



Newsletter July/August 2010

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Wine Club

29th July at 6.30 pm

Jamie of Sherwood Estate, a local Waipara winery will be showcasing a range of their popular reds and whites.

Remember to book and please if you can't make it let us know, we usually have a waiting list.

Ground News

Yippee the roadworks have finished! We now have a lovely outdoor area, which come summer will have tables and chairs. But in the meantime don't forget our sheltered sunny courtyard.

Jenny, James and Claire are each taking a well deserved holiday in August and filling in will be two newbies, Kate and Sophie (yes subtitles are back, Sophie is Irish). Helping Flic and Daniel in the kitchen will be Justine. We are so pleased she has decided to join us.

We have finally persuaded Flic to run another cooking class (see details below) which will be amazing and the last one of this format for a while. Come September we are very happy to have Lloyd, who was previously an Executive Chef at some of NZ's leading hotels. He will be offering a series of Master-classes spread over 8 weeks; where the focus will be on one theme each week eg bread-making, cheese making, desserts etc. This will be held weekly but you can enrol for either one night at \$35 or for the whole 8 at \$30.00 per night (\$240.00)

Juliet has just returned from two months holiday in China feeling relaxed, refreshed and cold! Now that she is back the shelves will be properly stocked again with none of those ugly gaps. (We did miss her) Tui the deli dog is making friends with customers- sorry for the times she follows you out into the shop!!

Cooking Class - 5 course meal with a difference

Thursday 26th August at 7 pm: A 5 course meal looking at various ingredients and techniques incorporating great ideas on how to individualise dishes. For example, using pesto types innovatively, how to make a good Beef Carpaccio, a new look for your Caesar Salad, techniques for cooking eggs, looking at the difference between parmigiano and grana padano etc. Lots of helpful and innovative tips from Felicity our wonderful resident chef.

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What's new in-store?

As promised 'She Choc' Hot Chocolate is now being served. It's an interactive experience which you can make Mexican style. Truly decadent!

New cheeses in are the Te Moana washed rind from Talbot Forest, nicely stinky but delicious.

Also little blocks of Mozzarella made locally, perfect for topping your pizza. Or go for the Puglia mozzarella sliced thinly to top your pizza

At last we have whole raw honeycomb in the box from J Friend, the organic apiarist. A great way to show the kids the origin of honey. Try a piece with a nice brie cheese.

In stock for the first time is a Sicilian red called Nero d'Acola. We can no longer get the Veo range into NZ, but this red is a delicious replacement at only \$12.50 per bottle.

In the Lyttel Local café we are serving a new label called Sirens'. This wine is made by a local winemaker in Waipara with the interesting label designed by the winemakers' wives who call themselves the "mumprenuers". They wanted to create a business that would enable them to fulfil two of their greatest passions: being stay at home mums and producing fine wines. Their sparkling is really different and we can't keep up with the Pinot Gris

Also in Lyttel Local is the Weka Cider made by Moa Beer, to the same high standard

What is Carpaccio? Quite simply it's a way of serving food where the main ingredient (usually red meat but sometimes firm fish) is served sliced very thinly and raw. Quite often it is served drizzled with a good olive oil, or if you are feeling extravagant truffle oil mixed with lemon juice. The Bodhi Tree in Christchurch does the best fish carpaccio we have tasted! Flic will be demonstrating a delicious beef carpaccio served in the traditional way at our next cooking class. It is now trendy for fruit to be served "carpaccio" as a dessert, but it is still just thinly sliced and raw.

The genesis of this famous dish is said to be that it was born at the Savini Restaurant in Galleria Vittorio Emanuele in Milan. A wealthy lady, who was a daily customer, was told by her doctor to eat only raw meat. At the time, it was not socially acceptable that a lady of her status would order "raw meat" at the most elegant restaurant in the city. It was the waiter who suggested she use a different name for it. Apparently a painting by Carpaccio was hanging on the wall at the Savini at the time, and the waiter suggested Carpaccio as the "code name" for the dish, so she would not be embarrassed when ordering.

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Recipe of the Month
Fish with Baharat Braise and Pasta

This is a superb one-pot dish that is incredible just because of the addition of herbs and spices. If you can't be bothered soaking the beans overnight then use canned ones. A no-fuss dish that looks as spectacular as it tastes.

4 x 180g fish fillet (use monkfish or other firm sweet-fleshed fish)
1 tablespoon of Ground's Baharat
Salt and pepper
50ml olive oil
360g or egg ribbon pasta (fettuccine is good)
Knob of butter
Juice of ½ a lemon

Braise

250g haricot beans
80ml olive oil
2 purple onions, sliced
2 cloves of garlic, sliced
10 strands saffron, lightly roasted and ground
4 tomatoes, quartered
1 x 5cm strip of orange peel
A few sprigs of thyme
200ml of vegetable stock
2 Tablespoons of extra-virgin olive oil

First soak the beans overnight and cook them in boiling water for about 30 minutes or until they are tender. Or cheat and use canned beans!
Preheat the oven to 220°C. To make the braise, heat the oil in a heavy-based casserole dish or Dutch oven. Add the onion, garlic, saffron and tomatoes and sauté for a few minutes on high heat. Lower the heat and simmer for 5 minutes. Cut the fish into thick strips and season with the Baharat and salt. Heat the olive oil in a frying pan and sear the fish until it is golden. Remove from heat. Put the casserole dish back on the heat and add the beans to the braise with the orange peel and thyme. Place the fish pieces on top, pour on the stock and bring to a boil. Lower the heat and cook for 5-7 minutes or until the fish is just cooked through. Towards the end of the cooking time, bring a pan of salted water to the boil and cook the pasta until it is al dente. Drain well and then stir through the butter, lemon juice, salt and pepper.
Coil pasta into serving bowls and top with fish and generous spoonfuls of the braise

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