



The Great NZ Food Show

Karena & Kasey

Bahn mi

(Serves 4)

When we think back to our week in Vietnam, we still have vivid memories of the bright and balanced flavours we tried there. It was incredible to see how resilient the Vietnamese people are considering how tumultuous their country's history has been. We were greeted with friendly smiles and a generosity that was reminiscent of our own family.

This is a version of the banh mi we sold at a street cart in Hoi An to raise money for the KOTO (Know One, Teach One) programme, which educates underprivileged youth and empowers them with skills to work in the hospitality industry. It was an unforgettable experience and we definitely plan to visit this amazing country again.

Ingredients:

For Pork:

1 teaspoon sea salt
1 tablespoon brown sugar
1 teaspoon five-spice powder
3 cloves garlic, minced
½ cup soy sauce
400 g free-range pork belly
½ cup peanut oil for frying pork

Cooking liquor:

½ cup soy sauce
1 tablespoon brown sugar
3 cloves garlic, minced

¼ cup chilli sauce
1 shallot, finely diced
salt and pepper to taste

Pickled vegetables:

1 carrot, julienned
¼ capsicum, sliced thinly
2 tablespoon sugar
2 tablespoon water
2 tablespoon fish sauce
2 tablespoon white vinegar

To serve:

4 sandwich-size baguettes
4 tbsp cracked pepper pâté
¼ cup coriander leaves
¼ cup mint leaves
¼ cup Vietnamese mint leaves

Pork - Method: Mix together all of the marinade ingredients and coat the pork well. Marinate for at least 30 minutes. In a large, deep fry pan, heat the peanut oil over a medium heat. Drain the pork of the excess marinade and fry for 10 minutes. Turn the pork several times to cook on all sides. Mix together all of the cooking liquor ingredients and pour in to the pan with the pork. Cook for a further 30 minutes, turning as it cooks and basting the pork every now and then, until the pork is cooked through and the sauce has thickened. Remove the pork from the liquid and allow to cool slightly before slicing into 1 cm thick slices.

Pickled Vegetables – Method: Mix together all of the ingredients and set aside to marinate for 20 minutes.

To serve – Method: Halve the baguettes lengthways and toast. Spread pâté on one half of each baguette and place some pork on the other half, with some of the pickled vegetables and fresh herbs.



Grilled pineapple with coconut

(Serves 4)

New Caledonia was the final country we visited while travelling around the world for our 10-part TV series. It was the perfect country to finish what had been a truly amazing experience.

It definitely had a different vibe to all of the other episodes we had filmed. We still had to cook for some very special people but felt more relaxed about it. A lot of it had to do with the fact that we were cooking pristine seafood on a barbecue, which we have grown up with, but also because it is a tropical island so we couldn't help but feel more tranquil.

This is the last thing we ate before we left New Caledonia, and we thought it would be the perfect recipe to end this chapter of our journey.

1 pineapple, peeled and core removed
Juice of 1 lime
1 small red chilli, deseeded and cut finely
1 tablespoon brown sugar
1 tablespoon coconut oil, melted
Coconut or vanilla ice cream
½ cup dried coconut, toasted
Zest of 1 lime

Cut the pineapple into cubes and place in a bowl with the lime juice, chilli, brown sugar and coconut oil. Mix all the ingredients together.

Heat a large griddle pan or a barbecue over a high heat. Grill the pineapple until the sugar starts to caramelize and parts of the pineapple start to go golden.

Serve the grilled pineapple with a scoop of ice cream and some toasted coconut and lime zest.