



Peter Gordon's Recipe - Friday Session One

Baked eggplant stuffed with spiced minced venison and cheese

Serves 6

3 eggplant
Vegetable oil
1 red onion, peeled and diced (or thinly sliced)
4 cloves garlic, chopped or grated
6cm branch of rosemary, take leaves off and chop
½ teaspoon dried horopito (or use 1 tsp oregano)
1 ½ teaspoons paprika (or more to taste)
800g minced venison – not too much fat
2 x 400g can chopped tomatoes, rinse out with a little water
1 x 400g can cooked chickpeas, drained
3 Tablespoons soy sauce
2 cups (200g) coarsely grated cheddar-style cheese
Salt and freshly ground black pepper to taste
Salad leaves of greens to serve

1. Oven 190°C. Line a roasting dish large enough to hold the 6 eggplant halves with baking paper.
2. Cut the eggplant lengthways through the stem. Use a spoon or sharp knife to remove the flesh, leaving a thickness of around ½ cm; avoid breaking the skin. Chop the flesh and reserve.
3. Heat a pan over medium heat, add 1 Tablespoon oil and sauté the onion, garlic and rosemary until caramelised, stirring from time to time.
4. Add the mince, chopped eggplant flesh, horopito and paprika and break it up with a spoon. Add the tomatoes, chickpeas and soy sauce, bring to a boil, then gently boil for 20 minutes, stirring from time to time.
5. Add half the cheese to the cooked mince, then taste for seasoning – adding more salt or pepper as required.
6. Spoon the mixture into your halved eggplants, scatter with the remaining cheese, then bake for 25 – 35 minutes in the middle of the oven until the eggplant flesh is cooked
7. If the cheese hasn't browned, turn the grill on and cook until done.
8. To serve – lay an eggplant half on each plate and serve with either a salad or green vegetables.



Peter Gordon's Recipe – Friday Session One

Tomato zucchini salad, herbs, pesto

Serves 6

600 – 800g tomatoes, a mixture of sizes and colours works well

2 – 3 zucchini, washed – if you had a green and a yellow one even better

Flaky sea salt and freshly ground black pepper

1 lemon

A handful of fresh soft herbs – two or more of the following dill, mint, fennel, flat parsley, basil, coriander

4 Tablespoons pesto

1 Tablespoon EV olive oil

1. Cut the tomatoes into a variety of 1cm thick slices, wedges and halved cherry tomatoes if using – a variety makes the plate look great.
2. Cut the ends from the zucchini. Using a potato peeler, peel one lengthway and roll half the strips into spirals around your finger. Slice the other into thin rounds a few mm thick – if you have a mandolin, it works perfectly here.
3. Place the zucchini spirals and half the round slices on a large platter. Tuck in the various tomato slices and wedges, then lay on the remaining zucchini slices.
4. Grate the zest from ½ the lemon on and sprinkle with salt and freshly ground black pepper. And remember that tomatoes LOVE salt.
5. Tear the herbs up and scatter on the tomatoes, dollop on the pesto, drizzle with the olive oil, then lastly squeeze on the lemon juice and it's ready to eat.



Peter Gordon's Recipe – Friday Session Two

Spice roasted stone fruit with yoghurt

Serves 6-8

Roasting stone fruit makes them much more intense, and all you need to remember is that a ripe apricot will cook slower than a cherry but faster than a peach due to its size.

1kg ripe stone fruit, cut in half and remove the stone, but keep cherries whole

¼ cup sugar

¾ teaspoon mixed spice

½ teaspoon chilli flakes

500ml plain yoghurt

1. Oven at 180°C. Line a baking dish with baking paper – it'll be much easier to clean.
2. Lay the fruit in, cut side facing up.
3. Mix the sugar, spice and chilli together and scatter over the cut side of the fruit. Drizzle 4 Tbsp water into the baking dish – don't get the fruit wet. Bake in the oven till the fruit is almost squeezable – anywhere from 15 – 25 minutes, depending on the size of the fruit.
4. To serve, place a good dollop of yoghurt in a serving bowl, sit the fruit around it, and drizzle with the baking juices, which form a lovely syrup.



