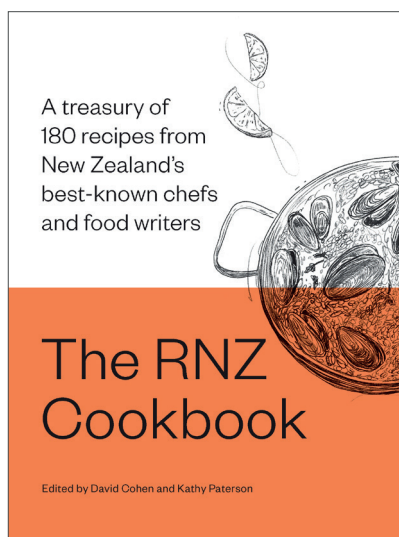


# The RNZ Cookbook

*A treasury of 180 recipes from New Zealand's best-known chefs and food writers*

EDITED BY DAVID COHEN AND KATHY PATERSON



\$65

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## THE RECIPE GO-TO FOR EVERY NEW ZEALAND KITCHEN

An authoritative and above all useful cookbook from New Zealand's favourite broadcaster, featuring 180 trusted (and tested) recipes hand-picked from the thousands of delicious recipes that have featured on RNZ shows such as *Nine to Noon*, *Afternoons* and *Saturday Morning* in recent decades.

The format is mapped to a day on air on RNZ: the recipes are in categories that take the user from morning to well into the night. Featuring recipes from key personalities from down the years — from Alison Holst and Julie Biuso to Martin Bosley, Nadia Lim and Peter Gordon — it's terrific way to track our food history.

With a rich essentials section plus radio and food key-moments timelines, *The RNZ Cookbook* connects the hundreds of thousands of kitchens around New Zealand and abroad who turn to RNZ for direction on great food.

*Afternoons* host and foodie Jesse Mulligan provides the foreword.

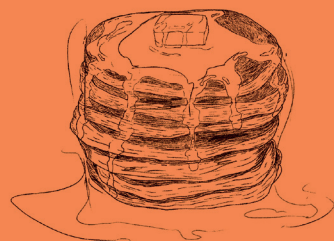
## ABOUT THE EDITORS

**David Cohen** is a Wellington writer who regularly writes about food, runs the Middle Eastern Food blog and co-wrote the cookbook *Ima Cuisine* with Yael Shochat.

**Kathy Paterson** is one of New Zealand's most experienced food writers and caterers, a former *Cuisine* writer, and the author of three cookbooks, the most recent being *Meat & Three*.

## SALES POINTS

- A book that will endure, built on a partnership with an iconic and trusted broadcaster
- A wide range of recipes from over 115 writers, including some of New Zealand's most famous names in food
- Fresh, modern design



## Morning Report

*Morning Report*, RNZ's flagship current-affairs show, routinely enjoys the highest number of listeners of any of the regular programmes. Almost everybody who is anybody in broadcasting seems to have worked for it at one time or another.

If sometimes its early-morning guests sound a little grumpy, it's possibly because they've just rolled out of bed. These breakfast recipes are for them as much as the hundreds of thousands of Kiwis who tune in each morning.

### Insalata invernale (winter salad)

Serves 6

15 French loaf, ripped into bite-sized pieces  
4 tablespoons olive oil  
salt and freshly ground black pepper  
6 very thin slices prosciutto  
16 small cauliflower central rosettes removed, cut into small bite-sized florets  
16 small broccoflower central rosettes removed, cut into small bite-sized florets  
6 sun-dried tomatoes, sliced  
1 olive garlic, finely chopped  
3 tablespoons chopped flat-leaf parsley  
75ml extra virgin olive oil  
3 tablespoons white wine vinegar

This bright, toasting salad, courtesy of legendary food writer and MasterChef judge Ray McVinn, also works well as a crunchy main course. Without the prosciutto, it's also a great vegan standby. He told the *New in Noon* audience how to make it in 2008.

Preheat the oven to 200°C.

Put the bread in a roasting pan, add the olive oil, and season well with salt and pepper. Toss well and place in the oven for 10 minutes or until the bread is crisp and browned. Remove from the oven and cool.

Lay the slices of prosciutto on a baking sheet and place in the oven. Bake for about 5 minutes until crisp and sizzling. Remove from the oven and cool. Break into jagged shards.

Drop the cauliflower and broccoflower florets into a saucepan of boiling salted water and bring back to the boil. Boil for 5 minutes, then remove from the heat and drain.

