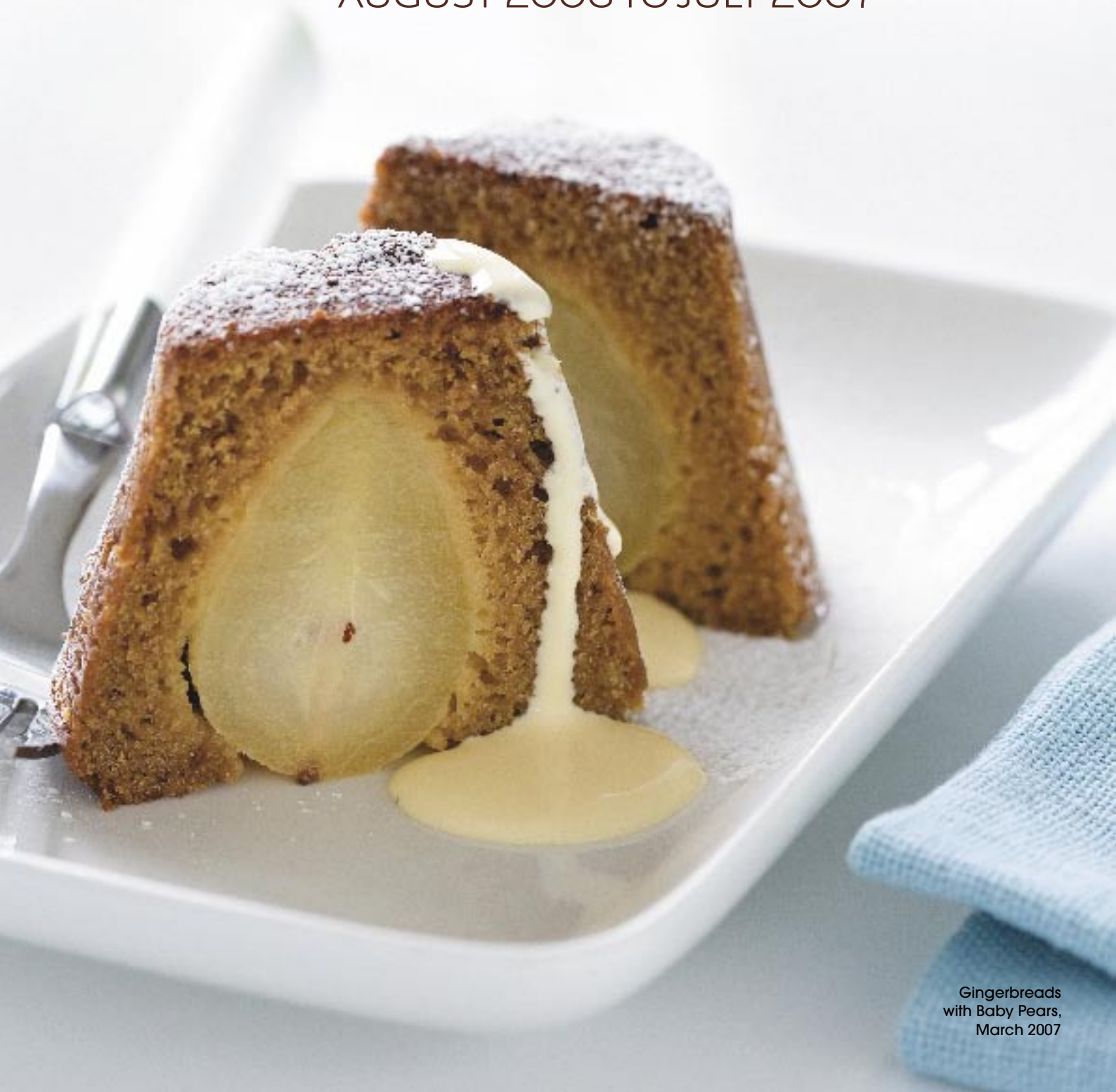


Taste

RECIPE INDEX

AUGUST 2006 TO JULY 2007



Gingerbreads
with Baby Pears,
March 2007

RECIPES ARRANGED ALPHABETICALLY IN FOOD GROUPS.
THE PAGE NUMBER FOR EACH RECIPE IS GIVEN IN BOLD AFTER THE ISSUE MONTH

A

ALMONDS

- Almond & mint pesto with spaghetti..... May **27**
- Almond angel cakes with poached pears..... October **101**
- Almond cake..... May **87**
- Brussels sprouts with almond burnt butter July **115**
- Lamb cutlets with almond tabbouleh..... December **97**
- Lemon & almond cake August **47**
- Pumpkin, almond & feta salad..... May **101**
- Semolina, orange & almond syrup cake January **66**
- Wee choc almond cupcakes March **98**

APPLES

- Appelbol October **129**
- Apple & blackberry pie..... March **61**
- Apple & feijoa crumble..... April **86**
- Apple brown Betty..... July **93**
- Apple fritters..... February **69**
- Apple, ginger & fennel marinade for pork January **94**
- Apple, raspberry & white chocolate crumble June **86**
- Apple, rhubarb & berry crumble..... April **103**
- Apple soufflé with caramelised apples & toffee crab apples..... July **112**
- Apple tartlets August **56**
- Chicken, walnut, apple & crispy sage sandwiches November **66**
- Crêpes with apple, raisin & ricotta..... July **15**
- Free-form apple pie..... October **84**
- Nutty apple streusel cake February **98**
- Pork fillet with hazelnut vinaigrette & fried apples... March **60**
- Raspberry, apple & vanilla compote November **69**
- Stella's spicy apple or rhubarb cake..... April **74**
- The Store's apple & walnut slice May **18**
- Upside down apple cakes..... October **111**

APRICOTS

- Apricot & coconut slice August **13**
- Apricot chocolate caramel slice..... October **79**
- Apricot glaze August **56**
- Apricot jam March **36**
- Baked apricot cheesecake..... August **22**
- Baked apricot spicy fudge pudding July **84**
- Pam's apricot, blueberry & gingernut trifle..... February **15**

ARTICHOKES

- Artichoke & rice salad..... February **37**
- Artichoke risotto February **42**
- Artichokes with balsamic vinegar & parmesan..... November **43**

- Haloumi with broad beans & artichokes..... January **59**
- Pasta butterflies with lemon & artichokes..... November **44**

ASIAN GREENS

- Garlic soy greens..... October **60**
- Smoked chicken, bok choy & cashew pilaf..... August **120**

ASPARAGUS

- Asparagus..... December **31**
- Asparagus & lemon risotto September **46**
- Asparagus & mint prosciutto wraps..... November **89**
- Asparagus soup November **34**
- Baked ham & eggs with asparagus December **40**
- Classic asparagus salad..... September **48**
- Crispy asparagus & saffron rice roll with wasabi yoghurt February **103**
- Fresh salmon, asparagus & bocconcini pizza November **81**
- Pam's asparagus tarts November **17**
- Roasted asparagus with walnuts & haloumi..... September **48**
- Steamed asparagus bundles December **105**
- Stir-fried asparagus with sesame September **46**

AUBERGINE *(see also eggplant)*

- Turkish roasted aubergines..... December **49**

AVOCADO

- Avocado & prawn cocktail March **105**
- Chicken & avocado salad February **91**
- Chicken with watercress, avocado & baby potatoes September **79**
- Corn & avocado salsa with lime October **63**
- Hot-smoked salmon & avocado club sandwiches..... November **62**
- Hot-smoked salmon & avocado cocktails December **28**
- Prawn & avocado cocktail with herb crostini November **78**
- Pumpkin & chive soufflés with watercress & avocado May **74**
- Smoked salmon & avocado sandwiches October **36**

B

BACON

- Bacon & egg pies April **44**
- Bacon, bean & pasta soup July **101**
- BLTs..... June **94**
- Chicken, broccoli & bacon gratin..... April **105**
- Lentil & bacon soup..... June **105**
- Mini bacon & egg tartlets July **75**
- Mini quiches with smoky bacon September **57**

- Pam's grilled bacon with spicy French toast April **15**
- Potato purée with bacon & toasted crumbs November **38**
- Spinach, bacon & egg salad September **86**
- Spinach, bacon & new potato salad..... March **77**
- Witloof, bacon & blue cheese salad..... January **79**

BALSAMIC VINEGAR

- Balsamic beef fillet, sautéed potatoes & honeyed vegetables..... September **80**
- Butter beans with pancetta & balsamic vinegar..... May **44**
- Rosemary & balsamic baked potatoes & pumpkin..... May **42**

BANANA

- Banana & ginger Tatins April **65**
- Banana bread..... January **71**
- Banana chocolate muffins..... October **77**
- Banana, pecan & granola yoghurt pot..... March **130**
- Brandy snap baskets with vanilla ice cream & rum bananas March **13**
- Decadently gooey banana cream pie January **115**
- Pineapple & banana iceblocks February **78**
- Tajadas (fried ripe plantains) January **129**
- Winter banana pudding with caramel sauce..... June **66**

BARBECUE

- Barbecued monkfish on crushed Jersey Bennes February **29**
- Barbecued tortilla wedges February **13**
- BBQ butterflied leg of lamb with lemon potatoes & olives January **62**
- BBQ chicken with Asian slaw October **74**
- BBQ pork butterflies with Dutch potato salad December **76**
- Louisiana BBQ hot wings November **127**
- Marinated barbecue prawns..... January **114**
- Twice-cooked Louisiana BBQ ribs November **126**

BEANS

- Bacon, bean & pasta soup July **101**
- Baked beans with roasted tomatoes January **49**
- Black bean chilli with nectarine salsa..... February **66**
- Black beans with sour cream & avocado April **30**
- Butter bean, lemon & herb pâté with Melba toast.. July **121**
- Butter bean soup with pancetta..... July **120**
- Butter beans with pancetta & balsamic vinegar..... May **44**
- Caraotas negras (black beans)..... January **129**
- Cassoulet June **72**
- Cinnamon chicken with white bean salad August **135**
- Eggplant & white bean salad October **38**
- Flounder with beans & tomatoes..... April **91**
- Green bean & mango salad with coconut dressing December **50**
- Green beans & new potatoes January **33**
- Green beans with toasted hazelnut & buttered crumb topping..... January **34**
- Haloumi with broad beans & artichokes..... January **59**



Barbecued Monkfish on Crushed Jersey Bennes, February 2007

- Lamb with rosemary butter beans..... May **64**
- Lamb chops with squashed lemon butter beans August **94**
- Lemon buttered beans December **57**
- Pork with five-spice, walnuts & green beans April **90**
- Posh beans on toast October **93**
- Snapper fillets on mixed bean salad November **102**
- Spanish beans with ham December **40**
- Steamed bean bundles December **105**
- Stewed green beans May **36**
- Tarakhi with green bean salad June **83**
- Toulouse sausage & butter bean casserole..... July **122**

BEEF

- Balsamic beef fillet, sautéed potatoes & honeyed vegetables..... September **80**
- Beef & Guinness pie with walnut pastry July **82**
- Beef fajitas with avocado, corn & red onion salsa.. February **62**
- Beef tenderloin with pumpkin relish October **97**
- Carne mechada (shredded beef)..... January **129**
- Cottage pie August **67**
- Empanadas April **122**
- Fillet of beef with prosciutto crust December **30**
- Herb-crumbed beef schnitzel with Waldorf salad ... March **73**
- Herb marinade for beef or lamb..... January **93**
- Italian-flavoured pot roast June **74**
- Little wonton cups with Thai beef salad..... October **109**
- Meatballs in tomato sauce August **64**



Old-fashioned Corned Beef with Parsnip Mash & Mustard Sauce, July 2007

Meatballs with hummus, mint & lemon dip.....	July 75
Minute steaks, fried red onion & orzo salad.....	December 78
New York luxury burger.....	January 26
Old-fashioned corned beef with parsnip mash & mustard sauce.....	July 109
One-pot spaghetti & meatballs.....	May 73
Peppered beef fillet with mushrooms.....	July 42
Preservatory's beef cakes.....	April 20
Rigatoni with bolognese sauce (ragù).....	August 65
Seared beef with rocket & parmesan.....	January 76
Singapore noodle & beef stir-fry.....	August 80
Sliced steak with red wine sauce.....	December 57
Spanish beef & chorizo ples.....	June 76
Standing rib of beef.....	August 52
Steak with green salsa.....	June 117
Stir-fry beef & broccolini with oyster sauce.....	April 89
Thai beef & fresh pineapple skewers.....	January 84
Venezuelan pabellon.....	January 129
Warm steak & blue cheese salad.....	August 92

BEETROOT

Baby beet & orange salad with rocket & pecorino.....	February 81
Mark's hapuku rosti with baby beets, carrots & lime butter sauce.....	April 133
Pumpkin ravioli with beetroot purée & haloumi.....	June 102

