



Surfing the Menu

New Zealand

The Recipes



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Ben's Bluff Oysters in Angel Hair with Pickled Seaweed and Wasabi

Ingredients

8 Bluff oysters or similar oysters in the shell
1/2 packet of Filo pastry
1 tablespoon of wasabi paste

Dressing

1 teaspoon Fresh wasabi paste or dried wasabi made into a paste
2-3 limes
1 tablespoon Rice vinegar
1 tablespoon Soy sauce
1 sheet of toasted nori
1 leaf of dried kelp soaked and cut into small pieces
1 tablespoon peanut oil



Garnish

1/2 cup of shisu cress (Japanese parsley)
1/2 cup of coriander cress or small coriander leaves.
1/4 cup of small mint leaves
Peanut or veg oil for deep-frying
Coarse rock salt to serve the oysters on

Method

Shuck the oysters and reserve the shell.
Pat dry the oysters and discard the liquid.
Smear the oysters with wasabi paste.
With a sharp knife cut the rolled up filo pastry into very fine strips, or as fine as you can.
Lay the cut filo out into eight even bunches and roll the oysters in the pastry.
Combine the dressing ingredients and then add the soaked and cut kelp.
Break the sheet of nori into little pieces and add to the dressing.
Combine the salad garnish leaves and dress with a squeeze of lime juice.
Place the rock salt onto a serving dish and arrange the shells on top. Spoon the dressing into each shell and then place a small amount of salad garnish onto each shell.
In the preheated veg oil to 180 degrees. Fry the oysters for about 30 seconds just to cook and lightly colour the pastry. Drain on paper towel and place each oyster into its shell. (To test the oil, fry a piece of bread. It should turn golden brown within a minute).

Mark's Roasted Pork Rib on the Bone

1 Whole pork rib eye, bone & fat on
250g sumac spice
8 lemon grass stalks
250g ginger
10 garlic cloves
Small bunch of thyme
300ml peanut oil
1kg sea salt
200ml bottle NZ apple syrup
200ml hoisin sauce
200ml manuka honey
8 large granny smith apples



Crackling

Remove the outer layer of fat/skin by running your knife along the edge of the meat (leave a thin layer of fat on the meat) while pulling the skin outwards, keep running your knife along and it should almost peel off.

Score the skin with shallow, angled insertions but not all the way through. Now place the skin on a plastic tray and cover in salt, this will draw out the moisture and make better crackling. Leave it for at least 2 hrs or overnight.

Wipe the salt off and pat dry. Rub with a little oil, roast in a separate tray at 180c until bubbly and crisp - about 45 min.

Marinate

Slice the ginger into 2-3 mm thick slices, give the lemon grass a gentle tenderize with the back of your knife then cut it on an angle at the base so it can be used like a spear. Make small insertions in the roast and insert the ginger and lemon grass into the meat. Rub the roast in peanut oil and sumac.

Now place it in a strong plastic bag with excess ginger, lemon grass, smashed garlic, herbs and extra oil to marinate over night.

Baste

Mix hoisin, honey and apple syrup together.

Cooking

Remove excess marinate, place the roast bone side down in a large roasting tray, sprinkle with salt and pepper, cook 180c for 1 to 1.5 hrs.

Cook until you can insert a knife and the liquid that comes out is clear with just a hint of pink. I like my pork served medium.

When the pork is half way through cooking start basting in with a brush and applying a new coat every 10 mins.

Apples

When there is about 20min of cooking time left add the apples that are cored and sliced in half (skin on).

Cover them in pan juices and let them roast in all the flavors until soft but still holding together.

Mark's Tian of Salmon with Avocado, Taro Crisps & Wasabi Dressing

300g fresh salmon fillet
1 avocado, large ripe but firm!
2 limes juiced
2tlb of picked coriander
30ml avocado oil
Zest of 1 small lemon
Sea salt
Ground white pepper
250ml light soy sauce
100ml mirin
1 star anise
1 dried lime leaf
1tlb fresh grated wasabi
1 taro
100ml avocado oil
1ltr veg oil



Salmon

Remove the skin and bones from your salmon (your fish monger can do this).

Cut the fillet into a small 1cm dice, reserve in a bowl.

Cut the avocado in half remove the stone and scoop the flesh out cleanly with a desert spoon, cut into 1cm dice add to salmon.

Pour over the 30ml of avocado oil, add the squeezed lime juice.

Sprinkle the coriander over the top. Don't mix.

Sauces

1. Place the mirin, light soy, lime leaf in a small saucepan and gently reduce until thickened.
2. Mix the wasabi, avocado oil and juice of 1 lime.

