



## What's in July's Issue

Cooking Class  
 Wine Club  
 Ground News – We are expanding again  
 Gluten Free Food  
 What's new in Store  
 Recipe and Menu of the Month

## July's Cooking Class

Tuesday 21 July from 7.00pm

We get lots of comments on our unusual soups at Ground, so due to popular demand our next class is on Soups. Come along and learn the secrets of Soup.

From a hearty economical family meal to soup for a sophisticated dinner party.

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

\$50.00 per person

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

## August's Cooking Class

Tuesday 04 August from 7.00pm

This is Will's last class before he heads off overseas. Not to be missed...but hang on as the theme is still to be announced via email soon.

## Wine Club

Amanda Hodge of International Fine Wines

Thursday 23 July at 6.30pm

It's extremely cold and grey outside, so why not come along to the warm surrounds of Ground for July's wine tasting.

For July's tasting we have Amanda Hodge of International Fine Wines; the company that brings us the fabulous Veo range. Amanda is here to showcase their top shelf wines. Wines from New Zealand, Australia and France and a finale wine with a twist.

Pol Clement Pink  
 Echo Bay Chardonnay  
 Tohu Mugwi Sauvignon Blanc  
 Chateau Dallian Merlot Cabernet Sauvignon  
 Pertaringa Undercover Shiraz  
 Pertaringa Full Front

Don't forget the tasty treats prepared here at Ground to accompany the wine selection  
 \$10 for casuals and \$50 for a year's membership, which entitles you to 12 tastings

*Last chance at these prices as from August casuals= \$15, year membership= \$60*

## Ground Breaking News

### Ground expands again

Because of the popularity of our new deli menu the demand for café space is at a premium and we can't keep up. So the Lyttel Local is closing down to free-up more space. So, starting Monday 13<sup>th</sup> July The Lyttel Local is having a closing down sale. Everything is greatly reduced, it all has to go, so be in while you can. All you have to do then is sit back and watch for the changes, and it won't just be structural.

GROUND LTD PO BOX 158  
 44A LONDON STREET, LYTTELTON NEW ZEALAND  
 P: +64 3 328 7275  
 F: +64 3 328 7282  
 WWW.GROUND.CO.NZ





## Gluten Free

Gluten intolerance, or Coeliac disease, is a condition caused by an allergic reaction to the protein gluten found in wheat, rye and barley (there can also be a small amount of gluten in oats due to cross-contamination). The prevalence of Coeliac disease is thought to be approximately 1 in 80 adults. However, many people who do not have Coeliac disease, still have gastrointestinal problems that improve when they go on a gluten free diet. Gluten sensitivity can also result in a range of other health problems including eczema, tiredness, behavioural problems (quite noticeable in children), stress and headaches. Flic has just discovered she is both Gluten and Dairy intolerant, so for all those out there that are experiencing the same conditions, there are now a lot more options available in the meal cabinet, on the menu and especially on the cake counter.

## What's new in store

### Food

- We are introducing a new supplier of Sorbet and Gelato; **Dream Cones** Sorbet and Gelato have new and interesting flavours such as Espresso, Kiwi Apple, Green Tea and Tiramisu made with pieces of alcohol soaked sponge mixed through just the way Nonna makes it.
- We have extended our range of bacon by stocking Spec. Spec is bacon that is both smoked and air cured which gives a fantastic flavour.
- We have a new range of local Lyttelton artisan home made preserves from **Blissful Living**. Combinations such as mandarin marmalade, kiwifruit chutney, pickled garlic & tomato chutney. Watch out for the tasting table at featuring Blissful Living at the end of this month.

