

Epicurious

Your questions answered by Jenny Garing, proprietor of Ground Essentials, Lyttelton. ground.co.nz

Use it or lose it

Q. What can I do with leftover anchovies? I have opened a jar to use a few only and hate to see the rest going to waste.

A. They make a tasty addition to either caesar salad or salad nicoise, (now that the weather is more salad-like), but are also good on some meat dishes, especially lamb. They enhance the flavour of the meat without making it taste fishy. Mash some up with garlic and oil and rub onto your next roast lamb or lamb shanks. They are also used in a traditional French tapenade, so if you have some leftover black olives, blitz them up with some capers, garlic, oil, lemon juice and a splash of brandy. The tapenade will keep

for weeks in the fridge. Use your tapenade as a dip or spread, or served on the side with grilled meats and fish.

Q. How do I use preserved lemons? Do I put the whole thing into recipes like tagines?

A. Whole lemons have been preserved for a few months in salt, and the inner flesh of the lemons have an almost inedible, salty taste. It is the skin or rind that is used after lemons have been preserved. To use preserved lemons, cut off the amount that you require, remove and discard the fleshy fruit segments. Cut the rind into slivers or thin slices and add these to your dish. Adding

slices of preserved lemon rind to seafood or chicken risottos, tomato salads or dishes with cream sauces such as pasta dishes or fricasses lifts the dish, as the lemon cuts through the richness. The classic Moroccan chicken tagine contains green olives and preserved lemons, where you add the lemon cut into quarters or eighths with the flesh removed.

Try this:

Preserved lemon dressing

Use on grilled meats, with fish or falafel. It keeps in the fridge for about a month.

- 1/4 cup lemon juice
- 3/4 cup olive oil
- 1/2 cup mixed chopped herbs

- including basil and flat-leaved parsley
 - 4 spring onions, sliced
 - 1/2 cup (80g) kalamata olives pitted and sliced
 - Rind from half a preserved lemon, rinsed and finely chopped
 - Salt and freshly ground black pepper
- Combine ingredients and season to taste. Stand for two hours for flavours to develop.

Q. I was put off silverbeet in my childhood because the only way we ever had it was boiled and bland. I have an excess of silverbeet in my garden. Is there an interesting way to use it?

A. When I told my husband about your question, he reminded me about a dish we ate a lot as students: Silverbeet fritters. Made like any other fritters with flour and egg, but use chickpea flour (besan) and add hing (aseofetida). An Indian spice, it compliments silverbeet. We also use it in zyldyk casserole, which is steamed vegetables such as broccoli, cauliflower and potato, with lots of silverbeet. All are blended with a white sauce infused with hing and curry powder and then baked with a cheesy top.

I recommend wrapping fish in silverbeet and baking it in a garlicky tomato sauce with paprika and cumin, or sauteing silverbeet and adding to baked pumpkin with toasted almonds, or simply stir-fried with garlic and soya sauce. Silverbeet is rated as the second-healthiest vegetable after spinach, being

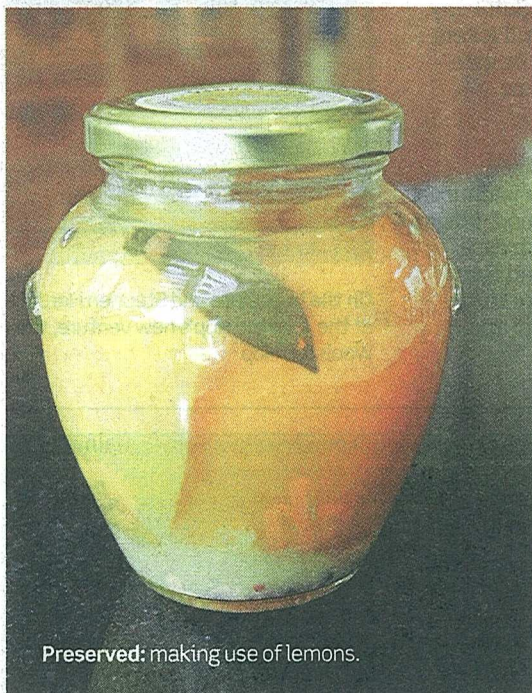


To taste: getting the most from anchovies.

full of those antioxidants the experts say we need (vitamins A, C and E) – plus a ton of vitamin K (good for blood clotting and bruise-healing) and a bunch of B vitamins to boot – so it is worth making the most of it while it is abundant. If you want to find recipes on the web it pays to google “swiss chard” or collards rather than silverbeet, as these are the names Europeans and Americans use for the vegetable, and there are some very interesting recipes out there.

Email your culinary questions to jenny@ground.co.nz

Oversupply: there are some great recipes for silverbeet.



Preserved: making use of lemons.

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