

fresh*inspiration*

FRESH VEGETABLE INFORMATION FOR CHEFS AND FOOD PROFESSIONALS



Michael Van De Elzen, of Molten Restaurant and Liquid Molten Bar in Mount Eden, Auckland has had an extremely busy year.

Not only has he starred in his own television show – The Food Truck – but he has also written a recipe book – The Molten Cookbook. And for Mike, the ‘icing on the cake’ for 2011 was the arrival of his daughter, Hazel.

Mike, born and raised in West Auckland, has 25 years of experience in the kitchen. He worked at various Auckland restaurants before moving to London in 1998. While there, Mike worked for the internationally renowned restaurateur, Terence Conran, at the Bluebird Restaurant; he headed up the team for the opening of the Tate Modern Museum in London, serving 5,000 guests; he ran Bank, a 1,000-covers a day restaurant on the South Bank; and served many of London’s high profile celebrities. He was also Head Chef in a small luxury hotel which earned a Michelin star.

Back in Auckland, in 2004 he opened Molten in Mt Eden which serves a contemporary European menu combined with fresh Kiwi ingredients and an array of boutique wines. Five years later Liquid Molten opened next door and serves dishes designed to be shared and enjoyed with fine wines and cocktails. Mike and both restaurants have received many accolades over the years including the Lewisham Award for Outstanding Chef in 2008.

The Food Truck

The TV One series, The Food Truck, ran earlier this year (2011). It is both a cooking show and a factual series about the fast-paced, highly competitive world of fast food. It followed Mike, a secret admirer of fast food, as he attempted to create healthy, restaurant-quality alternatives to some of New Zealand’s fast food offerings. From fish and chips to hamburgers, pizzas to pies, all food was cooked in a domestic kitchen fitted into the back of a 1970 Bedford truck.

Each week Mike sampled a different fast food; he then created a healthy version. His cooking experiments, sometimes carried out in public, received feedback from the kiwi public and this helped him decide on his dishes. Some things he tried were outrageous, others just simple, but all had a common goal – a healthy take on familiar fast food classics, with just a touch of restaurant class.

Mike took The Food Truck to different events or gatherings; from concerts to festivals, campsites to sports events, with hundreds or thousands of people. Here he found out if New Zealanders wanted his healthy creations when they were asked to decide with their wallets.

IN THIS ISSUE:

- Cauliflower, cauliflower, cauliflower – see what top Hospitality students are creating with cauliflower.
- We launch the latest vegetable availability chart and encourage you to Go for Green and support New Zealand growers. Remember, images of New Zealand vegetables are available via the imagebank button on the vegetables.co.nz website.
- Our Lettuce celery-brate column champions achievements of our leading culinary professionals.
- Join our recipe club and receive a monthly recipe by email. Register on the home page of vegetables.co.nz

The vegetables.co.nz team

DIARY DATES:

6–9 April – Easter

1–5 May – WACS Congress Korea (World associations of Chefs Societies)

16–21 July – IFHE World Congress, Melbourne (International Federation for Home Economics)

19–21 July – NZ Culinary Fare, Auckland

5–8 September – ICDA Congress Sydney (International Congress Dietitians Associations)



The Molten Cookbook

Published in October 2011, the Molten Cookbook is the culmination of Mike’s 25 year-long cooking career. Mike shares some of his favourite recipes from Molten in a menu-style cookbook with photography by Babiche Martens.

Molten has received many accolades, including being named one of the Top 50 Restaurants in the World 2007 by USA Food and Wine, and being a finalist for Cuisine NZ Restaurant of the Year 2006 – 2011.

WelTec culinary students Lillian Poulgrain and Eunbyul Yu and Restaurant Service student Melissa Lind were the winning team and received the Toque d'or trophy at the Rendezvous hotel.



Three students from the Wellington Institute of Technology (WelTec) emerged triumphant after beating off fierce competition from around the country to take out the top spot at the prestigious 2011 Nestlé Toque d'or Competition.

WelTec culinary students Lillian Poulgrain and Eunbyul Yu, went head-to-head in the kitchen with 22 other culinary students to create six covers of a three-course meal in just two-and-a-half hours. The team's restaurant service competitor Melissa Lind then served the dishes to VIP guests attending the event.

A panel of 17 judges comprising local and international leading chefs and culinary professionals scrutinised the team's every move before later declaring them the overall winners.

Students were judged on taste of the food, professionalism, working

methods, knife skills, hygiene, minimisation of waste and front-of-house beverage delivery and service. Menus also had to be prepared in advance and were judged on the use of correct terminology and recipe development.