Put the warm cauliflower and broccoflower in a large salad bowl. Add the sun-dried tomatoes, garlic, parsley, extra virgin olive oil, vinegar, bread and prosciutto shards. Season well.

Toss and serve.

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### Sumac roasted cauliflower

Serves 6-8

Cauliflower  
1 cauliflower, cut into large florets  
1 tablespoon ground sumac  
1/2 tablespoon ground turmeric  
1 teaspoon pomegranate molasses  
pinch of sea salt  
oil, for drizzling

**Pomegranate caper salsa**  
2 tablespoons capers  
2 tablespoons raspberries  
1 handful of mint and parsley, roughly chopped  
juice of 1 lemon  
1/2 cup pomegranate seeds  
handful of pumpkin seeds, toasted

pinch of sea salt  
1 tablespoon extra virgin olive oil  
1 small clove garlic, finely chopped

**To serve**  
Tahini yoghurt (see page 204)  
6 small handfuls of fresh rocket leaves

In 2021 Rosa and Margo Flanagan, who run a plant-based food cooking school in Christchurch under the name The Two Raw Sisters, had not long published their best-selling new cookbook *Salad* when they detailed this recipe on *New in Noon*.

Preheat the oven to 220°C.

Place the cauliflower florets, sumac, turmeric, pomegranate molasses and salt on a baking tray, drizzle with oil and toss everything together. Roast for 8-10 minutes then turn the oven to the grill function and grill for another 8-10 minutes. Remove from the oven and allow to cool slightly.

For the salsa, place all the ingredients in a bowl and mix to combine. Set aside.

To layer the salad, start with a layer of fresh rocket, followed by the roasted cauliflower, salsa and dollops of tahini yoghurt. Repeat for another 1-2 layers.

Leftovers will keep in an airtight container in the fridge for 2-3 days.



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### A brief history of RNZ

1910

The first radio station in New Zealand opens on 20 July 1911, operating from a tower at the General Post Office in Wellington.

1921

Professor Robert Jack at the Physics Department of the University of Otago transmits New Zealand's first radio programme from Dunedin.

1922

Radio broadcasting operations are established in each of the four centres, none of which broadcast for more than a few hours each week. About one in sixty households is thought to own a wireless.

1925

The Radio Broadcasting Company of New Zealand (RBC) is established to provide a national broadcasting service.

1927

On Waitangi Day, 6 February 1928, an elaborate pageant of Māori history, song and story is broadcast by all four national radio stations and later repeated for international listeners. The presentation, the country's first in an indigenous language, is considered to be New Zealand's most widely broadcast radio programme up to that time.

1930

Maud Graham begins 30 years of broadcasting as Aunt Daisy, making her one of New Zealand's radio superstars and one of the best-known local names in home cooking.

1936

Three broadcasting milestones in one year: the world's first preliminary broadcast; the first Māori broadcaster, and Jean Batten's speech following her successful solo flight from London.

1939

Michael Joseph Savage announces the outbreak of war. In 1941 a New Zealand radio unit records and broadcasts *War The Boys Overseas* – personal experiences of New Zealand troops serving in the Middle East and Italy.

1940

The first programme entirely in te reo Māori, a 15-minute bulletin about the military fortunes of the 28th Māori Battalion, is broadcast.

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1948

The external services division of RNZ begins broadcasting on shortwave to the Pacific Islands, Australia and Antarctica using two former US army transmitters.

1953

Acting prime minister Keith Holyoake interrupts coverage of the Queen's coronation to announce that Edmund Hillary has conquered Everest.

1960

Television broadcasts the first news programme, *NZ25 Newsweek*, consisting entirely of British-sourced items but also challenging the media dominance of newspapers and radio.

1967

Checkpoint, the longest-running news or current affairs programme in New Zealand broadcasting history, begins its broadcast.

1975

*Morning Report* debuts.

1979

Journalist John Burnside accompanies a recovery team and reports from the Mount Erebus crash site.

1987

Māori becomes an official language of the country — and of the broadcaster. RNZ drops its long-standing emphasis on measured pronunciation and instead begins promoting regional and indigenous accents.

1990

Radio New Zealand International officially becomes the offshore broadcaster.

1995

The Broadcasting Act establishes Radio New Zealand as a standalone Crown Owned Entity, comprising National Radio, Concert FM, Radio New Zealand International, and with responsibility for the broadcasting of Parliament.

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