



## The Great NZ Food Show

Karena & Kasey

# Poet's Fish Soup

(Serves 4)

### Ingredients:

800gm Kahawai cut into 8 pieces (or any firm white flesh fish)  
1 onion, finely sliced  
2 cloves garlic, minced  
2 carrots peeled and sliced  
3 teaspoon paprika  
2 tomatoes, skin and seeds removed and cut into pieces  
1 bay leaf  
¼ cup parsley, chopped including stalks  
½ chilli thinly sliced  
2 cups fish stock  
1 cup white wine  
1/2 cup cream  
¼ cup coriander, chopped including stalks (reserve some leaves for garnish)  
Olive Oil  
Salt and pepper

### Method:

Heat some olive oil in a medium saucepan and add the onion, garlic and bay leaf and cook until translucent this should take 2 minutes, add the tomato and paprika and mix together. Add the wine and reduce to half, add the stock and bring to a boil.

Reduce the heat and drop in the fish and cook for 4-5 minutes or until the fish is cooked through. Mix through the fresh herbs, chilli and finish with the cream.

Season the soup to taste and garnish with some of the fresh coriander leaves to serve.



# Balsamic Lamb Chops with Zucchini Salad

(Serves 4)

## **Ingredients:**

8 Lamb loin chops  
1 tablespoon Crema Balsamic  
2 garlic cloves crushed  
Olive oil  
2 Zucchini (sliced in to ribbons with a peeler)  
12 cherry tomatoes  
2 teaspoon balsamic

## **Salad Dressing**

6 anchovy fillets  
3 tablespoon red-wine vinegar  
2 garlic cloves  
1/2 cup extra-virgin olive oil  
Salt and pepper to taste

## **Method:**

Mix together the crema balsamic and the garlic, coat the lamb in the marinade and set aside for 15 minutes.

In a mortar and pestle add the anchovies and the garlic and pound until you form a smooth paste, add in the red wine vinegar and mix through, followed by the olive oil. Taste the dressing and season to taste. Dress the Zucchini ribbons with the dressing and set aside.

Pre heat the oven to 175°C. In a small roasting dish add the tomatoes and coat with the balsamic and some olive oil. Roast the tomatoes for 20 minutes.

Heat a large skillet on a medium-high heat and fry the lamb chops for 3 minutes on each side for medium rare.

Serve the lamb chops with a generous serving of the zucchini salad and some of the roasted tomatoes.