### Wines

- **Vintage Lane Sauvignon Blanc.** We are no longer able to get Wandering Piano here in New Zealand, so we have had to uncover a replacement- and a rather good replacement it is too. From Georges Michel Wine Estate, best know for Domaine St George comes;  
*"a fine Marlborough Sauvignon Blanc with aromas of capsicum and a hint of lime; the herbaceous palate broadens out to show soft tropical fruits and a lingering finish."*
- **Bascand Pinot Noir.** It's hard to get a good Pinot Noir under \$30 let alone under \$20 but we have found it. Described by Jenny as "delicious".....  
*"A full bodied Pinot Noir with rich velvety texture. Ruby red in colour with lifted aromas of berry fruits. Displays good palate weight and length with a smooth finish."*
- **Te Awa Windmill Merlot Cabernet** This popular red is one from the philanthropist Julian Robertson  
*"Warm blueberry and plum aromas mingle with sweet exotic spice and mineral notes (from our river bed gravel soils) on the nose. Creamy red fruit flavours along with a fine supple structure give vibrancy through the palate and make Windmill Merlot Cabernet a very drinkable Gimblett Gravels red wine."*

GROUND LTD PO BOX 158  
44A LONDON STREET, LYTTELTON NEW ZEALAND  
P: +64 3 328 7275  
F: +64 3 328 7282  
WWW.GROUND.CO.NZ





## Menu of the Month - a Mexican Affair

Instead of a recipe this month we thought of trying something new, with a Menu of the month. Menu of the month provides recipes to create an entire dinner party. For July our theme is an evening of Mexican food. This month's recipes are available in-store so come in and grab one along with the ingredients. However, just to whet your appetite we have included one recipe here

**Salsa Mexicana Cruda (Pico De Gallo),**  
(Fresh Mexican Sauce)

**Guacamole**

*This Guacamole is made the real Mexican way*

**Arroz A La Mexicana,**  
(Mexican Rice Mole)

**Mole Poblano**

*This may seem like a lot of work but it is worth the effort*

### **Arroz A La Mexicana**

MAKES ABOUT SIX SERVINGS

375ml (1.5 cups) long-grain white rice

63-83ml (1/4 to 1/3 cup) vegetable oil

225g (8 ounces) tomatoes, roughly chopped, about 375ml (1.5 cups)

1 tablespoon roughly chopped white onion

1 garlic clove, roughly chopped

About 875ml (3.5 cups) chicken broth

1 small carrot, trimmed, scraped, and medium diced (optional)

2 tablespoon peas (optional)

1 large sprig parsley (optional)

2 serrano chillis, finely chopped (can use jalapenos) (optional)

Sea salt to taste

You will need a flameproof pan about 10cm (4 inches) deep and 23cm (9 inches) across. Pour hot water to cover the rice and let it soak for about 5 minutes. Strain, rinse in cold water, and strain again. Be sure to shake the strainer well to remove any excess water. Do not do this step ahead of time or the rice will become too damp. Heat the oil in the pan and stir in the rice - it should sizzle as it touches the oil. Stir until the grains are evenly coated and continue frying over medium heat until they sound brittle and are just starting to turn golden, about 10 minutes. Tip the pan to one side and drain off excess oil. Meanwhile, put the tomatoes, onion, and garlic into a blender jar and blend until smooth. Stir the puree into the rice and continue frying over high heat, scraping the bottom of the pan to avoid sticking, until the mixture has been absorbed, about 5 minutes. Add the broth and the optional ingredients; stir the rice well, adjust the salt, cover the pan, and cook over medium heat until all the broth has been absorbed - airholes will probably form. Carefully dig to the bottom of the rice with a fork to see if any moisture remains; if so, then continue cooking over low heat for a few minutes more. Set aside, still covered, to give the rice a chance to continue steaming evenly for about 15 minutes. When serving, gently stir the rice from the bottom with a fork because the seasonings tend to sink to the bottom.

*NOTE: Mexican cooks never stir the rice when it is cooking - they say it will become mushy and stick to the bottom of the pan.*

GROUND LTD      PO BOX 158  
44A LONDON STREET, LYTTTELTON NEW ZEALAND  
P: +64 3 328 7275  
F: +64 3 328 7282  
WWW.GROUND.CO.NZ

