



## AMBER ROSE

Kiwi Amber Rose believes a well-nourished life is one filled with wholesome, delicious food that is thoughtfully prepared and eaten with delight. In her third cookbook, *Wild Delicious*, she returns to her roots, preparing simple, nutritious recipes with ingredients gathered from the gardens, orchards, farms and seas around New Zealand. Her fuss-free, yet impactful, recipes make the most of heritage ingredients and seasonal variations to create dishes that are truly irresistible.

### BE IN TO WIN



#### FIVE COPIES TO BE WON

*Wild Delicious* by Amber Rose. RRP \$55, published by Random House NZ. For entry details, see page 163.



HEAVENLY LITTLE DISH

## SMOKED FISH PÂTÉ

MAKES APPROX 320G • GLUTEN-FREE

*This will keep in the fridge for several days. You can use any type of smoked fish – hot-smoked salmon works beautifully, as does smoked kahawai or eel. Top with extra chopped dill and edible flowers if you wish.*

- 150g smoked fish, bones removed**
- 150g cream cheese (or half cream cheese and half crème fraîche)**
- zest and juice of ½ lemon**
- 1 tbsp capers, finely chopped**
- 1 tbsp chopped dill, plus extra for garnishing**
- sea salt and freshly ground pepper**

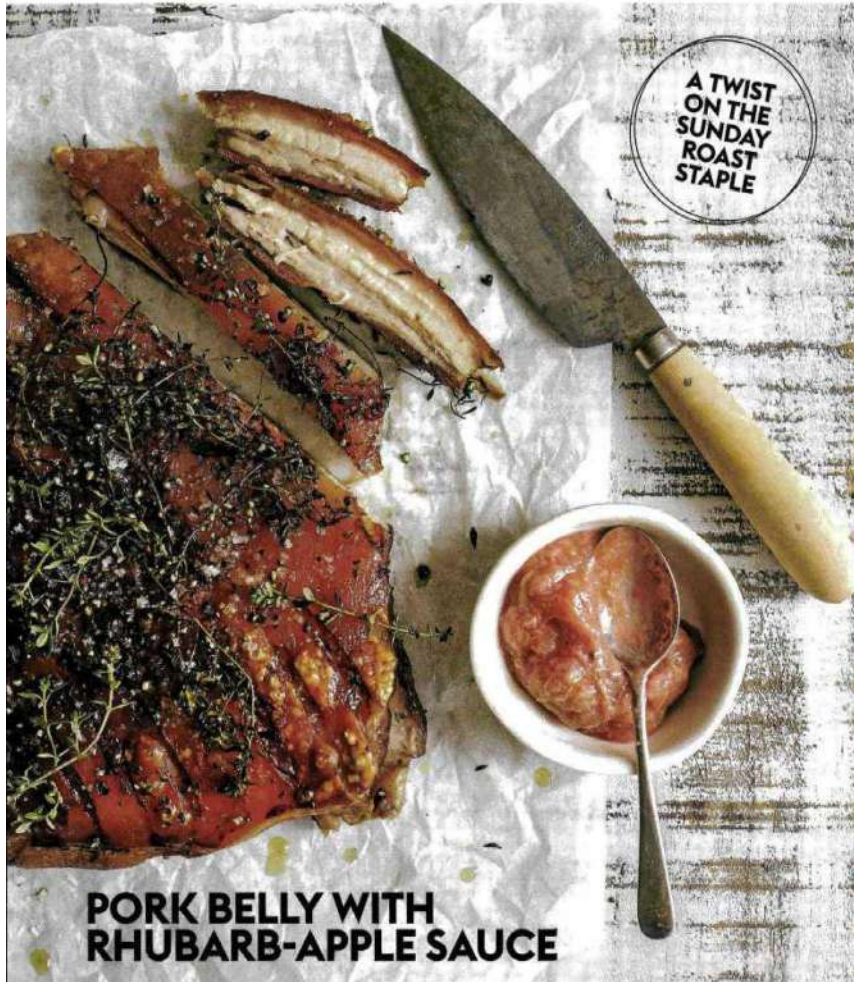
#### To serve

**nut and seed crackers, home-made or good-quality bought**  
**edible flowers (optional)**

1. Place half of the fish along with the cream cheese, lemon zest and juice, capers and dill in a food processor and blitz until everything is well combined but still has a little texture. Season to taste with salt and pepper.
2. Scrape the mix out of the food processor into a bowl. Flake the remaining smoked fish and fold it into the processed mix. You are doing this so that there are some lovely bigger bits of fish in among the finer-textured pâté, which both looks and tastes great.
3. Serve with some lovely artisan crackers or home-made nut and seed crackers (recipe available in the *Wild Delicious* cookbook).

*This gorgeous pâté makes a perfect snack or entrée to share with friends and family*





## PORK BELLY WITH RHUBARB-APPLE SAUCE

**SERVES 6 • GLUTEN-FREE**

*While it's common to serve apple sauce with roast pork, rhubarb is also just as good – if not better. Feel free to use all rhubarb if you prefer, or all apple.*

### Pork belly

1 onion, skin on, quartered  
1 head garlic, base cut off  
few sprigs of thyme  
1 pork belly (1-1.2kg), skin scored  
3 tsp fennel seeds, lightly crushed  
3 tsp flaky sea salt  
olive oil

### Rhubarb-apple sauce

5-7 sticks rhubarb, depending on size, finely chopped  
2 Granny Smith apples, peeled, cored and roughly chopped  
110g raw golden sugar, plus extra if needed  
zest of 1 lemon  
50g cold butter, cubed

1. Preheat your oven to 170°C. Lay the onion quarters, garlic and thyme sprigs in a roasting pan, and place the pork belly over the top. Rub the crushed fennel and salt into the skin and into the cracks of the skin where it has been scored.
2. Drizzle with a little olive oil, pop into the oven and roast for 2 hours, until falling apart.
3. To make the sauce, place the rhubarb into a medium-sized saucepan along with the apple, sugar, lemon zest and a splash of water. Bring to a gentle simmer, and cook until the rhubarb and apple are both fully cooked and falling apart. Allow to cool a little, then taste and adjust the flavour if necessary, adding a little more sugar if it is too tart. Add half the cold cubed butter, and stir in until fully emulsified, then repeat with the other half. Set aside.
4. To serve, slice pieces of pork belly and lay them on warmed serving plates with a dollop of rhubarb-apple sauce on the side.

## NATURE'S BOUNTY

### PERSIAN SALAD

**SERVES 6 AS A SIDE  
GLUTEN-FREE & VEGAN**

*I first came across this crunchy little side in a London restaurant called the Dock Kitchen. This is my version of the Persian salad that Stevie Parle made during his talented reign there. Preserved lemon is one of those things that can divide a crowd – personally I love it and can eat it with all sorts of things. If you're not sure about it, start with just a little and see how you go.*

4-6 unpeeled small Lebanese cucumbers (or 1 telegraph cucumber)  
200g cherry tomatoes  
½ red onion, finely chopped  
15 mint leaves, roughly torn  
1 tbsp fresh coriander, roughly chopped or torn  
1 tbsp parsley leaves, chopped or torn  
¼ preserved lemon, skin only, finely sliced  
1 tsp sumac  
flaky sea salt and freshly ground pepper  
1-2 tbsp good-quality fruity olive oil  
juice of ½ lemon

Cut the mini cucumbers into slices (or peel the telegraph cucumber and cut it into chunks), cut the tomatoes in half, then simply place everything in a bowl and toss well.

**Note:** You can leave the salad for up to 2 hours before serving, either in the fridge or at room temperature, to allow the flavours to mingle.