Radicchio & beetroot in wine vinegar with crumbled pecorino.....	March 31
Roasted beetroot & pear tarte Tatin.....	January 18
Roasted beet salad.....	November 20
Smoked fish, beetroot & potato salad with horseradish dressing.....	January 78

BERRIES

(see also blackberries, blueberries, raspberries, strawberries)

Apple, rhubarb & berry crumble.....	April 103
Berry porridge.....	June 119
Fresh fruity smoothies.....	September 64
Fruit bowl.....	June 92
Orange, watermelon, berry & passionfruit salad.....	October 102
Red berry coulis.....	November 70
The FirePot Cafe's berry oatie slice.....	June 22

BISCUITS

Allspice chocolate Florentines.....	April 67
Amaretti.....	May 96
Biscotti.....	August 20
Bobby's peanut biscuits.....	April 94
Cardamom shortbread buttons.....	June 52
Chocolate & coconut cookies.....	September 64
Chocolate crinkles.....	June 50
Chocolate-dipped apricot biscotti.....	January 53
Chocolate Easter biscuits.....	March 83
Chocolate hokey-pokey biscuits.....	February 85
Christmas biscotti.....	December 72
Coconut baci.....	May 88
Decorated chocolate biscuits.....	September 69
Florentines.....	December 73
Fruit and nut biscotti.....	October 77
Fudge cookies.....	December 135
Gingerbread rocking horses & teddy bears.....	April 60
Ginger crispies.....	April 93
Hazelnut Anzac biscuits.....	June 51
Heart biscuits with strawberries.....	February 14
Highlander Kiwi crisps.....	August 97
Iced lemon biscuits.....	October 40
Jaffa butter biscuits.....	March 94
Lemon & lavender shortbread.....	October 118
Lemon kiss cookies.....	July 61
Marrakech cookies.....	June 52
Nut wafers.....	June 50
Pistachio tuiles.....	January 53
Toll house cookies.....	November 75
Walnut shortbread.....	February 114
White chocolate & cranberry oaties.....	February 87

BLACKBERRIES

Apple & blackberry pie.....	March 61
Baked blackberry & stem ginger pudding.....	February 135
Blackberry cake.....	February 30

BLUEBERRIES

Blueberry & pistachio cream.....	November 70
Blueberry & white chocolate muffins.....	December 83
Blueberry cheesecake pots.....	December 82
Blueberry vanilla pancakes.....	December 83
Pam's apricot, blueberry & gingernut trifle.....	February 15
Spotty blueberry & cream cake.....	February 98

BREAD & PASTRIES

Anchovy & parmesan palmiers.....	January 55
Banana bread.....	January 71
Barbecued tortilla wedges.....	February 13
Boiled egg & dukkah baguette.....	June 15
Bread & butter pudding.....	June 120
Bread & butter pudding with whisky sauce.....	August 32
Bruschetta with warmed ricotta, olives & herbs.....	March 28
Champagne croûtes.....	April 58
Chelsea buns.....	April 68
Chocolate bread & butter pudding.....	June 67
Chocolate French toast.....	January 70
Cornbread.....	April 28
Eggy hot cross buns, lime, banana & maple syrup.....	March 86
Garlic & chive wafers.....	January 55
Garlic bread.....	September 60
Grilled sandwich with tuna, capers & mozzarella.....	July 35
Herby garlic bread.....	October 82
Homemade pita bread.....	January 97
Irish brown bread.....	June 106
Italian grape bread.....	March 119
Mortadella bites.....	April 61
Olive & salami stuffed loaf.....	July 100
Pam's grilled bacon with spicy French toast.....	April 15
Panzanella.....	December 54
Picnic loaf.....	March 39
Ploughman's lunch with glazed shallots.....	July 38
Prune & orange bread & butter pudding.....	December 58
Raisin bread with ricotta, honey & barbecued peaches with prosciutto.....	January 45
Sheet music bread.....	May 68
Sticky maple brioche.....	November 20

BROCCOLI

Broccoli salad with chilli & parmesan.....	December 49
Broccoli soup with ricotta cheese dumplings.....	May 131
Chicken, broccoli & bacon gratin.....	April 105
Orecchiette with pork sausage, broccolini, garlic & chilli.....	July 36
Pasta with broccoli, chilli & pine nuts.....	October 94
Stir-fry beef & broccolini with oyster sauce.....	April 89

BROTHS (see also chowders and soups)

All-in-one-pot chunky vegetable broth.....	September 98
Clams in tomato broth with fregola.....	May 68

Light tomato broth with kaffir lime.....	October 35
Silken tofu in aromatic chicken broth.....	October 59

BRUSCHETTA

Bruschetta with warmed ricotta, olives & herbs.....	March 28
Champagne croûtes.....	April 58

BRUSSELS SPROUTS

Brussels sprouts.....	June 35
Brussels sprouts & hazelnut salad.....	July 116
Brussels sprouts with almond burnt butter.....	July 115
Sautéed Brussels sprouts leaves.....	August 54

BURGERS

Deli burger.....	January 28
Fish burgers with fresh lemon mayo.....	February 77
Ginger salmon & pickled cucumber burgers.....	January 30
Lamburgers with Middle Eastern flavours.....	August 63
Little lamburgers with Moroccan spices.....	January 28
Loaded mushroom burgers.....	September 111
New York luxury burger.....	January 26
Seared tuna burgers with lemon, olive & anchovy.....	January 27
Tex-Mex smoky chicken burgers.....	January 25

BUTTERS

Tuna steak with chilli butter.....	August 95
------------------------------------	-----------

C

CABBAGE

BBQ chicken with Asian slaw.....	October 74
Braised red cabbage and apple with pork belly & gourmet pork sausages.....	August 111
Pork steaks with pickled red cabbage.....	April 85
Simple Asian slaw.....	October 99

CAKES

Almond angel cakes with poached pears.....	October 101
Almond cake.....	May 87
Baby pink lamingtons.....	April 61
Big fruit cake.....	October 40
Blackberry cake.....	February 30
Boozy coffee & walnut cake.....	February 98
Chocolate cake with chocolate chestnut filling.....	June 36
Chocolate mud cake.....	August 98
Cinnamon cream oysters.....	February 124
Classic Victoria sandwich.....	February 97
Coconut & lime cake.....	February 98
Coconut cupcakes with lime frosting.....	August 25
Coco's lemon yoghurt cake.....	May 18
Decadent mousse cake.....	June 65

Devil's chocolate cake	March 42
Fairy cakes	July 79
Fudgy dark chocolate cake.....	February 98
Gluten-free baking mix.....	March 98
Gluten-free chocolate fudge brownies (recipe correction: 2 Tbsp cocoa, not 2½ cups)	January 19
Gluten-free Louise cake	March 97
Lemon & almond cake	August 47
Lemon polenta cake.....	October 78
Limoncello sponge	December 32
Nectarine friands.....	February 34
Nutty apple streusel cake	February 98
Orange & rosemary drizzle cake.....	February 98
Panforte.....	December 71
Panforte.....	May 96
Pink & blue cupcakes.....	April 57
Pistachio praline & vanilla cake	February 98
Plum cake	September 120
Pound cake	October 48
Rhubarb crumble cake	April 107
Semolina, orange & almond syrup cake	January 66
Sorbet layer cake.....	June 92
Spotty blueberry & cream cake.....	February 98
Stella's spicy apple or rhubarb cake.....	April 74
Sticky banoffee toffee cake.....	February 98
Sticky stem ginger cake with lemon icing.....	September 100
The ultimate chocolate dessert cake.....	July 57
Upside-down apple cakes.....	October 111
Upside-down fig cake	March 74
Walnut & orange Passover cake.....	March 98
Wee choc almond cupcakes	March 98
Wheat- & gluten-free baking powder	March 98
White cake.....	August 31
White chocolate coffee cake.....	March 93

CARROTS

Carrot soup with crispy bacon	June 34
Crunchy pork & carrot noodles.....	February 72
Mark's hapuku rosti with baby beets, carrots & lime butter sauce	April 133

CAULIFLOWER

Cauliflower & gruyère gratin with mixed leaf salad.....	April 82
Cauliflower & potato pie with mustard & herb crumble	September 52
Salmon with cauliflower cream.....	October 110
Tomato, cauliflower & spinach curry	August 93
Watercress & chicken stir-fry with cauliflower crush	July 93

CELERIAC

Baked celeriac with rosemary, parmesan & Marsala.....	June 62
--	---------

Celeriac gratin	June 61
Slow-cooked pork with celeriac & orange	September 96

CEREALS

Banana, pecan & granola yoghurt pot.....	March 130
Granola	March 85
Oats, barley & rye porridge	August 101
Occam cafe's labna.....	March 19
Poached pears with granola & Greek yoghurt.....	March 85

CHEESE

Anchovy & parmesan palmiers.....	January 55
Aunty Robyn's basil cheese loaf	March 118
Baby beef & orange salad with rocket & pecorino.....	February 81
Baked celeriac with rosemary, parmesan & Marsala.....	June 62
Baked feta & tomato with herb salad.....	February 89
Baked kumara with goat's cheese crumbs & herbs	August 102
Baked pasta with pumpkin & mozzarella.....	July 78
Blue cheese crêpes	October 128
Bocconcini, prosciutto & herb salad	April 88
Brie-topped portabello mushrooms with thyme.....	February 55
Broccoli salad with chilli & parmesan.....	December 49
Broccoli soup with ricotta cheese dumplings.....	May 131
Bruschetta with warmed ricotta, olives & herbs.....	March 28
Buffalo mozzarella wrapped in prosciutto with basil	March 32
Caramelised onion, thyme & Cheshire cheese pizza.....	October 95
Cauliflower & gruyère gratin with mixed leaf salad	April 82
Cheese pasties.....	April 40
Cherry tomatoes with melting cheese	November 61
Cherry tomato, feta & mint keftedes with salad.....	January 66
Chicken with camembert & tarragon.....	June 86
Crêpes with apple, raisin & ricotta.....	July 15
Fennel, walnut, blue cheese & orange salad	October 44
Field mushroom 'steaks' with blue cheese, sage & rocket	September 75
Four-cheese baked macaroni	August 116
Goat's cheese & prosciutto parcels.....	January 90
Goat's cheese & red pepper stacks	January 89
Goat's curd, orange & radicchio salad with olive dressing	July 34
Grilled cheese pita	April 13
Grilled eggplant rolls stuffed with feta	May 32
Grilled goat's cheese with pear & walnut salad.....	January 88
Grilled marinated eggplant salad with feta & herbs	January 79
Grilled sandwich with tuna, capers & mozzarella.....	July 35
Haloumi with broad beans & artichokes.....	January 59
Ham & gruyère omelette with chives.....	July 36
Individual ricotta & vegetable frittatas	February 81

Individual tomato & goat's cheese tarts	May 13
Kumara soup with cheesy croûtes.....	July 29
Lamb cutlets on smashed green peas, mint & feta	November 101
Lemon, ricotta & currant muffins.....	September 42
Linguine with cherry tomatoes & goat's cheese	April 89
Macaroni cheese.....	September 52
Mascarpone, ricotta & fresh herb orecchiette with tomato salsa	December 102
Mini haloumi tarts	April 44
Mini wholemeal walnut & cheddar muffins.....	September 40
Oyster mushroom & parmesan ciabatta salad	December 103
Pam's green pea, mint & parmesan frittata	May 15
Parmesan & rosemary wafers.....	November 62
Parmesan & sage chicken fillets	October 70
Pasta with baked ricotta.....	May 26
Pea, feta & mint frittata.....	August 88
Pear & parmesan salad	May 50
Penne with goat's cheese & walnuts	December 97
Poppy seed, garlic, dill & Brick muffins	September 38
Potato & parmesan tart	May 52
Prosciutto chicken mozzarella pita	April 13
Pumpkin, almond & feta salad.....	May 101
Pumpkin ravioli with beetroot purée & haloumi.....	June 102
Radicchio & beetroot in wine vinegar with crumbled pecorino.....	March 31
Raisin bread with ricotta, honey & barbecued peaches with prosciutto	January 45
Ricotta fritters with honey.....	May 71
Roasted asparagus with walnuts & haloumi.....	September 48
Roasted vegetable terrine & goat's cheese salad	December 104
Seared beef with rocket & parmesan.....	January 76
Smoked chicken & sun-dried tomato cream cheese parcels	August 121
Spinach & gruyère fritters.....	March 63
Spinach & ricotta cannelloni.....	March 48
Strawberry & blue cheese salad dressing	November 69
Tasty cheese muffins.....	September 131
Tomato, spinach & ricotta gnocchi.....	October 92
Warm steak & blue cheese salad.....	August 92
Watercress & taleggio risotto	November 97
Witloof, bacon & blue cheese salad.....	January 79

