



# WINTER 08

Issue 10

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**Special points of interest:**

- Mercato cooking classes
- Local producers in the lime light
- Gluten and organic—growing the range
- New in store
- Tickets to give away

**QUICK REFERENCE**

**COOK SCHOOL DATES**

July 22 & 23  
Catalonia

August 12 & 13  
Tuscany

September 16 &  
17 Provence

\$80 per class

03 377 6994 for bookings

## Savour the aromas—watch the production *Mercato cooking classes return*

The flavours of regional Europe will be featured in this seasons classes to be held in the Mercato warehouse.

Join us from 6pm till 9.30pm. Enjoy a drink and nibbles on arrival and then sit back watch the action.

Entrée, main and desserts are all demonstrated and then served on tasting plates along with wines to match. Recipes are yours free to take home.

Classes are limited to 30 people per night and cost \$80. Payment is required on booking—phone 377 6994 or call into the shop.

Classes are non refundable 5 days before the class date.



**Tuesday 22nd & Wednesday 23rd July** - Catalonia. With the Pyrenees on one boarder and the Med on another this class will cover traditional tapas and emerging trends.



**Tuesday 12th & Wednesday 13th August** - Tuscany. Olive groves, orchards, vineyards and some of the finest cattle. In this class learn techniques and principles for simple Italian cooking.



**Tuesday 16th & Wednesday 17th September** - Provence. A region known for olives, lavender, herbs, fish and produce such as garlic and tomatoes. We take a look at dishes that are the cornerstone of this cuisine.

## HEILALA VANILLA— GIFT FROM THE GODS

From its initial beginnings as an aid project for villagers on the Vava'u Islands in the Kingdom of Tonga Heilala Vanilla has grown into a substantial industry.

Vanilla pods are the result of hand pollinating the Planifolia orchid plant. Grown in organic soil and dried under the Pacific sun the pods are arguably some of the best produced in Asia Pacific.

When buying pods look for long, plump beans with a slight shine. Buy small quantities of beans and to make the most of them dry them after their first use and add to your sugar bowl.

**Heilala Vanilla Pods in Tube (3) \$12.90**



Vanilla paste is a good alternative if you don't use pods often. Paste is a combination of seeds and extract, sugar and a natural gum thickener —use 1 tsp of extract as equivalent to 1 pod. **Heilala Pure Vanilla Paste 100ml \$21.50**



Vanilla extract is the result of the natural flavours and oils being extracted from the pods and held in suspension in an alcohol carrier. Unlike 'essence' which is a synthetic imitation, extract is pure and natural. Uniquely the Heilala extract contains no sugar and comes with a handy neck tag of recipes. **Heilala Pure Vanilla Extract 100ml \$19.90**

## Gluten free & Organic products

**Leila Pharma gluten free** pasta is produced by a small company in Parma, Italy. The factory produces only gluten free pasta.



Cook in plenty of boiling salted water for 6-7 minutes then drain and serve with EVO and Parmigiano Reggiano or your favourite pasta sauce.

Available as **Caserecce, Penne, Maccheroni and Fusilli 500g \$8.90**

The recipe for **Rustichella Potato Gnocchi** has changed and is now 100% gluten free. Rice flour now replaces the small amount of wheat flour that was in the original version. Cook in boiling salted water for 3-4 minutes. **500g \$10.70**



**Maldon Peppercorns, Smoked Sea Salt and Sea Salt** carry the Organic Food Federation Approved Product logo.



**Bongran Camargue Red Rice** is now certified organic. Long grain rice that keeps its distinctive red colour during cooking. For pilaf, salads or soup. **500g \$10.90**



*When you try these you will understand what all the gasps of amazement were about.*

## COMPETITION

### WIN 2 TICKETS TO THE MERCATO COOK SCHOOL

Each time you shop\* at Mercato in the month of June you are entered into the draw. One name will be drawn on 1 July for 2 tickets to the cook school of your choice valued at \$160

*\*To enter the competition food products must be purchased—not valid for gift vouchers or cook school ticket purchases.*

## New Goodies



**Simon Johnson Everyday Extra Virgin Olive oil** is exactly that. Blended Spanish EVO with a good finish from this well known ex Kiwi. Great Value **2lt tin \$36.50**

**Piedmont Grissini** lovingly rolled by hand and available in black olive, rosemary or olive oil. Long, crisp grissini in great packaging—it's a big box so best kept fresh in a spaghetti jar. **300g \$15.20.**



**Simon Johnson Dill Mayonnaise** is set to become the most sort after condiment to go with Salmon or Trout. A thick fresh mayonnaise laced with dill tips. Perfect with hot or cold smoked salmon or stirred through potato salad. **300g Jar \$12.00**



**Agrimontana candied sour cherries** recently featured in Faith Willenger's class at Savour NZ. When you try these you will understand what all the gasps of amazement were about. Teamed up simply with creamy yoghurt. **200g \$15.00**

