruit, such as cherries or figs, will also resolve this. Or you could use jam-setting sugar, which has pectin added to ensure a good set from low-pectin fruit.



SCUM

A foamy layer may form on the top while boiling jam. This is normal and is fixed by adding a small knob of butter to break the surface tension, allowing you to skim off the scum.

Testing for a set

While boiling your jam, chill several saucers in the freezer. When the jam has boiled sufficiently, it should be 'tested for a set' (it usually takes 15-20 minutes for the pectin network to form). Place a drop of jam on a chilled saucer and push it with a fingertip. A sufficiently boiled jam will wrinkle when touched, but if the jam is still runny, further boiling and testing is needed. Insufficient boiling means the pectin network hasn't had a chance to form; boil too long and the jam will lose its fruity flavour and become toffee-like. It's an adventure every time.

What's the difference between jam, jelly, compote, conserve and marmalade?

Jam consists of fruit that's been crushed or chopped and cooked with sugar. When set, it contains fruit pieces suspended in a fruity, sweet gel.

Jelly in this context is basically a jam that has been strained through a jelly bag to remove the fruit solids, leaving a clear, jewel-like substance slightly firmer than jam.

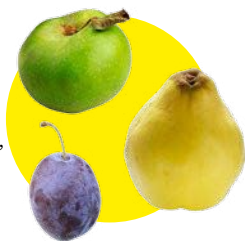
Compote is fruit cooked in syrup. Compotes are not set and can be made from fresh or dried fruit cooked in syrup that's often infused with spices or wine.

Conserve is blended jam, containing a mixture of fruit and sometimes nuts. Thicker and chunkier than jam, it can be enjoyed as a sweet or savoury condiment.

Marmalade is a spread made from the peel and pulp of citrus fruit. It is both sweet and tart or even bitter. Citrus is naturally high in pectin so marmalades don't require extra pectin.

HIGH-PECTIN FRUIT

Citrus fruit, blackcurrants, cranberries, gooseberries, redcurrants, loganberries, cooking apples, damsons and quince.



MEDIUM-PECTIN FRUIT

Blackberries, grapes, plums, peaches, apricots, eating apples and raspberries.



LOW-PECTIN FRUIT

Bananas, cherries, pomegranates, figs, guavas, melons, pineapples, nectarines, pears and strawberries.



Brandied fruit compote is delicious served warm with custard or chilled with cream. Combine **½ cup each chopped prunes, chopped dried apricots, raisins and cranberries.** Place in a saucepan with **400g can peaches** in syrup, **½ cup blueberries** and **350g can pineapple pieces.** Add **½ cup brown sugar, ½ cup brandy** and **1 vanilla bean.** Simmer gently until fruit is soft. It will keep in an airtight container in the fridge for a week. Serves 4-6.



Fruit under fire

Roasting fruit is an excellent way to optimise flavours without a lot of fuss. Fruit can be dry-roasted or poached – much like compote, only cooked in the oven in liquid instead of on the stovetop



Spice up your life

Spiced, wine-roasted fruit salad is a lovely fragrant dessert for a cooler evening. In an ovenproof dish, combine a selection of sliced seasonal fruit, such as **pears**, **nectarines**, **apples** and **apricots** (sufficient for a fruit salad for 4-6 people). Add **1 banana** for sweetness and, for something pink, **a handful frozen berries** or **a tamarillo** work well. Add **juice 1 orange**, **1 cup red wine**, **¼ cup brown sugar**, **1 cinnamon quill** and **3 cloves**. Give it a quick stir and bake in a preheated oven at 190°C for 25-35 minutes, or until the fruit is tender. Serve warm in bowls. If there is any juice left over, wait until no one is looking and drink it. Serves 4-6.

Alternatively, cook a single fruit such as **500g plums**, halved and stoned, in an oven dish with **zest and juice 1 orange**, **⅓ cup water**, **¼ cup sugar** (vanilla sugar, muscovado or brown) and the above **spices** or a **dash of something alcoholic** such as rum or brandy. Cook in the oven at 190°C for 35 minutes or until tender. Serves 4-6.

A good grilling

Firmer-fleshed fruit such as pears, peaches and pineapple all grill well.

Caramelised pears with vanilla mascarpone

is a great dessert if you're caught short. Quarter and core **2 ripe pears**. Place in a heatproof tray and squeeze over the **juice 1 orange**. Sprinkle with **brown sugar** and place under a preheated grill until the fruit is golden, caramelised and tender. Combine **¼ cup mascarpone** and **¼ cup Greek yoghurt** in a small bowl, add **seeds from ½ vanilla bean** and **½ Tbsp sugar**, if desired. Mix and dollop onto the hot pears. Serves 2.



Simmer down

Stewed fruit is the perfect filling for crumbles and fruit pies. Prepare **500g fruit**, washed and peeled if needed. Chop or slice fruit into even-sized pieces and place in a saucepan with a tight-fitting lid. Add **2 Tbsp water** and heat until the fruit is simmering; it should release juices into the pan as it heats, but check it and stir frequently to ensure it doesn't scorch before becoming juicy. When the fruit is tender and soft, add **caster sugar** 1 Tbsp at a time, to suit your taste. You can stew the fruit to a pulp and mash it with a masher or leave it chunky. This method is suitable for pip and stonefruit, as well as berries, but not for melons. These quantities make enough for a decent crumble to serve 4-6 people. Stewed fruit is also great mixed into muesli or served with porridge.



Quick fix

Fast microwave apple filling is ideal for small crumbles, pies and pastries and is a good option when you want stewed fruit fast. Combine **4 Granny Smith apples**, peeled and diced, with **3 Tbsp brown sugar**, **1 Tbsp maple syrup**, and **a pinch cinnamon** in a microwave-safe bowl and microwave on full power for 5 minutes. Stir in **1 Tbsp cornflour** and microwave for a further 1 minute. Add **berries** if desired. Sufficient for 4 apple turnovers or 4 single-serve pies.

Lay it on thick

Fruit butters can be made from almost any fruit and spice combination. Since they are 'cooked-down' rather than 'set-up', they require less sugar or pectin than jams or curds; you just have to cook the liquid out to thicken. They are a good way to use up a glut of one fruit or odds and ends of several with complementary flavours. Wash fruit, chop coarsely and place in a large pot with enough water to prevent burning. Cook over medium heat until soft. Purée, then measure purée back into pot. Add half the amount of sugar to purée – eg 4 cups purée = 2 cups sugar. Cook over medium-low heat, stirring frequently, until it begins to thicken, add flavourings and cook until thick. Use fruit butter as a spread, cake filling or topping or fold into cream or ice cream. It will keep in an airtight container in the fridge for two or three weeks or can be frozen. If bottling, make sure you only use acidic fruit (see 'The Science Stuff' on page 82).



Sweet, sweet, savoury

Fruit isn't just reserved for dessert – there are some amazing savoury fruit partnerships waiting to be discovered

CLASSIC pairings such as pears and blue cheese, strawberries and balsamic vinegar, pork and apple, turkey and cranberry are much-loved favourites.

SWEETER fruit such as figs, peaches and melons work well with salty cured pork products, such as prosciutto, or with cheese.

GAME also has a natural affinity with fruit: venison works wonderfully well with cherries, while berries and citrus will cut richness and add zing to wild pork or duck. Think of a tender Moroccan lamb or goat tagine with sweet apricots, rabbit casserole cooked with prunes, or duck with blackcurrants, blackberries or cherries.



The flaky, bakey part

If you've made stewed fruit for a pie filling, then you'll need a pastry to encase it. Pastry is quick and easy to make, especially if you have a food processor. Just remember the three golden rules: cold, cold, cold!



Stay cool

For perfect pastry every time, use cold butter – soft butter won't form a crumb, and the pastry will be greasy. Bind the mixture with ice-cold water as warm water will melt the butter, creating a greasy result. Then rest the pastry in the fridge before rolling, as this allows the gluten strands to relax and the butter to firm up, so the pastry is short (crumbly and melt-in-the-mouth), not chewy.

Sour dream

For elaborately decorated pies with intricate cut-work and fine latticing, you'll need a pastry that can withstand repeated rolling without becoming tough or greasy, and that also won't spread during cooking and spoil the impressive decoration. My favourite is a **sour cream crust**. Place **2 cups unsifted plain flour** in a bowl or food processor with **300g chilled unsalted butter**, cut into cubes, and **¼ tsp salt**. Pulse or cut butter until it resembles crumbs, then add **¾ cup sour cream** and mix (the mixture will appear dry). Turn pastry onto bench and work it together with your hands – the warmth from your hands will form it into a dough. Wrap and rest in fridge for 30 minutes.

Roll out pastry and line a greased 24cm pie dish, keeping some pastry aside to decorate top. Line pastry case with baking paper and uncooked rice or baking beans, and blind bake in a preheated oven at 190°C for 10 minutes. Remove paper and weights, fill with cold fruit filling and decorate top with remaining pastry. Glaze well with **beaten egg** before baking for 25-40 minutes (depending on thickness or pastry decoration) or until golden.





TART WITHOUT THE TIN

▼ Any fruit – fresh, frozen, stewed or roasted – can be made into a **fruit galette**. A galette is a tart (a pie without a lid) formed flat, rather than made in a baking tin with sides. As a general rule, the filling is piled in the middle and the sides of the pastry simply folded in, leaving the centre uncovered. Most types of pastry work for a galette, but short pastry holds its shape better than puff varieties and enriched pastry has a nice melt-in-the-mouth character that goes well with fruit.

For a rich, sweet, short pastry, combine **220g plain flour**, a **pinch salt**, **100g chilled butter**, cut into small pieces, and **100g icing sugar** in a bowl or food processor. Rub or pulse until the mixture resembles fine crumbs. Mix in **4 egg yolks** (save the egg whites for a pavlova) and **1 tsp vanilla extract**. Pulse or mix until it forms a dough.

Wrap dough and chill for 30 minutes. Roll it out on a floured bench to form a large circle about 30-32cm in diameter – it doesn't need to be perfectly round, just get as close as you can. Use a rolling pin to transfer the pastry to a greased baking sheet. Pile the cold fruit filling into the middle, fold in the sides and bake at 190°C for 25-30 minutes. Serves 4-6.