CHEESECAKES

After-dinner mint cheesecake	September 22
Baked apricot cheesecake	August 22
Light passionfruit cheesecake	April 102
Little lemon raspberry swirl cheesecakes.....	March 90
Triple choc ricotta cheesecake	July 58
Upside-down chocolate amaretti cheesecakes.....	May 38

CHERRIES & GLACÉ CHERRIES

Cherry clafoutis with vanilla bean sauce.....	December 92
Cherry sorbet	December 94

Coconut & cherry friands.....	December 94
Pickled cherries	December 91
Turkey breast with cashew & cherry stuffing.....	December 89

CHICKEN

Baby chickens with garlic, bacon & thyme.....	December 43
Baby chickens with ricotta & herb stuffing	May 35
BBQ chicken with Asian slaw	October 74
Butterflied chicken with pesto cream	May 103
Cassoulet	June 72
Chermoulla chicken with lentils, spinach & tomato	December 80
Chicken & avocado salad	February 91
Chicken & crab soup	July 51
Chicken & sweet corn soup	October 67
Chicken, broccoli & bacon gratin.....	April 105
Chicken gyoza (dumplings).....	January 82
Chicken, leek & mustard pie	October 73
Chicken loaf with a crust of semi-dried tomato.....	October 70
Chicken quesadilla	February 13
Chicken sauté with chickpeas	March 53
Chicken schnitzel with Marsala & mushrooms.....	June 79
Chicken spring rolls	November 111
Chicken stock.....	October 89
Chicken tenderloins with eggplant, minted cucumber & yoghurt.....	March 55
Chicken, walnut, apple & crispy sage sandwiches	November 66



Little Lemon Raspberry Swirl Cheesecakes, March 2007

Chicken with camembert & tarragon.....	June 86
Chicken with couscous salad.....	January 57
Chicken with watercress, avocado & baby potatoes	September 79
Chilli chicken fajitas	July 99
Cinnamon chicken with white bean salad	August 135
Classic chicken lasagne.....	October 74
Coq au vin	July 110
Creamy smoked chicken & chive fettuccine	August 121
Crêpes with spicy chicken.....	July 15
Crispy tarragon chicken breasts with peaches.....	March 54
Curried chicken sausage casserole.....	August 80
Devilled chicken wings.....	November 89
Ginger chicken rolls	February 26
Ginger chicken skewers	October 59
Gourmet wraps with chilli chicken.....	February 82
Honey mustard chicken with mixed-leaf salad.....	May 63
Julie’s chicken thighs with black olives & rosemary.....	August 28
Lemon & caper chicken	August 95
Lemon chicken with cracked wheat, cashew & mint salad.....	April 81
Lemongrass & ginger chicken.....	November 59
Lemongrass & ginger poached chicken	October 99
Lemongrass & green mango chicken curry	April 112
Louisiana BBQ hot wings	November 127
Manchamanteles mole (Mexican chicken stew)....	September 107



Chicken with Watercress, Avocado & Baby Potatoes, September 2006

Mango & chicken salad.....	September 118
Middle Eastern chicken.....	October 69
Mini coconut hotcakes with chicken & pawpaw topping.....	November 63
Moroccan chicken salad.....	December 21
Pan-fried chicken breasts with verjuice	March 54
Pappa’s roast chicken	April 73
Parmesan & sage chicken fillets	October 70
Picnic loaf	March 39
Prosciutto chicken mozzarella pita	April 13
Quince roast chicken	March 111
Rice noodles with sticky lime & chilli chicken	March 79
Roast chicken & pesto farfalloni pasta	May 82
Roast chicken couscous	August 16
Roast chicken risotto.....	September 110
Roast chicken with salami stuffing	November 48
Roasted chicken with Hokkien noodles	July 54
Roast spring chicken.....	November 34
Rosemary chicken baked in paper	July 76
Smoked chicken & chutney pizza	August 120
Smoked chicken & sun-dried tomato cream cheese parcels	August 121
Smoked chicken, bok choy & cashew pilaf.....	August 120
Smoked chicken gougère	September 54
Smoked chicken pies	March 56
Soy sauce chicken.....	March 74
Sticky chicken wings with sesame noodles.....	February 71
Sweet chilli chicken	September 98
Tex-Mex smoky chicken burgers.....	January 25
Thai chicken cakes with pineapple salsa on prawn crackers	December 109
Thai coconut chicken cakes	August 67
Thai green chicken curry.....	June 47
Thai green chicken with pawpaw salad.....	August 84
Venetian chicken.....	March 57
Very quick chicken curry	December 96
Victoria’s chicken rolls	April 21
Warm salad of chicken & new potatoes	November 51
Watercress & chicken stir-fry with cauliflower crush..	July 93

CHICKPEAS

Chicken sauté with chickpeas	March 53
Chickpea & yellow pepper salad.....	January 38
Chickpea fritters, tomatoes & hummus in floury baps	November 102
Chickpea salad.....	July 107
Chickpeas with yoghurt & pine nuts.....	January 42
Falafel in a flatbread wrap	February 65
Hummus	January 38
Lemon lamb with warm chickpea & parsley salad..	July 101
Panelle.....	January 37
Pasta e ceci.....	January 42
Spicy eggplant & chickpeas	April 52
Warm chickpea, potato & chorizo salad.....	January 41

CHILLI

Black bean chilli with nectarine salsa.....	February 66
Broccoli salad with chilli & parmesan.....	December 49
Chilli chicken fajitas	July 99
Ginger chilli omelette in lettuce leaf cups.....	August 44
Ginger prawn dumplings with chilli soy	October 56
Gourmet wraps with chilli chicken.....	February 82
Pam’s chilli butter fish	March 15
Pasta with broccoli, chilli & pine nuts	October 94
Rice noodles with sticky lime & chilli chicken	March 79
Spicy crab cakes with sweet chilli mayonnaise	May 112
Sweet chilli chicken	September 98
Sweet potato and chilli soup.....	May 64
Tuna steak with chilli butter	August 95

CHOCOLATE

Allspice chocolate Florentines.....	April 67
Apple, raspberry & white chocolate crumble	June 86
Apricot chocolate caramel slice	October 79
Banana chocolate muffins	October 77
Blueberry & white chocolate muffins	December 83
Buckeye candy	November 73
Chocolate & cardamom torte.....	April 66
Chocolate & coconut cookies	September 64
Chocolate & orange truffles.....	December 33
Chocolate & pear cassata.....	March 50
Chocolate bread & butter pudding	June 67
Chocolate cake with chocolate chestnut filling.....	June 36
Chocolate Christmas puddings	December 63
Chocolate coffee & nut truffles	July 80
Chocolate crinkles.....	June 50
Chocolate-dipped apricot biscotti	January 53
Chocolate Easter biscuits.....	March 83
Chocolate espresso mousse.....	March 81
Chocolate French toast	January 70
Chocolate fudge bars.....	February 85
Chocolate hokey-pokey biscuits	February 85
Chocolate lemon semifreddo.....	May 91
Chocolate macaroon eggs	March 14
Chocolate mud cake.....	August 98
Chocolate nut bars.....	April 101
Chocolate pudding.....	October 52
Chocolate raspberry roulade.....	July 59
Chocolate roulade	November 58
Chocolate sauce	September 67
Chocolate sauce	April 101
Chocolate soufflé	October 51
Chocolate tart.....	October 50
Decorated chocolate biscuits	September 69
Devil’s chocolate cake	March 42
Do-it-yourself hot chocolate.....	March 85
Easter fudge tart	March 81
Fudgy dark chocolate cake.....	February 98

Gluten-free chocolate fudge brownies (recipe correction: 2 Tbsp cocoa, not 2½ cups)	January 19
Mexican hats	October 23
Milk chocolate & peanut muffins.....	September 43
Orange mocha truffles.....	March 82
Rocky road fudge	December 71
The ultimate chocolate dessert cake.....	July 57
Triple choc ricotta cheesecake	July 58
Upside-down chocolate amaretti cheesecakes	May 38
Walnut & chocolate tart	February 114
Wee choc almond cupcakes	March 98
White chocolate & cranberry oaties.....	February 87
White chocolate coffee cake.....	March 93

CHORIZO *see sausages*

CHOWDER (*see also broths and soups*)

Dan’s seafood chowder	November 21
Smoked mussel chowder	August 74
Smoked salmon chowder	November 86

CLAMS

Clams in tomato broth with fregola.....	May 68
---	--------

COCKLES

Bellota’s cockles & chorizo with tomato & cumin.....	January 14
--	------------

COCONUT

Apricot & coconut slice	August 13
Chocolate & coconut cookies	September 64
Coconut & cherry friands.....	December 94
Coconut & lime cake	February 98
Coconut baci.....	May 88
Coconut cupcakes with lime frosting.....	August 25
Coconut ice	August 97
Coconut rice pudding with mango	June 83
Lime & coconut tarts	April 46
Thai coconut chicken cakes	August 67

CONFECTIONERY

Buckeye candy	November 73
Coconut ice	August 97
Rocky road fudge	December 71
Trick on a stick.....	October 18

CORN

Chicken & sweet corn soup	October 67
Corn & avocado salsa with lime	October 63
Cornbread	April 28
Ham & sweet corn tartlets	December 39
Hot ‘n’ spicy corn filo triangles	October 63
Sweet corn quiche	October 64

COUSCOUS

Chicken with couscous salad.....	January 57
Couscous with grilled fennel & thyme.....	October 43
Lamb & cherry tomatoes with lemon couscous.....	March 77
Prawn, salmon & vegetable skewers with couscous.....	June 79
Roast chicken couscous.....	August 16
Spiced lamb with dried apricot & sulfana couscous.....	July 90
Spiced summer couscous salad.....	February 79
Spiced yoghurt pork with couscous.....	September 110

CRAB

Chicken & crab soup.....	July 51
Spicy crab cakes with sweet chilli mayonnaise.....	May 112
Tessa's crab cakes with Cambodian dressing.....	November 90
Thai crab salad on crisp croûtes.....	November 65
The Shed's prawn & crab risotto.....	July 48
Vermicelli crab salad.....	March 70

CRÊPES, HOTCAKES, PANCAKES & PIKELETS

Blueberry vanilla pancakes.....	December 83
Blue cheese crêpes.....	October 128
Crêpes with apple, raisin & ricotta.....	July 15
Crêpes with spicy chicken.....	July 15
Crêpes with spinach, mushroom & pancetta.....	July 15
La Boheme crêpes.....	January 122
Mini coconut hotcakes with chicken & pawpaw topping.....	November 63
Ricotta hotcakes.....	January 69
Tuna & salmon jewels in cucumber cups.....	January 81

CUCUMBER

Chicken tenderloins with eggplant & minted cucumber & yoghurt.....	March 55
Cucumber & herb rice rolls with lime leaf dipping sauce.....	December 53
Cucumber sandwiches.....	February 124

CURRY

Curried chicken sausage casserole.....	August 80
Fish curry.....	May 62
Fish in red curry.....	April 112
Lemongrass & green mango chicken curry.....	April 112
Malay mushroom & cashew curry.....	April 111
Pam's fragrant green prawn curry.....	August 15
Pea & tomato curry.....	August 86
Potato & yellow lentil curry.....	February 64
Prawn curry.....	July 106
Seafood & pumpkin Thai red curry.....	May 115
Spinach & kumara curry.....	September 85
Thai fish curry.....	July 119
Thai green chicken curry.....	June 47

Thai green fish curry.....	February 67
Thai red fish curry.....	August 79
Tomato, cauliflower & spinach curry.....	August 93
Very quick chicken curry.....	December 96
Vietnamese vegetable curry.....	April 114

CUSTARD

Crème anglaise.....	December 87
Lemon baked custard.....	May 78
Pinenut custard tart.....	May 95

