

Ground Culinary Centre March Newsletter

The leaves are beginning to fall and Autumn is here. Jenny loves this time of year, because it is harvest time and tamarillos and feijoas make their brief appearance. The scent of a bowl of fresh feijoas in the house is magical. Quince are also in season, so at Ground it is time to make membrillo (Will's least favourite job as it takes hours and as the membrillo cooks it erupts all over the kitchen, and the stirrer's arms!). Although this time of year also means that Will's peach chutney is back on the sandwich menu. Flic's fruit crumbles, puddings and cakes have also made a comeback with the generosity of customers delivering us their excess peaches, apples, pears etc.

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Wine Club

April's wine club is on Thursday the 2nd of April at 6.30pm. It is being presented by David from red+white cellar. red+white cellar offers a selection that is "...more than that everyday drinking wine or a wine for that special occasion...".

David will be tasting the following wines

- Catalina Sounds Pinot Gris
- Catalina Sounds Sauvignon Blanc
- Sticks Shiraz Viognier
- Wild Earth Central Otago Rose
- Four Sisters Pinot Noir Chardonnay (Sparkling) NV
- Catalina Sounds Pinot Noir
- Bird in Hand 'Two in the Bush' Shiraz
- Lake Hayes Pinot Noir 2008 – providing it is available otherwise the Nanny Goat Vineyard Pinot Noir.

For those of you that haven't been to a wine tasting before, come along. It is a small gathering where you are able to learn a little about what you are drinking, sample some wonderful wines and enjoy a relaxed evening at Ground. Don't forget the tasty treats prepared here at Ground to accompany the wine selection.

\$10 for casuals and \$50 for a year's membership, which entitles you to 12 tastings. Be in quick for the year's membership at \$50, because as from May the year's membership will increase to \$60.

But, it's not all doom and gloom, those who purchase 6 bottles of wine on the night get 5% discount. There are just a few spaces left.

Viva La Mexico

Thursday 16 April is a night of Mexican food hosted by Lyttelton local Stephen Kesler. Stephen will be sharing with us his knowledge of Mexican cooking and will be creating traditional dishes including Guacamole, Mexican Rice, Salsa and a Molle. The food will be matched with traditional Mexican drinks. Don't forget to book and pay ahead to secure your spot. Thursday the 16th April from 7pm.

Recession-buster lunches

To do our bit to help out with the recession we are introducing recession-buster lunches on Wednesdays. Every Wednesday we will have a different hot lunch available for take-away or eat-in for only \$6. Filling hot lunches that don't break the budget: Lasagne, Cottage pie, Smoked fish pie, Moroccan Tagine, Ribollita, Pho, etc, all a little different, all very delicious. You can ring ahead to check out the week's hot dish.

What's new

We now regularly stock **gluten-free bread**, for sale and for making sandwiches. A big thank you to the kind customer who let us know we had made a mistake with our pricing. We appreciate our customers who tell us when we have made a mistake rather than telling others!!

Jenny has been playing with **Gravalax** recipes, trying to stick to the authentic Scandinavian way of curing salmon. Cold-smoked salmon is a little too oily and rich, but cured salmon is fresh and flavoursome. Cured with dill and our secret spices as well as the salt and sugar, this delicious gravalax is a welcome addition to our hot-smoked salmon. Both are available for sandwiches or to take home. But it doesn't stop there. In the true style of Easter we have a selection of **Easter treats** for adults and children alike. We have Chocolates, Chocolate eggs and Easter fun packs from **Bennetts of Managawhai**. And for an Easter gift that is a little different we are stocking egg cups for young and old. On our tasting table we have **Akaroa's La Casa Toscana** extra virgin olive oil, in three varieties – Frantoio, Manzanillo and Sevillano Blend, come in and taste for yourself. New in store from our kitchenware's are **Salad Bags**, **Onion Keeper** (great to store your onions in the fridge without fear of everything else in the fridge smelling and tasting of onion), and 4 piece **Pasta Sets** (attachments can be purchased upon request) and small sharp knives with a sheath (I have been told these are great for handbags? For cutting up fruit for children). Last but certainly not least for our Canine friends we have some new bowls and slip mats to place under their bowls.