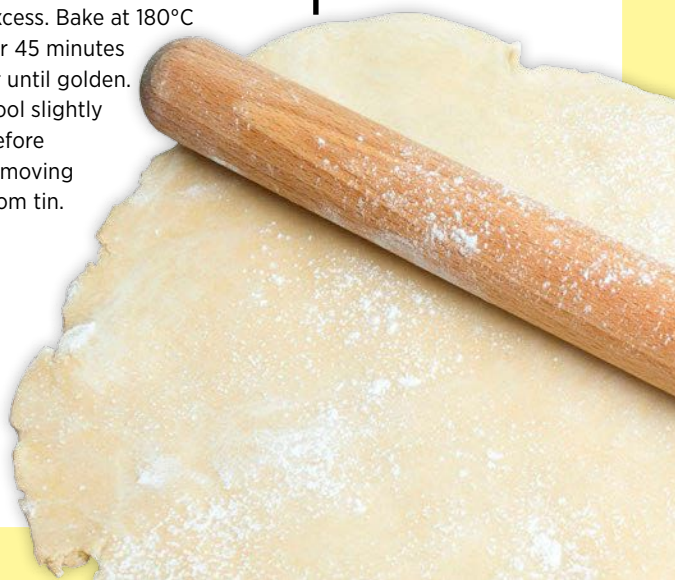
A lovely lattice

For a simple lattice-topped tart, short pastry is a good option. I like a **spiced, brown-sugar shortcrust**, but you can omit the spice if you prefer a plainer taste. This quantity is sufficient for a 23cm loose-bottom flan or quiche tin. Combine **300g plain flour**, **1 tsp cinnamon**, **½ tsp mixed spice**, **150g cold butter**, chopped into cubes, and **150g brown sugar** in a bowl or food processor. Pulse or rub with your fingers until the butter forms crumbs. Add **2 egg yolks** and **1-2 Tbsp milk** to form into a dough. Wrap and refrigerate for 30 minutes, then roll out to 5mm thickness. Line a lightly greased 23cm tin with two-thirds of the pastry. (At

this stage, the tart recipe you're using may call for blind-baking.) Fill tart. Cut remaining pastry into long, thin strips and lay them diagonally across the top of the tart, weaving them over and under to form a lattice. Roll over the edges with a rolling pin to trim off any excess. Bake at 180°C for 45 minutes or until golden. Cool slightly before removing from tin.

No knead

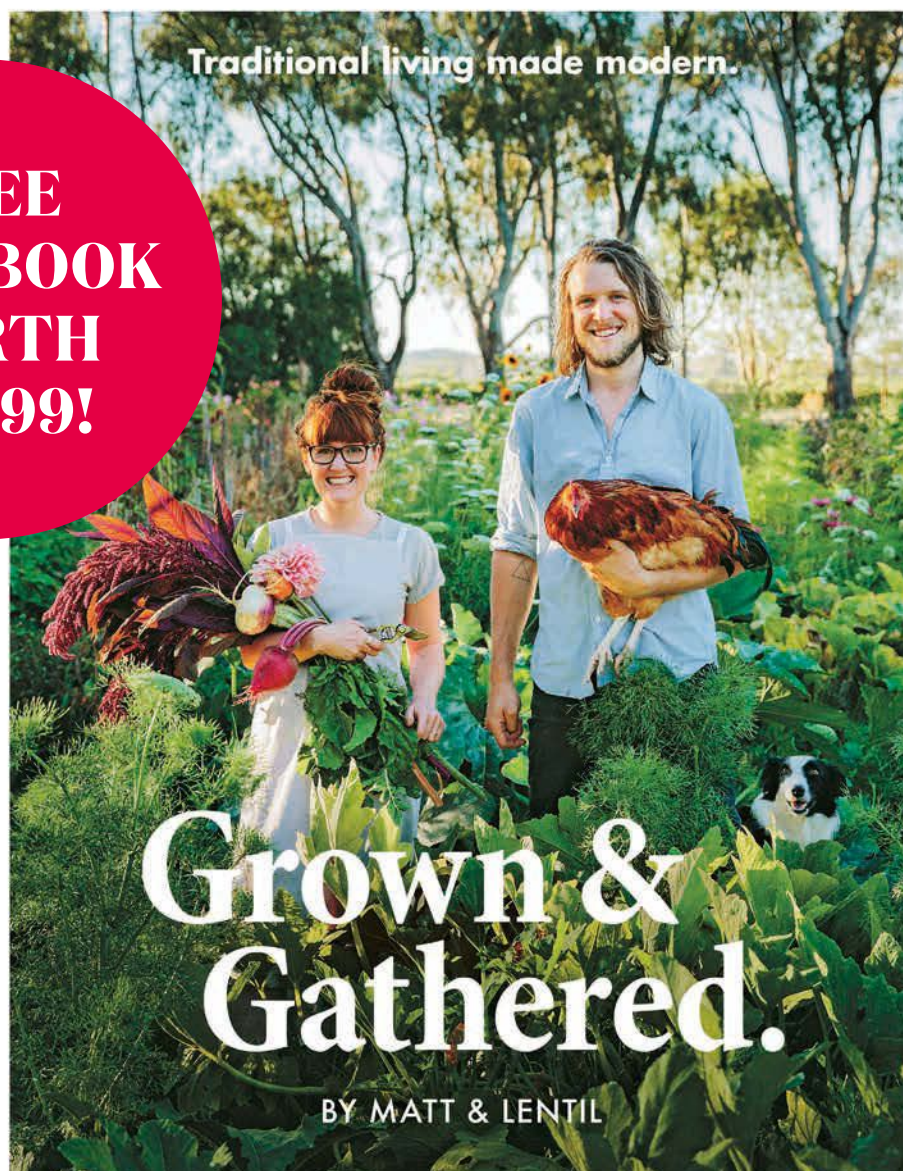
Pastry doesn't require kneading – simply bring it together into a ball. Kneading activates the gluten in the flour, making it elastic rather than short and crumbly. ●



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Delicious and speedy ways with passionfruit, limes and fennel

TEXT AND RECIPES Sophie Gray

PHOTOGRAPHS Rebekah Robinson

Passionfruit

TROPICAL, TANGY PASSIONFRUIT thrives on warmth and needs a sheltered, frost-free environment for successful production. With a season that ranges from Christmas through to late winter, the aromatic taste of this tropical fruit can be enjoyed for over eight months of the year. Within the thick rind is a cavity more or less filled with fragrant membranes containing orange-coloured, pulpy juice and as many as 250 small, hard, dark brown seeds. The flavour is musky, guava-like and sweet-tart. Many recipes require only the juice. The pulp can be pressed through a sieve with the back of a spoon to separate the juice from the seeds. Passionfruit pulp is delicious and versatile and can be made into a syrup for swirling over pancakes, French toast or ice cream, added to cocktails or used as a base for sorbet or granita; it freezes well, too. ►

Passionfruit

Passionfruit syrup

This syrup requires **1 cup passionfruit pulp** (10-12 passionfruit) pushed through a sieve to remove the seeds. Combine **1 cup water** and **2 cups sugar** in a saucepan and bring to the boil for 5 minutes. Add sieved pulp and the **juice 2 lemons**. Taste and adjust the tartness. A **pinch tartaric acid** can be added if it needs more sharpness. Will keep in a sterilised bottle in the fridge for one month.

Passionfruit breakfast bowl

Start the day with a passionfruit breakfast bowl topped with homemade granola sprinkle. Make the granola by preheating the oven to 180°C. Place **½ cup rolled oats**, **1½ cups mixed nuts and seeds** and **¼ cup thread coconut** in a food processor and pulse until coarsely chopped. Add **3 Tbsp coconut or canola oil**, **3 Tbsp honey** and **1 tsp vanilla essence** and pulse to mix. Spread onto a rimmed metal baking tray and bake for 15-20 minutes or until golden. Leave to cool.

To serve, top **½ cup Greek yoghurt** with the **pulp of 1-2 passionfruit** and a **drizzle of honey** to taste. Scatter with a spoonful or two of granola sprinkle. Serves 1. Leftover granola can be stored in an airtight container.

Meringue roulade & white chocolate cream

Passionfruit is the perfect topping for a roulade. Preheat the oven to 160°C. Line a 33cm x 23cm shallow baking tin with greaseproof paper. Place **4 room-temperature egg whites** into an electric mixer and whisk until stiff but not dry. Whisk in **200g caster sugar**, a spoonful at a time, until thick and glossy. Whisk in **1 tsp cornflour** and **1 tsp lemon juice**. Spread into the prepared tin and bake for 25 minutes or until lightly golden and crusty. Cool in tin for 5 minutes, then invert onto greaseproof paper dusted with **icing sugar**. Leave to

cool completely. Melt **100g white chocolate** in a heatproof bowl set over a pan of barely simmering water, then leave to cool. In a medium bowl, whip **200ml cream** until thick. Fold in **1 tsp vanilla essence** and the cooled white chocolate. Peel paper from the meringue and spread with cream mixture. Using the paper underneath, roll up the meringue from the short edge – it will crack a bit. Transfer to a serving plate, drizzle over the **pulp of 4 passionfruit**, dust with **icing sugar**, scatter on additional **grated white chocolate** and serve. Serves 6.

Limes

Limes are the least sweet of common citrus fruits and are used by cooks around the world. Varieties include the large and juicy Tahitian lime, which grows well throughout New Zealand either in the garden or in containers that can be protected from frost; kaffir lime, which has pebbly skin and very little juice but leaves that are indispensable for Thai cooking; and key lime, named for the Florida Keys, where it is the signature ingredient in key lime pie. Yellow when ripe, the key lime has higher acidity, a stronger aroma and thinner rind than Tahitian limes.

TEXT AND RECIPES
Sophie Gray

PHOTOGRAPH
Rebekah Robinson

Lime marmalade

More tart than most conserves, this marmalade is delicious on brioche. For every **450g whole limes** you'll need **4 cups water plus 1 cup for the pot** and **2-4 cups sugar** to taste. Wash and halve limes, then remove seeds but do not discard. Slice fruit thinly, reserving as much juice as possible – a food processor is ideal for this. Place fruit, reserved juice and water in a large pot or preserving pan. Wrap seeds in muslin and tie with string to the pot so it sits in the middle of the mixture. Bring to the boil and simmer until skins are tender – up to 1½ hours. The mixture should have reduced by one third. Remove muslin bag and squeeze juice back into pot. Add sugar, stirring over a low heat until dissolved. Taste mixture – it should be tart, but not bitter – and add more sugar if needed. Boil for a further 15-20 minutes. Test for a set (see page 83), and bottle in hot, sterilised jars.

Lime curd

Amazing folded into whipped cream, slathered on scones, as a filling in tart cases topped with meringue, or off the spoon when no one is looking, lime curd is sublime – excuse the pun. Place **½ cup lime juice** and **1 tsp lime zest** in a saucepan – you will need plenty of limes. Add **50g butter** cut into cubes and **1 cup sugar**. Heat gently until the butter has melted and sugar has dissolved. Whisk in **2 lightly beaten eggs** and continue whisking over a gentle heat until the mixture thickens. Don't let it boil or the egg white will set in threads and you'll have to strain it. Lime curd is fluorescent yellow but a couple of drops of green colouring may be added if desired. Will keep in an airtight container in the fridge for up to two weeks.

