

## Ground Culinary Centre May Newsletter

Despite the cold wintry snap and London Street road works it is heartening to see you here at Ground. Our new menu and recession buster Wednesday lunches are proving to be a success along with the wonderful home baking James is rustling up. Remember it is nice and warm here at Ground just the place for coffee and grocery shopping.

### What's in this newsletter:

- Wednesday's Recession Buster Lunches
- Wine Club – Bottom Line
- Cooking School – Autumnal Dinner Party and June's Festival of Lights Mid Winter Banquet
- Home Baking
- Gelato and Sorbet
- What's New In-store
- The Lyttel Local News
- Chef's Recipe of the Month

### Wednesday's Recession Buster Lunches

Every Wednesday Ground is offering a hearty, hot meal for only \$6.00. Come in for a great lunch, or ring ahead to find out what the weeks special is, then order so it 's ready to pick up when you come in.

### Wine Club

June's tasting is on Thursday June the 25th at 6.30pm with Terry Mitchell from Bottom Line Limited.

*“Our Portfolio range is small production, hand crafted wines and beers, where the passion, area and the will of the environment are expressed in every bottle.”*

Terry will be tasting the following wines:

Wishart TP Merlot  
Passage Rock Sisters  
Passage Rock Syrah  
Wishart Dessert Merlot

Bladen Sauvignon Blanc  
Bladen Pinot Gris  
Black Ridge Conroy's Pinot Noir

\$10 for casuals and \$60 for a year's membership, which entitles you to 12 tastings. For those who purchase 6 bottles of wine or more on the night receive a 5% discount.

Bookings are essential, and the wine evenings have been filling up quickly so, be in quick as numbers are limited.

### Ground's Cooking Class

#### May

May's cooking class is an Easy Autumnal Dinner Party. With the abundance of the harvest, we thought it would be a great time to create an easy dinner party using what's fresh, and then creating vegetarian and meat options from the same dish.

Our cooking classes are small and relaxed evenings. Time for you to enjoy a glass of wine (or two), learn the secrets of international cuisine, dine on the offerings and take home a menu to prepare and impress your family and friends.

Bookings are Essential and payment must be made at time of booking to secure your space.

Tuesday 26th May 7.00pm

#### June

Lyttelton is once again hosting the festival of Lights in June. In the true tradition of the Festival of Lights Ground Culinary Centre's event will be a Mid Winter Banquet Cooking Class. Learn how to make a decadent feast, and enjoy what has been prepared.

Thursday the 9<sup>th</sup> June from 7pm

For all our classes it is \$50 per person and payment must be received on booking to secure your place

#### July

The date is still to be announced. This class will see a return to our Regional Theme – this time our taste buds are off to Russia and no, it's not all beetroot. See you there.

### Home Baking

Winter is here, and so the papers are telling us is the recession and our food is full of well who knows what. In times like these the best thing to do is take to the kitchen and start baking. Now really is the time to stay warm, save a dollar or two and know what ingredients are in our food. Besides, home baking smells and tastes delicious, is something you can easily get the kids involved in and you can't lick the bowl at the supermarket. To help you along the way, Ground is supporting the home baker by stocking a great range of bakeware, nylon icing bags and muslins for fabulous cupcakes, cookie cutters for interesting biscuits and utensils for all baking occasions. And of course advice: if you need some help on the best ingredients to buy, help with the tricky things like gluten free baking, or you just want to know how to stop your fruit from sinking in your fruit cake, come in and ask.

### **Gelato and Sorbet**

Since introducing gelato to Lyttelton over a year ago many customers have asked what the difference is to ice cream – apart from the fresh natural taste. Gelato is the Italian version of ice cream. There are three main differences between gelato and ice cream. There is less butterfat in Gelato, it has a much higher density which means there is no air added and gelato is served warmer. This all makes for a richer creamer taste, which is further enhanced as the Gelato melts in the mouth faster making the flavour immediate.

Sorbet is an Italian ice made with large quantities of fruit, fruit juice and natural fruit fibres. The small amount of fat found in sorbet comes from the fruit itself. It is sweetened mainly with fruit sugar and is not as sweet as gelato but very refreshing.

All in all Gelato and Sorbet have a greater flavour with less sugar, less fat and less air. Why wouldn't you eat Gelato and Sorbet?

### **What's new in store**

Getting kid's involved with cooking and baking helps them to enjoy, get creative with and learn about food. We are stocking a new range of fun stuff for children to use when helping in the kitchen or as gift ideas for the next birthday party.

Everything is just the right size, style and fit for kids:

- Bake Sets

- Aprons – Princess, Pirate and Monkey
- Cooking Sets
- Kids egg cups, just the thing for a cold winter mornings.

