

Always delicious

favourite recipes from the *New Zealand Listener*

LAURINE JACOBS



Photography Liz Clarkson

SECTION 1

Sensational salads & vital vegetables

- 12 Spring green salad
- 14 Avocado & caramelised pineapple salad
- 16 *Food Talk: Salad days*
- 18 Roasted fennel & prawn salad
- 20 Sardine & egg salad
- 22 Ham, mozzarella & tomato salad
- 24 Grilled vegetable & black rice salad
- 26 Aubergine & pepper stew with chickpeas & basil
- 28 Roasted aubergine with red onions, yogurt & lemon
- 30 Carrot, cheese & coriander fritters
- 32 Roast squash wedges with pine nuts, yogurt & sumac
- 34 Baked kale with potatoes, olives & garlic
- 36 Persimmon & salami salad with balsamic dressing
- 38 Kohlrabi & apple salad
- 40 Rice and quinoa salad with beetroot & carrots
- 42 Roast leek, mandarin & egg salad
- 44 Orange, fennel & pomegranate salad
- 46 Buttery braised fennel
- 48 Warm cauliflower salad
- 50 Roasted golden cauliflower

There are two distinct types of persimmon – the first is the traditional oval-pointed fruit, mostly the Hachiya variety, which should be eaten when ripe, with an almost jelly-like consistency. Before it is fully ripened with a soft interior, it has a nasty tannic astringency. Often this type of persimmon is found in old gardens and orchards, with brilliantly coloured autumn leaves that make a great ornamental show. It is so misunderstood it is rarely found commercially. It is one of those foods that is either loved or despised with no middle ground. Fortunately, the non-astringent persimmon, fuyu, is a delight to eat. It has a crisp texture, with the crunchiness making it ideal for use in salads or as a snack, just like a fresh apple. It can be eaten as soon as it is picked when the skin is turning from light orange to a dark saffron-red. When choosing the fuyu persimmon, make sure the skin is shiny, the fruit is heavy and the calyx on the top is bright green, not brown. Store in a single layer at room temperature and eat while still firm. Like the astringent variety these fruit will become jelly-like if left too long. The persimmon's flavour is quite subtle, with a lovely perfume. Horizontal slices have a lovely star effect in the middle. Here the persimmon pairs beautifully with prosciutto or ham as a delicate starter.

Persimmon & salami salad with balsamic dressing

SERVES 4

WINE SUGGESTION: RIESLING

BEST IN AUTUMN/EARLY WINTER

2 cups wild rocket leaves

2 baby gem lettuces

2 persimmons, peeled and cut into wedges

20 thin slices mild salami

150g creamy blue cheese

Dressing:

2 tbsp balsamic vinegar

4 tbsp olive oil

½ tsp salt

freshly ground black pepper

Wash the rocket and lettuce leaves well and dry in a tea towel or salad spinner.

Arrange the leaves on a serving platter and scatter over the persimmon wedges. Nestle the salami into the leaves amongst the persimmon.

Break the cheese into neat little nuggets and tuck these into the salad.

Make the dressing by shaking the balsamic, oil, salt and pepper together in a screw-top jar.

Finish the salad by spooning the dressing over everything and serve at once as a starter or with some crusty bread as a lunch main course.



SECTION 2

Things to savour

- 54 Spring risotto with asparagus & broad beans
- 56 Mushroom risotto
- 58 Tomato & goat cheese tart
- 60 Baked aubergine, tomato & mozzarella
- 62 Japanese spring soba noodles
- 64 *Food Talk: Overcoming food waste*
- 66 Kumara gratin with horopito pepper
- 68 Pea, parsley, mint & feta fritters
- 70 Courgettes with spaghetti, basil & cheese
- 72 Spinach tart
- 74 Fig, blue cheese & bacon salad
- 76 Cabbage, bacon & potato soup
- 78 Crisp cheesy biscuits & cheese straws
- 80 Blue cheese & caramelised onion quiche
- 82 Cheesy cauliflower & leek bread pudding
- 84 Sausage, cavolo nero & fresh tomato pasta

Spinach can be easily spoilt in two ways. Firstly, always wash your spinach well, as this is one vegetable that can harbour the particles of earth it was plucked from. Let the spinach soak for thirty minutes in cold water before running the leaves under the tap. Secondly, drain cooked spinach very well. Best way is to place it between two plates and push hard together so all the water runs away.