Lime salt

Try this sprinkled over coconut-based curries, rice paper rolls or salted caramel. To make, preheat the oven to 150°C. Combine **½ cup flaky sea salt** with **1 Tbsp lime zest** in a small bowl. Mix well to remove any clumps. Spread on a rimmed baking tray lined with baking paper and bake for around 30 minutes or until zest has completely dried out. Store in an airtight container.



Fennel

Fennel is a bulbous vegetable with a wispy, fronded top – it looks similar to dill. The fronds can be used in salads and the bulb itself can be eaten raw, very thinly sliced in salads or slaws, or cooked. It has a firm, crunchy texture and mild aniseed flavour. Fennel seeds are used in Indian and Middle Eastern cuisines as a seasoning and are valued for their health benefits, which include lowering blood pressure, relieving digestive discomfort, freshening breath and clearing the sinuses. To prepare a fennel bulb for cooking, remove tough outer leaves, then slice it in half lengthwise. Cut out the tough core at the base and slice the bulb as desired. For salads and slaws, a mandoline is useful for achieving thin slices.

Caramelised fennel

Try caramelised fennel as an easy weeknight-side dish. Slice **2 large fennel bulbs** into thin slices. Heat **2-3 Tbsp olive oil** in a heavy-based pan. When hot, add the sliced fennel in a single layer. Cook for 10-12 minutes, turning once or twice, until golden and caramelised. Remove from the pan, season with salt and pepper and a squeeze of **lemon juice**. Serves 2.

Parsley, fennel & pecorino salad

In a large bowl, whisk **1½ Tbsp red wine vinegar** and **¼ cup extra virgin olive oil**, and season generously with salt and pepper. Add **2 finely sliced large fennel bulbs**. Reserve the

fronds. Add **2-3 finely sliced spring onions**, **½ cup coarsely chopped flat-leaf parsley** and **1½ cups shaved or grated pecorino**. Toss gently and add the fronds. Serves 4-6.

Roasted fennel & almond pesto

This recipe makes a light and fragrant change from your regular pesto. Preheat the oven to 200°C. In a baking pan, drizzle **1 cup chopped fennel** (1 average bulb, trimmed) with **3 Tbsp olive oil**. Roast in the oven for around 12 minutes or until lightly browned, then add **½ cup slivered almonds** and roast for 2-3 more minutes until the almonds are lightly toasted. In a food processor, pulse the roasted fennel and almonds with **2 cloves garlic** and a **dash of olive oil** until puréed, using as much oil as needed to achieve your desired consistency. Season with salt and pepper. Makes around 1 cup. ●

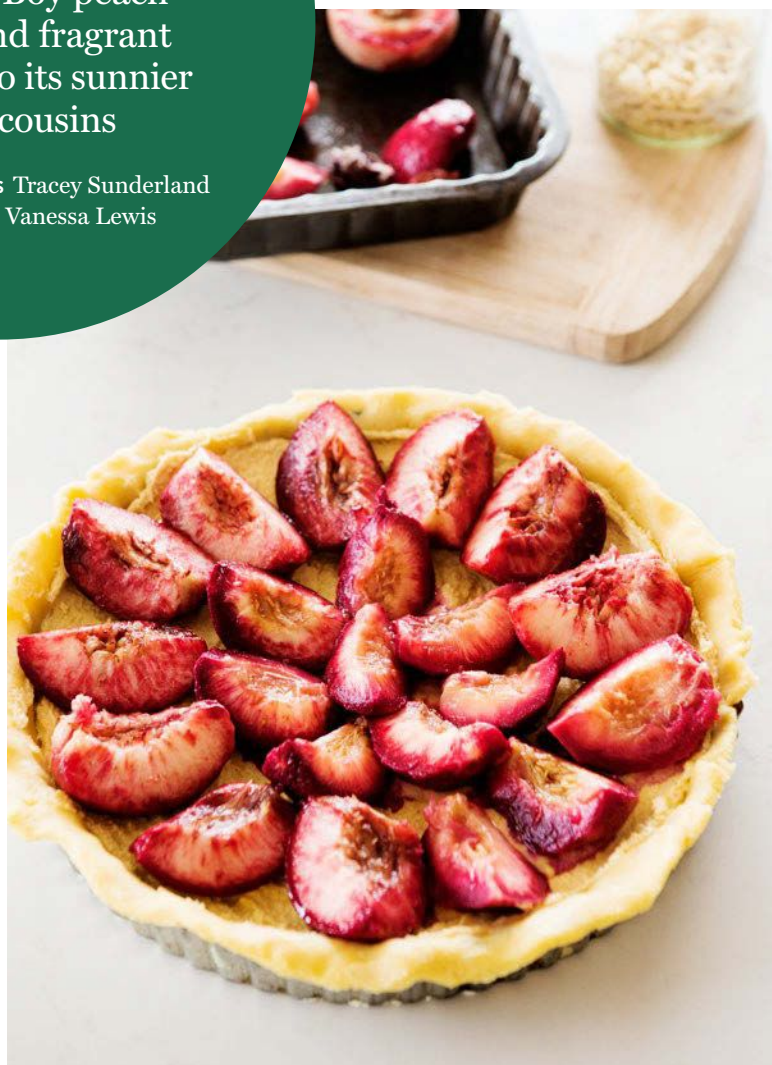
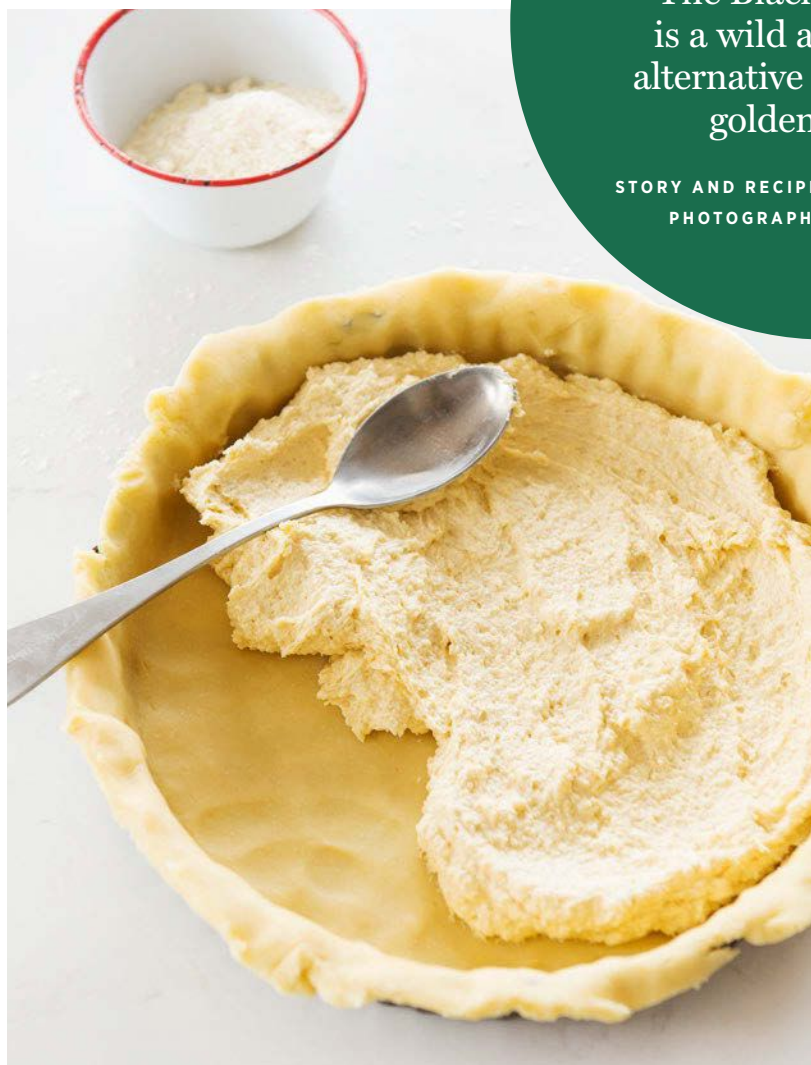




Dark and stormy

The Black Boy peach
is a wild and fragrant
alternative to its sunnier
golden cousins

STORY AND RECIPES Tracey Sunderland
PHOTOGRAPHS Vanessa Lewis





LAST SUMMER I discovered a Black Boy peach tree growing on the edge of my property; after six years in residence, it was a deliciously sweet surprise. The Black Boy peach is a heritage variety with wine-coloured skin and flesh, and the most divine, fragrant flavour. Also known as 'pêche de vigne', these peaches originate from the old Lyonnais region in east-central France where for centuries they were planted in vineyards to provide an early warning of pests and diseases. While rarely seen in shops, Black Boy peaches are often grown in New Zealand backyards and are delicious fresh, cooked or preserved.

Bottled Black Boy peaches

READY IN 35 minutes

MAKES 5-6 x 280-300ml jars **GLUTEN FREE**

Preserving fruit is a wonderful way to taste those summery flavours long after the season is a distant memory. I remember my mother cooking batches of golden peaches, plums, pears and passionfruit at the end of every summer and stacking the laundry cupboard full of preserves to keep our family of six happy and well-fed throughout the year.

When bottling fruit and vegetables, use any large jars as long as they are clean and sterile – I like to use Agee utility jars.

When filling your hot jars, the fruit can be cold as long as the syrup is boiling when added – the fruit will cook from the heat of the jars and syrup. Once your jar of preserves has been opened, the peaches will be just the right texture to enjoy with dessert or as a topping for yoghurt and breakfast cereal.

1¼ cups sugar

5¼ cups water

2kg peaches, blanched,
peeled and halved (see Tip)

- 1 Sterilise jars and seals or lids as described in panel, right.
- 2 Combine sugar and water in a saucepan and bring to the boil. Simmer until sugar has dissolved.
- 3 Keep syrup hot. Drain peach halves and pack, cut-side down, into hot jars, leaving 1.5cm headspace. Add hot syrup to cover peaches, leaving 1cm gap between liquid and rim. Remove air bubbles by sliding a thin, sterilised knife down the inside of jar, then top up with syrup.
- 4 Wipe jar rims and threads with a sterile hot cloth. Place lids or seals and

bands on jars. Leave to cool a little before tightening. As the jar cools, the shrinking of the hot contents and lid will create a vacuum. You may hear a popping sound, which means the jar has sealed.

- 5 Wash off any spills, label and store in a cool, dark place. These will keep for a year. Refrigerate once opened.

TIP

To peel peaches, cut a cross in the base of each and place in a large bowl. Cover with boiling water, leave for 2 minutes, then drain and refresh with cold water. Peel off skins.



How to sterilise

Wash your jars in hot, soapy water or in the top rack of a dishwasher, then heat them for at least 15 minutes in an oven at 125°C. You should also boil the seals or lids on the stovetop for 5 minutes then remove from water with sterilised tongs. (You don't need to boil the bands.)