For the Adults among us we are stocking

- Equagold cocoa nibs. Cocoa nibs are chopped pieces of whole, certified organic cocoa beans. They are not ground, pressed, or processed except for natural fermentation under banana leaves. And very healthy full of anti oxidants. They add crunchiness and subtle chocolate flavour to baked goods and savoury dishes, and make a great substitute for roasted nuts or chocolate chips, without added sweetness.
- Equagold Belgian Couverture Dark and White Chocolate. Couverture Chocolate is a high quality chocolate made using better beans, and contains extra cocoa butter, it is used for dipping, coating, moulding and garnishing.
- The French Bonne Maman Range of jams and jelly including the red current jelly which goes beautifully with roasted meats
- We now have the Sherrington Grange range of cheeses. These are made in the beautiful Marlborough Sounds. The range includes a lovely salty feta, the Havelock which is a brie style cheese, infused with brandy and wrapped in chestnut leaves to mature, and the Mahau which is a Rose wine-washed cheese- very “mature”.
- De Nigris Pomegranate Balsamic vinegar in a spray bottle from Italy. The spray bottle is a new concept from De Nigris. The vinegar is a blend of Pomegranate juice and Balsamic Vinegar of Modena and is a versatile and healthy condiment.
- We are now stocking Cheeky Chutneys and Sauces. This is a new product range, from Methven. The two women making them chose an appropriate name! The sauces and chutneys are made from ingredients sourced locally, and using interesting combinations and a dash of the hard stuff. Beetroot, Orange, Wasabi and Brandy; Chutney, Lemon, Pernod and Mustard Seed Chutney; Tomato, Sweet Basil and Bourbon Sauce; Smokey Bourbon BBQ Sauce and Orange, Walnut and Ouzo Sauce – they taste as good as they sound.

- With the supermarkets new charges on shopping bags we thought it would be a good time to sell good quality and yet stylish baskets. They come in a variety of colours and are very sturdy – great to use at the Farmers Market.
- Very light weight colourful Oggi aluminium bottles. Perfect for sport, walking, school lunches etc and no nasty plastics!
- Blossom tea gift set – small glass tea pots that allow you to watch the flowers unfold as you brew a refreshing cup of floral tea
- Cannoli Cases. Cannoli originated in Palermo. It was originally made as a sweet, pastry treat during Carnival and is now an essential part of Sicilian Cuisine. If you don't want to make your own Flic has done all the hard work for you. Our Cannoli is stuffed with Oranges Macadamias and finished with crunchy toffee.
- Inch Valley Preserves. Made on the edge of Central Otago with local produce this range includes a couple of unusual products including Rose and Quince Quiddany (wondering what a Quiddany is: a confection of quinces in consistency between a syrup and a marmalade), Damson and Rose Preserve and the much requested Lemon Curd – put a dollop on your hot porridge at breakfast.
- Perfect for home baking, desserts or even as a snack is the range of dried fruits from Bridge Hill – Central Otago fruits including cherries and apricots, dried but still moist. Very moreish!

### **The Lyttel Lushes**

The Lyttel Local has begun a fortnightly draw for all those that have a Lushes Card. If you have a card in the box you will be in the draw and have a chance to win. The first winner was Christine Renning who won a bottle of Amaretto. Keep your eyes on your email as you may be next. We have also begun a round of in store tastings. Sign up at the Lyttel Local to find out about the tastings .

### **Recipe of the Month**

Quite a few customers have been enjoying the red harissa on the Breakfast Bun and the Coffee-smoked Beef stack on our new menu, and have requested other ideas for using harissa. Here is a nice simple recipe for roast chicken. Perfect at this time of the

year. And to make use of seasonal produce, add the unusual combination of chestnuts and brussel sprouts to the side.

### Roast Chicken with Red Harissa

A warm twist to a traditional roast chicken.

1 medium chicken (organic or free-range if possible)  
Ground's Red Harissa  
A little olive oil  
100ml water  
A squeeze of lemon juice  
Salt and pepper

Rub the chicken all over with enough Red Harissa to generously coat it. Season with salt and pepper and leave covered in the fridge for a few hours for the flavours to permeate the chicken. Preheat the oven to 200°C. Lightly oil a roasting pan with a little olive oil and place the chicken in it and pop it into the oven. Roast for approx one hour (or until the juices run clear when the flesh is skewered). Baste occasionally during the cooking process. Transfer the chicken to a board and leave it to rest for 10 minutes, covered in foil. Meanwhile make the sauce by pouring the excess oil off the pan. On a low heat add the water and lemon juice to the pan and scrape the base of the pan carefully as you heat it. Serve with potatoes, salad and of course more Red Harissa!

### Chestnuts and Brussel Sprouts

500g chestnuts  
750g Brussels sprouts  
100g Parmesan cheese  
3 tbsp butter  
½ tsp nutmeg  
salt to taste

Cook the prepared sprouts and peeled chestnuts in a little boiling water (or steam) until just tender. Drain. Grease a casserole dish and put in the sprouts, chestnuts, 2 tsp butter and nutmeg. Pre-heat oven to 220°. Sprinkle the cheese over the mixture and dot with remaining butter. Cook in middle of oven for 20 minutes until the top is slightly browned.

Happy cooking from all of us at Ground