Chips

Heat the vegetable oil in a small saucepan (only half fill); bring the oil up to 160 c.

Peel the taro then thinly slice or peel - the thinner the better. About 2 mm.

Fry the taro rounds in the oil until golden and crisp, drain on absorbent paper, sprinkle with sea salt.

Serve

Place a round cutter/ mould on a plate, gently mix the salmon and avocado mix then push it into the ring.

Place the crisps on top, the sauces around the out side and a little coriander on top for garnish.

Ben's Baked Green Lip Mussels Provencal

50 Green lip mussels
250ml White wine
2 cloves Garlic
2-3 table spoons Olive oil

Sauce

250gm Shallots finely diced
30gm Anchovies
500gm diced blanched and peeled Tomatoes
3 cloves Garlic
1 dried Chilli
2 Lemon juiced and zested



Herb crust

3 cups Fresh white bread
2 tablespoons Fresh thyme, soft
1 cup Parsley
1 cup Tarragon
1 cup Chervil
Rock salt
Nice pan or plate to serve direct from the oven

Method

Steam the mussels very lightly with the wine and garlic.

Then shuck them open and loosen the meat from the shell and reserve the meat on the half shell.

Sweat the shallots in a little olive oil until soft and with out colour.

Add the anchovies and the garlic and cook for a further 2-3 minutes.

Add the dried chillies and then the tomatoes.

Cook for about 2-3 minutes, until combined.

Add the liquid from the mussels and reduce to a sauce consistency.

Season with salt and pepper and correct with the lemon juice.

Blend the stale bread to crumbs with the herbs in a food processor along with the zest from the lemons.

Place the sauce over mussels on the half shell and then place them on a bed of rock salt in a large pan. Place a little of the herb crumb on top of each mussel and then put in a hot oven for about 5 minutes. Serve in the pan with lemon wedges.

Mark's Warm Salad with Spice Rubbed Smoked Venison + Butternut

1 Venison eye fillet
100ml olive oil for sealing
3 star anises
2tlb coriander seeds
1tlb cumin seeds
1tlb juniper berries dried
2 cinnamon quills
1tlb fresh picked thyme
Bunch fresh, dried rosemary
(pick it a few days before, its every where!)
200g manuka chips or wood chips
1 Large butternut pumpkin
1kg shallots (peeled)
1 bulb garlic
100 ml balsamic
2tlb brown sugar
1tsp ground spice mix
1 bottle Merlot Cab Sav
150 ml extra virgin olive oil
2 bay leaves
4 pepper corns
1 stalk of rosemary
1 bunch flat leaf parsley
1 bunch watercress



Marinate

Roast spice in dry frying pan and crush in a mortar and pestle.

Reserve 1 tsp to add to the veg mix.

Seal the oiled venison in a hot pan, then roll the meat in the spice mix and roll it across the hot pan again just to seal the spice crust on.

Veg

Cut butternut into rounds & roast w whole garlic cloves, shallots, thyme, olive oil, cumin & brown sugar until golden.

Near the end of cooking splash over the balsamic.

Smoking

Using a fish smoker or high-sided tray w a rack and foil smoke the venison using the manuka & broken up dried rosemary for about 20 min, rest the meat.

Dressing

Reduce the wine with peppercorns, bay leaves, rosemary until thick and glaze like, reserve.

Wisk olive oil into the wine reduction 70% wine to 30% olive oil season with black pepper & salt.

To serve

Slice the rested but still warm venison and put together with the entire cooked warm ingredients & the fresh cress and rough chopped parsley, drizzle with the dressing and extra seasoning.

Mark's Vanilla Cured Salmon with Mussel Blini, Creme Fraiche & Salmon Caviar

1 side salmon, boned, skin on
1kg brown sugar
600g rock salt
1 Lg or 2 sm vanilla pods
Small bunch dill
2 shots vodka
2 1/2 cups flour
1tlb sugar
1/2tsp salt
100g butter
3tsp yeast
375ml milk
65ml water
3 eggs – separated
1kg fresh mussels, cleaned
250g cream fraiche
200g salmon eggs
1 bunch of dill
200g clarified butter



Salmon

De-bone (your fishmonger can do this) and trim the salmon side.

Rub the salmon's flesh with vanilla, dill & vodka.

Mix the sugar and salt and heavily cover the salmon with the mix, make sure the side is sitting on the salt mix also, leave for 2 days refrigerated and lightly weighted.

Once the salmon has cured it will be firm and intense in color.

Wash off all the cure mix well! Slice thin slices of salmon against the salmon's natural grain.