Black Boy peach relish

READY IN 1 hour 30 minutes MAKES About 4 x 300ml jars

GLUTEN FREE

Black Boy peaches make a lovely, rich, burgundy-coloured fruit relish. After bottling, leave this relish in the cupboard for two to three weeks before eating to allow the flavours to develop. I often serve a little alongside a seared steak of beef, lamb or venison as an instant sauce.

- 150g butter
- 2 large onions, roughly chopped
- 1.5kg Black Boy peaches, peeled (see Tip on previous page), stoned, quartered
- 1 cup brown sugar (firmly packed)
- 1½ cups red or white wine vinegar or cider vinegar

1 Sterilise jars and seals or lids – see ‘How to sterilise’ on previous page.

2 Heat butter over medium heat in a non-reactive saucepan and cook onions until soft, then add peaches and cook till softened (about 20 minutes).

3 Sample a small amount of cooked peach and onion and taste for sweetness. Add ¾ cup sugar and taste again. Add more if needed.

4 Add vinegar, stir well and bring to the boil then turn down to just above simmering point. Cook, occasionally stirring to prevent the sugars from burning, for 45 minutes or until thickened.

5 Fill the hot jars and seal. Store relish in a dark cupboard; it will keep for up to a year. Once opened, it will keep in the fridge for up to three weeks.

Black Boy peach frangipane tart

READY IN 1 hour 30 minutes SERVES 12

PASTRY

- 250g plain flour
- 1 tsp salt
- ½ tsp finely grated lemon zest
- 150g butter, chilled
- 60ml cold water
- 1-2 Tbsp lemon juice

FILLING

- 60g butter, at room temperature
- ¼ cup sugar
- 2 eggs
- 1 Tbsp rum, brandy, bourbon or vanilla extract
- 1 cup ground almonds
- ¼ tsp baking powder

TOPPING

- 8 medium peaches, quartered, stoned
- ½ cup sliced almonds
- 3 Tbsp raw or brown sugar
- Fresh whipped cream, to serve

1 In a large bowl, combine flour and salt. Add lemon zest and cut butter into flour. Using the back of a fork, incorporate butter into flour mixture. Add cold water and 1 Tbsp lemon juice, and continue to stir with fork until mixture comes together. Add remaining juice and more water if necessary, 1 Tbsp at a time. Gently form dough into thick disc, wrap and chill until ready to use.

2 For the filling, place the butter and sugar in a medium bowl and beat with a wooden spoon until light and fluffy. Gradually beat in eggs, add the brandy or vanilla extract, and stir in the ground almonds, baking powder and a pinch of salt. Cover and set aside.

3 Preheat oven to 200°C.

4 Grease a 26cm flan tin

with a removable base. On a lightly floured work surface, roll the dough out into a large circle about 3cm larger than the tin. Transfer pastry to tin and gently press into tin with fingertips. Trim off any overhanging pastry and refrigerate the tin for 10 minutes.

5 Spoon filling into centre of tart and spread all the way to the edges. Arrange peach pieces in a single layer on top until the surface of the tart is covered. Sprinkle sliced almonds and sugar on top.

6 Bake in the oven for 35-45 minutes or until crust is golden. Allow to cool for 15 minutes before slicing and serving with whipped cream.

TIPS

- The pastry and filling can be made up to a week in advance and stored airtight in fridge (wrap pastry in plastic wrap).
- To make the pastry in a food processor, pulse the flour, salt and lemon zest to combine. Add butter, then pulse at 1-second intervals until butter is finely cut. Add the water and lemon juice and pulse until the mixture starts to bind. Tip onto a floured surface and gently pat together.



Black Boy peach jam

READY IN 1 hour MAKES 5 x 300ml jars

GLUTEN FREE

2kg Black Boy peaches, peeled (see Tip on page 97), halved, stones reserved
Zest 1 large lemon
1kg sugar
Juice 3 lemons
3 Tbsp kirsch, orange liqueur or vanilla extract

- 1 Sterilise jars and seals or lids – see ‘How to sterilise’ on page 97.
- 2 Place peach halves and lemon zest in a large saucepan. Wrap peach stones in a clean piece of calico or Chux cloth and tie with string. Add parcel to saucepan. Cover and simmer on a very low heat for 20 minutes or until fruit is tender.
- 3 Remove the stones, add sugar and lemon juice, and bring back to simmering point. Stir occasionally to stop the sugar catching and cook for about 20 minutes or until the jam starts to thicken. Test for a set (see page 83 for instructions).

- 4 Once the jam is at setting point, remove from heat and stir in liqueur or vanilla extract.

- 5 Immediately fill hot jars and seal with a sterilised lid. Leave to cool. Store jam in the fridge once opened.

TIP

The lemon in this recipe will help to set the jam and define its flavour. Adding peach stones to the pan also helps to set the jam quickly. Very ripe peaches contain less pectin, so a good trick is to add a few not-so-ripe ones to the mix. ●

H1

Island buzz

Tracey Sunderland and
Vanessa Lewis take the
ferry to Waiheke Island
and find a hive of activity

STORY & RECIPES Tracey Sunderland
PHOTOGRAPHS Vanessa Lewis



An ominous hum tells us guard bees are on active duty as we approach the hives at Waiheke Honey Company. We'd rather they buzzed off, and owners Richard Evatt and Sheena Evatt-Wood know just how to persuade them: with billows of smoke from burning coffee sacks. The leftover hessian and jute sacks are collected from friends who have a coffee roastery, then dried in the sun until nearly falling apart and shoved into a bee smoker.



Through a screen of smoke and kitted out in beekeeping suits, we pass the now off-duty guards for a look inside the hives. The smoke has a calming effect on bees, which really helps when the hives are moved or monitored – a full 'honey super' weighs about 40kg, so it's quite a workout for Richard on big honey-processing days when agitated bees are the last thing he needs.

Later, we watch bees feasting on parsley pollen in the vegetable patch high above Palm Beach while we chat to Richard about the beekeeping life. When he and wife Sheena moved to Waiheke from the mainland over a decade ago, both still had jobs in Auckland. They enjoyed the daily ferry commute,

with its bracing sea air and views. But they also had their young son Leo (now 14) in tow, whom they dropped off at a city-side childcare centre.

Unsurprisingly, Leo was less enthused about the island-to-city-and-back-again routine, and it didn't take long before Richard, an interior designer, decided it would be easier to look after their youngster on the island (a second son, Lex, now 10, arrived shortly after). Richard also decided to pick up a hobby, and started dabbling in beekeeping and experimenting with honey production.

Three years later, in 2010, he started the Waiheke Honey Company and has steadily expanded his business to a range of single-hive





THIS PAGE
Leo, Lex and
Richard Evatt
check the hives.

**OPPOSITE
PAGE**
Richard's hives
are dotted all
over Waiheke.



organic honeys. His honey is completely natural and raw, meaning it is unfiltered and not heated above natural hive temperatures (honey that has been heat-treated loses some of its enzymes and phytonutrients). Waiheke Honey Company honey is simply extracted from the hive, spun out by centrifuge and bottled. Their only filtering process involves pulling out any extraneous bits of bee and wax.

The hives are located all over the island and the Waiheke landscape and flora are key to the company's philosophy. Every queen is given a name by the owners of the property where the hive is located, and that name is printed on the lid of each batch of honey. Every jar reflects the coastal flowers and native bush on the island: from multiflora and native bush honey to clover, pohutukawa flower, kanuka and manuka.

The pure honeys are sold at the popular Ostend Market and from an old-fashioned honesty stand at the gate of their home on Hauraki Road. They also sell bee products on the Waiheke Honey Company website and courier them around the country.

Waiheke Island manuka honey is something special. This sought-after substance is sent



Their honey is completely natural and raw, meaning it is unfiltered and not heated above natural hive temperatures

to a laboratory to have its non-peroxide activity and methylglyoxal levels measured. This process tests the antibacterial properties in manuka honey – the higher the methylglyoxal level, the more valuable the honey. The information is printed on the labels of each batch of Waiheke Honey Company manuka honey and the price adjusted accordingly.

The other special stuff honey bees create is propolis, or bee glue, a resinous mixture produced from collecting sap and resins. Propolis is used by bees as a sealant for unwanted spaces in the hive, but is also very useful to humans, as well as being extremely valuable. The family keep a little to use for treating wounds and also add it to their natural lip balms, which are made from leftover beeswax.

Spring is when bees work the hardest, collecting nectar so it can be converted into honey and stored as food inside the hive. Honey bees don't like wind or rain and will collect a lot more nectar on days that are 20°C or warmer; if conditions are blustery, they'll shut up shop and wait for a calm day. The amount of honey produced from season to season can fluctuate wildly depending on what kind of spring and summer we've had.

If the climate has been kind, then Richard collects the first honey harvest of the season in December. But he'll often continue into January and February, and even into March if the bees – much like their human neighbours – have judged their summer to be substandard.



Honey caramel almond slice

READY IN 1 hour

MAKES Around 35 pieces

Tracey: I learned this recipe as a young apprentice while training with Swiss and French pastry chefs. Pohutukawa or clover honey lends a delicate flavour to this simple slice.

SHORT PASTRY

1½ cups plain flour

100g butter, diced

¼ cup cold water

TOPPING

150g butter

¼ cup sugar

100g mild-flavoured honey

150g sliced almonds

- 1 Preheat oven to 200°C. Line a 30cm x 20cm slice tin with baking paper.
- 2 Place flour into a large bowl, add butter and rub into flour with your fingers until it resembles fine crumbs. Make a well in the centre, add the water, and mix with a butter knife until the mixture clumps together (add extra water if needed).
- 3 Tip pastry onto a floured surface and pat into a flat rectangle. Cover with plastic wrap and chill for 10 minutes in the fridge.
- 4 Roll out the pastry to fit neatly inside the slice tin – the edges of the pastry need to come 15mm up the sides of the tin. Place tin in fridge to rest pastry for a further 5 minutes.
- 5 Prick pastry all over with a fork. Place baking paper and baking beans on top and blind bake for 10 minutes until pastry is lightly cooked.
- 6 Remove the paper and beans, return to the oven and cook for a further 5 minutes until the pastry is lightly golden.
- 7 Place all topping ingredients except the almonds into a small saucepan. Bring slowly to the boil and simmer until the mixture thickens.
- 8 Add the almonds to the caramel mixture, stir through and pour over the warm base. Bake for 12-15 minutes or until the topping has set and almonds are golden brown. Let it cool down before cutting into thin slices or squares. Store slice in an airtight container.

COOK'S NOTE

Step 2 can be completed in a food processor. Simply pulse the flour and butter until it resembles fine crumbs, add water and continue to pulse until the mixture binds together.



Marinated sweet & sour carrot salad

READY IN 30 minutes plus marinating time

SERVES 4-6 **VEGETARIAN** **GLUTEN FREE**

This salad is a lovely, refreshing accompaniment to an autumn barbecue. Save the leftovers as the salad will keep for a few days chilled and tastes better the next day.

