



FOOD

WILD DELICIOUS FEEDS THE SOUL

Globetrotting food stylist Amber Rose puts down roots and shares her culinary expertise

Returning to Aotearoa inspired Amber Rose's new wholesome cookbook *Wild Delicious*.

Packed with traditional Kiwi fare, *Wild Delicious* puts a new twist on recipes dear to the hearts of many Tairāwhiti families.

A seafood smorgasbord of mussel fritters with hot smoky aioli and green salt; whitebait fritters with grapefruit and fennel salad accompanied by coconut milk ceviche tantalise the tastebuds.

Ceviche (aka raw marinated fish) is one of Amber Rose's favourite things to eat and she has come up trumps with this recipe.

The coconut milk ceviche is incredibly creamy and yet so fresh, chewy in a good way and yet absolutely tender and delicate.

"It's a dish of harmonious opposites. You absolutely must use really fresh fish, though - I love to use trevally, kahawai or kingfish as long as it has been very freshly caught . . . otherwise use a white-fleshed fish that has a mild flavour, such as snapper or sea bass," Amber Rose says. "I like quite a bit of chilli in my ceviche, but do go lightly on that front if you prefer a more moderate approach."

Amber Rose has hit the mark with her Goan fish curry full of aromatic herbs and spices.

Inspired by her travels around Morocco, the golden pear pavlova with saffron, rose and

pistachios is a clever creation. The decadent carrot, cardamom and amaranth cake is a gluten-free "slice of heaven".

Amber Rose's passion for natural, nourishing food has been a way of life for the food stylist, who comes from pioneering organics stock. Her mother is Wairoa-based Kay Baxter, the heritage gardener who established the Koanga Institute, which is

the largest organic heritage seed collection in the southern hemisphere.

The recipes are refined sugar-free and emphasise a nutrient dense diet and well as a selection for pampering yourself.

Wild Delicious

NOURISHING · SIMPLE · SATISFYING



AMBER ROSE

Wild Delicious by Amber Rose, due out in September, is published by Random House NZ and the RRP is \$55. Photography is by Greta Kenyon and Claire Mossong.

Carrot, cardamom and amaranth cake

200g shelled pistachios, lightly toasted;
230g coconut sugar;
6 eggs;
125g amaranth flour;
½ tsp baking powder;
finely grated zest of 4 oranges;
1 tsp cardamom pods, toasted and freshly ground;
360g grated carrot;
160ml olive oil.

Preheat your oven to 180°C. Lightly grease two 20cm springform cake tins or loose-bottomed sandwich tins, and line the base



and sides with non-stick baking paper.

Place toasted pistachios in a food processor or blender. Pulse the machine to grind the pistachios to evenly sized pieces, neither too fine nor too chunky. You could also chop them by hand.

Next, ideally in a stand mixer fitted with the whisk attachment, whisk the coconut sugar and eggs together until thick and fluffy and tripled in volume. This will take about 5 minutes in a stand mixer; when you lift the whisk attachment out of the mixture, the ribbon that runs off should sit on top of the rest of the mix for 10 seconds before merging back in.

Place the amaranth flour, baking powder, orange zest, cardamom and pistachios in a separate bowl. Mix lightly but thoroughly. Add the carrot and mix gently, then add the oil and mix gently again.

Add half the egg mix to the flour mix, and fold together very gently. Add the remaining egg mix and continue to fold very gently until everything is just incorporated. Scrape the mixture equally into your tins.

Bake for 50–60 minutes. It will look cooked before then, but don't be fooled – it will be raw in the middle. Wait for at least 50 minutes before testing with a small sharp knife or skewer poked into the middle. If it

comes out clean, the cakes are done; they should also spring back to a light touch with a finger. Turn the oven off, and with the door open, leave the cakes inside to cool until they are warm. Remove them from the oven and transfer to racks to cool fully.

To make the icing, beat the cream cheese until smooth, then add the butter and beat together until thoroughly incorporated. Add the honey, vanilla and the lime zest, and beat again until you have a smooth, thick icing. This should only take a minute.

Place one cake on your cake plate and spread half the icing on top, smoothing it out with the back of a spoon. Lay the second cake on top and cover with the remaining icing. Decorate with the edible flowers for a final flourish. The cake will keep in the fridge, covered, for several days.



Honey cream cheese icing

250g cream cheese, at room temperature;
125g soft unsalted butter, at room temperature;
80ml raw honey;
1 tsp vanilla paste, or the seeds from 1 pod;
zest of 2 limes.

To decorate

edible spray-free roses or violas.



**GOAN FISH CURRY
MASALA PASTE**

- 2 tsp cumin seeds;
- 1 tbsp coriander seeds; 2 tsp chilli flakes;
- 3 star anise;
- 1 tsp whole cloves;
- 1 tsp turmeric powder;
- 1 tbsp palm sugar or coconut sugar;
- 1 tsp sea salt;
- 4cm piece of ginger, peeled and grated;
- 7 cloves garlic, peeled and crushed;
- 2 tbsp tamarind paste or 1½ tsp white vinegar.

CURRY

- 3 tbsp coconut oil or ghee
- 1 onion, finely chopped;
- 1 large ripe tomato grated;
- 400ml coconut milk;
- 200ml fish stock;
- 2-3 fresh green chillies, halved lengthways and seeds removed;
- 600g firm white fish cut into bite-sized chunks;
- 250g peeled prawns.

Tadka

- 1-2 tbsp coconut oil or ghee
- 15-20 curry leaves;
- 1 tsp yellow mustard seeds.

First you will need to make the masala paste.

Place a large frying pan over a medium to high heat, add the whole spices, and toast, for a few minutes until fragrant, shaking the pan to prevent burning.

Using a spice grinder or a really good mortar and pestle, grind the toasted spices to a powder. Add the remaining masala paste ingredients and mix well.

To make the curry, place a large, heavy-based saucepan over a medium to high heat and add the coconut oil or ghee.

When warmed, add the onion and cook, stirring frequently, until translucent and softened. Now add the masala paste and fry for a few minutes.

Add the tomato and cook, stirring, until all the liquid has evaporated. Pour in the

coconut milk and stock, add the green chilli and bring to a gentle simmer. Allow the mix to simmer for 10-12 minutes, or until the sauce has thickened a little.

Taste and adjust the seasoning. Add the fish and prawns and cook for a further 5 minutes. Turn off the heat and let the curry sit for 10 minutes.

While the curry is settling, make the cauliflower rice.

Finally, cook the tadka. Heat the coconut oil or ghee in a frying pan, then fry the curry leaves and mustard seeds until crispy and popping. This won't take long at all - 30 seconds at most if the oil is hot enough. Serve the curry topped with the tadka and a few wedges of lime, with cauliflower rice on the side. Garnish with pomegranate seeds if you wish.

To serve

- Lime wedges;
- Fresh coriander.