Mussels

Steam the mussels until just opened, remove the shell, the tough outer lips and the small tongue. You should be left with just the soft meat.

Blini Pancakes

Heat milk & butter until the butter is melted, cool.

Dissolve yeast in warm water and wait for it to activate, add to milk mix.

Mix in salt, sugar, flour add yolks.

Leave in a warm place to double in size.

Add the mussel meat and chopped herbs to the yeast mix.

Whisk the egg whites until soft peaks form. Stir the yeast batter down and fold in whites 1/3 at a time. Gentle mix. As little as possible. You will need to work fast.

Cook small blini in pan with clarified butter.

Or you can cook them in a large pan by just dropping spoonfuls of mix into the hot pan.

Serve

Once the blini are cooked arrange the sliced salmon on top, spoon on a little crème fraiche, Top with the salmon roe and a wedge of lemon.

Ben's Targine of Snapper with Preserved Lime, Chickpeas, Tomato and Chenin Blanc

Serves 4

2 plate size pink snapper or sea bream filleted but keeping the head and tail attached.

Paste

4-5 coriander roots washed / tops reserved for garnish
2 garlic cloves
Salt
1-2 pinches of saffron
400gm chopped and peeled tomato
1 preserved lime skin only finely diced
1 teaspoon cumin
1 glass white wine
Juice of one lime
1 teaspoon fresh ginger fresh
1 cup chickpeas tinned
2 table spoons of olive oil
1/2 cup crispy fried onions



Method

Ask your fishmonger to gut, scale and fillet your fish but to leave the head and tail attached so as to just remove the spine and pin bones!

In a mortar and pestle pound the garlic, coriander root, cumin and ginger with a little salt to a fine paste.

Then add the tomato, limejuice and preserved lime zest and white wine.

Pour this over your fish and allow to marinate for ten minutes.

In a targine or heavy saucepan warm the olive oil. Add the fish and marinade as well as the chickpeas.

Bring to a simmer and cook for about 10-15 minutes continually spooning the sauce over the fish. You may need to turn the fish half way through.

Correct the seasoning, and garnish with the remaining chopped coriander tops and the fried onions.

Mark's Chicken and Mushroom Terrine with Chenin Blanc Jelly, Confit Cherry Toms & Soft Herb Salad

10 corn feed chicken thighs
6 chicken livers
Selection of gourmet mushrooms i.e. needle, oyster, and shitake
4 Silver beet leaves
600ml chenin blanc
2 cloves garlic
1-2 shallots
4 bay leaves
Fresh thyme
Prosciutto
4 leaf gelatine sheets
350ml olive oil
1 vine of cherry tomatoes
Basil
Chervil
Parsley



Method

Place the vine tomatoes in olive oil w 2 bay leaves, gentle heat until toms are softened.

Blanch the silver beet leaves in salted water, refresh in cold water, dry and reserve.

Lightly oil the inside of a terrine dish, line it with prosciutto then silver beet leaving enough overlapping to fold back over the top.

Trim the thighs, season & seal chicken until golden, quickly seal the livers in the same pan add lemon zest and picked thyme, set aside to marinate.

In the same pan gently sweat the mushrooms (until just softening) set aside.

In the same pan sweat sliced garlic & shallots, add wine, bay leaves, and gently reduce by a 1/3. Strain liquid, reserve.

Soak gelatine leaves in cold water then add to the hot wine liquid.

Layer the chicken with the mushrooms and silver beet seasoning between layers.

Repeat until there are three layers with the livers in the middle.

Keep the livers in a central row, running down the middle of the terrine.

Pour over the liquid, wrap over the prosciutto, cover with a lid or foil.

Cook at 165c for 1hr & 25min in a water bath

Once cooked gently weight the terrine over night in the fridge.

Gently heat the dish to turn out, serve a thick slice with the tomatoes, herb salad, crusty bread and good quality balsamic.

Mark's Blue Cheese Wedge, Orange and Almond Biscotti and Poached Figs

600g soft blue cheese
12 fresh figs
1 bottle 300ml sweet desert wine
1/2 cup sugar to taste (the wine may be sweet enough)
2t1b manuka honey
1 bay leaf
2 cinnamon quills
1 vanilla pod

Biscotti

(Biscotti means twice cooked)
250g flour
250g sugar
1/2tsp baking powder
3 eggs
80g sultanas
80g dried peaches
150g whole blanched almonds
2 orange zests



Figs

Remove the top stalk of the figs and criss cross the bottoms.
Add all ingredients to a wide pan and gently poach until soft.
Remove and drain the figs, reduce the liquor to a syrup.