VINAIGRETTE

- ¼ cup olive oil
- 1 small red onion, finely sliced
- 1 tsp cumin seeds
- ½ cup cider vinegar
- 200ml tomato juice
- ½ tsp Dijon mustard*
- 1 tsp salt
- ¼ cup currants or raisins (see Cook's Notes)
- ⅓ cup raw honey (I used Waiheke Honey Company organic multiflora)

SALAD

- 500g baby carrots, green tips removed
- 400g can chickpeas, drained and rinsed
- ½ cup roughly chopped fresh mint, plus ¼ cup extra to serve (a mix of plain mint and Vietnamese mint works well here)

- 1** To make the vinaigrette, pour oil into a small saucepan on medium heat. Sauté onion for 2 minutes, add cumin seeds and sauté for a further 2 minutes.
- 2** Add cider vinegar and remove from heat. Whisk in the remaining ingredients, except the honey (this is added at the end to preserve the natural goodness in the raw honey).
- 3** Scrub the carrots with a vegetable brush (there's no need to peel them). Bring a large saucepan of water to the boil. Tip in the carrots and blanch for 2 minutes. Drain into a large colander and refresh with cold water.
- 4** Using a very sharp knife, finely slice the carrot into thin lengths. Alternatively, use a peeling tool (see Cook's Notes) that produces thick slices. Place carrots in a large lidded container with the chickpeas and mint.
- 5** Stir honey into the vinaigrette. Taste and season with ground pepper. Pour vinaigrette over the carrots and chickpeas, cover and shake to coat. Refrigerate for a minimum of 2 hours, or overnight, so the flavours have time to mingle. Scatter with fresh mint to serve.

COOK'S NOTES

- If using raisins, roughly chop into smaller pieces.
- Slice carrots with a mandoline or special peeler – both can be found at kitchen stores.

For more buzzy recipes search **honey** on

 **FOODTOLOVE.CO.NZ**





THIS PAGE AND OPPOSITE

Sheena Evatt-Wood, Richard and the boys enjoy an al fresco lunch at their Waiheke home with dishes incorporating some of their own organic honey.

Chinese chicken drums

READY IN 1 hour 30 minutes SERVES 4-6 **GLUTEN FREE**

Fourteen-year-old Leo's favourite dinner is Chinese chicken. This is sure to be a hit on any weeknight and leftovers are always popular in lunchboxes.

- ¼ cup kecap manis (Indonesian sweet soy sauce)*
- 2 Tbsp Waiheke Honey Company organic native bush honey (see Cook's Notes), or any strong honey
- 1 tsp Chinese five spice powder
- 3 cloves garlic, minced
- 3cm piece ginger, finely grated (see Cook's Notes)
- 2kg free-range chicken drumsticks, skin on
- 2 Tbsp sesame seeds, toasted, to serve

- 1** Preheat oven to 200°C. Mix kecap manis, honey, five spice powder, garlic and ginger together in a large lidded container or dish.
- 2** Toss in drumsticks, cover and gently turn over the container a couple of times to coat the chicken. Place in the fridge to marinate for 30 minutes.
- 3** Remove drumsticks from marinade and place in an oiled or greased deep oven dish. Roast the drumsticks in oven for 25 minutes. Turn chicken over to brown the other side and cook for a further 20 minutes, or until cooked through.
- 4** Serve hot, sprinkled with toasted sesame seeds.

COOK'S NOTES

- This recipe can be adjusted for different tastes. The Evatt-Wood family often toss homemade plum sauce and fresh or ground chillies into the marinade.
- These quantities can easily be doubled for a crowd of weekend visitors.
- Native bush honey is a single-hive, cold-pressed raw honey. The bees feed on native bush areas on Waiheke that are dominated by kanuka. The honey is dark and has a lovely caramel-butterscotch flavour.
- Sheena takes a rustic approach by not peeling the ginger before grating it on the fine face of a standard grater.

* Check label if eating gluten free ●

Hobsonville Point Farmers' Market

Flavour takes flight in an old airplane hangar in northwest Auckland where artisanal food producers meet, eat and mingle

STORY AND RECIPE Eleanor Ozich PHOTOGRAPHS Valentin Ozich



My family and I love to explore new farmers' markets; it's become a lovely weekend ritual that fills our tummies and inspires meals for the week ahead. I find it so satisfying to be able to connect with the people who produce the food we eat, and it always enhances my appreciation of every dollar spent.

A few weekends ago, we set off early for the markets in Hobsonville Point, about a 25-minute drive from our home in West Auckland. What a beautiful midsummer day it was, with azure sky and a gentle warmth in the air. As soon as we arrived, the kids jumped out of the car in excitement, with Ziggy, our poodle, bouncing after them.

The markets are housed inside

a large, rustic airplane hangar. It's a neat old building with plenty of character and a stunning outlook over the inner Waitemata Harbour. The fresh scent of salt and sea added perfectly to the relaxed and buzzing atmosphere.

Hobsonville Point, like many other farmers' markets, celebrates all that is local. Honey from local hives jostles for space with wooden cartons filled with organic produce and stacks of rustic artisanal bread, while the aroma of freshly brewed coffee fills the air.

The markets are open every Saturday and Sunday from 9am to 1pm. The whole market is housed under cover (great for those rainy days), there's ample parking and you're welcome to take your dog along if you have one.



MARKET PHOTOGRAPH SUPPLIED

Here's a few of the stalls we enjoyed in particular...

Frittelli

★ Our first port of call was the Frittelli stall. They make Italian fried bread served with all the ingredients required for a mouth-watering taste explosion. Imagine soft, warm, crisp bread seasoned generously with sea salt, then topped with crème fraîche, smoked salmon or prosciutto, and fresh chives. A delicious jumble of crunchy textures and bright, fresh flavours.

Earthbound Honey

★ I have a deep love of honey and use it in many of my recipes. Naturally, I gravitated towards the Earthbound Honey stall, and was more than happy to try the abundance of samples they had on offer. This lovely husband-and-wife team are based in the valley of Bethells Beach and produce a gorgeous range of organic, pure and raw honey, the way it should be. I chose a bottle of apple cider honeygar, and have been drinking it with sparkling water as an afternoon pick-me-up.



Kosmic Kombucha

★ A fresh, effervescent health tonic in a wide range of flavours including strawberry and pomegranate, apple and cinnamon, and lemon and ginger. Kosmic kombucha is pleasingly dry and not too sweet like some kombuchas can be.



Fama's Organic Produce

★ Abundantly fresh, organic produce, locally grown in Huapai. I filled a brown paper bag with courgettes, cucumber and some intriguing gherkins. Embarrassingly, I was a little short on change, but Fama didn't mind and shouted me a few extra dollars.

The Gourmet Gannet

★ Also based in Huapai, this local artisan bakery makes traditional-style bread. I simply had to buy a loaf of spelt flour sourdough; we loved its deep, chewy quality and delicious hint of sourness.

Spaceman Coffee

★ Possibly the most delicious coffee I've ever tasted; a beautiful brew that is dark, smooth and lively all at the same time. Spaceman owner Daniel explained how it's lovingly roasted in small batches and, trust me, you can tell as it's so wonderful. Organic and fairtrade, too.





Herbed potato & courgette tart

READY IN 1 hour SERVES 8 **VEGETARIAN**

Here's a simple recipe for an open tart that I often make on weekends. It highlights seasonal vegetables and, in this case, the courgettes I picked up from the market. The tart is easy to whip up, and allows for maximum creativity if you are in the right mood. Feel free to roast whatever vegetables you might have on hand.

FILLING

- 4 medium potatoes, diced
- 4 courgettes, finely sliced lengthwise
- Large handful fresh parsley and chives
- ¼ cup cream or milk
- 1 cup grated parmesan
- 2 cloves garlic
- 1 tsp sea salt
- ½ tsp ground pepper
- 4 eggs

TO ASSEMBLE

- 6 sheets filo pastry
- ¼ cup butter, melted
- Handful pumpkin and sunflower seeds
- 3-4 Tbsp extra virgin olive oil

- 1 Preheat the oven to 180°C.
- 2 Place the potato in a large saucepan, cover with salted water and bring to a gentle boil. Simmer for 10-15 minutes or until tender.
- 3 Meanwhile, grease a pan and place over medium heat. Working in batches, fry the courgette slices for about 1-2 minutes on each side.
- 4 Drain the potatoes in a colander and place in a food processor, along with the remaining filling ingredients. Process until you have a smooth mixture, then set aside to cool slightly.
- 5 Grease a large ovenproof dish or tart tin. Layer the filo pastry sheets into the dish, brushing them with melted butter as you go, and allow a few centimetres of pastry to hang over the edge.
- 6 Spread the potato filling over the pastry, then top with the slices of fried courgette. Sprinkle the pumpkin and sunflower seeds over the top.
- 7 Drizzle with the extra virgin olive oil, then bake in the oven for about 25 minutes or until golden and crisp.
- 8 Allow to cool for about 5 minutes, before slicing into squares and serving. ●



**HOBSONVILLE
POINT FARMERS'
MARKET**

Saturdays and Sundays,
9am-1pm. The Landing,
by Hobsonville Ferry
Terminal, Hobsonville,
Auckland



Good Will hunting

“Gastronomical talent, distinctly local flavour, unrivalled luxury” is the tagline and Queenstown’s The Grille by Eichardt’s certainly delivers on all fronts. We chat to the man behind the fare, executive chef Will Eaglesfield **STORY** Kristina Rapley



With views stretching across Lake Wakatipu to the snow-capped peaks in the distance, The Grille’s picturesque outlook is one reason to visit Queenstown’s newest premium restaurant. Its British-born, Hawaiian-shirt-wearing, ginger-haired executive chef Will Eaglesfield is another.

After making Queenstown his home in 2006, Will nabbed the top job at the Eichardt’s Hotel restaurant back in 2012. Eichardt’s has a proud history dating back to the early 1860s when gold was in the hills and the first pioneers moved into the region. The founder of Queenstown, William Rees, set up the hotel before Albert Eichardt took ownership at the end of the decade.

The Imperium Group are the modern-day owners of Eichardt’s Private Hotel & Bar and also have The Spire Hotel and No5 Church Lane (a restaurant and bar) in their portfolio. The Grille by Eichardt’s is their latest project.

Imperium’s Kiwi-born owner, Andrew Cox, was inspired by Balthazar restaurant in New York and wanted to create a similar feel of “old-world opulence and modern design”, with a menu that catered both to traditional diners and those with more adventurous tastes.

“The idea is that there’s something for everyone,” says Will. “If you’re not into anything too crazy, you can still come for your steak and chips.” But of course, if you are visiting for steak, you can expect it to be exceptional. “We use a particularly nice sirloin,” Will explains. “Wakanui grass-fed cows are given only grains for the last 90 days, which gives the meat a lovely marbling and produces a nice, soft, juicy meat.”

