

Episode 1
KASEY & KARINA – BLUEBIYOU – BAY OF PLENTY

Starter

Serves 6

FRIED BREAD WITH CREAMED WATERCRESS & PICKLED MUSHROOMS

Pickled mushrooms

Ingredients:

2 cups brown/shiitake mushrooms sliced
Olive oil
Salt and pepper
1/2 cup white vinegar
1/4 cup water
2 tablespoons sweet chilli sauce
1 tablespoon grated fresh ginger
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon black pepper
2 cloves garlic, thinly sliced

Method

In a frying pan, cook the mushrooms in the olive oil, season with salt and pepper. Cook until the mushrooms start to turn golden on both sides, Set aside. In a small mixing bowl, whisk together the white vinegar, water, sweet chilli sauce, grated fresh ginger, sugar, salt, and black pepper until the sugar and salt have dissolved. Add the garlic,
When ready to serve spoon some of the pickling liquid over the mushrooms and leave to sit in the pickle for 3-5 mins. .

Creamed watercress

Ingredients

2 cups watercress, finely chopped
1 cup cream
1 small onion, diced
1/2 cup mayonnaise
2 cloves garlic, minced
1 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper

Method

In a saucepan over medium heat, cook the diced onion until soft and translucent, about 5 minutes.

Add the minced garlic and chopped spinach leaves to the saucepan and cook until the spinach is wilted and tender, about 10 minutes. Add the cream and continue to cook for another 10 minutes

Remove the saucepan from the heat and let the mixture cool to room temperature. Once cooled, transfer the mixture to a blender or food processor and blend until smooth.

Transfer the mixture to a bowl and stir in the mayonnaise, lemon juice, salt, and black pepper until well combined.

Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to meld.

Once chilled, give the sauce a good stir and adjust the seasoning to taste.

Fried Bread

Ingredients

3 cups flour

3 dessert spoons sugar

1 tsp salt

2 sachets dried yeast

1 cup warm water

Warm milk, if needed

Oil, to fry

Method

In a large bowl, sift together the flour, sugar and salt.

In a small jug, mix together the yeast and warm water and set aside for about 10 minutes or until it starts to foam. Mix with the dried ingredients until the dough starts to come together, add some of the warm milk if needed.

Knead for 5 minutes or until it is a smooth dough. Leave it to rest until it doubles in size — about 20 minutes (depending on how warm the room is).

In a deep pan over a medium heat, add the oil and heat to 170°C. (If you do not have a cooking thermometer, you can gauge how hot the oil is by placing a test piece of dough in the dripping). The outside should not get too dark before the centre cooks through. Adjust the temperature until it's at the right heat to cook all the way through to the middle of the bread

Pull off handfuls of the dough and flatten them till they are about 2 cm thick. Place them in the hot oil and cook on each side for about 2 minutes, until they are golden brown and cooked all the way through. If they are getting too brown before the inside cooks, reduce the heat of the dripping. Remove the bread from the oil and leave it to drain on paper towels.

Fry the bread in batches until all of the dough is cooked.

To serve, spread a generous amount of the creamed watercress on top of a fried bread and top with the pickled mushrooms and garnish with your herb of choice

Main

VENISON & BACON HACHE WITH COURGETTE & SPRING ONION VINAIGRETTE

Serves 6

Venison & Bacon Hache

Ingredients

600g ground venison 1 onion, finely chopped 2 cloves garlic, minced 3 cups watercress 250gm bacon, chopped

1 tablespoon olive oil

Salt and pepper to taste

Method

In a frying pan cook the chopped onions and garlic in olive oil until softened. Add this to a food processor. Add the watercress, season salt and pepper and cook until the leaves are wilted. Squeeze out as much liquid as possible then add to the food processor. Cook the bacon until done. Add this to the processor along with the raw

venison mince and whizz until well combined. Roll into balls and place on a tray. Leave it in the fridge till ready to cook.

Onion and Potato Purée

Ingredients

2 large onions, sliced
2 potatoes, peeled and diced
2 tablespoons butter
1 cup beef or vegetable broth
Salt and pepper to taste

Method

Slowly cook the onion and potato in a little olive oil and stir constantly making sure not to get colour on the onions.

Take your time and cook until the potatoes are cooked all the way through and the onion is sweet.

Season with salt and pepper. caramelize sliced onions in butter until golden brown.

Add broth, simmer until onions are very soft. Blend until smooth.

Season with salt and pepper.

Zucchini Salad

Ingredients

3 medium zucchinis, thinly sliced 1/4 cup olive oil
2 tablespoons red wine vinegar 1 clove of garlic, minced
1 teaspoon Dijon mustard
Salt and pepper to taste
Fresh parsley for garnish

Method

Whisk together olive oil, red wine vinegar, Dijon mustard, salt, and pepper. Toss sliced zucchinis in the dressing. Garnish with fresh parsley.

Zucchini Salad: ASSEMBLY

Plate the venison haché on a bed of potato & onion purée, and serve with zucchini salad on the side.

Dessert (Made by Naomi)

BANANA UPSIDE DOWN CAKE , NECTARINE, TANGELO & WHITE CHOCOLATE

Banana Upside Down Cake

Ingredients

150g Pata kūteretere (softened butter) ¾ C huka one (caster sugar)
2 tsp iho hūperei (vanilla essence)
3 hēki - 3 eggs (lightly beaten)
6 pananan - 4 pananan kua kōhari (mashed bananas). 2 pananan for the base of the tins.
½ C miraka (milk)
1 tsp pēkana houra (baking soda)
2 ½ C puehu parāoa (flour, plain)
2 ½ tsp pēkana paura (baking powder, leveled)
2 tsp hinamona (cinnamon)
1/2 tsp tote (salt)

Method

1. Whakapāhukatia te pata me te huka. Whip the butter and the sugar until pale and fluffy.
2. Add the vanilla. Whakapāhukahuka anō. Whip again.
3. Slowly add the hēki a quarter at a time. Beat well in between each addition.
4. Tukua te banana. Add the banana. Whakaranu. Mix to combine.
5. Heat the miraka for 30 seconds in the ngaruiti - microware.
6. Add the pēkana houra and stir.
7. Tātāritia te peuhu parāoa, pēkana paura, hinamona me te tote ki te oko. Sift the flour, baking powder, cinnamon and salt into the bowl.
8. Add the milk mixture and fold it all together.
9. Line two 20cm tins. Add two tablespoons of brown sugar and arrange a sliced banana on the bottom of each tin.
10. Bake for 30-35 minutes in a 165 degree oven. Cool in the tins for 10 minutes, and transfer to a cooling rack.

Naomi's Tangelo Karamea Caramel Sauce

Ingredients

Kia 75 karamu pata (75 g butter)

Kia haurua kapu huku hāura, huka muscovado rānei (½ cup brown sugar or dark muscovado sugar)

Kia 125 ritamano kirīmi (125ml cream)

He kini tote (A pinch of salt) 1-2 tangelos (rind only)

Method

Gently melt the pata and huka hāura in a pot until the butter has melted and the sugar has dissolved.

Add a few peels of tangelo rind to the pot and gently stir.

Pour in the kirīmi and tote. Simmer for 5 minutes, until it has thickened slightly. Remove tangelo rind and keep warm.

Assembly

Slice cake and drizzle the warm sauce over the cake

Pipe or dollop cream on top of each cake slice and garnish with decorative edible flowers

TIPS

1. Use mince to hide vegetables that are looking a bit tired and get vegetables into the meal for fussy eaters
2. Mince is freezable for up to 4 months once cooked
3. Chop finely revived vegetables to add to a dressing