Biscotti

Mix all the dry ingredients, add the wet and mix into a dough.
Form the dough into a rectangle shape about 3cm high and 10cm wide on a greased tray.
Bake at 160 c for 20 min or until firm.
Cool slightly then slice into 2mm thick slices. Lie flat on an oven tray and bake at 170 c until light golden and crisp about 5 min.

To serve, cut a nice wedge of cheese place some figs next to it and a pile of the biscotti.

Ben's Rabbit and Chorizo and Freshwater Crayfish Paella

You'll need a paella pan or large frypan

250g Paella rice
150g Chorizo picante for cooking
1-2 Fresh rabbit
6-8 Fresh water Cray fish/ snails
100g Celery
1 medium Onion
3-4 cloves Garlic
1ltr Chicken stock
12 Cherry vine tomatoes lightly roasted.
1 cup Broad beans
1 good pinch Saffron
2tbl chopped Parsley
1 dried chill
2 Lemons cut in half
1 glass White wine



Method

Heat olive oil. Sauté the rabbit, chorizo until nicely coloured, remove to the side
Shallow fry the onions, celery and garlic for 2 minutes.

Add the sautéed rabbit and chorizo back to the pan along with the fresh water crayfish.

Then sprinkle the rice over the rabbit, chorizo and crayfish.

Steep the saffron in the white wine for at least 10 minutes

Pour the white wine and saffron mix over the rice and allow to evaporate. Then pour in the chicken stock; shake the pan to disperse the ingredients.

Add the broad beans and simmer for fifteen to twenty minutes. Shake the pan every so often but without stirring ingredients.

Finally, just before you turn the paella add the cherry vine tomatoes.

Season to taste, chopped parsley and eat.

Ben's Gaucho Venison with Grilled Chilli, Garlic and Shallots

Small leg of venison

Salt Paste

100g Sea salt
2tbl Water
2 Oranges zested and juiced
1tbl Thyme
1tsp Juniper
1tsp of black current and apple vinegar

Salsa

To be char grilled
500g Thai shallots
6 Cayenne chillies
1 head Garlic
2tbl Parsley
1tbl White wine or red wine vinegar
3-4tbl Olive oil
4 punnets of cherry vine tomatoes



Method

To make the salt paste, pound the dry ingredients in a mortar and pestle until fine. Add the liquid and combine to a smooth wet paste.

To make the salsa

Place all the ingredients on to a medium heat BBQ and char until tender. The tomatoes will only take seconds while the onions and garlic will take longer. Place the char grilled tomatoes into a bowl then squeeze the shallots and garlic into the same bowl. Peel and chop the chillies and add to the bowl. Season with salt, pepper, the vinegar and olive oil and reserve to dress the meat.

To cook the meat

Make sure that you have a hot fire with a good coal base before you start to cook as the heat needs to be hot enough to roast the meat. Then simply thread the haunch of venison on to a thick metal skewer (I used a crowbar in the show) and secure with wire so that you can turn the meat with out the fear that it will fall off the skewer. Place the meat over the hot coals and brush with the paste. Allow the meat to brown and give a nice crispy crust then carve off the outer layer. The meat will be rare where you have carved off the first slices. Then repeat this process each time you carve off any layers. Simply place the carved meat in a nice crusty bun and serve with a dollop of salsa.

Mark's Venison and Rabbit Game Pie

1kg Venison, Denver leg
1Rabbit – whole
6 rashers streaky bacon
500g Flour
2tlb fresh thyme
2tlb juniper berries
150ml Cognac
100g Prunes
2 onions
1 carrot
1 stick celery
1 bulb garlic
4 bay leaves
2 ripe tomatoes
1ltr venison stock
optional
1 Bottle - Pinot Noir
Salt & Pepper
1kg puff pastry
1 egg
100ml milk



Method

Using a large sharp knife or cleaver cut the rabbit into three sections – front legs, middle and back legs.

Break the venison down into chunks slightly larger than one of the rabbit's rear legs.

Coat the meat with seasoned flour, cook until coloured in a hot frying pan (seal).

Place the meat in a large pot. Grill the bacon but keep it aside for later.

Rough cut (3cm chunks) the vegies and add.

Add herbs & spices.

Add the liquid until the meat is covered.

Put the lid on and gently simmer for 2-4 hours.

After 1hr lift the rabbit out and remove the fillets from the middle section, as they will be cooked, continue cooking.

When tender remove the meat, strip the rabbit down, break down the venison a little if needed, reserve. Remove the bay leaves then blend & strain the cooking liquid.

Reduce the liquid over heat until the sauce is thick.