Fresh New Zealand grown vegetables featured in the petite salad appetiser, the entree and the main dish.

This year's judging panel was led by SKYCITY Director of Kitchens Mark Wylie. "The judges are never an easy panel to impress but, once again, they were pleased with the students' professionalism and creativity."

An award aimed at recognising recipe innovation using Nestlé Professional products was presented to the Culinary Institute of New Zealand.

Sponsors of this year event included: Nestlé Professional, Beef + Lamb New Zealand, vegetables.co.nz, Akaroa Salmon and The House of Knives.



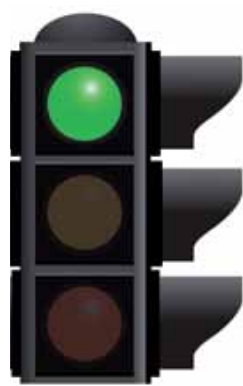
THE 2011 JUDGING PANEL: BACK ROW L-R Des Harris, Darren Wright, Tony Taylor, Cameron Lawless, Michael Van de Elzen, Mark Sycamore **MIDDLE ROW** John Allred, Jeremy Schmid, Simon Houghton, Roberto Manuel, Michael Kirk, Phillip Russell **FRONT ROW** Brad McLynn, Julie Woodyear-Smith, Mark Wylie, Adam Cunningham, John Snowball.

WHERE YOU GO TO DISCOVER GREAT TASTING, CREATIVE VEGETABLE IDEAS...

vegetables.co.nz

Go for green - support the New Zealand grower

Vegetable Availability



PLENTIFUL

SHORT SUPPLY

UNAVAILABLE

IMPORTED

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes - globe	Yellow	Red	Red	Red	Red	Red	Red	Red	Yellow	Green	Green	Green
Artichokes - Jerusalem	Red	Red	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Red	Red	Red
Asian greens	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Asparagus	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Green	Green	Green
Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beans - imported	Red	Red	Red	Red	Grey	Grey	Grey	Grey	Grey	Red	Red	Red
Beetroot	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Broccoli	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Broccolini - slender stems	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Brussels sprouts	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Red	Red	Red
Brussels sprouts - imported	Grey	Grey	Grey	Red	Red	Red	Red	Red	Red	Red	Red	Red
Buttercup squash	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red	Red	Green
Butternut	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow
Cabbages	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Capsicums	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Green	Green	Green
Carrots	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cauliflower	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Celery	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Chillies	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow
Chokos	Red	Red	Red	Yellow	Yellow	Yellow	Red	Red	Red	Red	Red	Red
Courgettes	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green
Courgettes - imported	Red	Red	Red	Red	Grey	Grey	Grey	Grey	Grey	Red	Red	Red
Cucumbers - short	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green
Cucumbers - telegraph	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Egg plant	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Fennel	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Garlic	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red	Green
Garlic - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Ginger - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Herbs	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Kumara	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Leeks	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lettuce - indoor	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lettuce - outdoor	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Melons	Green	Green	Green	Green	Grey	Grey	Grey	Grey	Grey	Green	Green	Green
Mushrooms	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Okra	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Onions - brown	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Onions - red	Green	Green	Green	Green	Green	Green	Green	Grey	Grey	Grey	Grey	Green
Parsnips	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Peas	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Green	Green
Potatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Puha	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green
Pumpkin	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Radishes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Rhubarb	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Yellow	Yellow
Salad mixes - mesclun	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Silverbeet	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Snow peas	Green	Green	Green	Green	Grey	Grey	Grey	Grey	Grey	Green	Green	Green
Spinach	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Spring onions	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sprouted beans and seeds	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Swedes	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Yellow
Sweet corn	Green	Green	Green	Yellow	Red	Red	Red	Red	Red	Red	Red	Yellow
Taro - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Tomatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tomatoes - imported	Green	Green	Green	Green	Grey	Grey	Grey	Grey	Green	Green	Green	Green
Turnips	Yellow	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Watercress	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Witloof	Red	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Red
Yams	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow

Variations will occur in different growing regions and with weather conditions in a particular season.



2011 THE GREAT NEW ZEALAND VEGETABLE DISH FINALISTS

HSI, in partnership with vegetables.co.nz, invited New Zealand school students to enter the 2011 cooking competition, 'The Great New Zealand Vegetable Dish – an HSI Junior Hospitality Challenge Special'. Students in year 11–year 13 were eligible for this competition.