D

DATES

Date bars.....	November 74
Sticky date pudding with caramel sauce.....	June 65

DESSERTS *(see also cheesecakes, ice cream, pies, and tarts & turnovers)*

Anzac self-saucing pudding.....	June 68
Apple & feijoa crumble.....	April 86
Apple, raspberry & white chocolate crumble.....	June 86
Apple, rhubarb & berry crumble.....	April 103
Apple soufflé with caramelised apples & toffee crab apples.....	July 112
Baby pavlovas.....	December 110
Baked apricot spicy fudge pudding.....	July 84
Baked blackberry & stem ginger pudding.....	February 135
Baked pears in cinnamon syrup.....	April 66
Banana & ginger Tatins.....	April 65
Blueberry cheesecake pots.....	December 82
Brandy snap baskets with lemon mousse.....	March 13
Brandy snap baskets with tropical fruit & vanilla fromage frais.....	March 13
Brandy snap baskets with vanilla ice cream & rum bananas.....	March 13
Bread & butter pudding.....	June 120
Bread & butter pudding with whisky sauce.....	August 32
Caramelised fruit kebabs.....	November 93
Cherry clafoutis with vanilla bean sauce.....	December 92
Cherry sorbet.....	December 94
Chocolate & cardamom torte.....	April 66
Chocolate & pear cassata.....	March 50
Chocolate bread & butter pudding.....	June 67
Chocolate Christmas puddings.....	December 63
Chocolate espresso mousse.....	March 81
Chocolate lemon semifreddo.....	May 91
Chocolate meringue trifle.....	January 13
Chocolate pudding.....	October 52
Chocolate raspberry roulade.....	July 59
Chocolate roulade.....	November 58
Chocolate soufflé.....	October 51
Cinnamon caramel oranges.....	April 70

Coconut rice pudding with mango.....	June 83
Cream puffs.....	November 38
Decadent mousse cake.....	June 65
Flan casero.....	April 123
Fruit bowl.....	June 92
Gingerbreads with baby pears.....	March 45
Grape brulée.....	January 16
Hazelnut galette.....	May 28
Late summer fruit melbas.....	April 101
Lemon baked custard.....	May 78
Lemon delicious pudding.....	June 69
Louisiana peach cobbler.....	November 127
Pam's apricot, blueberry & gingernut trifle.....	February 15
Passionfruit ice cream.....	December 111
Passionfruit semifreddo.....	November 57
Pink peppercorn meringues with passionfruit curd.....	April 65
Prune & orange bread & butter pudding.....	December 58
Pudding de pain.....	October 125
Rhubarb & strawberry salad with meringue kisses.....	December 106
Rhubarb pick-me-up.....	September 139
Ricotta fritters with honey.....	May 71
Sorbet layer cake.....	June 92
Spicy fruit compote.....	December 12
Sticky date pudding with caramel sauce.....	June 65
Strawberry Fare's caramel & hazelnut torte.....	July 49
Summer fruit crumble.....	February 94
Tartufo.....	May 93
The ultimate chocolate dessert cake.....	July 57
Tiramisu.....	May 91
Tropical black sticky rice pudding.....	March 100
Upside-down apple cakes.....	October 111
Upside-down pineapple pudding.....	July 17
Vanilla panna cotta with poached rhubarb.....	June 46
White Christmas semifreddo.....	December 68
Winter banana pudding with caramel sauce.....	June 66

DIPS

Baingan choka (smoky eggplant dip).....	August 133
Hummus.....	January 38
Quick red pepper dip.....	September 60

DRESSINGS & VINAIGRETTES

Gibbston Valley salad dressing.....	August 20
Lemon Z dressing.....	July 98
Strawberry & blue cheese salad dressing.....	November 69

DRINKS

Breakfast smoothies.....	June 92
Champagne, lychee & peach bellini.....	December 101
Cocoa-nana-nut.....	February 49
Do-it-yourself hot chocolate.....	March 85
Elderflower fizz.....	August 40
Fresh fruity smoothies.....	September 64

Lemon Slushie, February 2007



Lemonade.....	September 63
Lemon slushie.....	February 49
Mango & lime smoothie.....	February 46
Mocha frappé.....	February 50
Mulled to the max wine.....	April 66
Peach pie smoothie.....	February 50
Pisco sour.....	November 109
Smoky Maria.....	April 29
Strawberry spider.....	February 46
Tahiti dark & stormy.....	October 20
Tamarind refresco.....	September 105
Ti-punch.....	February 129
White peach punch.....	February 25

E

EGGPLANT *(see also aubergine)*

Baingan choka (smoky eggplant dip).....	August 133
Caponata (eggplant, tomato & caper stew).....	March 31
Chicken tenderloins with eggplant & minted cucumber & yoghurt.....	March 55
Eggplant & white bean salad.....	October 38
Grilled eggplant rolls stuffed with feta.....	May 32
Grilled marinated eggplant salad & feta & herbs.....	January 79



Spicy Eggplant & Chickpeas,
April 2007

Moussaka	September 56
Parmigiana	April 51
Spicy eggplant & chickpeas	April 52
Stuffed eggplants baked in a yoghurt sauce	January 65

EGGS (see also omelettes, fritters & frittatas)

Bacon & egg pies	April 44
Baked ham & eggs with asparagus	December 40
Boiled egg & dukkah baguette	June 15
Breakfast burrito	April 32
Huevos rancheros	April 33
Mini bacon & egg tartlets	July 75
Simple ham, egg & chive fried rice	August 101
Soft-boiled egg & chorizo salad.....	December 98
Spinach, bacon & egg salad	September 86

F

FEIJOAS

Apple & feijoa crumble	April 86
------------------------------	----------

FENNEL

Apple, ginger & fennel marinade for pork	January 94
Couscous with grilled fennel & thyme	October 43
Fennel salad with black olive dressing	November 37

Fennel, walnut, blue cheese & orange salad	October 44
One-pot fish & fennel stew	July 89
Pork cutlets with lemon & stewed fennel.....	August 49
Roasted fennel with olives & tomatoes.....	October 43
Roast potatoes with fennel leaves.....	May 70
Steamed fennel, crème fraîche & lemon	October 44
Tomato & fennel soup	June 80
Tomato, olive & fennel salad.....	March 42

FIGS

Upside-down fig cake	March 74
----------------------------	----------

FISH

Accras (Caribbean fish balls)	February 130
Baked fish with parsley mayonnaise.....	November 98
Fish burgers with fresh lemon mayo.....	February 77
Fish curry.....	May 62
Fish in red curry	April 112
Fish kebabs with skorthalia & Greek Island salad	January 61
Fish on crispy noodle nests.....	July 52
Fish pie.....	May 112
Fish risotto	July 118
Fish stock	November 21
Fish stock	July 119
Kokoda.....	January 75
Macadamia dukkah-crusted fish & spinach salad	April 82
One-pot fish & fennel stew	July 89
One-pot fish with black olives & tomatoes.....	September 96
Pam's chilli butter fish	March 15
Pam's speedy fish burritos.....	September 19
Rice paper fish parcels with salad leaves.....	December 75
Seafood & pumpkin Thai red curry	May 115
Smoked fish, beetroot & potato salad with horseradish dressing.....	January 78
Smoked fish lasagne.....	August 77
Smoked fish mayonnaise with capers	June 32
Smoked fish with quick grilled ratatouille	February 90
Spaghetti with fish, calamari & fresh tomatoes.....	May 111
Thai fish cakes on quinoa.....	October 98
Thai fish cakes with fresh cucumber pickle.....	February 61
Thai fish curry	July 119
Thai green fish curry	February 67
Thai red fish curry.....	August 79

Anchovies

Anchovy & parmesan palmiers.....	January 55
Roasted peppers with garlic, oregano & anchovies	March 29

Broadbill

Roast broadbill, spring julienne & ginger sesame dressing	September 80
--	--------------

Flounder

Flounder with beans & tomatoes.....	April 91
-------------------------------------	----------

Gurnard

Gurnard on pasta	September 119
------------------------	---------------

Hapuku

Mark's hapuku rosti with baby beets, carrots & lime butter sauce	April 133
---	-----------

Monkfish

Barbecued monkfish on crushed Jersey Bennes	February 29
---	-------------

Salmon

Fresh salmon, asparagus & bocconcini pizza	November 81
Ginger salmon & pickled cucumber burgers	January 30
Glazed salmon with mustard dill sauce.....	November 96
Grilled salmon with lemon courgettes & potatoes.....	January 57
Hot salmon & green peppercorn pie	July 44
Hot-smoked salmon & avocado club sandwiches.....	November 62
Hot-smoked salmon & avocado cocktails	December 28
Hot-smoked salmon fishcakes.....	March 89
Lemon & parsley topped salmon with quinoa pilaf.....	May 77
Pam's soy salmon with noodles.....	January 15
Pam's speedy fish burritos.....	September 19
Prawn, salmon & vegetable skewers with couscous	June 79
Salmon & leek quiche	May 111
Salmon & watercress salad with lemon crème fraîche.....	January 76
Salmon cakes with lemon mayo	September 109
Salmon celebration	August 26
Salmon on wasabi mash	June 85
Salmon pasta.....	October 121
Salmon with cauliflower cream.....	October 110
Salmon with pesto crust	May 104
Seared salmon with lime aioli & watercress.....	April 90
Smoked salmon & avocado sandwiches.....	October 36
Smoked salmon chowder	November 86
Smoked salmon on rye with caper sour cream	December 98
Smoked salmon pasta with rocket, red onion & capers.....	November 87
Smoked salmon pâté	November 87
Smoked salmon with pear salad & domino bread	March 16
Spiced salmon with lentils	October 93
Tuna & salmon jewels in cucumber cups.....	January 81
Sardines Grilled sardines with salsa verde	March 32
Snapper Baked snapper with green olives & aromatic white wine.....	May 69
Smoked snapper with nectarines	February 33
Snapper fillets on mixed bean salad	November 102
Tarakahi Tarakahi & tartare sauce on Turkish bread	November 77
Tarakahi with green bean salad	June 83

Tuna

Cured tuna on sourdough toast with cultured butter & crushed sichuan peppercorns	August 40
Grilled sandwich with tuna, capers & mozzarella.....	July 35
Pam's smoked tuna cakes.....	October 17
Seared tuna burgers with lemon, olive & anchovy	January 27
Seared tuna on French summer salad	November 81
Tuna & salmon jewels in cucumber cups.....	January 81
Tuna steak with chilli butter.....	August 95
Tuna-stuffed baked potatoes.....	May 115
Tuna turnovers	July 126

FRIENDS

Coconut & cherry friends.....	December 94
-------------------------------	-------------

FRITTATAS

Bite-size red pepper frittatas.....	April 58
Individual ricotta & vegetable frittatas	February 81
Pam's green pea, mint & parmesan frittata	May 15
Pea, feta & mint frittata.....	August 88
Zucchini frittata.....	March 78

FRITTERS

Apple fritters.....	February 69
Ricotta fritters with honey.....	May 71
Spicy pumpkin fritters.....	March 64
Spinach & gruyère fritters.....	March 63

G

GARLIC

Baked garlic mushrooms with lemon thyme.....	July 78
Creamy mussels with garlic & white wine.....	June 47
Garlic & chive wafers	January 55
Garlic bread	September 60
Garlic mushrooms	January 49
Garlic soy greens.....	October 60
Herby garlic bread.....	October 82
Orecchiette with pork sausage, broccolini, garlic & chilli.....	July 36
Poppy seed, garlic, dill & Brick muffins	September 38
Roasted peppers with garlic, oregano & anchovies	March 29

GINGER

Apple, ginger & fennel marinade for pork	January 94
Baked blackberry & stem ginger pudding	February 135
Banana & ginger Tatins	April 65
Gingerbread rocking horses & teddy bears	April 60

Gingerbreads with baby pears	March 45
Ginger chicken rolls	February 26
Ginger chicken skewers	October 59
Ginger crispies	April 93
Ginger prawn dumplings with chilli soy	October 56
Lemongrass & ginger poached chicken	October 99
Prawn & ginger noodle salad.....	January 56
Roast broadbill, spring julienne & ginger sesame dressing	September 80
Sticky stem ginger cake with lemon icing	September 100
Stir-fry mushrooms with ginger	April 98

GLAZES

Apricot glaze	August 56
---------------------	-----------

GLUTEN-FREE

Gluten-free baking mix.....	March 98
Gluten-free chocolate fudge brownies (recipe correction: 2 Tbsp cocoa, not 2½ cups).....	January 19
Gluten-free Louise cake	March 97
Tropical black sticky rice pudding	March 100
Walnut & orange Passover cake.....	March 98
Wee choc almond cupcakes	March 98
Wheat- & gluten-free baking powder.....	March 98

GRAPES

Grape brulée	January 16
Italian grape bread	March 119

H

HAM

Baked ham & eggs with asparagus	December 40
Fresh pineapple salsa & ham baps.....	December 39
Glazed ham with sticky orange, lychee & brown sugar crust.....	December 36
Ham & gruyère omelette with chives.....	July 36
Ham & sweet corn tartlets	December 39
Pasta butterflies with peas & ham	June 39
Roasted shallots with ham & balsamic	December 36
Simple ham, egg & chive fried rice	August 101
Spanish beans with ham	December 40

HAZELNUT

Brussels sprouts & hazelnut salad.....	July 116
Hazelnut Anzac biscuits.....	June 51
Hazelnut galette.....	May 28
Strawberry Fare’s caramel & hazelnut torte	July 49