Spinach tart

SERVES 6

WINE SUGGESTION: PINOT GRIS

BEST IN AUTUMN/WINTER

For the pastry:

150g chilled butter

200g flour

pinch of salt

¼ cup ice-cold water

For the filling:

750g baby spinach leaves

30g butter

salt and pepper

75g ricotta cheese

30g grated parmesan cheese

120ml thick cream

2 large eggs, beaten

a pinch of ground nutmeg

To make the pastry, chop the butter into small pieces and place in the food processor with the flour and salt. Pulse this together until the butter is incorporated. Slowly add the water through the feed tube, pulsing the pastry until the mixture resembles coarse crumbs. Turn out onto a clean surface and lightly knead to form a ball. Chill the pastry for 30 minutes before rolling out on a floured board to fit a 20–22cm flan tin, or a rectangular 12 x 30cm tin. Rest this pastry case for at least 30 minutes.

To bake the case 'blind', scrunch up tissue paper then smooth it over the pastry, right into the corners. Fill with baking beads or rice and bake for 10–15 minutes at 200°C. Take the case from the oven and when cooled, remove the beads and paper.

To make the filling, wash and drain the spinach well, removing any thick stalks. Melt the butter in a saucepan and cook the spinach gently with a pinch of salt until wilted. Drain well, squeezing it out to lose almost all the moisture. Chop the spinach finely. Season to taste with pepper and more salt if needed.

Blend the ricotta and parmesan in a bowl, then beat in the cream and eggs and nutmeg. Fold the spinach into this mixture and spoon into the baked pastry case. Bake the tart in a moderate oven for 25 minutes or until the mixture has just set but is still a little wobbly. Serve with sliced tomatoes.



SECTION 3

Something fishy

- 88 Whitebait fritters
- 90 Salmon in a spring vegetable broth
- 92 Kingfish carpaccio
- 94 Hāpuku, shiitake & asparagus stir-fry
- 96 *Food Talk: A sustainable seafood supply*
- 98 Avocado & gin-and-lime cured salmon
- 100 Gurnard ceviche with melon & seaweed
- 102 Kahawai ceviche with radishes, beetroot & avocado
- 104 Portuguese-style clam stew
- 106 Creamy oyster & leek soup
- 108 Fresh salmon with yuzu oil & garden herbs
- 110 Turmeric & lime fish fillets
- 112 Oyster & chive frittata
- 114 Salmon coulibiac
- 116 Clams with corn & chilli
- 118 Salmon & cucumber green curry
- 120 Mussel & salmon chowder

This is a favourite of mine that I often prepare to take if invited to summer drinks. I always make this when I have fresh fish that my husband catches. I can whip this up in a matter of minutes and it's always a hit, even with folk who have not tried raw fish before. The fish only needs to marinate for about ten minutes. If you cannot get kingfish this will also work well with tuna or swordfish but it's important to have a firm-fleshed fish. All the ingredients should be fresh as fresh, and feel free to substitute coriander or mint for a slightly different flavour. The pink peppercorns are unusual but add nuttiness and surprising sweetness to the fish.

Kingfish carpaccio

SERVES 4-6
WINE SUGGESTION: SAUVIGNON BLANC
BEST IN SPRING/SUMMER

200g fresh kingfish fillet in one piece
3 tbsp extra virgin olive oil
zest of 1 large lemon, finely grated
2 tsp dried pink peppercorns
1 tbsp finely chopped parsley
salt and freshly ground black pepper

Choose a large flat serving plate.

Ensure the fish is straight from the fridge as it must be cold to be sliced very thinly. Using a sharp thin-bladed knife, cut the fish as thinly as possible, laying out each slice on the plate as you go. Slightly overlap each slice as the fish needs to be able to absorb the dressing.

Drizzle with the olive oil and lemon juice so each piece is well coated.

Grate a little lemon zest over, scatter the peppercorns and herbs and finish with a liberal sprinkling of salt and freshly ground black pepper.