Peter Gordon's Recipe - Friday Session Two

**Rare beef salad, Kiwi Artisan black truffle baby potatoes,
blackened broccoli, salad leaves, Cannon Hill smoked garlic aioli**

Serves 6-8

1 - 1.2 kg beef fillet, ideally from the middle, trimmed of sinew and excess fat

Flaky sea salt and freshly ground black pepper

EV olive oil

Vegetable oil

1kg baby potatoes, washed but not peeled

1 ½ Tablespoons cider vinegar

1 Tablespoon black truffle seasoning

1 head broccoli

200g mixed salad leaves

1 tub smoked garlic aioli

¼ cup micro-greens – red veined sorrel looks great

1. Have a deep bowl of iced water ready – large enough to submerge the beef – and make sure it's at least 40% ice to water. Have a roll of glad wrap beside your board, with 50cm across your board, ready to wrap the beef.
2. Heat a heavy-based pan to smoking hot.
3. Generously sprinkle the beef all over with 2 teaspoons of flaky salt, then rub it in with 1 Tbsp EV olive oil. Once the pan is hot, start cooking the beef, allowing 45 seconds before you rotate it. Cook the beef until browned evenly all around – it should take about 3 minutes. Once it's done, lay it on the glad wrap and quickly roll it up tightly, wrapping it around at least 3 times. Twist the ends and fold it over, then give it two more tight wraps (it needs to be tight and waterproof) and drop into the iced water and leave for at least an hour. It can stay like this for 5 days in the fridge. When you come to slice it, remember to pat the meat dry.
4. Boil the potatoes in salted water and drain into a colander when cooked. While still hot, half them lengthways and place in a bowl, then drizzle with the vinegar and, sprinkle with a little sea salt and leave. After five minutes, toss with the black truffle seasoning – adding more if you think it needs it. Leave to cool.
5. Cut the broccoli into pieces that have both the florets and stalk - like a rustic broccolini. Steam or boil till barely cooked, then drain in a colander. Wipe out the beef fry pan and place back on the heat. Toss the drained broccoli with 2 tsp vegetable oil, and cook to colour on two sides then place on a clean plate to cool.
6. To serve, scatter salad leaves on your serving platter and lay the broccoli and potatoes on top. Unwrap the beef, and pat dry then thinly slice it. Fold the slices in half (don't flatten though, keep them a little billowy) and tuck in amongst the vegetables. Sprinkle the beef with sea salt, freshly ground black pepper and EV olive oil. Dollop ¼ teaspoons of aioli on the beef slices, and finish with a scattering of red veined sorrel.



Peter Gordon's Recipe – Friday Session Two

Chilli thyme roast cherries, cheese, walnut brittle

Serves 6-8

500 – 600g cherries still with stalks attached, rinsed

1 – 2 red chillies, finely chopped – more or less to taste (remove seeds and fibres with a teaspoon before chopping if you don't want too much heat)

4 – 5 springs of thyme; pull the leaves off but use both the stalks and leaves in the dish

4 Tablespoons runny honey

2 ½ cups caster sugar

1 juicy orange

1 cup coarsely chopped lightly toasted walnuts (or any other nut)

Cheese – a soft blue or chevre, ricotta, or even mascarpone works well – depending on how savoury a dish you want this to be – allow between 60 – 80g per person

1. Oven at 180°C. Line a baking dish just large enough to hold the cherries with baking paper – it'll be much easier to clean. Have another two sheets of baking paper to hand to make the brittle, each about 40cm long, and a rolling pin.
2. Place the cherries, chopped chillies and picked thyme in the roasting dish. Drizzle with the honey and sprinkle with 2 Tbsp of the sugar.
3. Strip peel the orange, avoiding the pith, and tuck the peels under the cherries. Squeeze the orange juice over the cherries.
4. Bake 20 – 30 minutes until a few have skins that burst; remove from the oven and leave to cool.
5. Make the brittle – it's important that you don't take your eyes off this – no distractions as the caramelising sugar gets extremely hot and will burn. Place the remaining sugar in a clean and dry pan or fry pan over medium heat. It will slowly begin to melt; increase the heat a little and shake the pan a little – but do not stir it as it can begin to crystallise. If one side of the pan is caramelising quicker than the other, carefully tilt the pan up to move the toffee over the sugar crystals to cook it evenly. Once it's a deep golden colour, add the nuts and carefully stir them in, then tip the toffee in a neat pile onto the centre of a sheet of baking paper and lay the other on top. Using the rolling pin, roll it out to a thickness of no more than ½ cm. Leave to cool between the paper. Once cooled, it can be broken into large pieces, stored between baking paper in an airtight container, and kept in the fridge until needed.
6. To serve, place a piece of cheese on each plate and sit 4 – 6 cherries beside it, drizzle with the cooking juices. Unwrap the walnut brittle, snap off pieces and tuck them in.