HOTCAKES *see crêpes*

I

ICE CREAM

Candy cane ice cream	December 14
Caramel ice cream	September 67
Fudge cookie & mint chip ice cream sandwiches.....	December 135
Kahlúa ice cream with Kit Kat pieces.....	July 58
Refreshing Limoncello ice cream.....	November 109
Strawberry ice cream sandwiches	January 98

J

JAMS & PRESERVES

Apricot jam	March 36
Raspberry, apple & vanilla compote	November 69

K

KUMARA

Baked kumara with goat’s cheese crumbs & herbs	August 102
Fairways’ kumara & cashew soup	June 22
Kumara & orange bakes.....	December 50
Kumara & spring onion hash.....	January 50
Kumara crisps with salsa & mayonnaise.....	July 30
Kumara soup with cheesy croûtes.....	July 29
Olive & parsley-cruste lamb with kumara citrus salad.....	September 76
Roast kumara & red pepper.....	December 31
Spiced lamb cutlets on orzo with pine nuts & kumara	August 102
Spinach & kumara curry.....	September 85
Tikka masala kumara chips.....	June 88

L

LAMB

BBQ butterflied leg of lamb with lemon potatoes & olives	January 62
Grilled lamb with broccoli & anchovy sauce.....	February 88
Herb marinade for beef or lamb.....	January 93
Irish stew	June 74
Lamb & cherry tomatoes with lemon couscous	March 77
Lamb chops with squashed lemon butter beans	August 94
Lamb cutlets in caper crust	November 65
Lamb cutlets on smashed green peas, mint & feta.....	November 101
Lamb cutlets with almond tabbouleh.....	December 97
Lamb cutlets with Greek-style salad	September 83
Lamb racks with thyme & garlic crust	October 31

Lamb rump with redcurrants, roast vegetables & rocket.....	June 80
Lamb salad with bean sprouts & cucumber	October 32
Lamb shank & barley stew.....	May 74
Lamb with Indian rub roast yams & sautéed vegetables	August 83
Lamb with rosemary butter beans.....	May 64
Lamburgers with Middle Eastern flavours.....	August 63
Lemon lamb with warm chickpea & parsley salad.....	July 101
Little lamburgers with Moroccan spices.....	January 28
Loin of lamb stuffed with fresh herbs	December 44
Mediterranean lamb	January 97
Moussaka	September 56
Olive & parsley-cruste lamb with kumara citrus salad.....	September 76
Peperonata lamb chops.....	February 62
Peppered lamb cutlets with sweet shiraz glaze	June 131
Spiced lamb cutlets on orzo with pine nuts & kumara	August 102
Spiced lamb with dried apricot & sultana couscous	July 90
Spicy lamb koftas in tomato sauce	May 13
Spicy lamb meatballs.....	October 87
Spicy lamb on sticks with yoghurt sauce	November 90
Spring lamb braise	September 92
Turkish lamb doner wraps.....	April 86

LEEKES

Chicken, leek & mustard pie	October 73
Potato & leek mash	June 35
Sage buttered baby leeks with chilli breadcrumbs.....	April 129
Salmon & leek quiche	May 111

LEMONGRASS

Lemongrass & ginger poached chicken	October 99
Lemongrass & green mango chicken curry	April 112

LEMONS

Asparagus & lemon risotto.....	September 46
Brandy snap baskets with lemon mousse	March 13
Chilled lemon & sesame noodles	October 56
Chocolate lemon semifreddo.....	May 91
Coco’s lemon yoghurt cake	May 18
Divine lemon squares	July 61
Iced lemon biscuits	October 40
Lemonade	September 63
Lemon & almond cake	August 47
Lemon & caper chicken	August 95
Lemon & lavender shortbread	October 118
Lemon & parsley topped salmon with quinoa pilaf.....	May 77
Lemon & pepper potato wedges.....	June 88

Lemon baked custard.....	May 78
Lemon buttered beans	December 57
Lemon chicken with cracked wheat, cashew & mint salad.....	April 81
Lemon curd	March 13
Lemon delicious pudding	June 69
Lemon heaven.....	July 80
Lemon kiss cookies.....	July 61
Lemon pasta.....	May 35
Lemon polenta cake.....	October 78
Lemon, ricotta & currant muffins.....	September 42
Lemon slushie.....	February 49
Little lemon raspberry swirl cheesecakes.....	March 90
Pork cutlets with lemon & stewed fennel.....	August 49
Salmon cakes with lemon mayo.....	September 109
Spinach, mushroom & lemon pilaf.....	September 84
Steamed fennel, crème fraîche & lemon.....	October 44
Zucchini with lemon, mint & yoghurt	February 53

LENTILS

Chermoulla chicken with lentils, spinach & tomato	December 80
Lentil & bacon soup.....	June 105
Potato & yellow lentil curry	February 64
Puy lentil salad with mozzarella	January 58
Sadhana’s masala lentils.....	November 101
Spiced salmon with lentils	October 93
Spicy lentil soup	July 74



Lemon & Almond Cake, August 2006

LETTUCE

- Asian lettuce cups with spicy pork..... November 113
- BLTs June 94
- Ginger chilli omelette in lettuce leaf cups..... August 44

LIMES

- Coconut & lime cake February 98
- Coconut cupcakes with lime frosting..... August 25
- Corn & avocado salsa with lime October 63
- Eggy hot cross buns with lime, banana & maple syrup March 86
- Lime & coconut tarts April 46
- Mango & lime smoothie February 46
- Mushroom wontons with chilli & lime dipping sauce February 101
- Rice noodles with sticky lime & chilli chicken March 79
- Seared salmon with lime aioli & watercress..... April 90
- Sizzling shrimps with coconut & lime July 74

M

MANGOES

- Coconut rice pudding with mango June 83
- Green bean & mango salad with coconut dressing December 50
- Lemongrass & green mango chicken curry April 112
- Mango & chicken salad..... September 118



Green Bean & Mango Salad with Coconut Dressing, December 2006

- Mango & lime smoothie February 46
- Mango hedgehogs..... November 113

MARINADES

- Apple, ginger & fennel marinade for pork January 94
- Herb marinade for beef or lamb..... January 93

MAYONNAISE

- Baked fish with parsley mayonnaise November 98
- Fish burgers with fresh lemon mayo February 77
- Kumara crisps with salsa & mayonnaise..... July 30
- Salmon cakes with lemon mayo September 109
- Smoked fish mayonnaise with capers June 32
- Spicy crab cakes with sweet chilli mayonnaise May 112

MELONS

- Fruit bowl June 92
- Pineapple with melon salsa August 40

MERINGUES

- Chocolate macaroon eggs March 14
- Chocolate meringue trifle..... January 13
- Meringues sandwiched with chocolate crème fraîche..... January 13
- Meringues with mascarpone, mango & passionfruit January 13
- Pink peppercorn meringues with passionfruit curd April 65

MINT

- After-dinner mint cheesecake September 22
- Almond & mint pesto with spaghetti May 27
- Cherry tomato, feta & mint keftedes with salad..... January 66
- Lamb cutlets on smashed green peas, mint & feta November 101
- Lemon chicken with cracked wheat, cashew & mint salad April 81
- Pam's green pea, mint & parmesan frittata May 15
- Tomato & mint salad..... May 37
- Zucchini with lemon, mint & yoghurt February 53

MUFFINS

- Sweet**
- Banana chocolate muffins October 77
- Blueberry & white chocolate muffins December 83
- Lemon, ricotta & currant muffins..... September 42
- Milk chocolate & peanut muffins..... September 43
- Overnight bran & dried fruit muffins September 42
- Sugared rhubarb muffins September 40
- Savory**
- Poppy seed, garlic, dill & Brick muffins September 38
- Mini wholemeal walnut & cheddar muffins..... September 40
- Spinach, feta & sun-dried tomato muffins January 69
- Tasty cheese muffins September 131

MUSHROOMS

- Baked garlic mushrooms with lemon thyme..... July 78
- Brie-topped portabello mushrooms with thyme..... February 55
- Chicken schnitzel with Marsala & mushrooms..... June 79
- Creamy mushrooms in port..... April 97
- Crêpes with spinach, mushroom & pancetta July 15
- Field mushroom cannelloni..... August 116
- Field mushroom 'steaks' with blue cheese, sage & rocket..... September 75
- Garlic mushrooms January 49
- Grilled field mushrooms with rarebit filling June 123
- Loaded mushroom burgers September 111
- Malay mushroom & cashew curry April 111
- Mushroom & pancetta tarts June 122
- Mushroom jalousie April 42
- Mushroom wontons with chilli & lime dipping sauce February 101
- Mushrooms stuffed with buttered crumbs & capers..... May 33
- Oyster mushroom & parmesan ciabatta salad December 103
- Pappardelle with mushrooms, lemon & parsley..... June 124
- Peppered beef fillet with mushrooms..... July 42
- Pressed spinach, mushroom & mozzarella sandwich December 76
- Spinach, mushroom & lemon pilaf..... September 84
- Stir-fry mushrooms with ginger April 98
- Stuffed mushrooms August 15
- White wine, mushroom & thyme risotto..... May 105

MUSSELS

- Coromandel mussel spring rolls October 22
- Creamy mussels with garlic & white wine June 47
- Green lip mussels, fresh herbs & pasta August 115
- Lemon Z sauce with mussels July 98
- Smoked mussel chowder August 74
- Spanish roasted mussels December 54
- Steamed Thai mussels with rice noodles November 82

N

NECTARINES

- Black bean chilli with nectarine salsa..... February 66
- Nectarine friands..... February 34
- Smoked snapper with nectarines February 33

NIBBLES

- Accras (Caribbean fish balls) February 130
- Bite-size red pepper frittatas..... April 58
- Champagne croûtes..... April 58
- Cherry tomatoes with melting cheese November 61
- Chicken gyoza (dumplings)..... January 82
- Chicken, walnut, apple & crispy sage sandwiches..November 66
- Crispy asparagus & saffron rice roll with wasabi yoghurt..... February 103

- Cucumber & herb rice rolls with lime leaf dipping sauce December 53
- Ginger chicken rolls February 26
- Hot 'n' spicy corn filo triangles October 63
- Hot-smoked salmon & avocado club sandwiches November 62
- Lamb cutlets in caper crust November 65
- Meatballs with hummus, mint & lemon dip..... July 75
- Mini bacon & egg tartlets July 75
- Mini chive potato cakes December 61
- Mini coconut hotcakes with chicken & pawpaw topping November 63
- Mini haloumi tarts April 44
- Mortadella bites April 61
- Mushroom wontons with chilli & lime dipping sauce February 101
- Parmesan & rosemary wafers..... November 62
- Prawn & chorizo bites January 46
- Sizzling shrimps with coconut & lime July 74
- Smoked fish mayonnaise with capers June 32
- Spicy nuts October 85
- Thai chicken cakes with pineapple salsa on prawn crackers December 109
- Thai crab salad on crisp croûtes November 65
- Tuna & salmon jewels in cucumber cups..... January 81

NOODLES

- Cashew nut & vegetable noodle stir-fry February 73
- Chilled lemon & sesame noodles October 56
- Crisp Thai noodles with prawns February 72
- Crunchy pork & carrot noodles..... February 72
- Fish on crispy noodle nests..... July 52
- Pam's soy salmon with noodles..... January 15
- Prawn & ginger noodle salad..... January 56
- Prawns with noodles July 54
- Rice noodles with sticky lime & chilli chicken March 79
- Roasted chicken with Hokkien noodles July 54
- Singapore noodle & beef stir-fry August 80
- Steamed Thai mussels with rice noodles November 82
- Sticky chicken wings with sesame noodles..... February 71
- Vegetable noodles July 52

NUTS (see also almonds, hazelnuts, peanuts, pine nuts, walnuts)

- Banana, pecan & granola yoghurt pot March 130
- Cashew nut & vegetable noodle stir-fry February 73
- Chocolate coffee & nut truffles July 80
- Chocolate nut bars..... April 101
- Fairways' kumara & cashew soup June 22
- Fruit and nut biscotti October 77
- Green beans with toasted hazelnut & buttered crumb topping January 34
- Nut wafers..... June 50
- Nutty apple streusel cake February 98
- Smoked chicken, bok choy & cashew pilaf..... August 120
- Spicy nuts October 85

O

OLIVES

- Baked snapper with green olives & aromatic white wine..... May **69**
Bruschetta with warmed ricotta, olives & herbs March **28**
Crispy pork with olive & tomato salsa..... May **50**
Julie’s chicken thighs with black olives & rosemary August **28**
Marinated olives..... November **45**
Olive & parsley encrusted lamb with kumara citrus salad September **76**
Olive & salami stuffed loaf July **100**
One-pot fish with black olives & tomatoes September **96**
Roasted fennel with olives & tomatoes..... October **43**
Tomato, olive & fennel salad March **42**

