

70 NO-FAIL RECIPES AND IDEAS

\$6.20 (inc GST)
May 2010

Taste

Flash ideas

- * QUICK DINNER-PARTY DISHES
- * NO-COOK DESSERTS



Beetroot & chocolate loaf

Heavenly Cheese
MEALS TO MELT YOUR RESOLVE



HEALTH & WELLBEING

- * Dealing with fussy eaters
- * How to lower blood pressure

Autumn pasta to please

SEASON'S BEST: shallots fennel beetroot kiwifruit



CHEF SEAN ARMSTRONG
shows how to entertain with ease



SUPER SPUDS
everyone will love these!



JULIE BIUSO'S
vegetarian menus





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Kerem Monday
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Kerem Wednesday
Kerem Thursday
Kerem Friday
Kerem Saturday
Kerem Sunday

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Chef's table

Suzanne Dale visits luxury Parehua Country Estate in Martinborough to sample the very fine cuisine of chef and manager Kent Baddeley

Photographs by PAUL McCREDIE

Escarpment winemaker and dinner guest Larry McKenna has brought a bottle of 1986 Muller Thurgau, found under someone's house, to Parehua Estate to serve with dessert. It is a risk, he says, that the wine may not be drinkable. It is, but may have been past its best. However, the dinner and the rest of the wines (Larry has also brought along a superb Escarpment pinot noir) are very much less of a gamble.

Kent Baddeley, host, chef and manager of Parehua in Martinborough, is entertaining friends, taking the rare opportunity to sit in the dining room to eat a meal that he has cooked. At *Taste's* request, because we want readers to be able to recreate some of the recipes at home, Kent has made a more accessible, but still very delicious, version of the type of menu he cooks

for guests staying in the estate's five-star cottages. Each dwelling is nestled in gardens around a lake - they have full kitchens, so guests can cook for themselves or dine by candlelight in the restaurant.

There's always a degustation evening meal, the content of which is a surprise. While the dishes usually change every evening, Kent, formerly chef/owner of Wellington's renowned Petit Lyon for 18 years and former executive chef of Sileni Estates in Hawke's Bay, says he may hold onto one for three or four days if it particularly pleases him.

A far from typical breakfast is served in the restaurant each morning. As well as house pastries and homemade muesli on the sideboard, the à la carte options move past the usual offerings to include Fresh Lamb's Brains in Panko Crumbs with Mustard Cream or Lemon & Caper Salsa. There's Grilled Holly Bacon with Truffled



These pages: Kent in the kitchen at Parehua; making the plum syrup to accompany the Beef Wellington; plating up the steam-pudding starter; secluded cottages at the Martinborough Lodge.



WITH A COUPLE OF BIKES ON SITE,
GUESTS CAN TRY A SET OF WHEELS FOR
SIZE, GRAB A HELMET, THEN SET OFF
FOR A RIDE INTO MARTINBOROUGH



Seared tuna with roasted grapes

Ready in | **5 minutes**

Serves | **4**

4 small bunches grapes

8 Tbsp good olive oil

4 x 150g tuna loins

4 tsp mirin

4 tsp Pacific Harvest chilli kelp seasoning (see pacificharvest.co.nz for stockists)

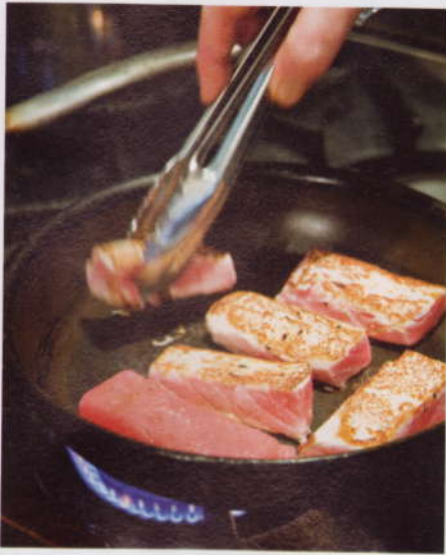
Sea salt

1 Preheat oven to hottest temperature. Place grapes on a small metal oven dish and drizzle with olive oil. Season and cook until the skins almost burst (about 4-5 minutes), checking them every few minutes.

2 Meanwhile, sear the tuna in a non-stick frying pan on all sides until golden but not cooked through (about 4 minutes). Season with mirin, chilli kelp and sea salt.

3 Serve immediately with grapes on top and any garnish of your choice, from micro-greens to wasabi. Pour juices over.





Opposite page: When in season, cherries can be roasted instead of grapes. Both work well, too, over salads. **This page, above:** Searing the tuna. **Right:** Kent served the Eskimo pie between slices of his homemade chocolate bread.

to cater to a global audience." Guests are predominantly German, French and Italian, plus Wellingtonians up for a special occasion. "We have to bring in most of the ingredients and store them here."

The figs, grapes and plums on tonight's menu are all locally grown but Kent drives into Greytown for other supplies, including goods from French baker Moise Cerson, who once worked for him at Petit Lyon. "I go with the person, rather than the product, he says of his suppliers. "We enter a journey together. I deal with one supplier whose grandparents dealt with mine."

Kent was raised in Matawhero, Gisborne, where his grandparents ran a hotel and he spent a lot of time learning to cook from his grandmother. "I have wonderful memories of rural deliveries, of my grandmother cooking after getting up to dig the gardens at 5am. Every morning she'd make her own butter and she made her own black pudding.

"For me, cooking has always been about warmth, about smells coming from the kitchen, of taking food into the dining room," Kent says. "I have been cooking since I was 15 and every day I wake up excited by it. It is my blood.

"You can't discount that, as a chef, you have touched lives. Thousands have proposed over my food. I've fed the Sultan of Brunei and he was treated with the same respect as any other diner. If the Pope came, I would change nothing."

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Eskimo pie

Ready in | 10 minutes

Serves | 4

200g best-quality dark chocolate

1 egg

30g stoneground flour

Ice cream of choice, to serve

1 Preheat the oven to 200°C.

2 Break chocolate into rough pieces, then whiz in a food processor until it resembles large crumbs, or bash it with a rolling pin.

Stir in egg and flour, mixing together well.

3 Place the ball of mixture on a sheet of baking paper. Lay another sheet of baking paper over the top. Roll flat with a rolling pin to about 23cm x 15cm.

4 Very carefully remove top layer of baking paper. Cut the flattened mixture into oblong slices, keeping it on the bottom piece of paper. Place in the preheated oven and bake for three minutes exactly.

5 Remove from oven, leave to cool, then peel off baking paper. Serve sandwiched with ice cream. **T**