Season the sauce, add the meat, bacon, prunes, fresh thyme (extra) then pour into a Ceramic pie dish lined with puff pastry. Cover the top with pastry and egg wash.

Bake 180 c for 40 min or until golden brown.

Ben's Warm Salad of Grilled Smoked Eel

I absolutely love smoked eel, its rich oiliness is fantastic set against the sharp crispiness of this salad. If these devilish little creatures aren't your cup of tea then try hot smoked trout or smoked salmon, just don't grill the stuff, serve it cold instead as their textures are less firm and not suitable for grilling.

Serves 4-6 people

80g smoked eel per person

1 bulb of Florence fennel plus the green top if still on the bulb (the tight round bulbs)

1 medium red onion

1 cup of flat leaf parsley (picked and washed)

1 bunch of sorrel

1/4 head of radicchio

1/2 cup of mint picked and washed

1 lemon

Extra virgin olive oil



Method

Prepare the salad by thinly slicing the fennel across the bulb and place in iced water to crisp, reserving the herb tops for the salad. Cut the onion in half and slice length ways, again slice thinly. Break the radicchio into shreds removing the larger parts of the white centre of each leaf as well as any yucky looking leaves.

Slice the smoked eel into fillets from which the skin and bones have been removed and into 50mm thick slices. Heat a griddle pan to high heat and sear the eel on either side.

Toss the fennel, onion, mint, and parsley together in a bowl and season with the juice of half the lemon and salt & pepper and olive oil.

Then gently toss the sorrel and radicchio with the onion, mint and fennel

Remove the eel from the grill and place into a smaller bowl and squeeze a little lemon over it. Crumble into salad and serve

Ben's Curried Shoulder of Lamb with Kumara Mash with Fried Garlic, Chilli and Cashews

Serves 6 people

1 lamb shoulder trimmed of fat
3cm piece of root ginger grated
3 cloves of garlic crushed
Water

1 bay leaf
1 cinnamon stick
4 cloves
6 cardamom pods green crushed
2 onions sliced
400g tin of chopped tin tomatoes
2 tsp of crushed cumin
3 tsp crushed coriander
2 green chillies halved
Large handful of coriander



Curry paste

50g desiccated coconut
3tbl of coriander seeds
5tbl of poppy seeds
2tbl of fennel seeds
1tbl of black pepper corns
5 red chillies

DOUGH TO SEAL POT:

500g flour
Water

Method

Place the trimmed lamb shoulder into a snug fitting pot and add the turmeric, garlic and ginger and three glasses of water. With the flour and water make dough and roll into a sausage and place around the rim of the pot and firmly fit a lid. Put into a pre-heated oven and cook at 150 degrees for 3 hours.

Place the curry paste ingredients into a spice grinder or food processor and blend until fine. Set aside.

Heat a little oil in a heavy bottom pot and add the bay leaf, cinnamon, cloves and cardamom and fry until they release their aromas.

Add the sliced onion and cook until soft.

Add the tomatoes and cook for 5-10 minutes. Then add the ground cumin, coriander and halved chillies and cook for a further 5 minutes

Add the curry paste and cook for a further 5 minutes.

Remove the lamb from the pot. Be careful of the steam inside. Remove the bones and excess fat from the lamb and add to the curry sauce along with the cooking liquid from the pot. Cook the lamb in the sauce for a further 30minutes over a low heat.

Serve with chopped coriander and steamed jasmine rice.

Mark's Crayfish Soufflé

1 whole cray
50g butter to grease
Flour to coat
3tlb fresh grated Parmesan
70g flour
70g butter
500ml milk
2 bay leaves
1tlb fennel leaves rough chopped
1 garlic clove
5 egg yolks
8 egg whites
Pinch salt
Sea salt
White pepper
1tsp sweet smoked paprika
1 lemon



Method

Cook crayfish until 3/4 done (around 6 min for med size), rest, de-shell and finely cut meat - reserve and keep the legs for garnish.

Grease & flour two large or 8 small soufflé dishes.

Heat milk w/ bay leaf & crushed garlic clove, 1 lemons zest.

Make roux with flour and butter (gently cook until slightly whitened and bread crumb like), whisk in the milk in three additions, and simmer for 15-20 min covered, stir regularly.

Cool. Mix in Parmesan and yolks.

Whisk the egg whites & salt until stiff.

Add 1/3 of the whites to the mix plus the crayfish meat, chopped fennel & paprika.

Mix in.

Fold remaining whites in.

3/4 fill the soufflé dishes, gently tap them on the bench, sprinkle a little extra parmesan and paprika on the tops.