What's back

The fantastic **Cambozola** is back. It is a rich and creamy cheese which could be described as a brie mixed with a gorgonzola. Heavenly. We have also seen the return of **Roquefort**, **St Auger** and **Shropshire Blue**. The Shropshire blue is an unusual cheese because of the yellow/orange colour. This is because annatto is used which is a natural food colouring and flavouring. It is described as "slightly peppery with a hint of nutmeg". In the deli we've got **Porchetta** and **Italian Truffle Salami**, be in quick for the salami because it is a favourite of Flick and Jenny's. Also in the deli there is the return of our house made **Labna**. In the grocery line we welcome back **Elder Flower Cordial**, **Shott Chai & Lemon**, **Ginger and Honey**, just in time to combat winter ailments. We are also again stocking **Cocoa Farm Chocolates** - Cocoa Farm is growing Australia's first cocoa plantation. This range is organic and sugar free and comes in the following flavours; Honey and Almond, Mango Lime and Chilli, Orange and Dark. If you are looking for something a little different then pop next door to The Lyttel Local because they are also stocking Cocoa Farm Chocolates but their flavours are fit for a liquor outlet; Shiraz, Roasted Hazelnut and Coffee, Pinot Noir and Merlot. From the kitchenware section we have **the Le Creuset Whistling Kettles**.

New Deli Menu

With the change in season we are having a change in our café menu. We are keeping some old favourites but will be adding a few new ones. The Gravalax will feature on the menu with genuine pretzels and a soft glorious goat's cheese from Nelson. We are also introducing a hearty big breakfast as we head into the colder months. One of the new items includes Seafood Chowder made with mussels cooked in white wine as a base, with smoked fish, prawns, house smoked salmon topped off with a king prawn. Now that we have whetted your appetite come in and see what else we will soon have on the menu.

The Lyttel Local News

We have a new chocolate range available at The Lyttel Local. Shaun's favourite is Whiskey and Raisin, Jenny loves the Port and Prune and Nick likes the Espresso. They are quality chocolates with interesting fillings at a good price.

The Lyttel Local - Beer Tasting

The Lyttel Local is having its first beer tasting tomorrow night (Tuesday 31st March). Organic Green Man Beer from Dunedin will be sampled. We stock the full range and there are some beauties. The limited release Whiskey aged Bock is a mean 10% alcohol, so has a real kick. Or maybe the lighter, citrusy Radler is more to your liking. For \$5 a head come along and sample the range of beers and eat some of the nibbles provided by Ground.

At the Lyttel Local - Recession Buster or European Style - You Decide

Just like the French and the Italians you can now decide how much red or white wine you buy. Bring your own Piccolo, Caraf or Flagon – Buy 50ml 750ml or 5 Litres the choice is yours.

Recipe of the month

With Easter just around the corner we thought we'd include a traditional Easter cake (as we get a bit sick of hot-cross buns). Simnel cake is a light fruit cake, similar to a Christmas cake, covered in marzipan, and eaten at Easter in Great Britain and Ireland. A layer of marzipan or almond paste can also be baked into the middle of the cake. On the top of the cake, around the edge, are usually eleven marzipan balls to represent the true disciples of Jesus; Judas is omitted. In some variations Christ is also represented, by a ball placed at the centre.

Simnel Cake

Ingredients

| | |
|-----------------------|----------------------------------|
| 2 C Flour | 1 tsp Salt |
| 1 tsp Baking Powder | ½ tsp Ground's Sweet Spice Blend |
| ¾ C White Sugar | ¾ C Butter |
| 1 tsp Vanilla | 4 Eggs |
| ¼ C Raisins – chopped | 2 C Golden Raisins |
| ½ C Mixed peel | |

Method

Preheat oven to 325° (165°). Sift the dry ingredients into a bowl. In a separate bowl cream the butter and sugar, then add eggs one at a time. Fold in the dry ingredients, then fold in the fruit. Bake for 1hr and 45 min. Ice with the Marzipan icing.

Mazipan icing

You can buy pre-made marzipan, but if you feel like making your own, here is how:

Ingredients

2 eggs
orange blossom water to mix
almond essence
1 1/2 cups icing sugar
1 cup caster sugar
2 cups ground almonds

Method

Whisk the eggs, essence and orange blossom water. Whisk in the caster sugar. Make this into a paste by stirring in the icing sugar and almonds. The paste should end up as a pliable dough. Use extra egg white or icing sugar to alter the consistency if necessary.

Knead well. Wrap in grease-proof paper and store in the fridge until needed. To cover the cake; roll the paste with a rolling pin and a little icing sugar. Cut out a long thin strip to cover around the cake and use a little warmed apricot jam stick it to the cake.