Peter Gordon's Recipe – Saturday Session One

Minced venison coconut curry and baked beans on toast, poached eggs

Serves 6

- 1kg minced venison
- 2 onions, peeled and sliced
- 8 cloves garlic, peeled and sliced
- 2 Tablespoons vegetable oil
- 1 – 2 Tablespoons Thai style green curry paste (more or less to taste)
- 250g button mushrooms, sliced
- 2 teaspoons turmeric powder
- 1 x 400g can chopped tomatoes
- 1 x 400ml can coconut milk
- ¼ cup soy sauce
- 1 x 400g can baked beans
- 12 eggs
- 1 cup white vinegar
- Freshly baked sourdough from either Pembroke Patisserie or The Peoples Bread
- 6 stalks italian parsley, pick the leaves and shred

1. In a large saucepan over medium-high heat, fry the onions and garlic in the oil till caramelised.
2. Add the curry paste and cook for 30 seconds, gently stirring all the time.
3. Add the mince, mushrooms and turmeric, using a spoon to break up the mince
4. Mix in the tomatoes, coconut milk and soy sauce and enough water (if needed) to cover the mixture by ½ cm, then bring to the boil. Reduce heat to a gentle boil and cook 20 - 30 minutes until tender, stirring several times and making sure it doesn't dry out.
5. Stir in the baked beans and cook another 10 minutes, then taste for seasoning by adding salt or soy.
6. Meanwhile, fill a deep pot ¾ full with water and bring to the boil. Add the vinegar – do not add salt, and reduce the temperature to 70%. Swirl the water and then drop in half the eggs one at a time. If the swirling water stops swirling before the last egg goes in, give it a gentle stir, making sure not to break up the eggs. They'll eventually float to the top, and you can check to see how cooked they are by pressing the yolks. Once they're firm enough, remove them with a slotted spoon onto a clean tray and poach the rest while you toast the bread.
7. To serve, spoon the curry on the toast and top with two eggs and a scattering of parsley.



Peter Gordon's Recipe – Saturday Session One

Spiced sweetcorn, zucchini and cheese fritters, chutney and sour cream

Serves 6 – 8 for breakfast depending on how hungry you are

You can replace the milk and cheese with non-diary alternatives and the flour with GF self-raising to help with dietaries. Use a chutney with tang and spice – which will go really well with the fritters and sour cream / crème fraîche.

200g (a scant 1 $\frac{3}{4}$ cup) self-raising flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{3}{4}$ teaspoon smoked paprika (more or less to taste)
1 $\frac{1}{2}$ teaspoons flaky salt (use less if using fine salt)
170ml milk (a little less than $\frac{3}{4}$ cup)
3 eggs
2 corn cobs, cut the kernels off
1 zucchini, coarsely grate it and squeeze out excess moisture if it's a juicy one
2 spring onions, thinly sliced – both the green and white parts
150g feta or paneer, diced
Butter and vegetable oil for cooking
300g sour cream or crème fraîche
Chutney or relish to serve

1. Place the flour, baking powder, smoked paprika, and salt in a wide bowl, and whisk together, then make a well in the centre.
2. Whisk the milk and eggs and pour into the well, then gently whisk the mixture together until you have a lump-free batter.
3. Stir in the corn kernels, zucchini, spring onions and feta.
4. Heat a pan up over medium-high heat and add a good knob of butter (1/2 Tbsp); once sizzling and beginning to colour, add a few teaspoons oil, and swirl the pan around.
5. Give the fritter mix a good stir, and then dollop large spoonfuls of the batter in the pan – don't overcrowd it. Cook till golden brown, then gently flip over and cook on the other side till cooked in the centre. Remove from the pan to a platter while you cook the rest.
6. To serve – dollop the sour cream / crème fraîche on the fritters, spoon on the chutney, and they're ready to eat.



Peter Gordon's Recipe – Saturday Session Two

Pan-roast lamb loin salad, olives, roast tomatoes, herby dressing, aioli

Serves 6

1kg lamb loin fillets or back-straps, trimmed of sinew

Olive oil

Flaky sea salt and freshly ground black pepper

600g tomatoes – ideally smaller ones rather than large, but use whatever you have

1 – 1 ½ cups olives

1 Tablespoon red wine vinegar or balsamic vinegar

1 heaped teaspoon grain mustard or Dijon mustard

3 – 4 sprigs fresh soft herbs – two or more of the following dill, mint, fennel, flat parsley, basil, coriander

