

Ground Culinary Centre June 2008 Newsletter

Well it's June already and that means winter is officially here, it also means the 1st Anniversary for the Ground Culinary Centre. Ground would never have made it this far without the support and encouragement of our Customers and of course the locals of Lyttleton. So, many thanks from us all here. We have had a fantastic year with many changes. The new deli menu is up and running and there is now a comfortable place to sit and enjoy the new menu. We would also like to congratulate Sally-Anne and Andrew on the birth of their son William. Sally-Anne has been a big part of Ground and the changes over the past year.

What's in this newsletter:

- Festival of Lights
- Wine Club
- Cooking School – French Cooking Class
- New Brunch Menu
- What's New In-store
- Chef's Recipe of the Month

Festival of Lights

The Festival of Lights has opened in Lyttleton for another year. Ground will be doing in-store tastings on Monday 16, Tuesday 17th and Friday 20th from 2-4pm.

For the final of the Festival on Friday the 20th, Lyttleton will be hosting a Street Party. Ground will be open late Friday night during the street party so, come in for one of Flic's hot pies or a hot chocolate to warm up or something to take away; and look for our stall along the street serving hot food including meatballs on couscous, curry and hot soups.

Wine Club

Next up is David from Red and White Cellars showcasing some luscious wines including bubbles, whites, reds and a lovely Muscat to finish. There will be seven wines in this tasting evening, and of course Will will provide some delicious nibbles to go with this.

- Thursday the 26th June from 6.30pm onwards.
- \$5 for casuals and \$30 for a year's membership which gets you to 12 tastings.
- You must book to secure a spot, as we have limited room.

Ground Culinary Centre Cooking School

Will and Jenny had a fantastic evening with the Middle Eastern Cookery Night. Jenny was able to indulge her passion for hand ground spices and impress on us the virtues of using these spices in our cooking. For the Month of July we have Chris back for a **French Evening**. Chris and Will have a winning French line up for a winter dinner party.

- French onion soup with lots of wine
- Traditional Cassoulet
- Dessert featuring Chocolate

We have a date set for **Tuesday 29 June**. Be quick to secure your place, as numbers are limited. To contact us for bookings:

- Call in to the Ground Culinary Centre at 44a London Street, Lyttelton
- E-mail us at info@ground.co.nz
- Call us on (03) 328 7275

As our previous course was quickly over-subscribed we do require full payment of \$50 per person at the time of booking.

What's New In store

Decadence of decadence is **Goose Fat** imported from France, and for those thinking what about the **Duck Fat**, it's on the way. Keep reading we have a fantastic recipe for roasting your potatoes in Goose Fat.

To keep with the French theme we are also stocking **Sea Salt from Brittany** this is a greyish mineral salt with a very unique taste and texture. Harvested in the natural way and containing all the goodness of its natural minerals.

We would be remiss if we did not include in our French theme, a new selection of French wines and to accompany that, there is also a new selection of wines from Germany. Come in and see Will for the complete update of the new wines in store.

And as the MAF ban on English cheese has now been lifted, we have in store some Hawes **Wensleydale** ("pass the cheese Grommit"), some very strong **Lancashire** and on its way this week, some **Shropshire Blue**.

In our cookware section we are featuring:

- Römertopf ovens, these ovens work on the same principle as the tagine. Before using this terracotta baking dish, soak it for a few minutes in water. The terracotta takes on the moisture and then releases as condensation during the cooking process just like a tagine, and essential for authentic Middle Eastern cooking.

Also just in are:

- potato ricers
- gingerbread family cookie cutters
- stainless steel stove top espresso makers and pre-ground fair-trade organic coffee to take home for your espresso machine or plunger
- Le Creuset grill pans (complete your set)
- Peugeot electric salt and pepper mills in the most striking red

New Brunch Menu

Deli Menu

We proudly use: Annie's free-range eggs, Murellen free-range bacon and Vic's organic bread

Toast and Jam: Vic's bread toasted and served with Peninsula Preserves Chocolate Raspberry Jam **\$5**

Toasted bagel with spread: Vic's bagel toasted and served with your choice of pesto, cream cheese, hummus etc **\$6**

Ground's Granola: House-made toasted muesli with Clearwater organic full-cream yoghurt and berries **\$10**

Mushrooms on Toast: Wholegrain toast with garlic mushrooms and grilled tomato. **\$10**

BBE: Toasted bagel of your choice with scrambled eggs and bacon **\$10**

Eggs Benedict: Poached egg on Vic's bread with hollandaise sauce and your choice of bacon or house-smoked salmon **\$12**

Decadent Omelettes: 2 free-range eggs served with one of the choices off the board: **\$13**

Artisan hand-made fresh pasta: Choose your fresh pasta to have with a parmesan and egg based sauce served with one of the choices off the board: **\$13**

Ground's perfect pie: served with salad greens. Choose from today's pies off the board **\$8**

Soup & Bread: Choose from today's freshly made soup served with Vic's bread **\$8**

Ground's guilt-free Salad MEAL: Guaranteed to be no more than 6 points; this green salad with olives, char-grilled capsicum is topped with today's marinated meat. A weight-watchers delight **\$15**

Antipasto Platter: A range of goodies from our deli served with Vic's bread. Vegetarian **\$10pp**

Meatlovers **\$12pp**

Cheese Board: A range of cheeses from our deli served with Vic's bread and crackers **\$10pp**

Today's salad Green salad with your choice of antipasti from our deli made to order. Or

Check for today's freshly-made exotic salad

Check out the Sandwich Board for freshly made sandwiches to order.

Chef's Recipe

Potatoes Roasted in Goose Fat with Za'atar-encrusted Pork Fillets

Za'atar-encrusted Pork Fillets

6 pork fillets (about 200gms each) trimmed of fat
Olive oil
¼ cup of pomegranate molasses
1 cup Ground's Za'atar
350g baby spinach leaves
20 g butter

Season pork to taste, then heat 2 tablespoons of olive oil in a heavy-based frying pan and cook pork fillets in batches, until browned all over. Drain the excess fat from the pan and then return pork fillets to the pan. Add pomegranate molasses and toss to coat well. Remove pork and sprinkle evenly with Za'atar to coat. Place on a lightly oiled oven tray and cook at 180°C for 5 to 20 minutes, or until cooked to your liking. Rest in a warm place while you cook the spinach. Heat 2 tablespoons of olive oil in a heavy-based frying pan, add spinach and toss continuously over high heat until wilted. Add butter and season to taste. Slice the pork fillets on the diagonal and serve on top of spinach.

Potatoes Roasted in Goose Fat

Good floury potatoes (Agrida)
Good quantity of goose fat to form about an inch on bottom of pan

Peel and boil potatoes until three quarters cooked. Drain and let steam dry
Shake in pot to roughen the outside (this will become crispy when roasted)
Put in hot roasting dish with goose fat season generously with salt and pepper and roast until your heart is content.

Now, if you are wondering where you will find **Za'atar**, **Pomegranate Molasses** and **baby spinach leaves** look no further. The Za'atar is from our own Ground Gourmet Essentials range. Not to mention superb **Murrellen Pork** fillets, ideal for this recipe and the **Agrida** potatoes the best for roasting.