OMELETTES

- Ginger chilli omelette in lettuce leaf cups..... August **44**
Ham & gruyère omelette with chives..... July **36**
Mexican tortilla omelette..... December **79**

ONIONS & SHALLOTS

- Bucatini with sausage, tomato & caramelised onion February **66**
Caramelised onion, thyme & Cheshire cheese pizza..... October **95**
French onion soup July **125**
Ploughman’s lunch with glazed shallots July **38**
Red onions with a soy & honey glaze..... February **53**
Roasted shallots with ham & balsamic..... December **36**
Soubise (onion) sauce August **70**

ORANGES

- Baby beet & orange salad with rocket & pecorino February **81**
Chocolate & orange truffles..... December **33**
Cinnamon caramel oranges..... April **70**
Fennel, walnut, blue cheese & orange salad October **44**
Goat’s curd, orange & radicchio salad with olive dressing July **34**
Kumara & orange bakes..... December **50**
Orange & rosemary drizzle cake..... February **98**
Orange mocha truffles..... March **82**
Orange, watermelon, berry & passionfruit salad..... October **102**
Prune & orange bread & butter pudding..... December **58**
Semolina, orange & almond syrup cake January **66**
Slow-cooked pork with celeriac & orange September **96**
Walnut & orange Passover cake..... March **98**

OYSTERS

- Oysters on seaweed salad January **81**

P

PANCAKES *see crêpes*

PARSNIPS

- Cajun parsnip chips June **89**
Old-fashioned corned beef with parsnip mash & mustard sauce..... July **109**
Parsnip, pear & potato soup May **77**
Roast pork rack with pear & parsnip purée, silverbeet & fresh figs June **102**
Venison with parsnip mash..... June **119**

PASSIONFRUIT

- Orange, watermelon, berry & passionfruit salad October **102**
Passionfruit ice cream December **111**
Passionfruit semifreddo November **57**
Pink peppercorn meringues with passionfruit curd.. April **65**

PASTA

- Almond & mint pesto with spaghetti May **27**
Bacon, bean & pasta soup July **101**
Baked pasta with pumpkin & mozzarella..... July **78**
Baked pasta with tomato and bocconcini May **13**
Bucatini with sausage, tomato & caramelised onion February **66**
Cannelloni..... August **21**
Chunky pasta with chorizo & rocket..... November **51**
Classic chicken lasagne..... October **74**
Creamy smoked chicken & chive fettuccine August **121**
Field mushroom cannelloni..... August **116**
Four-cheese baked macaroni August **116**
Green lip mussels, fresh herbs & pasta August **115**
Gurnard on pasta September **119**
Lasagne..... September **61**
Lemon pasta..... May **35**
Linguine with cherry tomatoes & goat’s cheese April **89**
Macaroni cheese..... September **52**
Mascarpone, ricotta & fresh herb orecchiette with tomato salsa December **102**
Mediterranean lasagne February **93**
Minute steaks, fried red onion & orzo salad..... December **78**
One-pot spaghetti & meatballs May **73**
Orecchiette with pork sausage, broccolini, garlic & chilli..... July **36**
Pappardelle with mushrooms, lemon & parsley..... June **124**
Pappardelle with peppers Pugliese December **122**
Pasta butterflies with lemon and artichokes November **44**
Pasta butterflies with peas & ham June **39**
Pasta e ceci..... January **42**
Pasta salad March **40**
Pasta with baked ricotta..... May **26**
Pasta with broccoli, chilli & pine nuts October **94**
Penne with goat’s cheese & walnuts December **97**

- Pennette alla Sorrentina..... May **121**
Prawn & zucchini linguine February **89**
Prawn, tomato & bocconcini pasta rags August **118**
Pumpkin ravioli with beetroot purée & haloumi..... June **102**
Pumpkin tortelli with chilli sage butter May **48**
Rigatoni with bolognese sauce (ragù)..... August **65**
Roast chicken & pesto farfalloni pasta May **82**
Salmon pasta..... October **121**
Sausage & tomato pasta..... May **81**
Smoked fish lasagne August **77**
Smoked salmon pasta with rocket, red onion & capers..... November **87**
Spaghetti with fish, calamari & fresh tomatoes..... May **111**
Spiced lamb cutlets on orzo & pine nuts & kumara August **102**
Spinach & ricotta cannelloni..... March **48**
Tagliatelle with watercress pesto September **109**
Tomato, spinach & ricotta gnocchi..... October **92**
Vermicelli crab salad March **70**

PASTRY

- Rich shortcrust pastry August **56**
Rich short pastry May **98**

PÂTÉS & SPREADS

- Butter bean, lemon & herb pâté with Melba toast..... July **121**
Chicken liver pâté..... March **40**
Smoked salmon pâté November **87**

PEACHES

- Baked peaches with cinnamon-sugar tortillas February **13**
Crispy tarragon chicken breasts with pan-fried peaches..... March **54**
Grandma’s peaches in Amaretto December **123**
Louisiana peach cobbler..... November **127**
Peach tart December **47**
Raisin bread with ricotta, honey & barbecued peaches with prosciutto January **45**
White peach punch..... February **25**

PEANUTS

- Bobby’s peanut biscuits April **94**
Milk chocolate & peanut muffins..... September **43**

PEARS

- Almond angel cakes with poached pears..... October **101**
Baked pears in cinnamon syrup..... April **66**
Baked pears with chocolate sauce February **68**
Chocolate & pear cassata..... March **50**
Gingerbreads with baby pears March **45**
Glacé pear & mocha tartlets..... May **98**
Grilled goat’s cheese with pear & walnut salad January **88**
Parsnip, pear & potato soup May **77**



Chocolate & Pear Cassata, March 2007

- Pear & parmesan salad May **50**
Poached pears with granola & Greek yoghurt March **85**
Roasted beetroot & pear tarte Tatin January **18**
Roast pork rack with pear & parsnip purée, silverbeet & fresh figs June **102**

PEAS

- French peas..... June **45**
Green pea & tarragon soup August **87**
Green pea cappuccino October **111**
Lamb cutlets on smashed green peas, mint & feta November **101**
Pam’s green pea, mint & parmesan frittata May **15**
Pasta butterflies with peas & ham June **39**
Pea & tomato curry August **86**
Pea, feta & mint frittata..... August **88**
Potato wedges with tomatoes & peas June **44**
Pumpkin, pea & silverbeet soup June **42**
Risotto with peas & prosciutto October **94**
Spicy vegetables June **42**
Spinach, pea & rice pies..... June **41**

PEPPERS

- Bite-size red pepper frittatas..... April **58**
Chickpea & yellow pepper salad..... January **38**



Pineapple & Banana Iceblocks, February 2007

Goat's cheese & red pepper stacks	January 89
Quick red pepper dip.....	September 60
Roasted pepper & rice timbales.....	February 38
Roasted peppers with garlic, oregano & anchovies.....	March 29
Roast kumara & red pepper.....	December 31
Smoky red pepper & tomato soup.....	September 131

PESTO

Almond & mint pesto with spaghetti.....	May 27
Butterflied chicken with pesto cream	May 103
Pesto & potato tart	May 102
Pesto tomatoes	February 55
Roast chicken & pesto farfalloni pasta	May 82
Salmon with pesto crust	May 104
Spinach pesto pita pizzas.....	April 13
Tagliatelle with watercress pesto	September 109

PIES

<i>Sweet</i>	
American pumpkin pie.....	November 73
Apple & blackberry pie.....	March 61
Decadently gooey banana cream pie	January 115
Free-form apple pie.....	October 84
Pumpkin pie with meringue topping	October 134
Ricotta pie	February 119

Savoury

Bacon & egg pies	April 44
Beef & Guinness pie with walnut pastry	July 82
Cauliflower & potato pie with mustard & herb crumble	September 52
Cheese pasties.....	April 40
Chicken, leek & mustard pie	October 73
Cottage pie	August 67
Empanadas	April 122
Fish pie.....	May 112
Hot salmon & green peppercorn pie.....	July 44
Mushroom jalousie	April 42
Smoked chicken pies	March 56
Spanakopita	January 62
Spanish beef & chorizo pies.....	June 76

PINEAPPLE

Pineapple & banana iceblocks	February 78
Pineapple with melon salsa	August 40
Thai beef & fresh pineapple skewers.....	January 84
Upside-down pineapple pudding	July 17

PINE NUTS

Chickpeas with yoghurt & pine nuts.....	January 42
Pine nut custard tart	May 95
Spiced lamb cutlets on orzo with pine nuts & kumara	August 102

PITAS & ROLLS

Cucumber & herb rice rolls with lime leaf dipping sauce	December 53
Grilled cheese pita	April 13
Prosciutto chicken mozzarella pita	April 13
Spinach pesto pita pizzas.....	April 13

PIZZAS

Caramelised onion, thyme & Cheshire cheese pizza.....	October 95
Fresh salmon, asparagus & bocconcini pizza.....	November 81
Individual pizzas.....	June 91
Potato pizza	November 30
Quick tortilla pizzas.....	March 76
Smoked chicken & chutney pizza	August 120
Spinach pesto pita pizzas.....	April 13

PLUMS

Parade Cafe's plum shortcake	April 20
Plum cake	September 120

POLENTA

Cornbread	April 28
Lemon polenta cake.....	October 78
Polenta	May 58

PORK

Apple, ginger & fennel marinade for pork	January 94
Asian lettuce cups with spicy pork.....	November 113
BBQ pork butterflies with Dutch potato salad	December 76
Braised red cabbage and apple with pork belly & gourmet pork sausages.....	August 111
Cassoulet	June 72
Chilli pork chops with coleslaw	November 97
Crispy pork with olive & tomato salsa.....	May 50
Crunchy pork & carrot noodles.....	February 72
Deli burger	January 28
Honey-glazed pork loin with pickled cherries.....	December 91
Japanese pork steak with yakitori sauce & steamed vegetables	September 76
Lasagne.....	September 61
Pork & prune terrine	October 38
Pork cutlets with lemon & stewed fennel	August 49
Pork fillet with hazelnut vinaigrette & fried apples.....	March 60
Pork patties	August 63
Pork ragù	September 62
Pork saltimbocca	September 90
Pork steaks with pickled red cabbage.....	April 85
Pork with five-spice, walnuts & green beans	April 90
Prawn & pork dumplings	January 83
Roast loin of pork.....	November 108
Roast pork rack with pear & parsnip purée, silverbeet & fresh figs	June 102
Rustic pork terrine with chicken livers	June 56
Slow-cooked pork with celeriac & orange	September 96
Soy-glazed pork with mango salsa	May 63
Spiced yoghurt pork with couscous	September 110
Stir-fried sesame pork.....	January 58
Twice-cooked Louisiana BBQ ribs	November 126

POTATOES

Balsamic beef fillet, sautéed potatoes & honeyed vegetables.....	September 80
Barbecued monkfish on crushed Jersey Bennes	February 29
BBQ butterflied leg of lamb with lemon potatoes & olives	January 62
BBQ pork butterflies with Dutch potato salad	December 76
Cauliflower & potato pie with mustard & herb crumble	September 52
Chicken with watercress, avocado & baby potatoes	September 79
Green beans & new potatoes	January 33
Hash cakes.....	November 48
Lemon & pepper potato wedges.....	June 88
Mini chive potato cakes	December 61
Minted new potatoes with aioli.....	December 105
Pan haggerty.....	September 54
Parsnip, pear & potato soup	May 77
Pesto & potato tart	May 102

Pommes de terre Monte Carlo.....	October 67
Potato & leek mash	June 35
Potato & parmesan tart	May 52
Potato & rocket salad with Dijon vinaigrette.....	October 101
Potato & yellow lentil curry	February 64
Potato cakes with tomato & mint raita.....	August 83
Potatoes Savoyarde	August 54
Potato pizza	November 30
Potato purée	May 36
Potato purée with bacon & toasted wholemeal crumbs.....	November 38
Potato wedges with tomatoes & peas	June 44
Roast potatoes with fennel leaves.....	May 70
Rosemary & balsamic baked potatoes & pumpkin.....	May 42
Rough potato & watercress soup	July 34
Sauté potatoes.....	December 44
Smoked fish, beetroot & potato salad with horseradish dressing.....	January 78
Sour cream & chives potato bake.....	June 85
Spinach, bacon & new potato salad.....	March 77
Tuna-stuffed baked potatoes.....	May 115
Warm chickpea, potato & chorizo salad.....	January 41
Warm salad of chicken & new potatoes.....	November 51

