



Newsletter January 2010

What's in January's Issue?

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cinnamon and cassia?
Recipe of the month

Wine Club is all local for the first couple of months

Siren Wines
Monday 25th January at 6.30pm
Limited spaces left .

Waipara Cellars range
Thursday 25th February at 6.30pm

Don't forget the tasty treats prepared here at Ground to accompany the wine selection.

Ground News

What happened to 2009? And now we are fast approaching the end of January already, so time to kickstart a new year of cooking classes, wine clubs and fantastic foodie events.

We hope you all had a great Christmas and New Year. Thanks for being understanding about us closing for 4 days in a row over Christmas (something we had never done before), but we needed the break. But now we are back, refreshed and full of ideas and it is back to normal with fresh daily bread, Flic's gorgeous take home gourmet dinners and of course the best sandwiches, salads and pies in Christchurch!

Although it hasn't exactly been summer-like weather-wise, we are sticking to our first cooking class being about summer food, but making sure the dishes are adaptable to both indoors and out, just in case!

We have had a couple of staff changes over Christmas. Will is on limited hours as he recovers from 2 wrist operations, and we have had to say goodbye to the gorgeous Emma as she heads back to Scotland. Her cheesecakes will be sorely missed- as will she. We welcome Saskia onto the staff now and Jo is stepping up to the coffee machine (and as Daniel's sister you will see that great barista-ing runs in the family).

Cooking Class

Thursday 4th February from 7 pm

Easy Summer Entertaining

The idea of this class is to look at simple ways to enjoy summer dining with friends and family, making the most of summer produce, to create impressive dishes without fuss, so you can enjoy time with your guests. The recipes are more like ideas that can be easily adapted and changed to suit the summer produce you have available and the cooking equipment you want to use, whether it be indoors or out. Bound to impress. As usual we will match with wines. Come hungry!

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What's new in-store?

Golden Queen Peach Vinegar is now joined by its sister **Wild Raspberry Vinegar**- NZ made and very yummy.
Weka Cider – Made by the Moa people in Blenheim.
Mariano's chorizo – As seen in Zest, we stock hand-made artisan chorizo. Mariano uses the lovely Murellen free-range pork, and adds his own recipe of spices. The genuine article, served in the traditional Spanish way- ask for how many hands' width you want.
Laverick's Bay Lime Pickle – Local lime pickle as used by Lois at the Volcano. The best around
Frute- Juice & Cider combo– Made by MacCashins (the original Macs people) this tastes like a cross between cider and fresh fruit juices- really delicious and refreshing

NZ Gourmet range- a range of condiments and sauces made locally that taste great- unlike others that taste just of the oil or vinegar in them, these taste like they say. Try **Lemon Horseradish Cream**, **Wasabi Vinaigrette**, **Coriander Chilli Lime Salsa**, **Caramelised Onion & Tomato Jam**.
Cannonhill- is back with a range of mayos and oils- including parmesan oil, curry oil and smoked paprika oil.
The Lyttel Local – now has **Magners Irish Cider**. Cam assures us that this is one of the best ciders available. The house wine is now the multi-award winning **St Clair Premium** range. And also available to sip in the tranquil courtyard is the beautiful **Huia Rose**. Perfect with an antipasto platter for lunch

Red and White Wines
-Anchorage – Reserve Chardonnay – It has full-bodied flavours of stonefruit, grapefruit and nutty vanilla overtones.
Anchorage- Pinot Gris – Dry fruit driven with nashi pear leading to spice & honey
- Forrest Estate – Rose – Strawberry, toffee apple aromas with boysenberry ice-cream flavours.

What is the difference between cinnamon and cassia?
These two spices are often confused. They are however distinctly different, but both have a clove like overtone and come from trees related to the bay laurel, avocado and sassafras.
Cinnamon is found in the form of a light brown quill/stick rolled from the inner bark of the laurel. When ground to a fine powder it has sweet woody fragrance. It is said to be one of the oldest spices and was traded widely in biblical times. The best is now sourced from Sri Lanka.
Cassia is thicker & coarser than cinnamon and a reddish brown colour. It is like a mixture of cinnamon and cloves together in taste. Ground cassia has a sweet aroma which lingers much longer than cinnamon. For this reason cassia is used more and more often by commercial bakers in the West to lure customers.
The whole quill of the cinnamon and pieces of cassia bark are used in dishes with a liquid content, such as fruit compotes, curries, gluwain or as a tea in Mexico. The powder is used to flavour cakes, pastries, milk puddings and spice blends. Try cinnamon sprinkled over blood orange- simple but unbelievably good.





Recipe of the Month

Java Chicken

A really tasty recipe that is the best of fusion food.

Ingredients

1.4kg chicken
4 candlenuts ground
1/2 tsp chilli powder
2 tsp ground coriander
1 tsp grated galangal
1 garlic clove, crushed
1/2 tsp ground turmeric
4 tbsp oil
2 onions, chopped
700ml coconut milk
5cm length cassia bark
1 stalk lemon grass, bruised
2 tbsp lemon juice
salt to taste

Joint the chicken and cut into serving pieces. Mix the nuts, chilli, coriander, galangal, garlic and turmeric and pound to a paste in a pestle and mortar (add some oil if necessary). Rub this mixture over the chicken and allow to marinate for at least two hours.

When the chicken has marinated heat the remaining oil in a wok and fry the onion until golden then add the chicken pieces and fry until well browned. Gradually add the coconut milk, stirring all the while, and bring to the boil. Add the lemongrass and cassia then turn down to a simmer and cook for about 30 minutes. Stir-in the lemon juice, season with salt and serve with Jasmine rice.

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