Will says the opportunity to build the restaurant’s food philosophy from the ground up was a real career highlight. “Having been in Queenstown for quite a while now, I’ve got to know a lot of the suppliers in the area. I know what stuff is best at what time of year. I try not to do too much with good ingredients – just enough to make them shine. I also



THIS PAGE

Views across Lake Wakatipu are one of the restaurant's many highlights; The Grille seats 150 people and is open for breakfast, lunch and dinner; fresh, seasonal, local produce – plus anything he can forage – is the starting point for many of executive chef Will Eaglesfield's dishes.



like to do something a little out of the ordinary, something people wouldn't do at home," he says.

Will's favourite "off the wall" dish is tahr tartare, made using wild tahr – a goat-like animal native to the Himalayan ranges which was introduced to the central Southern Alps by European settlers and is considered a pest by the Department of Conservation. Will's team finely dice the tahr meat by hand and serve it with house-made saffron aioli, wholegrain mustard made Dijon-style with local white wine, rye meal crispbread and homemade pickles.

Will is huge on locally sourced ingredients and has a passion for foraging. "If we get ingredients from anywhere that's more than half an hour's drive away, I'm a bit disappointed," he admits. "I really like how I can stand out on the Eichardt's balcony, point into the distance and say, 'That's where we get our Gibbston wine from' or 'That's where I forage for mushrooms.'"



Local food trends according to Will Eaglesfield

- **Local sourcing** of produce was a trend about six or seven years ago, but now it's almost compulsory, which is great.
- **Foraging** for ingredients has also become common, much to my annoyance, as I've always done it and I always will – even when it goes out of fashion.

- **Raw food** is also a big trend and I'm a fan of it, although I wouldn't want my entire diet to be raw. We do a lovely marinated courgette dish here, which is delicious.
- **Dehydrating** is also very in vogue at the moment and it's a very useful tool for

a chef because not only is it fashionable, it increases the shelf life of ingredients.

- **Super grains** come in and out of the limelight quite quickly, but quinoa has definitely become mainstream now.



THE GRILLE
BY EICHARDT'S
9 Marine Parade,
Queenstown

Will has designed the menu so it's flexible, depending on what "little treats" he can get his hands on. "There's a local guy here called Tony who I get our rocket from year-round, but he has a range of other seasonal treats on offer. He came in the other day with heirloom cherry tomatoes, so we confited them in oil and garlic – more fat equals more flavour – and served them on bruschetta with baba ganoush, feta and torn basil."

He says the team spends a lot of time working on the development stages of a dish, while service

is relatively quick in contrast. Almost every condiment, sauce and accompaniment is made in-house. Even the chocolates, truffles and fudge that arrive on the pillows of hotel guests have been developed and made by Will and his team.

Whether you're an international jet-setter with a penchant for something unusual, or a down-to-earth traditionalist who just wants a good old-fashioned plate of steak and chips, you'll find a home at The Grille. The view's not all that bad either. ●

THIS PAGE

Clockwise from main image: Made from the tail meat of Fiordland crayfish, The Grille's crayfish meatballs are chargrilled and served on house-made tagliatelle with a saffron bisque; diners watch as the sun sinks from view; top-notch steak and chips; Will Eaglesfield; seafood ceviche with grapefruit and pea shoots.



Will's favourite Queenstown eats

- **Bella Cucina** for pizza [BELLACUCINA.CO.NZ](http://bellacucina.co.nz) • **Atlas Beer Cafe** for good beer and steak [ATLASBEERCAFE.COM](http://atlasbeercafe.com)
- **The Lodge Bar** for their ceviche [THELODGEBAR.RODDANDGUNN.COM](http://thelodgebar.rodandgunn.com) • **Akarua Wines and Kitchen by Artisan** for a nice lunch [AKARUAANDARTISAN.CO.NZ](http://akaruaandartisan.co.nz)

Wander

RAROTONGA

Author and blogger Unna Burch relaxes on the tiny Pacific island

GRAND TOUR

Rick Stein's tasty tour of top European food spots

Grape fight, anyone?

WE HAVE A number of festivals to celebrate the grape harvest in New Zealand, which starts in early March. We can enjoy a glass of fine wine, live music and gourmet nibbles in pleasant surroundings. Things are a little less civilised in the village of Binissalem, the capital of Mallorca's wine-making industry. They celebrate the harvest with a jolly good grape fight. Thousands of visitors gather in the central square then pipers, playing the native bagpipe, lead them to a field where large mounds of grapes are piled. Carnage ensues. They're just using up unwanted grapes, but what a fun way to do it! ●



Raro refresh

Cookbook author, food photographer and blogger
Unna Burch from The Forest Cantina relaxes
and recovers in Rarotonga

STORY AND PHOTOGRAPHS Unna Burch



My husband, Aaron, and I took a week's holiday in Rarotonga to recover after a very busy work year. I became a published author and released my first cookbook, while my husband wrapped up his largest building contract to date.

Road rules

The weather is noticeably warmer than back home and there's a slight volcanic scent in the air, mixed with a sweet, tropical-flower perfume. We hire a scooter for \$12 a day and use it to explore the tiny round island. There are two roads on Rarotonga – the main road, Ara Tapu, and the ancient inner road, Ara Metua – and we travel them both. The inner road is where you'll find the important marae on the island and it's also where all the plantations are located. I love the juxtaposition of leaving our gorgeous resort on a crappy little scooter to dodge the potholes on Ara Metua, along with the free-roaming dogs, pigs and chickens – it makes me smile every time.

We stop and chat to people harvesting pawpaw and pineapples in the plantations and buy 'nu' (baby coconut with a hole and a straw inside) to drink when we're thirsty. I drink at least one

nu a day; they're so refreshing and much better than the bottled stuff. I soon learn to look for people selling chilled nu – the colder the better! Each nu I taste is different, some are sweet while others are a bit bland, so I cross my fingers for a good one.

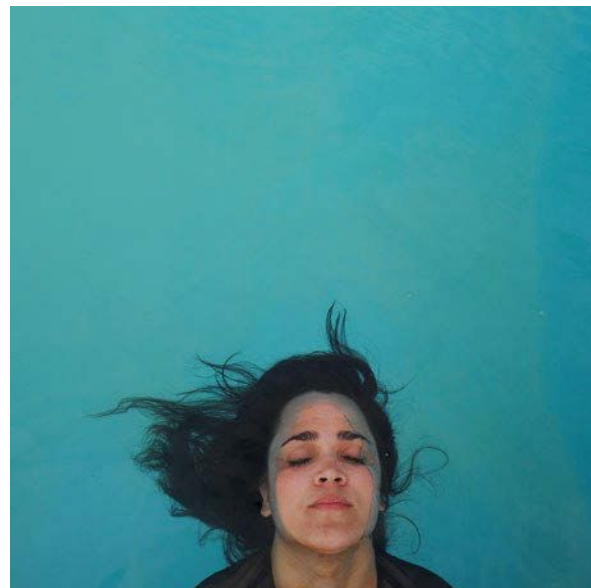
Tuna, tuna, tuna!

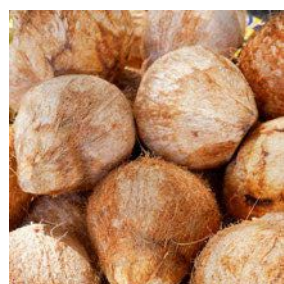
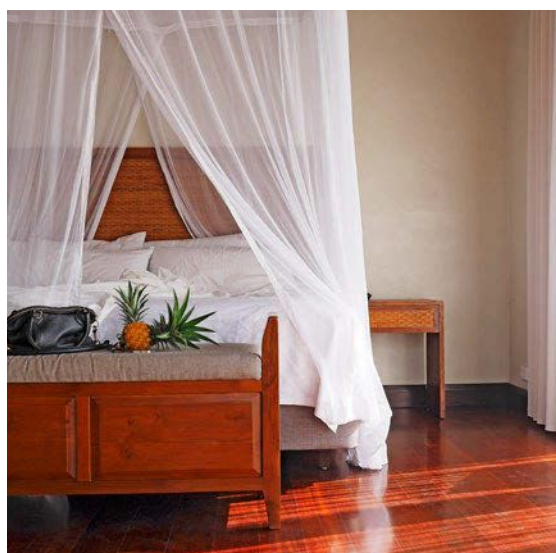
For us, the best food on the island is the fish sandwiches at **Charlie's Cafe**, which operates out of a modified blue shipping container on Titikaveka Beach. It's the freshest yellowfin tuna I've ever eaten, sandwiched inside freshly baked Turkish bread and slathered with a spicy mayo and salad; it costs \$12 (and it's *huge*). We also enjoy the chicken burgers at **Vili's Burger Joint** in the Ngatangia District. They have classic Hawaiian-style



THIS PAGE

Clockwise from top left: Nautilus Resort; coconut trees on Titikaveka Beach; Unna Burch; Punanga Nui Cultural Market.





THIS PAGE
Clockwise from top
right: Vili's Burger
Joint; Aaron Burch;
Nautilus Resort;
Unna Burch.



accompaniments: crispy crumbed chicken fillet, with local Rarotongan bacon, fresh local pineapple and the special 'Vili's sauce' (which I reckon is mayonnaise spiked with sriracha and lime juice), plus salad. I love that Vili's has a big sign saying, "Prices subject to change depending on your attitude."

We don't bother with fine dining on Rarotonga, preferring instead to eat tropical fruit and fish sandwiches, which we chase down with a decent quantity of cocktails. There's certainly no shortage of locally sourced, seasonal produce being used in exceptional ways and the seafood is some of the best I've had. If you're into fine dining, there are plenty of options, but we're more interested in finding interesting casual dining spots.

The currency of the Cook Islands is the New Zealand dollar so you can easily figure out what is good value for money but, because the import duties can be high, locally sourced foods and products are best.

Market day

If you're considering a visit to Rarotonga, it's a good idea to make sure you're there on a Saturday for the **Punanga Nui Cultural Market** in the Avarua District. You can buy all kinds of fresh produce from farmers and fishermen who come in from the outer islands. There are baked goods from the famous **LBV** bakery in Muri as well as fresh smoothies and plenty of crafts. Also on a Saturday, many of the houses around the island have their own private roadside stalls set up on the front lawn. This is where I buy lots of the flowers and fruit that feature in the island flatlays on my Instagram page (@the_forest_cantina). A word of warning for you Instagram addicts: internet access here is very limited and very expensive.

Luxury living

We stay at Muri Beach at the beautiful **Nautilus Resort**. Muri is the centre of tourism on the island, and there you can book daily snorkelling cruises, big-game fishing trips, bird-watching tours or four-wheeler safaris.