200g mixed salad leaves

4 Tablespoons aioli

Microgreens or baby herbs for garnish

1. Oven 130°C fan-bake. Line a baking dish with baking paper to roast your tomatoes, have an oven-proof fry pan on hand for the lamb.
2. Lightly season the lamb with salt and rub it with olive oil; leave on a plate to come to room temperature while the tomatoes cook.
3. Depending on the size and shape of your tomatoes, cut them in half – lengthways if oval-shaped, crossways if round. If you have large and small tomatoes, cook the larger ones first for 30 minutes before adding the smaller ones to the dish and cooking another 45 – 60 minutes. No matter the size, lay them in cut side facing up, and drizzle each tomato with a little olive oil and season with salt and pepper. Roast till they begin to slightly shrivel up, then take from the oven. You can also bake these 2 – 3 days before you need them.
4. Turn the oven up to 180°C fan bake. Heat your fry pan over medium-high heat and lay the lamb in – it shouldn't need oil as you've already oiled the lamb, but if it's looking dry or sticking add a little more. Brown the lamb on both sides, then add the olives to the pan and shake around. Put the pan in the oven and roast till the lamb is done to your liking – around 8 – 10 minutes for medium rare. Take it from the oven and leave it to rest for at least 15 minutes.
5. In a jar, shake the vinegar and mustard with ½ tsp flaky salt, then add 4 Tbsp olive oil and shake to emulsify it. Shred the herbs (not too fine), add to the jar, then shake again
6. To serve – lay your salad leaves on a platter, dollop on the aioli and sit the roast tomatoes on. Slice the lamb thinly (against the grain) and tuck it in along with the olives, then drizzle on the dressing and sprinkle with the microgreens.



Peter Gordon's Recipe – Saturday Session Two

Cheesy zucchini corn bread

Makes enough for 12+ portions

Lovely eaten straight from the oven, but also good toasted under a grill or in a thick toaster!

- 1 red onion, peeled and diced
- 4 cloves garlic, peeled and sliced
- 5 – 6 fresh kawakawa leaves, shredded or use 1 teaspoon dried kawakawa
- 1 Tablespoon vegetable oil
- 4 eggs
- 300ml milk
- 2 ½ tsp flaky salt (less if using fine salt)
- 2 zucchini, coarsely grated
- 2 corn cobs – cut the kernels off
- ¼ cup self-raising flour
- 1 ½ teaspoons smoked paprika
- 1 Tablespoon baking powder
- 300g polenta grains (not fine polenta – it'll not work so well)
- 180g coarsely grated cheddar, paneer or feta

1. Oven 190°C fan-bake. Line a 25cm square baking tin or a 2-litre loaf tin with baking paper.
2. Fry the onion, garlic and kawakawa in the oil until caramelised.
3. Beat the eggs, milk and salt.
4. Add the fried onion mixture, zucchini and corn to the eggs and mix together.
5. Whisk the flour, smoked paprika, baking powder and polenta.
6. Add to the wet mix in 3two stages, stirring each time, making sure there are no lumps.
7. Stir in the cheese.
8. Pour into the tin, spread out a little and bake for 35 - 40 minutes or until cooked. To test, poke a skewer into the centre of the loaf – it might be cheesy-sticky, but there shouldn't be raw batter.
9. Take from the oven, leave to cool in the tin for 10 minutes, and then gently tip out and leave to cool on a rack. After 5 minutes, peel the baking paper off.



Peter Gordon's Recipe – Saturday Session Two

Stone fruit and rooibos tea salad, ricotta and hazelnuts

Serves 6 – 8

You'll have plenty of rooibos liquid left over – it's great poured over ice like a cordial with sparkling water added for a refreshing drink.

1kg ripe stone fruit, cut into even sized wedges

6 Tablespoons spiced rooibos tea leaves

1 juicy lemon or orange

5 Tablespoons honey or sugar – quantity depends how sweet your fruit is

2 cloves

¼ teaspoon ground cinnamon

300g ricotta

100g toasted hazelnuts, skinned and roughly chopped

1. Place the fruit in a heatproof bowl or dish.
2. Place the tea in a small saucepan with 1 cup (250ml) water.
3. Peel the lemon/orange avoiding the bitter pith, and juice it, then add both the peels and juice to the tea leaves.
4. Add the honey or sugar, cloves and cinnamon and bring to the boil. Simmer for five minutes with the lid on, then take off the heat and leave to cool for 5 minutes. Strain it over the fruit, gently mixing it all together and leave it to macerate in the fridge for 2 – 24 hours.
5. To serve, strain the fruit. Place the ricotta in the centre of a platter or bowl and scatter the fruit around it. Spoon ½ cup of the rooibos liquid on the ricotta and scatter with the nuts.