

## Ground's Newsletter June 2007

Hi everyone,

Welcome to our mid-winter newsletter. Sorry for the long gap in newsletters - as you will see, we have been busier than ever. There is VERY big news for you in this edition ... read on to find out more about our gourmet deli and culinary centre! But first, here's a summary of what's in this newsletter...

- \* **Ground's Deli/Wine/Culinary Centre store now open in Lyttelton**
- \* **Did You Know? Jerusalem Artichokes**
- \* **Product Feature from the Shop: Clearwater's Organic Cream Top Yoghurt**
- \* **Easy Idea for our Gourmet Essentials: Moroccan-style Meatballs**
- \* **New stockists of Ground Gourmet Essentials products**
- \* **Lyttelton Farmer's Market Update**
- \* **Recipe: Fennel sausage and red wine risotto**

### **GROUND'S STORE NOW OPEN IN LYTTELTON**

Earlier this year a fantastic opportunity arose for us to take over the lovely old shop that housed the Lyttelton Liquor store and, after a few weeks of alterations, we have finally opened our dream shop.

In the store you will find:

- \* **an extensive deli** (think prosciutto from Italy, cheeses from France, Italy and the best of NZ, antipasto ingredients and so on)
- \* a huge selection of local and imported **boutique wines** (too numerous to mention here) **and beers** (including Emersons and Three Boys),
- \* **gourmet groceries** (again a huge list, but here some examples: olive oils, truffle oil, verjuice & vinegars, Asian condiments and noodles, fresh handmade pastas, gluten-free products, organic lentils, rice and beans, gourmet chocolates, baking ingredients, Eat-Ya-Greens salad mixes, organic fruit and vegetables, free range eggs and chickens, organic lamb and beef, Murellen pork, breads from Vic's Bakehouse, Rachel Scott and De Broods - the list goes on and on),
- \* **take home meals and lunches:** soups, meals for you to heat at home (see our board for the daily menu - these are already proving extremely popular with the locals!), deluxe sandwiches (choose your own meat and cheese on Vic's bread with house-made mayonaise and Eat-Ya-Greens salad greens), and takeaway organic coffee (made with organic milk),
- \* **kitchenware and cookbooks:** a wide range of exciting, good quality kitchenware (Le Crueset, Cuisipro utensils, Mason & Cash bowls, Cecily teatowels etc) and cookbooks we know you will love using at home (we do!). Special orders can be taken for kitchenware if you are looking for something in particular.

If there is anything else you would like and you can't find it in the shop, please let us know and we will do our best to get it for you. There is also a cosy corner for you to sit and browse through cookbooks, our own recipes, foodie research books and magazines to get inspiration and ideas for your cooking and entertaining at home.

In the future we will also run cooking classes with our qualified and very experienced chef, Barb, who has been running cooking classes all over Christchurch for 8 years. Look out for her popular Moroccan cooking and Italian cooking classes, plus one for the blokes (Men in Pinnies)

So, call in and say hi, and if you come in before the end of July and mention that you are on our newsletter, we'll make you a coffee - on the house! And take the opportunity to let us know what you think about the newsletter, and the store.

**DID YOU KNOW? Jerusalem Artichokes**

Here's a bit of information on the delicious Jerusalem artichoke that we found interesting. Did you know it has no connection to Jerusalem, and isn't even a distant cousin of the globe artichoke? It's not a thistle, like the true artichoke, but a tuber of an Italian sunflower species. It is known there as Girasole, meaning sunflower, from which the name was corrupted to Jerusalem.

**PRODUCT FEATURE FROM THE SHOP: Clearwater's Organic Dairy Cream Top Yoghurt**

We have started selling this wonderful yoghurt in the store, and it is truly the most divine yoghurt we have ever tasted! It is made on the farm in Peel Forest and is totally natural. Because they don't homogenize it, the yoghurt has cream on top (take it off and you have low-fat yoghurt!). They also recycle their containers, so just bring it back to us at the shop and we'll pass them on to the farm (just make sure you don't store anything else in it in the meantime - especially strong-smelling foods). With lots of live cultures, this yoghurt is not only delicious, it's good for you, too!

**EASY IDEA FOR OUR GOURMET ESSENTIALS: Moroccan-style Meatballs**

Use one of our three savoury spice blends (Baharat, Berbere or Ras al Hanout) next time you make meatballs to give them a Moroccan flavour. We suggest using 1-2 teaspoons to about 500g beef or lamb mince with finely chopped onion, garlic and herbs. Cook these with a simple tomato sauce and serve with pasta or rice. Some of the Lyttelton locals may have been lucky enough to try this dish as a take home meal from the shop - it has been extremely popular!

**NEW STOCKISTS**

The Organic Grocer in Kaiwharawhara in Wellington was recently featured in Taste magazine. They stock our range of spice blends and dukkahs as well as the yummy Moroccan Preserved Lemons.

Go! Espresso and Deli in Pakuranga in Auckland has also recently opened and stocks our range of spice blends and dukkahs.

And for those of you in Christchurch, go and check out Eadie Fye's in Armagh Street. This boutique wine shop also stocks a small range of Deli goods including our Rosemary Pesto and Walnut & Pomegranate Concasse. Keryl really knows her wines!

**LYTTELTON FARMER'S MARKET UPDATE**

We are continuing to run our stall at the market every Saturday so that market-goers can taste our range of gourmet essentials. We are also selling take home meals, made at the shop, and hot soups.

The markets continue to be well supported, despite the cold weather, attracting regulars and newcomers from around the region. The great produce, the friendly and relaxed atmosphere, coffee and baked treats, and the opportunity to catch up with friends has ensured the market's success. Ground is also fortunate enough to be able to stock a lot of the market produce in the new store, so if you miss out on some of your essentials, you can probably get it from us through the week!

## **RECIPE: Fennel Sausage & Red Wine Risotto**

A quick and tasty risotto. Just sip on a glass of pinot while standing stirring.

1½ - 2 litres chicken stock

120g butter

2 Tbsp olive oil

1 large onion diced

3 cloves garlic minced

500g pork & fennel sausages cut up (we recommend Little Boys or Salumeria Fontana)

2 cups vialone nano rice

3 cups red wine

Grana Padano or Parmigiano Reggiano for serving

Heat the chicken stock to barely simmering.

In a large heavy-based pan melt half the butter with the oil. Saute the onion and garlic till translucent. Add the sausage and fry until browned. Add the rice and stir until it "sings". Stir in the wine a ladleful at a time, letting it evaporate each time. Then do the same with the hot stock, stirring constantly, letting the liquid absorb before adding the next ladleful. Continue until rice is al dente. Stir in the remaining butter, season and serve with the grated parmesan.