To serve, hand out small forks or chopsticks to lift the slices of fish off the platter to eat while enjoying a cool drink.



SECTION 4

Meat matters

- 124 Lamb salad with radish, watercress & watermelon
- 126 Herbed lamb in a vegetable ragout
- 128 Leg of lamb with minty feta sauce
- 130 Rajasthan lamb curry
- 132 Lamb shanks with orange, tomato & olives
- 134 *Food talk: The great NZ roast dinner*
- 136 Beef meatballs in spicy tomato sauce
- 138 Star anise marinated beef
- 140 Fried tofu with spicy minced pork
- 142 Cabbage & pork rolls in savoury broth
- 144 Pork shoulder with apple and parsley stuffing
- 146 Braised red cabbage with spicy pork chops
- 148 Pork braised in milk
- 150 Venison winter salad
- 152 Venison salad with pine nuts, feta & beetroot
- 154 Venison sliders
- 156 Roast venison with spinach, dates & orange

We wouldn't be Kiwis without our love of feasting on a whole leg of lamb for a special get-together dinner. This recipe ensures the lamb is really tasty as it is first marinated in a blend that combines spice, herb, lemon, anchovy and garlic. Once the lamb is cooked and ready to serve, there's a special zesty sauce to enhance the flavours and to make it look truly festive. This was originally cooked for a family Christmas dinner feature in the Listener but would grace any special occasion.

Leg of lamb with minty feta sauce

SERVES 10-12
WINE SUGGESTION: A RICH PINOT NOIR
BEST IN ALL SEASONS

1 leg spring lamb

For the marinade:

2 tsp ground cumin

2 tbsp preserved lemon, finely chopped

6 anchovies, finely chopped

2 tbsp rosemary, finely chopped

1 clove garlic

1 tbsp olive oil

For the sauce:

250g soft feta cheese

250ml Greek yogurt

2 tbsp lemon juice

1 tsp salt

1 tsp freshly ground black pepper

4 tbsp mint, tarragon, basil or dill leaves, chopped

extra herb leaves for garnish

1 pomegranate, seeds only (or dried cranberries)

Pound the marinade ingredients together in a pestle and mortar or whizz up until almost finely chopped in the food processor. Cut 2cm slashes in the lamb and rub the marinade into the cuts and over the surface. Cover and leave overnight in the refrigerator for the flavours to be absorbed into the meat.

To make the sauce, combine all the listed ingredients, except the extra herb leaves and pomegranate seeds, in a food processor or blender until smooth. Refrigerate until needed.

To cook the lamb, preheat the oven or charcoal barbecue to 190°C. Place the lamb in a small roasting pan if cooking in the oven and place this in the middle of the oven. If using the barbecue make sure the coals are glowing and place the lamb directly on the grill. Roast the meat for about one hour and ten minutes, then pierce with a skewer to ensure the juices are almost clear.

When cooked but still juicy, remove from the heat, cover with foil and allow the meat to rest for about 15 minutes.

Carve into neat slices and spoon over the sauce, topped with the extra leaves and pomegranate seeds. Fresh cherries as a garnish will give a more festive look.



SECTION 5

Winging it

- 160 Miso caramel chicken nibbles
- 162 Chicken livers with shallots & apples
- 164 Roast chicken salad with nectarines & summer leaves
- 166 Chicken & vegetable soup
- 168 Chicken dumplings with braised broad beans,
lemon & mint
- 170 Chicken, leek & bacon pie
- 172 Chicken with fennel, potatoes, olives
& preserved lemon
- 174 *Food talk: Which wine with that food?*
- 176 The ultimate roast chicken
- 178 Poussins with pears & parsley
- 180 Tray-baked chicken with potatoes & apricots
- 182 Baked chicken, leek & pumpkin
- 184 Three-bean salad with sliced duck breast
- 186 Duck & mandarin ragout

The basis for a good, flavoursome chicken soup is to build it on the base of a tasty chicken stock. Chicken stock is not only a terrific standby in the refrigerator or freezer but also is one of the most rewarding and yet simple staples to make. It takes no time to assemble the basic ingredients: chicken bones or carcasses, a few vegetables – carrots, onion, celery – a bay leaf or two, parsley stalks, and some peppercorns. Throw these into a large saucepan, cover with cold water, bring to a simmer and allow the stock to bubble away for at least two hours, occasionally skimming any flotsam that rises to the top. Then it's a matter of passing the liquid through a sieve, and storing the stock in clean jars until needed. The fat that rises to the top and sets hard will help to keep the stock fresh for a week or two, if refrigerated.

