



Newsletter April 2010

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Wine Club

No, you are not remembering wrongly- we did miss the March wine tasting- seems to happen every March! So we will be having 2 tastings in a later month. Meanwhile...

Cider Tasting – the in thing to be drinking at the moment. For a bit of a change we will be tasting a range of ciders on the 22nd April at 6pm.

Remember to book!

Ground News

Can you believe its April already and daylight saving has ended! However the weather has been fabulous- long may it last. First bit of news, we have to endure road works outside Ground this time from 26th April for 3 weeks. The end result will be that the paving outside our shop will match that outside Volcanoes; bringing our shop into the main drag.

We do value your custom so please don't think we are closed but remember our tranquil courtyard and dining area will be a welcome haven from the dust and noise. During the 3 weeks of the road works we are offering a 10% discount on all coffees, just mention you're a newsletter subscriber and the price will be reduced at the till.

Once again we have some staff changes, we said goodbye to Will who is now working full time at a restaurant in the city. A big welcome goes to James back from his 6 month trip to South America (ask James to see his photos they are amazing!). We are very happy to have such an experienced barista back on our team.

Our catering orders have taken off with another wedding in March in Okains Bay, a logistical challenge but we are pleased to report some very satisfied customers saying "We're your number one fans...seems like our faith in you was well justified as you all really made the day for us and our appetites!". So it seems that catering is to be added to our resume!!

Cooking Class All things cheese...

Monday the 26th April at 7pm: Taste a range of cheeses from around the globe and learn to cook with cheeses, from appetisers to mains and desserts. Of course all matched with wine. You even get to make some Middle Eastern Cheese. \$60 a head must be paid on booking

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What's new in-store?

Mediterranean Sardines steeped in lemon juice and olive oil direct from Provence. A rich source of omega 3!
Really Good Peanut Butter – Made by Pics in Nelson with no added emulsifiers or oil. A recent winner of the Cuisine Artisan Award.

Organic Pear and Ginger juice and **Strawberry and Apple juice** - Just two of the deliciously different organic juices from the Hawkes Bay region for you to try.

Cannonhill's two delicious conserves **RoseWater** and **Cardamon Marmalade** and **Apricot Saffron** and **Vanilla Bean Jam** are back in our store.

Also from **Cannonhill** **Lemon Curd**, **Lemon** and **passionfruit curd** plus **Crème Brulee** for the dessert lovers.

Blue River has just released a new range of sheep's milk products for those lactose intolerant foodies out there. Look out for **Cheddar**, **Feta**, **Haloumi**, **pecorino** etc in our chiller.

And don't forget our new range of **Asian noodles**.

Kitchenware now has the lightweight sports bottle with sipper top as requested by you.

Stainless steel soap. It never wears out and is the only way to really remove onion and garlic odour from your hands. You'll never use soap in the kitchen again!

3 Boys Wild Plum Ale is back again for a limited period and has to be tasted to be believed.

Organic Wines – we have a good range of organic whites including **Momo Chardonnay** and **Momo Sauvignon Blanc**. **Urlar** is biodynamic as well as organic. **Seresin** have released an organic version of **gewürztraminer** and **Pinot Gris** both of which are delicious.

Dick Frizzell has released a wine under his own limited edition label; each being individually numbered.

What is Yerba Mate (pron. martay)? A South American friend, a small furry animal? Neither ... it's a South American Green Tea which is brand new to Ground.

Originally from Uruguay, where the Charruas (native inhabitants) used to drink it for its healthy properties; which include revitalizing, combating fatigue and promoting mental clarity. Its also an antioxidant with nearly 3x more antioxidants than Asian Green Tea with vitamin A,B,C,E, magnesium and iron. It is also said to promote weight control as it stimulates the metabolism for healthy weight loss.

The two varieties in store are:

Canarias – Leaves are harvested from selected trees with a careful drying process and adequate resting time resulting in the unique flavour that distinguishes Canarias.

Serena – is a herb blend based on carefully selected herbs. It has an exclusive blend of mburucuya, mint, lemon balm (toronjil) and Tilo. It is ideal for those who prefer a softer tea without losing the true flavour of mate. The traditional way to sup these teas is through a silver straw out of a hollow gourd. Failing that; just use a coffee plunger to make your brew.

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Recipe of the Month

Eggplant and Tomato Braise

This makes an excellent vegetable side dish with meat. It is a tasty way to cook eggplants to give lots of flavour.

There are a variety of egg plants around at the moment but feel free to experiment with the little white ones or the more traditional purple ones.

2 cloves of garlic, sliced
2 purple onions roughly chopped
2 small eggplants, cut into chunks
1 tablespoon of Ground Chermoula
1 440gm can of good quality chopped tomatoes
75mls of olive oil

Heat the olive oil in a large fry pan and sauté the garlic and onion for a few minutes until they soften. Add the Chermoula and stir in well. Push the mixture to the middle of the pan and tip the eggplant chunks around the side. Cook on a medium heat for about 5 minutes, or until eggplant is squishy and soft. Turn them occasionally so they colour evenly. Now stir the onion and eggplant mixes together and add the tomatoes. Cook for a 4 more minutes, or until the tomatoes have cooked down into the mixture. Taste for seasoning.

This mixture can also be used as a pasta sauce served over pappardelle all'uovo. Make sure you cook the pasta according to instructions on the packet.

Could also be a delicious vegetarian alternative if used as a stuffing for pumpkin, eggplant etc.

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