The dish had to star cauliflower as the key ingredient and all vegetables used were fresh New Zealand grown vegetables.

The finalists' recipes will be available at vegetables.co.nz in November. The first, second and third placings will also be announced and awarded in November. The judges were; Mark Wylie, Director of Kitchens, SKYCITY. Jeremy Schmid, Chef/Owner of Two Fifteen, Auckland. Pip Duncan, Food Services Consultant, vegetables.co.nz and Mark Dronyak, Manager, Schools HSI.

CONGRATULATIONS TO THE SUCCESSFUL FINALISTS (in alphabetical order of schools)



Botany Downs Secondary School, Auckland

STUDENT Andrea Swart

DISH Cauliflower soufflé with blue cheese and nutmeg.

TEACHER Prue Rehu



Hamilton Girls' High School, Hamilton

STUDENT Cassie Dean

DISH Spicy cauliflower with chickpeas.

TEACHER Irma Cooke



Howick College, Auckland

STUDENT Broghan Lamb

DISH Decadent cauliflower soup with roasted red capsicum purée and toasted pumpkin seeds.

TEACHER Rachel Emmanuel



Napier Girls' High School, Napier

STUDENT Sarah Stoney

DISH Cauliflower rice and lime confetti salad.

TEACHER Sarah Shand

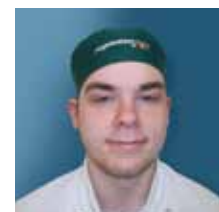


Nelson College, Nelson

STUDENT Richard Craig

DISH Duo of cauliflower: Sous vide cauliflower with melba toast and pear puree; Cauliflower panna cotta with a blue cheese foam.

TEACHER Quinton Gately



Oxford Area School, North Canterbury

STUDENT Mitchell Fowler

DISH Curried cauliflower with cardamom and mustard, served on yellow rice.

TEACHER Maryon Beer



Palmerston North Girls' High School, Palmerston North

STUDENT Sheila Cagaoan
DISH Manawatu cauliflower and Foxton Beach crab tower with lemon.
TEACHER Vanessa Taylor



Queen's High School, Dunedin

STUDENT Chanelle Carter
DISH Cauliflower medley: Simple cauliflower; Pickled cauliflower; and Ranch cauliflower, served with soda bread.
TEACHER Karen Oben



Southland Boys' High School, Invercargill

STUDENT Nico Parry
DISH Cauliflower croquettes.
TEACHER Scott Richardson



St Patrick's College, Upper Hutt

STUDENT Patrick Cook
DISH Cauliflower cake.
TEACHER Nicola Potts



Te Kura Kaupapa A Rohe O Mangere, South Auckland

STUDENT Michaela McLoughlin
DISH Cauliflower, kamokamo and horopito pickle.
TEACHER Angela Batt



Wainuiomata High School, Wainuiomata

STUDENT Roger Whioke
DISH Cauliflower and goat's cheese parcels with spinach.
TEACHER Sarah O'Neil



Waitaki Girls' High School, Oamaru

STUDENT Rakayla McGartland
DISH Cauliflower tasting plate: Blue cheese and cauliflower soup; Parmesan and parsley crumbed cauliflower; Cauliflower fritters.
TEACHER Pam Ambler



LEFT TO RIGHT Judges, Jeremy Schmid and Mark Wylie.

WHAT IS A NEW POTATO?

After years of consumer confusion about what constitutes a new potato, and after extensive industry-wide consultation, potatoes New Zealand has defined a new potato as “a young potato characterised by soft skin, so delicate it can be easily flicked off with your fingers”.



Thai Potato Salad

POTATOES: THE ROOT OF INNOVATION

Year after year, potatoes remain the best-selling side dish in foodservice. Even the simplest side of creamy mashed or crispy roasted potatoes has the power to upsell any main it is paired with. Make the most of potatoes' popularity to build profits across your menu. Few ingredients are so well-loved and offer such great value for their food cost.

TODAY'S POTATO: THINK POPULAR – THINK CREATIVE – THINK HEALTHY

Think about it:

- Potatoes are one of the main attractions in any menu – they are the most popular side dish
- Potatoes lead by a huge margin in both dollars and volume. Why? Simply because people love them
- The opportunities with potatoes are virtually limitless. Why? Because the more creative you get with potatoes, the more you can tap into their popularity.

5 WAYS TO GET CREATIVE ABOUT POTATOES

1. A little colour can add a lot of green

Studies show that adding greens and other fresh vegetables to potato salads and sides improves their fresh, 'just made' appeal – and their sales.