Nautilus is one of the newest luxury resorts on the island and it's absolute perfection. Upon arrival we get a cool face cloth as well as refreshing tropical drinks. Each 'are' (Rarotongan for room) has a private plunge pool and outdoor shower (perfect for an after-ocean rinse), plus wine, good coffee, chocolate deliveries, a large bath (the bathroom is three-times the size of our one at home) and air conditioning.

My favourite thing to eat at the resort's buffet breakfast each morning is the coconut custard (which has a similar texture to panna cotta), along with a selection of the many tropical fruit on offer and a mandatory coffee from the in-house barista. We also take the time to enjoy the spa at the resort and have an amazingly relaxing massage from Jiu (if you ever go there, ask for her). They only have one masseuse working that day, so we can't have a 'couples massage', but I don't mind one bit, charitably

offering to sip cocktails by the pool while awaiting my turn. The mojitos are especially good – just one drink gives me a nice little holiday buzz. It's made with Havana white rum, Rarotongan green limes and mint, stirred with an icy cold sugar cane stick. ●

At the Saturday market you can buy all kinds of fresh produce from the farmers and fishermen who come in from the outer islands



CADIZ, SPAIN

● WHERE TO EAT IN CADIZ

Seafood in Cadiz is excellent. For good fish restaurants, try: **EL FARO** for corvina a la plancha (corvina is like the big brother of sea bass); **LA MAREA** for seafood and rice dishes such as arroz verde (green rice with garlic, parsley, clams and prawns); **VENTORRILLO EL CHATO** for seared almadraba tuna with red wine; **TABERNA EL TIO DE LA TIZA** for al fresco dining and mackerel with piriñaca; **GADISUSHI** in the central market for sashimi of almadraba tuna; **CASA BIGOTE** at Sanlúcar de Barrameda for langoustines (scampi); **TABERNA DEL CHEF DEL MAR** at El Puerto de Santa María for cuttlefish eggs with plankton in a green sauce that tastes like the sea; **EL ARRIATE**, also at El Puerto, with a lovely courtyard and cuttlefish cooked on a plank. For bars and cafes: **ULTRAMAR & NOS** for chickpea and chorizo stew and Andalusian jamon iberico; **EL FARO** tapas bar for fritura de pescado a la gaditana (mixed fried fish) and tortillitas de camarones (prawn fritters); **CASA MANTECA** for chicharrones (slow-roasted pork belly) served thinly sliced on waxed paper; **BARBIANA** in Sanlúcar de Barrameda for papas aliñas (warm potato salad with tuna); **BAJAMAR**, next to the market in Cadiz, for café con leche, churros and hot chocolate for dipping them in; **CAFÉ ROYALTY** for afternoon tea – and huevos a la flamenco; the salt-of-the-earth **TABERNA LA MANZANILLA** for a glass of sherry.



Grand Tour

A circuit of major European
culinary hot spots with English
chef and author Rick Stein



Berlin

Thessaloniki

Cadiz



"If you love meatballs in tomato sauce as much as I do, you'll find these are particularly special. Indeed, I would say they are almost the signature dish of Thessaloniki. There is probably not a traditional restaurant that doesn't serve them.

My recipe is an amalgamation of all the ones I have had. Interestingly, most restaurants do the same soutzoukakia simply grilled over charcoal and served with sliced red onions and often skordalia (Greek potato and garlic dip), which is very good. Serve this with rice garnished with 12 green olives."



Soutzoukakia

Meatballs in tomato sauce with cinnamon & cumin

SERVES 4

MEATBALLS

500g minced beef
2 cloves garlic, finely chopped or grated
1 egg, beaten
½ tsp ground cumin
½ tsp dried oregano
2 slices stale white bread (about 100g), soaked in red wine and squeezed dry
½ tsp salt
12 turns black peppermill
3 Tbsp olive oil

TOMATO SAUCE

1 onion, finely chopped
1 clove garlic, finely chopped
3 Tbsp olive oil
5cm cinnamon stick
1 tsp ground cumin
1 tsp sugar
150ml red wine
1 Tbsp tomato paste
500ml passata
½ tsp salt
12 turns black peppermill

- 1 Mix together all meatball ingredients, except the olive oil. With wet hands, shape into 20-24 rugby ball shapes.
- 2 Heat the oil in a frying pan over a high heat and fry the meatballs until golden on all sides, or grill on a griddle pan if you like grill lines on the patties.
- 3 Make the tomato sauce by sweating the onion and garlic in the olive oil along with the cinnamon stick, cumin and sugar, until soft (about 10 minutes over medium heat).
- 4 Add the red wine and bring to the boil, then reduce heat back to medium. Add tomato paste and passata, season with salt and pepper, and cook until slightly thickened (about 20 minutes).
- 5 Add the fried meatballs and simmer for 20-30 minutes with a lid on the pan until cooked through, adding a little water if the sauce is too thick.

● WHERE TO EAT IN THESSALONIKI

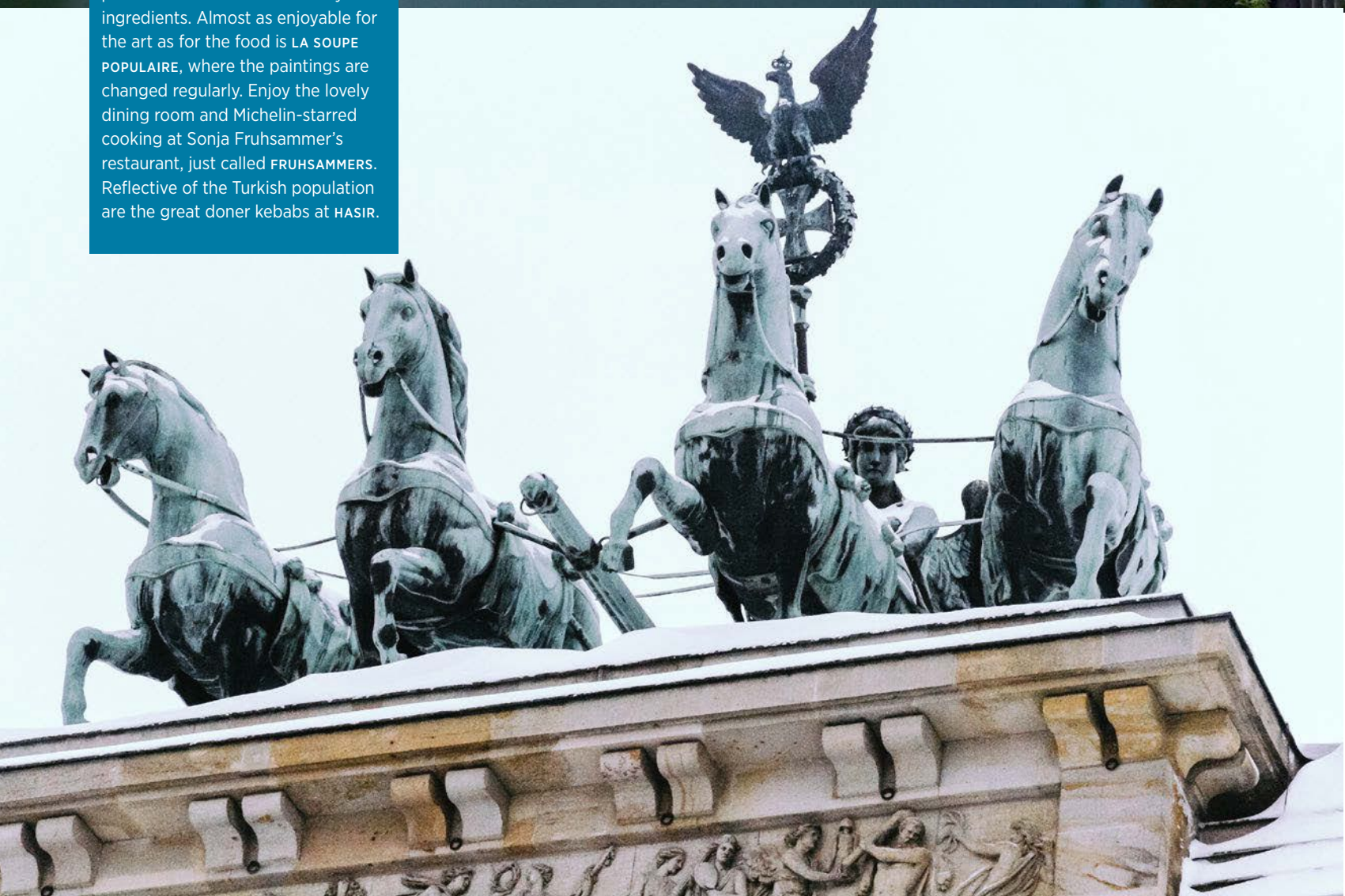
SEMPRIKO, an enterprising, informal place near the law courts, for buffalo kebabs. **XONTRO ALATI** for soutzoukakia and grilled tomato salad with kalamata balsamic vinegar. **TO ELLINIKO** for mussel pilaf, fava Santorini and divine onions stuffed with minced lamb and pine nuts. **TSAROUCHAS** for tripe soup with chilli oil, artichoke stew and chicken with avgolemono (egg-lemon) sauce. **MARINA** at Nea Potidea on the Kassandra Peninsula, just east of Thessaloniki, for great squid souvlaki. **TA BAKALIARAKIA TOU ARISTOU**, a fish-and-chip place that offers top-quality salt cod with fried potatoes, skordalia and fried chillies. **DOUKAS** taverna, at Chalastra, miles off the beaten track, for pilaf with mussels straight out of the water and slow-cooked cuttlefish. At Epanomi, a beach taverna called **AGYROVOLU** for grilled sun-dried octopus and whole sea bass split open and grilled. The **OLYMPION** for great Negronis and music – we were there most nights after work.

THESSALONIKI,
GREECE



● WHERE TO EAT IN BERLIN

Beginning with classic German cuisine, there's **ZUR LETZTEN INSTANZ** for an overwhelmingly large eisbein (fat-covered pork knuckle). A similarly gigantic version can be enjoyed at the **HOFBRAUHAUS**, grilled and served with lots of senf (German mustard) and glorious Bavarian beer. There's a good food stand, **KONNOPOKE'S IMBISS**, which sells arguably Berlin's most famous fast food, currywurst. Try cutting-edge cuisine at **COOKIES CREAM** – a high-end vegetarian restaurant in an alley behind the Westin Grand Hotel; very nice parmesan dumplings there. My favourite restaurant in Berlin is **NOBELHART & SCHMUTZIG** ('noble, hard and dirty'), where Billy Wagner presents dishes made with only local ingredients. Almost as enjoyable for the art as for the food is **LA SOUPE POPULAIRE**, where the paintings are changed regularly. Enjoy the lovely dining room and Michelin-starred cooking at Sonja Fruhsammer's restaurant, just called **FRUHSAMMERS**. Reflective of the Turkish population are the great doner kebabs at **HASIR**.



