

Ground Gourmet Essentials July 2008 Newsletter

Hi Everyone

We know what you are thinking - "where is the news from Ground Gourmet Essentials?" Sorry about the long delay, so much has been happening. The new deli and deli menu are up and running, so now we can get back to Essential Ground Gourmet matters. While we have placed a lot of attention on the deli, please rest assured that our range of Ground Gourmet Essentials are still a priority, and the inspiration for new products and ways of using them has not faltered. Now, on with the newsletter.

What's in this Newsletter?

- South Island Hospitality Show
- Feature in NZ Life and Leisure magazine
- New Products – a Venison rub, and native NZ seasoning
- Product Updates – Health Benefits
- Spice of the Month – Green Cardamom
- Recipe of the Month – Sticky Toffee Pudding

South Island Hospitality Show

Well, we have another trade show under our hat, and some very tired feet to boot. We showcased our products (old and new) to local and national chefs and shops, with great response. You may be seeing our products in a store or restaurant near you. Further to that note, if you are wanting a local store to stock our products or have them used in your local restaurant let us know, and we'll see what we can do to persuade them.

Feature in 'Life and Leisure' Magazine

We were really pleased to feature in an article about Ground, Jenny and the life of a spice girl, in the lovely New Zealand Life & Leisure magazine. It is in the Food Heroes section if you have a copy. If not and you would like to read the article, you will find it on the web at this address:

<http://www.nzlifeandleisure.co.nz/node/924>

New Products

- *Arabica Rub* - This new product is perfect as a rub for grilled, roasted or slow-cooked Venison or Beef. Its combination of star anise, three types of peppercorns, and coffee beans, are all finely ground to give you get a mellow yet distinctive flavour. Our hunting friends can't get enough of this rub for their wild venison!
- *Pounamu Seasoning* – Here is a new twist to the traditional salt and pepper, using native New Zealand flavours. Our special combination of Kawakawa, Horopito and lime salt, has a lovely tang from the lime, bite of pepper from the horopito and the unique "zingy" flavour of kawakawa. You

can sprinkle this seasoning on all sorts of things – try it on grilled meat (especially chicken), avocado on toast, oven-baked chips, pizzas, warm lamb salad...the list goes on. The more we use it, the more adventurous we are with it!

Product Updates

The Pounamu Range – Health Benefits

Since the popularity of Ground Gourmet Essentials “Pounamu Dukkah” we have extended this range to include the Pounamu Lime Dressing (as mentioned in the December newsletter) and the Pounamu Seasoning.

- Kawakawa is used in all three products in this range. It not only adds a great flavour but also has additional health benefits. It was traditionally used by Maori to help purify the blood and alleviate digestive complaints and constipation. The leaves and bark can be applied to heal wounds, ulcers, skin diseases, eye inflammation, scalds, and burns.
- Macadamia nuts found in the Pounamu Dukkah and Pounamu Lime dressing are grown near Auckland. We find the New Zealand macadamia nuts to be sweeter than the imported nuts, and of course their freshness means they have more crunch. Macadamia nuts are a good source of protein, calcium, potassium and dietary fibre and are very low in sodium. They are high in fibre and have no cholesterol.
- The Pounamu Lime Dressing and the Lime Salt feature Horopito which was traditionally used to treat stomach pain and diarrhoea. The “peppery-ness” of Horopito is said to stimulate circulation.

And of course, since we use the freshest possible ingredients, all hand-ground, with nothing artificial, our products not only taste great, but are good for you, too!

Spice of the Month - Cardamom (Green)

Green Cardamom is found in our Sweet Spice Blend, which was featured in our December Newsletter. This is a great spice blend for winter puddings, spice and fruit cakes or just to add to your morning porridge. Green Cardamom is not to be confused with brown Cardamom which has a more musty flavour. The flavour group for the Green Cardamom is pungent; it is versatile and can be used in both sweet and savoury foods. Green Cardamom is a native to the Western Ghats in southern India and Sri Lanka and is referred to as the ‘Queen of Spices’. Pods may be used, bruised to release the scent, whole or ground to a powder. When buying this spice the best quality pods are an even lime-green colour and should not look pale or bleached. The fresh top flavour notes make a zestful addition to a wide range of meals and are used for flavouring coffee in the Middle East. In addition to its use in cooking, cardamom is used by some to clean the teeth and sweeten the breath after meals, especially those served with garlic.

Chef's Recipe of the Month - Sticky toffee pudding

170g dates stoned and chopped
1 tsp baking soda
300ml boiling water
60g unsalted butter
3/4 cup castor or brown sugar
2 eggs
170g self-raising flour
1/2 tsp Ground's Sweet Spice Blend

Sauce

400g brown sugar
1 cup thick cream
250g unsalted butter
1 vanilla bean, split

Preheat the oven to 180°C and butter an 18cm sq cake tin. Mix dates and baking soda. Pour over water and leave to stand. Cream butter and sugar, then add eggs, one at a time, beating well after each. Fold flour and sweet spice blend in gently, then stir in date mixture and pour into prepared tin. Bake in centre of oven for 30-40 minutes until cooked when tested with skewer. To make the sauce, bring all the ingredients to a boil. Remove vanilla bean. Pour a little sauce over warm pudding and return it to oven for 2-3 minutes so the sauce soaks in. Cut pudding into squares and serve with the extra sauce.

Delicious for a cold winter treat!

That's all from us at Ground, for now. We hope you are all enjoying your winter cooking, slowing life down a little and enjoying your friends and family. Remember, if there is anything we can help you with in your culinary adventures, please don't hesitate to contact us!

Enjoy!

from the team at Ground