PRAWNS

Avocado & prawn cocktail	March 105
Crisp Thai noodles with prawns	February 72
Ginger prawn dumplings with chilli soy	October 56
Marinated barbecue prawns.....	January 114
Pam's fragrant green prawn curry	August 15
Prawn & avocado cocktail with herb crostini	November 78
Prawn & chorizo bites	January 46
Prawn curry	July 106
Prawn & ginger noodle salad.....	January 56
Prawn & pork dumplings	January 83
Prawn & zucchini linguine	February 89
Prawn, salmon & vegetable skewers & couscous ...	June 79
Prawns with noodles	July 54
Prawn, tomato & bocconcini pasta rags	August 118
Roasted prawns	August 38
Salt & pepper prawns.....	February 27
Sichuan pepper prawns.....	March 104
Spanish baked prawns	March 106
The Shed's prawn & crab risotto	July 48

PROSCIUTTO

Bocconcini, prosciutto & herb salad	April 88
Buffalo mozzarella wrapped in prosciutto with basil.....	March 32
Fillet of beef with prosciutto crust	December 30
Goat's cheese & prosciutto parcels.....	January 90
Prosciutto chicken mozzarella pita	April 13

Risotto with peas & prosciutto October **94**
 Tomato & prosciutto skewers February **57**

PRUNES

Pork & prune terrine October **38**
 Prune & cognac tartlets April **42**
 Prune & orange bread & butter pudding December **58**
 Rabbit with prunes June **34**

PUMPKIN & SQUASH

American pumpkin pie November **73**
 Baked pasta with pumpkin & mozzarella July **78**
 Beef tenderloin with pumpkin relish October **97**
 Pumpkin, almond & feta salad May **101**
 Pumpkin & chive soufflés with watercress & avocado May **74**
 Pumpkin & haloumi salad with date & lemon dressing December **20**
 Pumpkin, pea & silverbeet soup June **42**
 Pumpkin pie with meringue topping October **134**
 Pumpkin ravioli with beetroot purée & haloumi June **102**
 Pumpkin soup October **81**
 Pumpkin tortelli with chilli sage butter May **48**
 Roast pumpkin risotto June **120**
 Rosemary & balsamic baked potatoes & pumpkin May **42**
 Seafood & pumpkin Thai red curry May **115**
 Sikil p'ak (pumpkin seed salsa) September **104**
 Spicy pumpkin fritters March **64**

Q

QUICHES

Mini quiches with smoky bacon September **57**
 Salmon & leek quiche May **111**
 Sweet corn quiche October **64**

QUINCE

Quince roast chicken March **111**

QUINOA

Lemon & parsley topped salmon with quinoa pilaf..May **77**
 Thai fish cakes on quinoa.....October **98**

R

RABBIT

Flemish rabbit.....October **130**
 Rabbit with prunes June **34**

RADICCHIO

Goat's curd, orange & radicchio salad with olive dressing July **34**

Radicchio & beetroot in wine vinegar with crumbled pecorino..... March **31**
 Radicchio salad with caper dressing May **52**

RASPBERRIES

Apple, raspberry & white chocolate crumble June **86**
 Chocolate raspberry roulade..... July **59**
 Little lemon raspberry swirl cheesecakes March **90**
 Raspberry, apple & vanilla compote November **69**
 Raspberry tartlets December **51**
 Summer fruit salad with sugared yoghurt cream..... January **50**

REDCURRANTS

Lamb rump with redcurrants, roast vegetables & rocket..... June **80**

RHUBARB

Apple, rhubarb & berry crumble..... April **103**
 Rhubarb & strawberry salad with meringue kisses..... December **106**
 Rhubarb crumble cake April **107**
 Rhubarb pick-me-up September **139**
 Stella's spicy apple or rhubarb cake..... April **74**
 Sugared rhubarb muffins September **40**
 Vanilla panna cotta with poached rhubarb..... June **46**

RICE *see also risotto*

Artichoke & rice salad February **37**
 Crispy asparagus & saffron rice roll with wasabi yoghurt..... February **103**
 Crostata February **38**
 Cucumber & herb rice rolls with lime leaf dipping sauce December **53**
 Minestrina with summer vegetables February **42**
 Roasted pepper & rice timbales..... February **38**
 Simple ham, egg & chive fried rice August **101**
 Smoked chicken, bok choy & cashew pilaf..... August **120**
 Spanish rice..... November **47**
 Spinach, mushroom & lemon pilaf..... September **84**
 Spinach, pea & rice pies..... June **41**
 Summer paella February **41**
 Tropical black sticky rice pudding March **100**

RISOTTO

Artichoke risotto February **42**
 Asparagus & lemon risotto September **46**
 Fish risotto July **118**
 Red wine risotto..... August **61**
 Risotto with peas & prosciutto October **94**
 Roast chicken risotto..... September **110**
 Roast pumpkin risotto June **120**
 The Shed's prawn & crab risotto July **48**
 Watercress & taleggio risotto..... November **97**
 White wine, mushroom & thyme risotto..... May **105**

ROLLED OATS

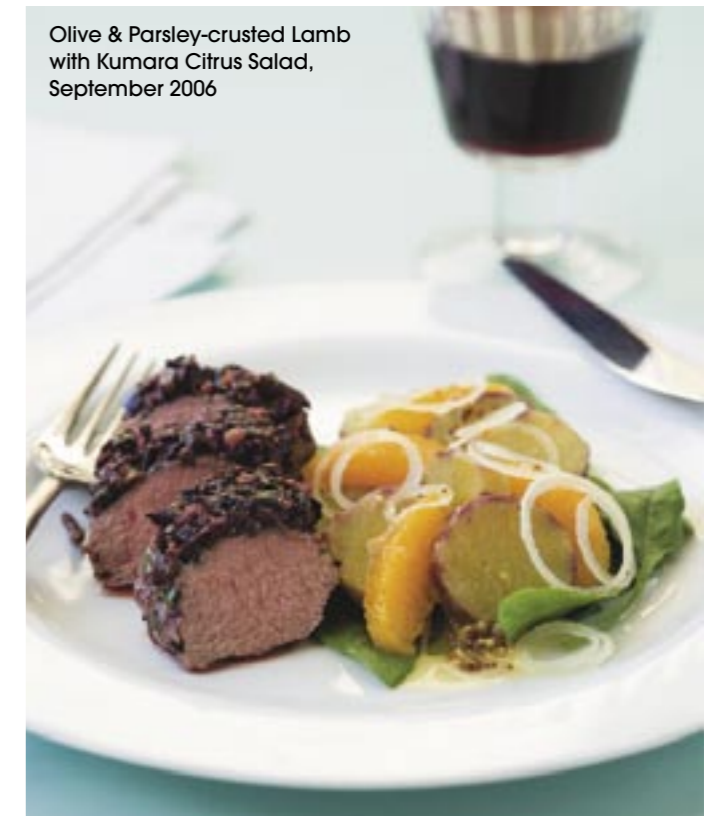
Berry porridge June **119**
 Granola March **85**
 The FirePot Cafe's berry oatie slice..... June **22**

S

SALADS

Artichoke & rice salad February **37**
 Baby beet & orange salad with rocket & pecorino..... February **81**
 BBQ chicken with Asian slaw October **74**
 Big leafy salad July **78**
 Bocconcini, prosciutto & herb salad April **88**
 Broccoli salad with chilli & parmesan..... December **49**
 Brussels sprouts & hazelnut salad..... July **116**
 Caesar salad February **107**
 Cauliflower & gruyère gratin with mixed leaf salad April **82**
 Cherry tomato, feta & mint keftedes with salad..... January **66**
 Chicken & avocado salad February **91**
 Chicken with couscous salad..... January **57**
 Chickpea & yellow pepper salad..... January **38**
 Chickpea salad..... July **107**
 Cinnamon chicken with white bean salad August **135**
 Classic asparagus salad..... September **48**
 Crunchy sesame salad August **44**
 Eggplant & white bean salad October **38**
 Fennel salad with black olive dressing November **37**
 Fennel, walnut, blue cheese & orange salad October **44**
 Fish kebabs with skorthalia & Greek Island salad..... January **61**
 Goat's curd, orange & radicchio salad with olive dressing July **34**
 Green bean & mango salad with coconut dressing December **50**
 Green leaf salad with almonds November **37**
 Green salad with lemon dressing..... February **29**
 Grilled marinated eggplant salad with feta & herbs January **79**
 Herb-crumbed beef schnitzel with Waldorf salad March **73**
 Honey mustard chicken with herb salad May **63**
 Lamb cutlets with Greek-style salad September **82**
 Lamb salad with bean sprouts & cucumber October **32**
 Lemon chicken with cracked wheat, cashew & mint salad April **81**
 Lemon lamb with warm chickpea & parsley salad July **101**
 Little wonton cups with Thai beef salad October **109**
 Macadamia dukkah-cruste fish with spinach salad April **82**
 Mango & chicken salad..... September **118**
 Minute steaks, fried red onion & orzo salad..... December **78**
 Moroccan chicken salad..... December **21**

Olive & parsley-cruste lamb with kumara citrus salad September **76**
 Oyster mushroom & parmesan ciabatta salad December **103**
 Pam's spicy summer salad..... December **15**
 Panzanella December **54**
 Pasta salad March **40**
 Pear & parmesan salad May **50**
 Potato & rocket salad with Dijon vinaigrette..... October **101**
 Prawn & ginger noodle salad..... January **56**
 Pumpkin, almond & feta salad..... May **101**
 Pumpkin & haloumi salad with date & lemon dressing December **20**
 Puy lentil salad with mozzarella January **58**
 Radicchio salad with caper dressing May **52**
 Red & green salad September **63**
 Roasted beet salad November **20**
 Roasted vegetable terrine & goat's cheese salad..... December **104**
 Rocket salad..... May **70**
 Salmon & watercress salad with lemon crème fraîche..... January **76**
 Seared beef with rocket & parmesan..... January **76**
 Seared tuna on French summer salad November **81**
 Simple Asian slaw October **99**
 Smoked fish, beetroot & potato salad with horseradish dressing..... January **78**
 Spiced summer couscous salad February **79**
 Spinach, bacon & egg salad September **86**



Olive & Parsley-cruste Lamb with Kumara Citrus Salad, September 2006

Spinach, bacon & new potato salad.....	March 77
Summer fruit salad with sugared yoghurt cream.....	January 50
Summer salad.....	February 83
Thai green chicken with pawpaw salad.....	August 84
Tomato & mint salad.....	May 37
Tomato, olive & fennel salad.....	March 42
Vermicelli crab salad.....	March 70
Warm chickpea, potato & chorizo salad.....	January 41
Warm salad of chicken & new potatoes.....	November 51
Warm steak & blue cheese salad.....	August 92
Witloof, bacon & blue cheese salad.....	January 79

SALAMI

Olive & salami stuffed loaf.....	July 100
Roast chicken with salami stuffing.....	November 48
Salami tart.....	November 52

SALSAS

Corn & avocado salsa with lime.....	October 63
Green salsa.....	April 32
Pineapple with melon salsa.....	August 40
Sikil p'ak (pumpkin seed salsa).....	September 104

SANDWICHES

BLTs.....	June 94
Chicken, walnut, apple & crispy sage sandwiches.....	November 66



Cucumber sandwiches.....	February 124
Fresh pineapple salsa & ham baps.....	December 39
Grilled sandwich with tuna, capers & mozzarella.....	July 35
Hot-smoked salmon & avocado club sandwiches.....	November 62
Mortadella bites.....	April 61
Olive & salami stuffed loaf.....	July 100
Picnic loaf.....	March 39
Pinwheel sandwiches.....	February 124
Pressed spinach, mushroom & mozzarella sandwich.....	December 76
Reuben sandwich.....	July 110
Smoked salmon & avocado sandwiches.....	October 36
Victoria's chicken rolls.....	April 21

SAUCES

Sweet	
Chocolate sauce.....	September 67
Chocolate sauce.....	April 101
Red berry coulis.....	November 70
Whisky sauce.....	August 32
Savoury	
Adobo (also called chimichurri).....	April 123
Anchovy sauce.....	August 69
Béchamel – basic white sauce.....	August 69
Béchamel sauce (for lasagne).....	September 62
Chunky tomato sauce.....	April 51
Mornay sauce.....	August 70
Mustard sauce.....	August 69
Romesco sauce.....	December 30
Soubise sauce (onion sauce).....	August 70
Tzatziki.....	January 98