- Add colourful vegetables with crunch – like diced capsicums, snap peas or carrots
- Replace tried-and-true garnishes like parsley or chives, with eye-catching contemporary greens such as red endive, baby bok choy or radicchio.

2. Reinvent potato salads

Classic white potato salad is a great basic mainstay, but don't stop there. Leave out the mayo and add ethnic, low-fat or regional accents.

- **Cubano:** Toss red and purple potatoes with black beans, capsicums, corn, chopped pickles and olives. Dress with olive oil, lime juice, cumin and chilli powder
- **Rockin' Moroccan:** Toss potatoes with artichoke hearts and chickpeas; season with harissa, lemon, coriander and mint
- **Ponzu:** Toss potatoes with soy sauce, lemon juice, sesame oil, minced spring onions and toasted sesame seeds.

3. Did you know?

That menu mentions of potatoes in the USA's top 350 chain restaurants have increased 12% since 2006.¹ These companies know what sells, and they're constantly being innovative with potatoes.

Potatoes are a familiar comfort food that are the perfect canvas for any on-trend flavour accent. Check out these ideas:

- Baked Potato Pizza
- Kimchi Smashed Potatoes
- Vegetarian Stuffed Baked Potatoes with Seasonal Vegetables
- Garlic and Parmesan Mashed Potatoes
- Salade Niçoise with Potatoes
- Potatoes Romanoff
- Steak and Potato Salad
- Baked Potato Salad
- Baked Potato Soup

¹U.S. Potato Board Consumer Attitude & Usage Study, 2011

4. Sell health appeal

Give your customers potatoes in lighter presentations that deliver big-time satisfaction, bold flavour and outstanding nutrition.

Create healthier potato dishes by:

- Adding low-fat yoghurt, sour cream, mayo, vinaigrette, pesto, tapenade and other flavourful dressings
- Leaving the skin on potatoes – many nutrients lie just below the skin
- Offering baked potatoes with healthy, low-fat toppings like salsa, chilli or low-fat yogurt flavoured with herbs
- Replacing butter in traditional mashed potatoes with olive oil, flavoured oils or stock
- Adding colour and flavour by using spices in reduced-fat potato dishes – try ethnic flavours such as Moroccan and Indian.

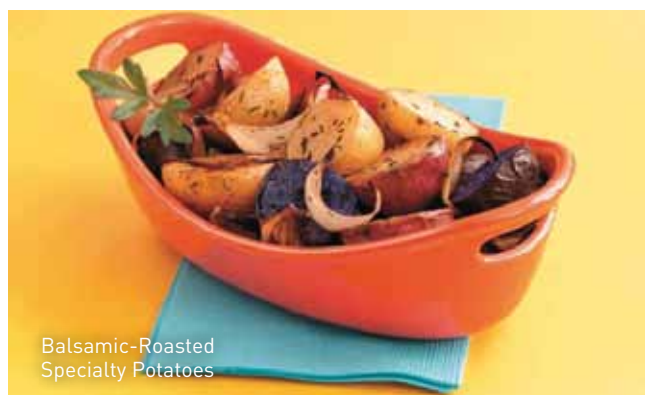
Offer a gluten-free option by preparing classic pasta salads with potatoes.

5. Spread the word

- Influence diners with signage at salad bars, or descriptions on menus that jump-start new potato offerings
- Feature meal combos that pair mains such as chicken with potato sides and salads
- Train your staff and give them incentives to recommend profitable potato items as an add-on with mains
- Make the most of themed sales opportunities, such as sports events, with picnic or barbeque programmes that feature potato salads.

Pick a trend. Pick a cuisine. Potatoes can fit right in – and satisfy cravings for comfort and novelty at the same time.

Try your own state of the spud recipes.



Balsamic-Roasted Specialty Potatoes



Spicy Buffalo Wedges



Greek Potato Salad

EVERYTHING GOES WITH POTATOES! VISIT OUR WEBSITE FOR TASTY MEAL IDEAS...

potatoes.co.nz

LETTUCE CELERY-BRATE



LEFT One of Elliott's winning dishes **RIGHT** Elliott Pinn – What fresh New Zealand grown vegetables would you serve with this fish?

WINNING STREAK

Elliott Pinn of The George Hotel in Christchurch was named New Zealand's top Hospitality apprentice in the national annual Hospitality Standards Institute Modern Apprentice of the Year competition.