Bake in a water bath at 180c 15-20 min small, 30 min large.

Serve with legs and lemon wedge.

Ben's Potted Trout with Soda Bread

800g Fresh brown trout or rainbow trout
250mls of White wine
1 cup of Chervil, (stalks kept for poaching)
1/4 cup of Tarragon, (stalks kept for poaching)
1/4 cup of dill, (stalks kept for poaching)
1 cup of parsley, (stalks kept for poaching)
200g chopped shallots half for the poaching of the trout
200g soft unsalted Butter
100g full fat cream cheese
1/4 of a teaspoon Mace
2 limes zest and juice
30g of Anchovy
5g Dijon mustard
Salt & Pepper



Soda bread

175g Whole meal flour
175g Plain flour
1 tbl Bicarbonate of soda
Good pinch of salt
300mls Buttermilk

Method

Place half the shallots along with all the herb stalks and the peppercorns into a shallow roasting tray. Place the fish fillets on top of the herbs then add the white wine. Gently simmer covered for about 3-5 minutes depending on how thick the fish fillets are and then remove and allow to cool. Once cool drain and reserve the liquid and flake the fish making sure the bones and skin are removed.

Heat 30g of the butter in a sauce pan and add the remaining shallots and cook until soft and uncoloured. Then add the poaching liquid and reduce to evaporate. Then add the mace and the anchovies. Then cool.

Place the shallots in a food processor and add the remaining butter along with all the herbs and Dijon mustard and cream cheese. Blend this until completely pureed. Then add the lime juice and zest.

Fold the herb butter into the trout breaking up the flesh a little. Season with salt and pepper then place the trout into a terrine container and top with a layer of herb butter. Any batter remaining can be saved and frozen to use at a latter date.

To make the soda bread, combine the flours and the baking powder and salt. Then add the buttermilk until dough is formed. Roll into dinner size rolls and dust with whole meal flour and a few porridge oats. Allow resting for 30 minutes and then bake at 180 degrees for about 20 minutes and then remove, allowing to cool.

To serve remove the potted trout from the fridge at least 1 hour before serving

Mark's Trout Sandwich

1 whole trout, scaled
2-4 feijoas
1 bunch of mint
1 bunch flat leaf parsley
3 ripe limes
100g pine nuts
1 Tlb soft brown sugar
Sea salt
Cracked black pepper
Olive oil
3 pieces of flax
3 kaffier lime leaves



Fresh Wasabi Mayo

1 small jar fresh grated wasabi
Or
1 fresh root wasabi, grated
4 Free Range eggs
Dijon Mustard
5 limes juice
600ml grape seed oil
2 cloves of garlic
Parsley
Mint

Trout

Fillet the trout removing the head, using boning tweezers pin bone the fillets (Remove the line of bones running down each fillet)
Lay the sides skin down, season, pour a little olive oil on and squeeze over the limejuice.
Place one side of trout on 3 3cm wide, 30cm long strips of flax with a lime leaf in the centre of each strip of flax
Peel and thinly slice the feijoas into strips, place them on top of the trout that's on the flax.
Rough chop the herbs and add.
Sprinkle with roasted nuts.
Place the other side on top.
Pull the flax around the trout fillets (sandwich together) tightly tie.
Slip another 3 lime leaves under the tied side of the trout.
Season heavily with sea salt and olive oil.
Fry in a med hot pan or bbq until crispy on the out side and moist in the middle (about 10 min). Always rest your meat for at least 5-10 min.

Mayo

Place eggs, wasabi, mustard, 1/2 limejuice and garlic in a blender and blend until smooth. Add herbs and re-blend.
Gentle pour in the oil.
Season, check acidity and add more lime if needed.

Serve on a large platter with a side of steamed green veg, wasabi mayo and fresh limes.

Marks Paua Steaks with Kumara Chips & Lime Aioli

10 small paua, or abalone
4 cloves garlic
100ml lime avocado oil
2 fresh limes
1tsp of each of the herbs from the mayo
200g flour for coating
2 large kumera or sweet potatoes
2ltr veg oil for frying
Salt & Pepper
3 Free Range eggs
1heaped tsp Dijon Mustard
4 limes juice
300ml avocado oil
2 small cloves of garlic
Small bunch parsley
Small bunch dill
Small bunch parsley
Small bunch basil
50ml Avocado oil
50ml Balsamic



Method

Place the paua in the freezer for 1hr then remove from the shell, remove the tooth at one end and all the stomach sack etc.

Marinate the paua in lime oil, lime, garlic and herbs for at least 1hr.

Coat paua in seasoned flour & shallow fry at med/hot heat for 1min each side.