Chicken & vegetable soup

SERVES 4-6

WINE SUGGESTION: SAUVIGNON BLANC

BEST IN ANY SEASON

1 size 16 free-range chicken

3 carrots, peeled and sliced

½ head of celery, sliced, some green leaves reserved

1 fennel bulb, sliced

6 few sprigs fresh thyme

3 litres water

2 large handfuls thawed baby peas

egg noodles

1 small bunch fresh flat-leaf parsley, leaves picked

Wash the chicken under running cold water, then pat it dry, including the cavity, with kitchen paper. Place the whole chicken, carrots, celery, fennel and thyme into a large deep pan and pour in 3 litres of water or enough to cover the chicken.

Bring to a boil, turn down the heat and simmer over gentle heat for 60 minutes or until the chicken is cooked through. You can tell it is cooked when the tendons and skin on the legs start to pull away.

Using tongs, remove the chicken from the pan, taking care to tilt the chicken so any liquid inside the cavity spills back into the pot. Strain the broth into a clean pan or bowl, saving the vegetables on the side.

Return the broth to the rinsed-out pan, place over medium heat and allow to simmer until the broth is reduced by half. Meanwhile, once the chicken has cooled, remove all the meat from the bones, shredding the cooked chicken into long pieces and discarding the skin and bones.

When the broth has reduced, throw the vegetables back in the pan with the peas, egg noodles and shredded chicken meat. Simmer for a further 5 minutes, or until the noodles are cooked, then remove the sprigs of thyme.

Serve in warmed bowls with a sprinkling of chopped parsley and the reserved celery leaves.



SECTION 6

Sweet as ...

- 190 Fresh apricot & ricotta tart
- 192 Blueberry syllabub
- 194 Strawberry & crème fraîche tartlets
- 196 *Food Talk: Dessert is on the table*
- 200 Chocolate cupcakes with salted caramel sauce
- 202 Lemon delicious
- 204 Raspberry & chocolate meringue tangle
- 206 Caramelised rhubarb & apple tart with compote
- 208 Griestorte with fresh strawberries
- 210 Chocolate meringues with chocolate cream
- 212 Pear & almond croissant pudding
- 214 Lemon posset with mandarin
- 216 Coconut & rosewater rice puddings with strawberries
- 218 Spanish cream with berries
- 220 Frosted brown sugar squares
- 222 Fig & honey clafoutis

There's a world of difference between fruit picked locally, sweet and ripe from the tree, and the fruit that has been plucked while still green in order to join the supermarket distribution network. I love ripe stone fruit that's heavily scented and juicy enough to dribble down my chin as I take a bite but it's rare to find that. Transported fruit is best for cooking in tarts and cakes, gently stewing or for jam and chutney making. This apricot tart is one of my favourites but make sure the fruit you use is not overripe.

Fresh apricot & ricotta tart

SERVES 8

WINE SUGGESTION: LATE-HARVEST RIESLING

BEST IN SUMMER

500g flaky puff pastry

400g ricotta

1 lemon, zest and juice

2 tbsp caster sugar

½ tsp ground cinnamon

1kg fresh ripe apricots

3 tbsp sliced almonds

6 tbsp apricot jam

3 tbsp water

Roll the pastry out to fit a 20 x 30cm tart tin, then ease it in so the pastry just overlaps the edges of the tin. Prick the surface with a fork. Allow the pastry to rest for 30 minutes before filling with the ricotta and fruit.

Preheat the oven to 200°C.

Tip the ricotta into a bowl and add the lemon zest and juice, caster sugar and cinnamon. Beat well and spread this mixture into the pastry case.

Cut the apricots in half, remove the stones and place them cut-side down on the ricotta. Sprinkle the almonds between the apricots.

Place the tart in the oven, reduce the heat to 180°C and bake for 40 minutes or until the pastry is golden and crisp. Remove from the oven.

