



Trailblazers:

The

# New Zealand

Story



# Recipes





# FISHCAKES WITH CURRY MAYONNAISE



## Ingredients

### Fishcakes

- 1-1/8 cup milk
- 1-1/8 cup water
- 1 bay leaves
- 8 black & white peppercorns
- 1 pound fish (snapper, hapuka, kingfish, tuna, salmon), trimmed
- 1 tbsp olive oil
- 1/2 green capsicum, finely diced
- 1/2 red capsicum, finely diced
- 1 long red chilli, deseeded and finely diced
- 1 large Desiree potato, baked
- 1 tsp fresh ginger, grated
- 1 tsp grated garlic
- 1 lime, juiced
- 1 tbsp mayonnaise
- 4 leaves basil, chopped
- drop of Tabasco sauce
- 1 lime, juiced salt
- coriander to serve
- 1 egg
- Heaping ¾ cup flour
- Panko bread crumbs

### Mayonnaise

- 1 cup mayonnaise
- Curry powder to taste

## Directions

1. In a large saucepan, bring milk, water, bay leaf, and peppercorns to a simmer. Poach the fish in this liquid until just cooked, then cool down quickly.
2. In a medium frying pan, heat the olive oil and sweat off capsicum, chilli, garlic and ginger over a low heat, careful not to colour. Set aside to cool.
3. Combine fish, baked potato, and sweated capsicum, chilli, garlic and ginger, then add the mayonnaise and basil. Season with lime juice, Tabasco and salt. Allow the mixture time to set in the fridge so it is easier to roll.
4. Roll fish cakes in to balls weighing approximately ½ oz. Pane the fishcakes by coating them in flour then egg then crumbs. Deep fry fish cakes until golden brown and cooked through. Serve with curry mayonnaise and fresh coriander; makes 20.





# KIWI SALSA



## Ingredients

- 3 -4 ripe kiwi fruits, peeled, carefully chopped
- 1/4 cup pomegranate seeds (arils)
- 1/2 avocado, peeled and chopped
- 1 tablespoon green onion, thinly sliced
- 1 tablespoon chopped jalapeno pepper (fresh or canned)
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon olive oil
- salt and pepper

## Directions

1. Place the kiwifruit, pomegranate seeds, avocado, green onion and olive oil in a medium sized bowl.
2. Starting with just a teaspoon of chopped jalapeño, gently fold in and add more to your desired level of heat. Add cilantro. Add salt and pepper to taste.
3. Makes about 1 1/2 cups.



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# MINI LAMB PIES



## Ingredients

- 2 Tbsp Olive oil
- 1 Onion
- 2 cups Lamb mince
- 2 cloves Garlic
- 1 Tbsp Tomato paste
- 1 Tbsp Flour
- ¼ cup Water
- ¼ cup Fresh parsley
- 1 to taste Salt & freshly ground pepper
- 5 sheets Puff pastry
- 1 Tbsp Milk
- 1 Egg

## Directions

1. Heat a saucepan, add olive oil, finely diced onion and NZ beef or lamb mince. Cook over a medium heat for 10 minutes until onion is softened and the mince browned. Add chopped garlic cloves and tomato paste and cook for one minute more.
2. Sprinkle over flour, add water and stir to combine. Simmer for five minutes, stirring regularly. Stir in chopped fresh parsley and season with salt and pepper to taste. Set mixture aside to completely cool.
3. Heat oven to 210° C. Grease a 12-hole standard muffin tin. Using a 10cm round cookie cutter, cut 12 pastry circles and press these into the muffin holes to form pastry cases. Spoon mince into pastry cases to fill evenly.
4. Place cut-to-fit pastry circles on top of filling to form lids. Use egg glaze (1 egg beaten with 1 tbsp milk) to stick lids down, then brush surface of each pie with the glaze. Bake for 25 to 30 minutes or until puffed and golden brown.







# KELP BUTTER



## Ingredients

- 10.5 tbsp unsalted butter
- 3 tbsp fresh parsley
- 2 tsp Garlic kelp
- 2 fresh garlic cloves,
- Crushed Freshly ground black pepper to taste
- Optional: finely chopped chilli pepper to taste

## Directions

1. Mix all the ingredients together and transfer to a ramekin dish or make into a log.
2. Wrap in film paper and refrigerate until needed.
3. Serve on crostinis, steamed vegetables or as a garnish on fish & seafood. May also serve crostini for an appetizer with grilled shrimp on the top.



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# ANZAC BISCUITS



\*Developed during food restrictions in WWI because it has no eggs. Dedicated to the NZ soldiers and there is a national holiday on 4/25.

## Ingredients

- 2 cups (180g) rolled oats
- 1 cup (150g) plain (all-purpose) flour
- $\frac{2}{3}$  cup (150g) caster (superfine) sugar
- $\frac{3}{4}$  cup (60g) desiccated coconut
- $\frac{1}{3}$  cup (115g) golden syrup
- 125g unsalted butter
- 1 teaspoon bicarbonate of (baking) soda
- 2 tablespoons hot water

## Directions

1. Preheat oven to 160°C (325°F). Place the oats, flour, sugar and coconut in a bowl and mix to combine.
2. Place the golden syrup and butter in a saucepan over low heat and cook, stirring, until melted. Combine the bicarbonate of soda with the water and add to the butter mixture. Pour into the oat mixture and mix well to combine.
3. Place tablespoonfuls of the mixture onto baking trays lined with non-stick baking paper and flatten to 7cm rounds, allowing room to spread. Bake for 8–10 minutes or until deep golden. Allow to cool on baking trays for 5 minutes before transferring to wire racks to cool completely. Makes 35.



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