Chips

Part cook the kumera in boiling water (firm but easy to slide a knife into) rub off the skin, cut into wedges, dry. Deep fry at med heat, until dark golden and crisp, season.

Mayo

Place eggs, mustard, parsley, 1/2 limejuice and garlic in a blender and blend until smooth.

Gently pour in the oil while blending.

Season, check acidity and add more lime if needed.

Serve

Serve paua and kumara chips with a small herb salad dressed with olive oil & balsamic and a ramekin of aioli plus fresh limes.

Bender's Mess with Kiwi Fruit

4/6 portions

Meringues

120g Egg whites

120g Caster sugar

Kiwi fruit puree/paper

500g fresh kiwi fruit

50gm caster sugar

1/2 lemon squeezed

Kiwi fruit salad

2 kiwi fruit peeled and sliced

1tsp of finely sliced mint

2-3tbl of kiwi fruit puree

Mascarpone cream

3tbl of Mascarpone

3tbl of Creme fraiche

1tbl of Icing sugar

Juice and zest of one Lime

Seeded Vanilla pod



Method

Firstly make the meringues by whisking half the sugar and the egg whites until a soft peak is reached and then gradually add the remaining caster sugar and continue to whisk until a shiny stiff peak is reached. Then spoon a good dollop onto baking paper and place in a pre-heated oven at 120c and cook until dry and uncoloured.

To make the paper simple puree the fruit with the sugar and lemon juice. Then with a palate knife spread an even layer onto some Teflon sheet and dry in an oven at 100c for about two-three hours. Reserve some puree for the fruit salad.

For the mascarpone cream, combine the mascarpone and the crème fraiche with the icing sugar, lime zests and juice. Along with the vanilla pod. Then take your meringues and break enough into the cream to make a rough creamy mess that will hold its form. Fold into this a little fruit puree and spoon into ring moulds.

Arrange the fruit salad on top of the meringue and cream mix. Then take some fruit paper and break into shards and garnish the mess.

Dress the plate with some fruit puree and a small sprig of mint.

Mark's Tropical Prawns Marinated In Native Spice with Kiwi Chilli Sauce

1kg large prawns shelled but head & tail on, de-veined
NZ native spices: 4 crushed Horopito (bush pepper leaves)
1 small tsp dried kawakawa (bush basil leaves)
100ml lime scented avocado oil
100ml garlic scented avocado oil
5 cloves garlic
6 fresh lime leaves
2 limes juiced
2tsp quality sea salt
Black pepper



Sauce

2 cup caster sugar
1/2 cup water
3 Kiwifruit firm & slightly under ripe
3 Large mild red chilli's
1 Small nob of ginger
2-3 Garlic cloves
1 Small bunch coriander
1tblb Fish sauce
1 Lime juiced

Prawns

Marinate prawns in avocado oils, garlic, lime leaves, lime juice and NZ spices for at least 1hr. Season then char grill or pan fry, remove excess marinade before cooking.

Sauce

Place kiwi, de-seeded chilli, ginger, garlic in a food processor and blend. Add the sugar and water to a thick-bottomed saucepan on a high heat. It will bubble and begin to change colour. When it is golden work quickly as the caramel will continue cooking (take care: it is very hot!) Pour the caramel on to the chilli mix while blending, finish with the fish sauce, limejuice and coriander.

Serve the prawns on a banana leaf or five-finger leaf (NZ) with lashing of chilli sauce and 1/2 limes.

Mark's Seared Yellow Fin Tuna, Garlic Studded with Asian Dressing and Passion Fruit

Tuna loin
Garlic cloves
Coriander leaves
Ice
Skewers

Soy Dressing

100ml soy sauce
50ml Sake
1 lemon juice
50ml mirin
Ginger
Garlic
Coriander



Passion fruit sauce

10 passion fruit pulp
2 limes to juice
50g yellow rock sugar
1 stalk smashed lemon grass
2 lime leaves
1 coriander stalk

Method

Cut loin into thick strips, seal over an open flame then refresh in iced water.
Cut into 1cm slices & stud with a very thin slice of garlic and a coriander leaf.
Mix soy dressing.
Heat the passion fruit etc and gently simmer until thick, strain, cool.
To server stack Tuna on a plate with passion fruit sauce drizzled to one side & coriander leaves to garnish.
Pour soy based sauce into a white round ramekin and place on the side.