Combine the apricot jam and water and melt over gentle heat. Using a pastry brush, paint this hot jam onto the top of the apricots and make sure to fill any crevices.

Serve with Greek-style yogurt or whipped cream.



It's worth mastering the art of a rich pouring custard made with egg yolks and creamy milk, flavoured with real vanilla. There's no substitute for this unctuous sauce when it is made properly. Here are two variations on custard that I love to make, the classic version and a coconut custard.

Classic custard

3 egg yolks

90g sugar

300ml milk

1 vanilla bean

To make the custard, beat together the egg yolks and sugar until light and thick. Heat the milk with the vanilla bean in a heavy-based saucepan until it almost comes to the boil. Tip the hot milk on to the egg mixture in a bowl and stir well to combine. Rinse the pan that the milk was heated in, return to the heat and strain the egg, sugar and milk mixture into the pan. Carefully reheat the custard, stirring constantly until the mixture thickens and coats the spoon. It's important not to let this boil as the mixture will curdle. If it even starts to curdle around the edges, remove it immediately from the heat and whisk vigorously until it is smooth again. Allow the custard to cool and refrigerate until needed.

Coconut custard

400ml coconut cream

3 free-range egg yolks

2 tbsp soft brown sugar

2 tsp cornflour

Pour the coconut milk into a heavy-bottomed pan. Place over gentle heat. Stir and bring to simmering point: do not allow it to boil. Remove from the heat.

Meanwhile, beat the yolks, sugar and cornflour together in a large heatproof bowl. Pour the hot cream mixture onto the yolk and sugar mixture, stirring vigorously as you do so. Rinse the pan, turn the heat right down, and pour the custard back into the pan. Stir continuously over a very gentle heat until the custard coats the back of your wooden spoon. It may take some time, so have a cup of tea handy. Decant into a jug and press plastic wrap on to the surface to prevent skin forming.

Can be served warm or cold. *Serves 6*

CARAMEL NOTES

It is almost a culinary art to make a good caramel. Once you have mastered the basics you will be able to produce either a creamy or clear caramel syrup, or the crunchy caramel toffee that you can chop up and use as a sweet garnish on desserts and cakes. Caramel can be tricky as it is made by heating dissolved sugar until it reaches the temperature where it starts to turn a golden colour. The danger is that the caramel, once it reaches the point where the sugar turns from being just liquid sugar into the golden, almost syrupy stage, is extremely hot and could cause a nasty burn if it touches any skin. It also can be very patchy, almost burning in places if it is not cooking evenly. But caramel is a great technique to master, so here are some tips to help:

- ❖ Use a heavy-based pan as a thin saucepan will not allow the sugar to dissolve and cook evenly or steadily.
- ❖ You can make caramel in any quantity but it's best to start with about ½ cup sugar with enough water to dissolve the crystals completely – roughly about half a cup. Always dissolve the sugar completely before bringing the syrup to the boil.
- ❖ Any sugar crystals clinging to the sides of the saucepan will not dissolve and will burn, so use a small brush to push them down before the syrup comes to the boil.
- ❖ Once the sugar is boiling it will reach a very high heat (over 170°C) and become dangerously hot. To prevent burns, keep your hands well clear of the pan and make sure children are not in the kitchen.
- ❖ Take the caramel off the stove immediately it reaches a golden colour. It can turn dark brown and burn very quickly.
- ❖ If you want shards of caramel or would like to coat fruit or anything else in solid caramel, do not add water or cream. Have an oiled tray ready or baking paper and use the caramel once it reaches the golden colour. It will set straight away as it cools so do not leave this task until you have finished.
- ❖ When adding water or cream to make a sauce or syrup, remove the pan and work carefully as any spitting from the pan will result in burns.
- ❖ The caramel will mass into a solid form when the water or cream hits it, so return the pan over a low heat and stir it gently until that mass dissolves.
- ❖ Caramel sauce will keep indefinitely in the refrigerator and may solidify. Bring it to room temperature to soften.

\$49.99

254 x 185 mm, 236 pp, hardback
PLC, colour illustrations throughout

ISBN: 978 0 947503 83 3

Stock No: 6259

Published: September 2018



 **potton & burton**