SAUSAGES

Bellota's cockles & chorizo with tomato & cumin.....	January 14
Braised red cabbage and apple with pork belly & gourmet pork sausages.....	August 111
Bucatini with sausage, tomato & caramelised onion.....	February 66
Cassoulet.....	June 72
Cevapcici (Yugoslavian sausages) with yoghurt dip.....	March 69
Chunky pasta with chorizo & rocket.....	November 51
Curried chicken sausage casserole.....	August 80
Orecchiette with pork sausage, broccolini, garlic & chilli.....	July 36
Pam's spicy sausage & lentil casserole.....	January 19
Prawn & chorizo bites.....	January 46
Sausage & tomato pasta.....	May 81
Sausages with wine gravy.....	July 100
Soff-boiled egg & chorizo salad.....	December 98
Spanish rice.....	November 47
Toad in the hole.....	July 90
Toulouse sausage & butter bean casserole.....	July 122
Warm chickpea, potato & chorizo salad.....	January 41

SCALLOPS

Curried scallops in poppadom shells.....	November 108
Scallop conchiglie with gremolata.....	November 78
Scallops alla primavera.....	September 34
Seared scallops on warm fregola salad.....	September 33
Seared scallops with chilli pepper dressing.....	November 93

SEAFOOD *see crab, fish, mussels, oysters, prawns, squid*

SHRIMPS

Sizzling shrimps with coconut & lime.....	July 74
---	---------

SLICES

Apricot & coconut slice.....	August 13
Apricot chocolate caramel slice.....	October 79
Chocolate fudge bars.....	February 85
Chocolate nut bars.....	April 101
Date bars.....	November 74
Divine lemon squares.....	July 61
Fruit puff roll.....	September 68
Gluten-free Louise cake.....	March 97
Highlander caramel slice.....	August 99
Italian slice.....	May 92
Milo fudge slice.....	September 67
Muesli bars.....	February 86
The FirePot Cafe's berry oatie slice.....	June 22
The Store's apple & walnut slice.....	May 18

SOUFFLÉS

Sweet	
Apple soufflé with caramelised apples & toffee crab apples.....	July 112
Chocolate soufflé.....	October 51
Savoury	
Pumpkin & chive soufflés with watercress & avocado.....	May 74

SOUPS (*see also broths and chowders*)

Asparagus soup.....	November 34
Bacon, bean & pasta soup.....	July 101
Broccoli soup with ricotta cheese dumplings.....	May 131
Butter bean soup with pancetta.....	July 120
Carrot soup with crispy bacon.....	June 34
Chicken & crab soup.....	July 51
Chicken & sweet corn soup.....	October 67
Dhal soup.....	August 133
Fairways' kumara & cashew soup.....	June 22
French onion soup.....	July 125
Green pea & tarragon soup.....	August 87
Kumara soup with cheesy croûtes.....	July 29
Lentil & bacon soup.....	June 105
Minestra with summer vegetables.....	February 42
Parsnip, pear & potato soup.....	May 77
Pork wonton soup.....	April 36

Pumpkin, pea & silverbeet soup.....	June 42
Pumpkin soup.....	October 81
Rough potato & watercress soup.....	July 34
Smoky red pepper & tomato soup.....	September 131
Spicy lentil soup.....	July 74
Sweet potato and chilli soup.....	May 64
Tomato & fennel soup.....	June 80
Tom kha gai.....	September 72

SPINACH

Chermoulla chicken with lentils, spinach & tomato.....	December 80
Crêpes with spinach, mushroom & pancetta.....	July 15
Macadamia dukkah-crusted fish & spinach salad.....	April 82
Pressed spinach, mushroom & mozzarella sandwich.....	December 76
Spinach & gruyère fritters.....	March 63
Spinach & kumara curry.....	September 85
Spinach & ricotta cannelloni.....	March 48
Spinach, bacon & egg salad.....	September 86
Spinach, bacon & new potato salad.....	March 77
Spinach, feta & sundried tomato muffins.....	January 69
Spinach gratin.....	July 89
Spinach, mushroom & lemon pilaf.....	September 84
Spinach, pea & rice pies.....	June 41
Spinach pesto pita pizzas.....	April 13
Tomato, cauliflower & spinach curry.....	August 93
Tomato, spinach & ricotta gnocchi.....	October 92

SPRING ONIONS

Kumara & spring onion hash.....	January 50
---------------------------------	------------

SQUID

Black bean squid.....	October 61
-----------------------	------------

STOCKS

Chicken stock.....	October 89
Fish stock.....	November 21
Fish stock.....	July 119

STRAWBERRIES

Heart biscuits with strawberries.....	February 14
Rhubarb & strawberry salad with meringue kisses.....	December 106
Strawberry & blue cheese salad dressing.....	November 69
Strawberry ice cream sandwiches.....	January 98
Strawberry spider.....	February 46
Tarte aux fraises (strawberry tart).....	February 130

TARTS & TURNOVERS

Sweet	
American pumpkin pie.....	November 73
Apple tartlets.....	August 56

Chocolate tart.....	October 50
Easter fudge tart	March 81
Filo cups filled with white chocolate mousse & grated chocolate	June 17
Glacé pear & mocha tartlets.....	May 98
Lime & coconut tarts	April 46
Mexican hats	October 23
Mince pie turnovers	December 62
Peach tart	December 47
Pinenut custard tart	May 95
Prune & cognac tartlets.....	April 42
Raspberry tartlets	December 51
Tarte aux fraises (strawberry tart)	February 130
Walnut & chocolate tart	February 114

Savoury

Filo cups filled with chorizo & tomato salsa	June 17
Filo cups filled with chunky guacamole & shaved parmesan.....	June 17
Ham & sweet corn tartlets	December 39
Individual tomato & goat's cheese tarts	May 13
Mini bacon & egg tartlets	July 75
Mini haloumi tarts	April 44
Mushroom & pancetta tarts	June 122
Pam's asparagus tarts	November 17
Pesto & potato tart	May 102
Roasted beetroot & pear tart Tatin.....	January 18
Salami tart	November 52
Tomato & pesto tart.....	February 56
Tomato, marjoram & red onion tart.....	March 70
Tuna turnovers	July 126

TERRINES

Pork & prune terrine	October 38
Roasted vegetable terrine & goat's cheese salad..	December 104

TOFU

Silken tofu in aromatic chicken broth.....	October 59
--	------------

TOMATOES

Baked beans with roasted tomatoes	January 49
Baked feta & tomato with herb salad.....	February 89
Balsamic roasted tomatoes.....	February 58
Bellota's cockles & chorizo with tomato & cumin....	January 14
BLTs	June 94
Bucatini with sausage, tomato & caramelised onion.....	February 66
Caponata (eggplant, tomato & caper stew).....	March 31
Cherry tomato, feta & mint keftedes with salad.....	January 66
Cherry tomatoes with melting cheese	November 61
Chicken loaf with a crust of semi-dried tomato.....	October 70
Chunky tomato sauce	April 51
Crispy pork with olive & tomato salsa.....	May 50
Flounder with beans & tomatoes.....	April 91
Individual tomato & goat's cheese tarts	May 13

Lamb & cherry tomatoes with lemon couscous	March 77
Light tomato broth with kaffir lime	October 35
Linguine with cherry tomatoes & goat's cheese	April 89
Mascarpone, ricotta & fresh herb orecchiette with tomato salsa	December 102
Melting truss tomatoes	December 105
Panzanella	December 54
Pea & tomato curry	August 86
Pesto tomatoes	February 55
Potato cakes with tomato & mint raita.....	August 83
Potato wedges with tomatoes & peas	June 44
Prawn, tomato & bocconcini pasta rags	August 118
Sausage & tomato pasta.....	May 81
Smoky red pepper & tomato soup	September 131
Spaghetti with fish, calamari & fresh tomatoes.....	May 111
Tomato & fennel soup	June 80
Tomato & mint salad.....	May 37
Tomato & pesto tart.....	February 56
Tomato & prosciutto skewers.....	February 57
Tomato, cauliflower & spinach curry	August 93
Tomato, marjoram & red onion tart.....	March 70
Tomato, olive & fennel salad.....	March 42
Tomato, spinach & ricotta gnocchi.....	October 92

TRUFFLES

Chocolate & orange truffles.....	December 33
Chocolate coffee & nut truffles	July 80
Orange mocha truffles.....	March 82

TURKEY

Creamy lemon, pancetta & rosemary turkey	December 18
Turkey breast with cashew & cherry stuffing.....	December 89

V

VEGETABLES

(see also named vegetables, eg, potatoes, beans etc)

All-in-one-pot chunky vegetable broth.....	September 98
Balsamic beef fillet, sautéed potatoes & honeyed vegetables.....	September 80
Cashew nut & vegetable noodle stir-fry	February 73
Garlic soy greens.....	October 60
Individual ricotta & vegetable frittatas	February 81
Japanese pork steak with yakitori sauce & steamed vegetables	September 76
Lamb rump with redcurrants, roast vegetables & rocket	June 80
Mediterranean lasagne	February 93
Mediterranean vegetables	July 77
Prawn, salmon & vegetable skewers with couscous.....	June 79
Roasted vegetable terrine & goat's cheese salad..	December 104
Spicy vegetables	June 42

Photographs by AARON McLEAN, ALAN GILLARD, KIERAN SCOTT

Vegetable noodles	July 52
Vietnamese vegetable curry.....	April 114

VENISON

Venison with parsnip mash.....	June 119
--------------------------------	----------

W

WALNUTS

Beef & Guinness pie with walnut pastry	July 82
Boozy coffee & walnut cake	February 98
Chicken, walnut, apple & crispy sage sandwiches..	November 66
Fennel, walnut, blue cheese & orange salad	October 44
Grilled goat's cheese with pear & walnut salad.....	January 88
Mini wholemeal walnut & cheddar muffins.....	September 40
Penne with goat's cheese & walnuts	December 97
Pork with five-spice, walnuts & green beans	April 90
Roasted asparagus with walnuts & haloumi.....	September 48
The Store's apple & walnut slice	May 18
Walnut & chocolate tart	February 114
Walnut & orange Passover cake.....	March 98
Walnut shortbread	February 114

WATERCRESS

Chicken with watercress, avocado & baby potatoes	September 79
Pumpkin & chive soufflés with watercress & avocado	May 74
Rough potato & watercress soup	July 34
Salmon & watercress salad with lemon crème fraîche.....	January 76
Tagliatelle with watercress pesto	September 109
Watercress & chicken stir-fry with cauliflower crush..	July 93
Watercress & taleggio risotto.....	November 97

WATERMELON

Orange, watermelon, berry & passionfruit salad	October 102
--	-------------

WITLOOF

Witloof, bacon & blue cheese salad.....	January 79
---	------------

WRAPS

Breakfast burrito	April 32
Falafel in a flatbread wrap	February 65
Gourmet wraps with chilli chicken.....	February 82
Turkish lamb doner wraps.....	April 86

Y

YAMS

Lamb with Indian rub roast yams & sautéed vegetables.....	August 83
---	-----------



Zucchini with Lemon, Mint & Yoghurt, February 2007

YOGHURT

Banana, pecan & granola yoghurt pot.....	March 130
Chicken tenderloins with eggplant, minted cucumber & yoghurt	March 55
Chickpeas with yoghurt & pine nuts.....	January 42
Coco's lemon yoghurt cake	May 18
Occam cafe's labna.....	March 19
Spiced yoghurt pork with couscous	September 110
Spicy lamb on sticks with yoghurt sauce	November 90
Stuffed eggplants baked in a yoghurt sauce	January 65
Summer fruit salad with sugared yoghurt cream	January 50
Zucchini with lemon, mint & yoghurt	February 53

YORKSHIRE PUDDINGS

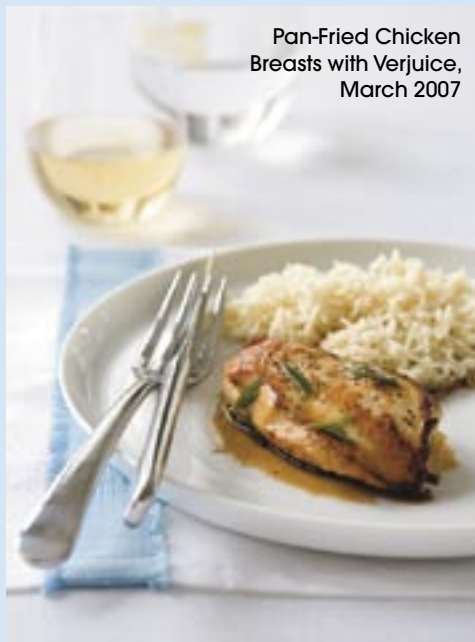
Tessa's Yorkshire puddings	August 53
----------------------------------	-----------

Z

ZUCCHINI

Baked zucchini	October 64
Prawn & zucchini linguine	February 89
Zucchini frittata.....	March 78
Zucchini with lemon, mint & yoghurt	February 53

Pan-Fried Chicken
Breasts with Verjuice,
March 2007



www.taste.co.nz