Elliott also won the NZ-UK Link Foundation award and receives a four-week work experience placement in England organised by famed Kiwi restaurateur Peter Gordon, including a week in Gordon's popular London restaurant, The Providores.

In the competition Elliott designed and cooked a three-course menu based on a mystery box of ingredients given to each of the contestants on the day. His winning menu was a Sole boudin cauliflower with warm mussel salad, followed by Roast free-range corn-fed chicken, pumpkin puree, vegetable textures and feta croquette. His dessert was Dark chocolate marquise, with shortbread crumble and a spiced coconut sorbet.

SUMMER TOP FIVE FAVS



Marisa Bidois

Chief Executive Officer, Restaurant Association of New Zealand

Favourite five summer vegetables:

- Corn cobs – microwaved and topped with freshly ground salt, pepper and butter!
- Rocket and diced melon – great with chargrilled steaks
- Mint – fresh from the garden and added to everything; salads, dressings, vegetables and chilled water
- Cherry tomatoes with courgette chunks on kebabs brushed with olive oil and barbecued
- Red capsicum and chilli salsa.



Tim Aspinall

Head of School, North Shore International Academy

Favourite five summer vegetables:

- Tomatoes – straight from the vine
- Watercress – with chunks of roasted beetroot, served with blue cheese dressing
- Roasted kumara – with cashews nuts served on a bed of rocket
- Eggplant and courgette – char grilled slices
- Tabbouli – with loads of garlic and parsley.



Christine Stewart

New President, Dietitians New Zealand

Favourite five summer vegetables:

- Tomatoes – sliced and stacked with basil and feta, or cherry tomatoes on top of a pizza – I love the warm pop!
- Asparagus – served warm, rolled in thin sliced brown bread
- Red capsicum – stuffed with rice pilaf and baked
- Beetroot – jellied like Mum used to, or served as a dip, roasted and dressed with balsamic vinegar, or in a chocolate cake!
- Broccoli – lightly cooked, then finely chopped and mixed with cooked onion and Parmesan cheese and piled on top of a slice of bruschetta.



ALL THE BEST JOHANN...

Johann Wohlmuther established CHATS, at MIT and has been Head of School for the past 15 years.

Best wishes to Johann as he embarks on the next stage of his career as a consultant at hospitality on the move. Johann shares some of his wisdom as he leaves the world of academia.

Waiters – who are they?

Waiters, (not waitresses, waitpersons, food and beverage attendants, service staff) are professionals just like accountants, electricians, plumbers and chefs. Waiter is a generic term for a profession which requires skills, knowledge and good attitudes. Several articles have been written about service standards in New Zealand; however, the most important point that needs addressing is that Food and Beverage Service needs to be acknowledged as a profession. For years I have promoted this issue with some success, however, the progress is too slow. I am proud to have the personalised number plate "WAITER" on my Mercedes which I hope indicates that a waiter is a high class profession.

Waiters are professionals who require training and experience just as chefs do. However, the status of a waiter is very much below that of a chef; why is that?

Chefs have become megastars overseas and in New Zealand. Chef/food programmes are beamed into our homes 24 hours a day. Local stars have become household names. Does this mean that our dining experience has reached new heights? Unfortunately the answer is no because Food and Beverage Services have not kept up with the high standards set by chefs.

Chefs have raced ahead in their quest for recognition and fame and left the waiter behind. For the waiter and chef to become equal in importance in our meal experience we need the cooperation of chefs.

Let us work together in the quest to give our guests fun, excitement and joy when eating out, and to achieve our goal of having the waiter equally important to the chef in our meal experience.

JO WILSON

President HETTANZ 2011 – 2013 shares with Fresh Inspiration...



Vegetables are a staple in our house as I love vegetables and I am happy to have endless meatless meals.

My favourite summer vegetables include egg plant grilled on the BBQ, served in a roasted vegetable salad or turned into a scrumptious dip served with raw veges; beans cooked on the BBQ or steamed and served in a salad or on their own; golden corn cobs drizzled with lashings of butter; cauliflower, used raw in salads or steamed with a few dots of blue cheese on top and slow oven-roasted beetroot drizzled with balsamic vinegar.

Last year I completed my Masters in Education; it was a long journey but a worthwhile one. I have taught Home Economics at Tauranga Boys' College for 20 years and absolutely love it. I am now Head of Department and have three other full-time staff teaching Home Economics or Hospitality.

The boys I teach are great, they give nearly everything an honest try. My Year 12 boys even make vegetarian meals! However, they sometimes tell me "this would be good with a chop or a sausage, Miss."