Ben's Steamed Scallops in the Shell with Spiced Carrot Puree and Vermicelli Noodle

Serves 4

3 large scallops per person each cleaned and removed from the shell

1/2tsp ground cinnamon

Zest of 1 orange

1 dried long chilli finely sliced

1 tsp chopped coriander

Carrot puree

500g medium carrots peeled and sliced

100g butter

1-2 oranges juiced and zested

1/4 teaspoon cumin powder

Salt & pepper



Garnish

100g vermicelli noodles cooked and refreshed

Small coriander leaves

Baby mint leaves

Sweet marjoram leaves

1 witlof finely sliced

Method

Place all the sliced carrots in a pot and just cover with water, add the butter and season with salt.

Cook covered until very tender and sweet.

Drain and puree completely while still hot.

Add the juice of the orange, a little cumin until you can taste both carrot and orange and cumin.

Season with salt & pepper and keep warm.

Season the scallops each with a pinch of cinnamon, oranges zest, chilli and some chopped coriander and then steam for about 2-3 minutes. The scallops should be translucent and warm all the way through.

While they cook warm your noodles in the puree along with the witlof and divide between the shells. Drizzle with a little olive oil. The noodles should be loose and full of juice.

Serve the steamed scallops on top with a little salad of the baby mint sweet marjoram and coriander.

Ben's Mole Poblano (Chilli & Chocolate) Organic Chicken

8 ancho chillies
3 pasilla chillies
4 mulato chillies
1 large organic chicken
600ml chicken stock
100g lard or goose fat
2 onions, chopped
4-5 cloves garlic, chopped
2 star anise
2 tablespoons sesame seeds
4-5 roots plus tops of coriander
1 slice dried white bread
450g tomatoes, peeled,
seeded and chopped
1/2 cup of flaked almond
1/2 cup peanuts blanched
1/2 cup raisins
1/2 tsp ground cloves
1/2 tsp ground cinnamon
1/2 tsp coriander seeds
1/2 black pepper corns
40g organic 72% chocolate



Method

Toast the chillies in a dry pan. Remove the stem and seeds. Tear them into pieces and soak in hot water for 30min.

Joint the chicken for sautéing. Make a light stock with the remaining bones and trimmings. Sauté the pieces in the lard until golden all over and remove to a casserole dish. Reserve the lard.

Combine all the ingredients in a food processor except the chocolate and 1/2 the sesame seeds and blend, if necessary do in batches.

Heat remaining lard in a heavy bottom pan and fry the paste for about five minutes.

Add about 500ml of the light chicken stock and the bitter chocolate. The sauce should be quite thick, add this over the chicken pieces and cook over the lowest possible heat for about 45 minutes.

Season to taste.

Serve with guacamole and blind tamales and chopped coriander and a sprinkle of sesame seeds.

Blind Tamales

Cornhusks
65g lard
275g masa harina
5g salt
1tsp baking powder

Method

Combine the flour, salt and baking powder. Add the lard and mix.

Then add enough water to bring together into dough.

Divide evenly into small bun shaped balls and wrap in foil and steam for 30-40 minutes.

Mark's Persimmon Tart with Mascarpone Vanilla Ice Cream, Bitter Caramel Sauce

4 large firm ripe persimmons
500g puff pastry
1tlb icing sugar to glaze
100g butter
6 eggs yolks
300ml cream
300ml milk
300g Mascarpone
2 Vanilla pods
2 nips of conteau (orange liquor)
2 cups sugar
1/2 cup water
600ml cream
75g butter



Tart

Roll out the puff pastry to about 3mm, cut out discs about 10-12cm diameters. Thinly slice the persimmon into rounds and then in half. Arrange the sliced fruit in a fan style on the pastry 2-3 slices high; sit a knob of butter on top. Place a small square of baking paper on top of the fruit and then flip the tart onto a baking tray (fruit down first).
Bake at 190c for 10-12 min or until golden and crisp.

Ice-cream

Bring milk, cream and vanilla to the boil in a saucepan. Whisk yolks and sugar until pale then pour over the milk mix just as it reaches the boil, whisk rapidly as you pour (a helping hand is useful or a damp cloth to rest your bowl in). Add the custard to an ice-cream churn, once cooled add a cup of the custard to the mascarpone in a bowl and whisk until smooth. Add mascarpone mix to the churn and continue to churn until the mix is thick. Cover and freeze.

Sauce

Place sugar and water in saucepan, turn to caramel (no stirring, high heat, clean pan) once the caramel is golden turn down the heat and let it turn dark golden/brown. Stand back and pour 1/2 the cream in, let it bubble then whisk the mix while adding the rest of the cream. If lumpy turn up the heat and whisk. Finish by whisking in the butter.

Serve

Place a scoop of ice cream in the middle of the tart and pour over the caramel sauce.



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