Apfelkuchen

German apple cake

SERVES 8

2 dessert apples,
peeled, cored and
cut into fine wedges
1 Tbsp lemon juice
125g unsalted butter,
softened
140g golden caster sugar
3 eggs, beaten
225g plain flour
2 tsp baking powder
½ tsp salt
75ml full-fat milk

TOPPING

1½ Tbsp demerara sugar
½ tsp ground cinnamon
Whipped cream, to serve

1 Heat oven to 170°C. Butter and line a 23cm-diameter cake tin. Coat the apple in the lemon juice and set aside.

2 In a large bowl, beat together the butter and sugar until pale and fluffy using an electric beater.

3 Add eggs and beat until smooth. Sift in the flour, baking powder and salt. Mix until well incorporated.

4 Slowly add the milk, mixing well after each addition, until you have a smooth batter.

5 Transfer the batter to the cake tin. Arrange the apple wedges in a spiral over the batter. Mix the sugar and cinnamon together and sprinkle on top.

6 Bake in the middle of the oven for 40–45 minutes, until a skewer inserted in the centre of the cake comes out clean and the top is golden.

7 Remove the cake from the oven and cool for 15 minutes in the tin. Run a knife around the edges and turn out onto a wire rack. Serve warm or at room temperature with whipped cream.

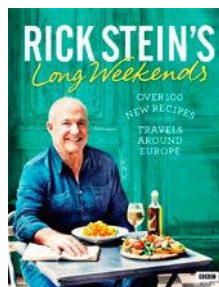


“Apfelkuchen are revered in Germany, and this moist cake with a crunchy cinnamon topping will show you why.”



CADIZ, SPAIN

"This is what you might call Spain on a plate, a sum-up dish of everything we love about Spanish cooking: serrano ham, chorizo, pimentón, tomatoes, garlic and onion. To these basic ingredients I have added green beans and peas; you could also add sliced, cooked new potatoes or chickpeas, or the big butter beans called judion."



Extracted with permission from *Rick Stein's Long Weekends* by Rick Stein, with photography by James Murphy (BBC Books, hardback \$65).

Huevos a la flamenco

Flamenco eggs with tomato & serrano ham

SERVES 4

- 4 Tbsp olive oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 80g serrano ham, chopped
- 1 tsp hot smoked paprika (pimentón picante)
- 8 large tomatoes (about 750g), skinned and chopped, or 2 x 400g tins peeled plum tomatoes
- 1 tsp tomato paste
- 75g peas, fresh or frozen
- 100g fine green beans
- 4 eggs
- 12 slices chorizo sausage
- 1 red capsicum, roasted and skinned, cut into 8 strips (or use capsicums from a jar)
- Small handful flat-leaf parsley, chopped, to serve

GRIDDLED BREAD

- 4-8 thick slices bread
- 1 clove garlic, halved
- 2 Tbsp olive oil

- 1** Heat oil in a large frying pan or shallow casserole about 28cm in diameter over medium-low heat. Cook onion and garlic until soft (5-10 minutes).
- 2** Add the ham and the pimentón picante, fry for 3 minutes, then add the chopped tomatoes and tomato paste. Cover the pan and cook until the tomatoes are reduced and pulpy (about 10-15 minutes).
- 3** Cook fresh peas for 3 minutes, then drain and refresh under cold water; frozen peas do not require pre-cooking.
- 4** Cook the green beans for 4 minutes, then drain and refresh under cold water. Heat the oven to 200°C (unless you choose to finish cooking on the hob).
- 5** Scatter the peas and beans over the tomato sauce in the pan. Break the eggs into the sauce. Arrange the chorizo slices around the eggs, and the red capsicum strips over and around the eggs. Season with salt and pepper.
- 6** Bake in oven until the egg whites are set and the yolks still soft (about 10-15 minutes, check after 10). Alternatively, cook on the hob over a medium heat with a lid on the pan for 10-15 minutes.
- 7** Meanwhile, rub the bread with the garlic halves, brush with olive oil and griddle it on a ridged pan or in a frying pan. Scatter the chopped parsley over the dish and serve with griddled bread. ●

In store

What's new, useful and indispensable this month

A MODERN MASTERPIECE

The Bosch Ceiling-Mounted Island Rangehood is the perfect solution for your cooking island. It is especially quiet, with an EcoSilence Drive Motor and noise insulation that makes it just 46dB at 300 m³/h. It comes with three power settings, two intensive settings plus a reset function. Other great features include 4 LED lights with dimmer function, automatic 10 minute run-on function, electronic saturation display for the filters and three dishwasher-safe metal grease filters. bosch-home.co.nz.



THE LIFE IN ROSÉ

The Ned Pinot Rosé is now in its second vintage. The 2016 edition of this exceptional wine is available in stores and restaurants throughout New Zealand. No late summer barbecue or party will be complete without The Ned Pinot Rosé 2016 – enjoy it as an aperitif or with a delicious seasonal meal or antipasto platter.



REFRESHINGLY ZESTY

The Bell Tea Company has been blending tea locally since 1898. A New Zealand favourite, Bell Zesty Green Tea combines our delicate green tea from China, with natural fruit flavours for a vibrant and refreshing taste. Available in a variety of delicious flavours, RRP \$3.89 for 24 tea bags. Visit belltea.co.nz.



IN HARMONY WITH NATURE

Crafting wines in harmony with nature has seen Yealands lead the world in sustainable winegrowing. The award-winning Yealands Estate Single Vineyard Pinot Noir 2015 shows notes of dark cherry and violets, reflecting the unique flavours of the coastal Seaview Vineyard in Marlborough.

SUMMER MEALS MADE EASY

Whether on the barbecue or in the oven, Waitoa free range chicken breasts are the go-to lean protein choice for Kiwi cooks. With Waitoa, you have the confidence of knowing you are buying the best: proudly free-range, SPCA Blue Tick accredited and leading the way in quality and innovation. Find them in your local supermarket chiller today.



IN YOUR ELEMENT

Elemental by Maxwell & Williams is the perfect tableware for tapas-style eating and occasions shared around the table. Elemental Round Ash Paddle Boards from RRP \$89.99. Visit maxwellandwilliams.co.nz to find your local stockist.



IT'S THE FINEST

Pams Finest is a new range that lets you enjoy the best for less. From fresh takes on old favourites to delicious new combinations, Pams Finest products contain the finest natural ingredients, without artificial flavours or colours. Look out for Pams Finest products in New World, Pak'n Save and Four Square stores.



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* Ready in 30 minutes or less V Vegetarian
GF Gluten free (always check labels when buying ingredients for gluten-free cooking)

Measurements

DRY MEASURES

METRIC	IMPERIAL
15g	½oz
30g	1oz
60g	2oz
125g	4oz (¼lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (½lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (¾lb)
410g	13oz
440g	14oz
470g	15oz
500g	16oz (1lb)
750g	24oz (1½lb)
1kg	32oz (2lb)

LIQUID MEASURES

METRIC	IMPERIAL
30ml	1 fluid oz
60ml	2 fluid oz
100ml	3 fluid oz
125ml	4 fluid oz
150ml	5 fluid oz
190ml	6 fluid oz
250ml (1 cup)	8 fluid oz
300ml	10 fluid oz
500ml	16 fluid oz
600ml	20 fluid oz
1000ml (1 litre)	1¾ pints
1 litre	4 cups

ABBREVIATIONS

tsp	teaspoon
Tbsp	tablespoon
g	gram
ml	millilitre
kg	kilogram
°C	degrees Celsius

CONVERSIONS

¼ tsp	1.25ml
½ tsp	2.5ml
1 tsp	5ml
1 Tbsp	15ml
1 cup	250ml
1 cup flour	125g
1 cup sugar	225g
1 cup rice	200g
1 tsp butter	5g
1 tsp sugar	5g
1 Tbsp butter	15g
Size 6 egg	50g

CAKE TIN SIZES

METRIC	IMPERIAL
15cm	6 inches
18cm	7 inches
20cm	8 inches
23cm	9 inches
25cm	10 inches
28cm	11 inches

FANBAKE TO REGULAR

Fanbake is approximately 20 degrees hotter than regular baking, but this varies with every oven. As a general rule, 180°C fanbake is equivalent to 200°C regular.

BEFORE & AFTER MEASURES

½ cup uncooked rice	1 cup cooked
½ cup uncooked pasta	1 cup cooked
200g potatoes	1 cup mashed
4 toast slices bread	1 cup fresh crumbs
100g cheese	1 cup grated

OVEN TEMPERATURE

	°C	°F	GAS MARK
Very slow	120	250	½
Slow	150	300	2
Moderate	180	350	4
Hot	210	415	6-7
Very hot	230	450	8-9

WHERE TO BUY

► Aspiring Walls, aspiringwalls.co.nz ► Kmart, kmart.co.nz ► Farmers, farmers.co.nz ► Milly's, millyskitchen.co.nz ► Resene, resene.co.nz ► The Minimalist, theminimalist.com.au



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Bake the Back Page

Golden-orange apricots and frangipane on a pastry crust combine to create a moreish late-summer treat

RECIPE Karla Goodwin PHOTOGRAPH Melanie Jenkins

Apricot frangipane tarts

READY IN 1 hour 20 minutes MAKES 12

1-2 sheets sweet shortcrust pastry
6-8 ripe apricots (or good-quality tinned)
Apricot jam, for glazing

FRANGIPANE (ALMOND-FLAVOURED CREAM)

125g unsalted butter, at room temperature
125g caster sugar
2 free-range eggs
125g ground almonds
25g plain flour, sifted
Zest ½ orange
1 Tbsp chopped pistachio nuts, plus extra for decorating

- 1 Grease a 12-hole muffin tray. Roll out pastry until 3mm thick and cut 10cm rounds with a cookie cutter. Press rounds gently into the tray cavities. When the entire tray is lined with pastry, cool in the fridge for at least 30 minutes.
- 2 To make the frangipane, cream the butter and sugar together with handheld

beaters until light and fluffy. Add the eggs one at a time, beating well after each addition.

3 Add the ground almonds, flour, zest and chopped pistachios, and gently mix through until combined. Set aside in the fridge until ready to use.

4 Preheat oven to 180°C fanbake.

Cut apricots in half and remove stones.

5 Line each pastry case with a round of baking paper or a cupcake case and fill with uncooked rice or baking beans.

6 Blind bake pastry for 10 minutes.

Remove from oven and carefully lift off the baking paper and rice or beans.

7 Spoon 2-3 Tbsp frangipane into each pastry case and top with an apricot half. Return to the oven for a further 20 minutes until frangipane has set and turned golden.

8 Remove tarts from the oven and set aside to cool briefly. Warm apricot jam in a small saucepan or the microwave, and glaze tarts by brushing on jam with a pastry brush, followed by a sprinkle of chopped pistachios. ●

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