Congratulations to Glenda Gourley on her latest book. Glenda is Food and Education Consultant to Potatoes NZ.



VEGE NOTES



INDIAN VEGETABLES

Indian vegetables include leafy vegetables, seeds, pods, herbs and unusual members of the gourd family.

Some of the vegetables included are;



TARO LEAVES

There are two varieties of Indian Taro leaves – red stemmed and green stemmed. Pacific Island Taro has larger leaves and is widely used in Pacific Island cuisine, often with coconut milk.

Taro leaves are often spread with spicy peaflour batter, rolled up and panfried or steamed.



BITTER MELON

Bitter melon is a tropical plant and the fruit has an extremely bitter taste, which is due to the presence of a non-toxic substance.

The fruit is sliced in half, seeds removed, thinly sliced, placed in muslin, the juice squeezed out and discarded and the flesh made into a curry.



CURRY LEAVES

These leaves have a citrus-like smell and taste. It is an important flavouring in Asian cuisines. Leaves can be used in dishes and removed before the food is eaten or used ground or crushed.

It is also important folk medicine in China and other Asian countries for centuries.



SNAKE BEANS (Chori)

Snake beans are the same species as cow peas, but a different subspecies, and are generally eaten as an immature pod. Although only distantly related to the common bean, it is used in similar ways, rather than for its seeds. Usually harvested when 30–50 cm long. Some have green seeds and some red. Usually sliced and added with tomatoes and spices to make curries.



TINDORI (Galora)

This looks a lot like a gherkin. It is generally sliced very thinly lengthwise and cooked slowly with onion and spices until tender. It cannot be eaten raw.

Available for download
Indian Vegetables Booklet
vegetables.co.nz

MICHAEL NEWLANDS



Michael Newlands is the new Head Chef at Bracu Restaurant and the Pavilion on The Simunovich Olive Oil Estate in the Bombay Hills. After training at Massey University, Wellington, Michael went on his big OE; career highlights include working for Andrew McConnell at Cicra in Melbourne and for Brett Graham at The Ledbury in London.

Michael shares his menu;

Celebrate with fresh New Zealand grown vegetables

Fresh soups served 'Amuse Bouche': Kumara and rosemary and Smoked potato with parsley

Spring leeks vinaigrette, cured salmon, broken egg and celery

Braised rainbow chard with sweet shallots, local yoghurt and crispy onions

Fricasse of broccoli and smoked tomatoes, toasted almonds and basil

Salad of potatoes, artichokes, walnuts and watercress

Baby cos Caesars

Caramelised endive tarts, radicchio, crispy duck with a mango vinaigrette

Breads and oils

A selection of petit fours and fresh fruit.

VENISON AND VEGES

Introducing the Farm-Raised Venison and vegetables.co.nz Recipe Competition 2011/2012.

Deer Industry New Zealand and Vegetables.co.nz have teamed up to reward food writers who encourage their readers to make healthy and delicious meal decisions. To be eligible, recipes must be published between 1 November 2011 and 31 March 2012 using fresh New Zealand grown vegetables and New Zealand farm raised venison.

There are 3 categories: recipe for family meal; recipe for a special occasion; a healthy recipe. There will also be an overall winner. You may submit as many entries as you wish, and in more than one category.

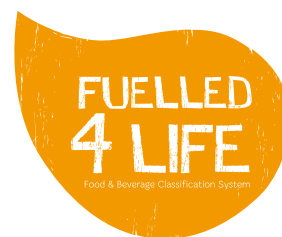
The judges are Chef Graham Brown, Cervena International Chef; Chef Alan Brown, Senior lecturer, AUT; Innes Moffat Marketing Manager, DINZ; and Pip Duncan, Foodservice Consultant, Vegetables.co.nz

For competition and prize details visit; vegetables.co.nz/chefs. For information about venison visit; nzvenison.com/venisoncuts.

New Zealand Venison

FUELLED4LIFE

Fuelled4life is the new brand name for the Food and Beverage Classification System in schools and early childhood education (ECE) services. Fuelled4life is all about young people getting a great start to life through healthy eating. Food companies can now register their products with Fuelled4life and a Buyers' Guide will be available to schools and ECE services in the new year. All fresh New Zealand vegetables are everyday foods.



Vegetables.co.nz is working with the Fuelled4life team on a range of vegetable soups and salads suitable for canteens and ECE services to produce for children.

For more information go to: www.fuelled4life.org.nz or email Larissab@heartfoundation.org.nz