



RECIPES

GLUTEN-FREE COCONUT OIL FESTIVE CAKE

I used Heilala coconut oil — it has an intense coconut cream flavour. Heilala has partnered with the Tonga National Youth Congress and Oxfam NZ to produce coconut oil from farms that use sustainable, organic agriculture methods.

1/2 cup Heilala virgin coconut oil
5 tbsp creamed honey
3/4 cup apple sauce
1 cup each: raisins, sultanas, chopped dried apricots, pitted prunes, pitted dates
3 large eggs, well beaten
1 & 1/4 cups gluten-free baking mix
Finely grated rind 2 oranges, 2 lemons

Preheat oven to 160C. Line base and sides of a 23cm springform cake pan with baking paper.

Melt coconut oil and honey in a large saucepan. Add apple sauce and dried fruit and stir well. Cook on low for 2 minutes, stirring often.

Remove from heat and add the other ingredients. Mix well. Pour into pan and smooth top.

Bake for about 1 hour or until a skewer inserted in centre comes out clean. Cool on a wire rack. Wrap in foil and store in a cool place.

RAW CHRISTMAS CAKE

In keeping with the fashion for “raw”, I’ve developed this delicious fruit and nut cake. It keeps in the refrigerator for about a week or it can be frozen.

Fruit Mix: 3/4 cup mixed dried fruits eg raisins, chopped apricots, sultanas
1/4 cup orange juice
3/4 cup chopped walnuts
Cake: 3/4 cup each: almonds (with skins), cashew nuts

1 cup long thread coconut
3/4 cup (packed) pitted dates, chopped
1 tbsp each: finely grated orange rind, lemon rind
2 tbsp each: lemon juice, honey
1 tsp finely grated root ginger

Combine fruit mix ingredients in a bowl. Cover and stand for 1-2 hours. Lightly oil an 18cm round cake pan. Line base with baking paper.

Place almonds, cashew nuts and coconut in a food processor. Whizz until very fine.

Place in a bowl.

Place dates, citrus rinds, lemon juice, honey and root ginger in food processor. Mix until well blended. Return dry ingredients to food processor and mix until a dough forms. Press into prepared pan. Chill for at least an hour. To serve, cut into thin slices.

MINCEMEAT CHRISTMAS CAKE

Light in fruit, dark in colour.
Cake: 1 & 3/4 cups wholemeal flour
1 tbsp baking powder
400g Christmas mincemeat
1 cup softly packed brown sugar
150g butter, softened
1 cup mixed dried fruits
50g flaked almonds
Finely grated rind 1 lemon
3 eggs, beaten
Topping: 1/4 cup each chopped mixed peel, flaked almonds
1/2 cup brandy
Preheat oven to 160C. Lightly

grease a deep 20-23cm cake pan and line with two or three layers of baking paper.

Sift flour and baking powder into a large bowl. Add remaining cake ingredients. Beat with an electric beater or wooden spoon until well mixed.

Spoon evenly into cake pan and level surface with a wet hand. Sprinkle peel and flaked almonds over the top.

Bake for 1 & 1/2 hours or until a skewer inserted in the centre comes out clean. Cover

with baking paper if top begins to brown too much. Sprinkle with brandy and cool in tin for at least 30 minutes. Turn on to a cake rack to finish cooling. Wrap in foil and store in a cool place.

RICH CHRISSEY CAKE

Dried banana slices provide a point of difference.

3/4 cup each: demerara sugar, rice bran oil
3 eggs, lightly beaten
Finely grated rind 1 orange
1/4 cup each: orange juice,

raspberry jam
1 & 1/2 cups high-grade flour
1 tsp each: ground mixed spice, cinnamon
750g mixed dried fruit
125g dried banana slices, coarsely crushed

Preheat oven to 150C. Line a 20cm square cake pan with baking paper, ensuring paper is 3cm higher than rim of pan.

Beat sugar and oil until well mixed. Beat in eggs, orange rind, orange juice and jam.

Sift in flour and spices. Add dried fruit and banana slices and mix.

Spoon into prepared pan. Smooth top with a wet hand. Bake for 1 & 1/2 hours or until a skewer inserted in the centre comes out clean.

If top of cake looks a little brown towards end of cooking, cover loosely with a sheet of baking paper, ensuring it is supported by the paper lining the sides.

When cool, wrap in foil and store in a cool place.



fiveflavours

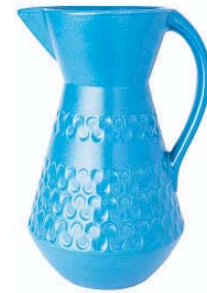
1



The new good oil

Make this summer the season of salads by growing your repertoire of dressings, using each of Olivado's Seven Extra Virgins. New Zealand's original avocado oil producer has introduced three new oils to their range: Olivado Extra Virgin Sesame, Extra Virgin Almond and Extra Virgin Peanut Oil. Each has been produced from cold pressing raw seeds or nuts, retaining the healthy properties of sesame, peanuts and almonds. Now available in 250ml bottles from Countdown, New World and all good food stores.

2



Redecorate for spring

A change in season means a change in surroundings. Say goodbye to the crisp and cool hues of winter and hello to throwing your home a colour fiesta.

3

Good as homemade, and easy

Rafferty's Garden's new tasty range of baby foods are nutritionally balanced and packed full of natural goodness. The range contains no extra ingredients, so you can be sure you're feeding your child nutritious meals that are as good as homemade. Each great-tasting pouch of Rafferty's Garden baby food is available at \$2.19 from supermarkets.



4



Relax with a red winner

The flavour of red fruits, plums and violets are balanced by gentle fine oak. The palate is vibrant and supple with spices and juicy acidity. Voted the Best Pinot Noir and Champion Red Wine at this year's New World Awards, this is a very classy wine that ticks all the boxes and you will only want to share it with your favourite person! Thistle Ridge Pinot Noir 2013, \$19.99.



5

Great Kiwis return

The KiwiBurger is jam-packed with a New Zealand beef patty, a freshly cracked egg, sliced beetroot, tomato, lettuce, cheese, onions, mustard and ketchup on a sesame seed bun. Joining this is the Kiwi Angus. Filled with a New Zealand Angus beef patty, a freshly cracked egg, sliced beetroot, tomato, fresh crisp lettuce, cheese, red onion rings, mayo, mustard and ketchup all on wheatgerm bun; it's the Kiwiest Angus burger ever. Available in McDonald's restaurants.