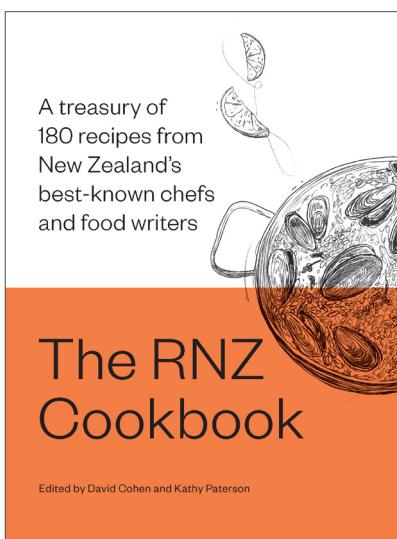




# The RNZ Cookbook

*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 a 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.

*'If cooking is one of humankind's true joys, then *The RNZ Cookbook* is a joy indeed'*  
— David Herkt, *New Zealand Herald*

## ABOUT THE EDITORS

**David Cohen** is a Wellington journalist whose work appears frequently in New Zealand media. Overseas, he has been published in *The Spectator*, the *Daily Telegraph* and the *New York Times*, among others. He has reviewed restaurants in Ireland and Italy, attended cooking schools in South Africa, and written widely about the food scene in Aotearoa. A writer by day, fledgling chef by night, he has a longstanding personal passion for Persian cuisine. In addition to his own previously published titles — there have been six — he has co-authored a cookbook, *Ima Cuisine*, with Auckland restaurateur Yael Shochat. He moonlights as a senior producer on *Morning Report*.

**Kathy Paterson** is a writer, recipe developer, cookbook author, food stylist and photographer. Inspired by her plentiful herb garden and trial-and-error vegetable garden, she loves the classics with a modern twist. Her most recent cookbook is *Meat & Three*, and she also heads up *Cosy*, a Food Writers New Zealand digital publication whose proceeds go to city missions and food banks through the organisation Meat the Need.

## 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**  
1/2 French loaf, rapped into bite-sized pieces  
4 tablespoons olive oil  
salt and freshly ground black pepper  
1/2 cup dried prunes  
1/2 small cauliflower, central stem removed, cut into small bite-sized florets  
1/2 small broccoli, central stem removed, cut into small bite-sized florets  
1 clove garlic, finely chopped  
3 tablespoons chopped flat-leaf parsley  
1/2 cup extra virgin olive oil  
3 tablespoons white wine vinegar

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 let cool. In the place of prunes on a baking sheet and place in the oven. Bake for about 5 minutes until crisp andizzling. Remove from the oven and cool. Break into jagged pieces. Drop the cauliflower and broccoli florets into a saucepan of boiling salted water and bring back to the boil. Boil for 3 minutes, then drain. Put the warm cauliflower and broccoli in a large salad bowl. Add the sun-dried tomatoes, garlic, parsley, extra virgin olive oil, vinegar, bread and prunes to the bowl. Season with salt and pepper. 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 teaspoon ground turmeric  
1 teaspoon pomegranate molasses  
pinch of sea salt  
oil, for drizzling  
Pomegranate caper salsa  
2 tablespoons currants  
2 tablespoons capers  
1/2 cup fresh flat-leaf parsley, roughly chopped  
juice of 1 lemon  
1/4 cup pomegranate seeds  
1/2 cup pumpkin seeds, toasted  
pinch of sea salt  
1 tablespoon extra virgin olive oil  
1 small clove garlic, finely chopped

In 2011 Rosa and Margi 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 *Noon*.

Preheat the oven to 200°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 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 1910, 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.

**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 six 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 Whangaparaoa Day, 1 February 1927, an elaborate programme of wireless entertainment is broadcast by all national radio stations and later repeated for international listeners. The presentation of the country's first in its indigenous language is considered to be New Zealand's most widely broadcast radio programme up to that date.

**1930** Maud Bailey, after 20 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 first parliamentary broadcast, the first Māori broadcast, and then the first live broadcast of a night flight from Britain.

**1939** Michael Joseph Savage announces the outcome of war in 1941, a New Zealand mobile unit records and broadcasts (radio) *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 America using two ex-US army transmitters.

**1953** Along with presenter Keith Holyoake introduces coverage of the Queen's coronation to announce that Edmund Hillary has conquered Everest.

**1960** Television broadcasts the first news programme, NZSBS *Newsreel*, consisting entirely of British-sourced items but also challenging the media dominance of newspapers and radio.

**1967** *Checkout*, the longest-running news or current affairs programme in New Zealand broadcasting history, begins its broadcast.

**1975** *Morning Report* debuts.

**1979** Journalist John Blamey accompanies a recovery team and reports from the Mount Erebus crisis site.

**1987** Māori becomes an official language of the country — and of the broadcast service — as a result of a long fight from Māori pronunciation and instead begins promoting regions and indigenous accents.

**1990** Radio New Zealand International officially becomes the *Orion* broadcast station.

**1995** The Broadcasting Act establishes Radio New Zealand as a state-owned Crown Entity comprising National Radio, Concert FM, Radio New Zealand International, and with responsibility for the broadcasting of Parliament.

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