



# TASTE BUDS



A CULINARY CONVERSATION BETWEEN  
AOTEAROA NEW ZEALAND & AUSTRALIA

# TASTE



# BUDS

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AOTEAROA NEW ZEALAND AND AUSTRALIA



Nā tō rourou, nā taku rourou  
ka ora ai te iwi

With your food basket and my food basket  
the people will thrive.

In Aotearoa New Zealand, we share a special connection to the land and sea. It's a relationship founded on care, respect and an understanding that when nature thrives, we all thrive. When combined with our lush green pastures, fertile soil and cool, clear waters, the results are incredible – outstanding, great-tasting and nutritious food, from a place you can trust.

HANGAIA E TE MANAAKITANGA  
MADE WITH CARE





We would like to acknowledge the Traditional Custodians of the lands from which all these different ingredients come and we pay our respects to all Elders past, present and emerging.

Where possible the authors of this book have tried to incorporate traditional names of the ingredients used in the recipes in this book and have engaged Indigenous experts to seek guidance and advice.



# TASTE

This book is a culinary conversation between two proud nations divided by the mighty Tasman Sea. Two neighbouring lands bound by friendship, with contrasting climates, flora, fauna and flavours.

On either side of this conversation are renowned chefs Analiese Gregory from Aotearoa New Zealand and Clayton Wells from Australia. They've shared their know-how, passion and palates to develop 10 distinct recipes that marry native flavours from their respective homelands.

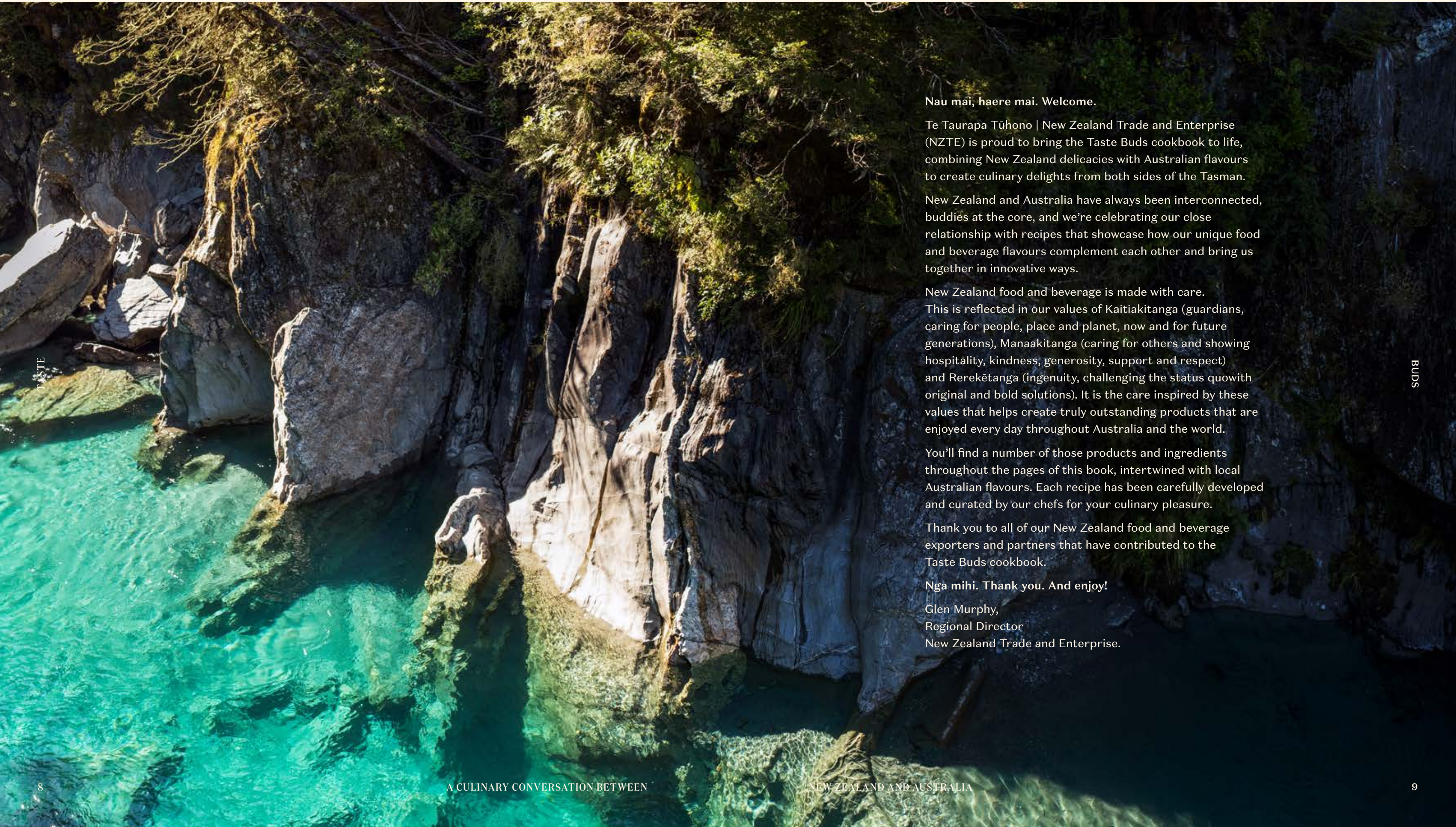
But the most important ingredient of all is care. Chefs can see, smell and taste the care that's gone into cultivating ingredients, and this is reflected in how they use them in their dishes.

Our hope is that this culinary conversation will inspire many more between people on both sides of the Tasman, in which they too will experiment with native flavours.

Because that's the power of food. It transcends borders. It brings us together. And it unites us.

# BUDS





**Nau mai, haere mai. Welcome.**

Te Taurapa Tūhono | New Zealand Trade and Enterprise (NZTE) is proud to bring the Taste Buds cookbook to life, combining New Zealand delicacies with Australian flavours to create culinary delights from both sides of the Tasman.

New Zealand and Australia have always been interconnected, buddies at the core, and we're celebrating our close relationship with recipes that showcase how our unique food and beverage flavours complement each other and bring us together in innovative ways.

New Zealand food and beverage is made with care. This is reflected in our values of Kaitiakitanga (guardians, caring for people, place and planet, now and for future generations), Manaakitanga (caring for others and showing hospitality, kindness, generosity, support and respect) and Rerekētanga (ingenuity, challenging the status quo with original and bold solutions). It is the care inspired by these values that helps create truly outstanding products that are enjoyed every day throughout Australia and the world.

You'll find a number of those products and ingredients throughout the pages of this book, intertwined with local Australian flavours. Each recipe has been carefully developed and curated by our chefs for your culinary pleasure.

Thank you to all of our New Zealand food and beverage exporters and partners that have contributed to the Taste Buds cookbook.

**Nga mihi. Thank you. And enjoy!**

Glen Murphy,  
Regional Director  
New Zealand Trade and Enterprise.



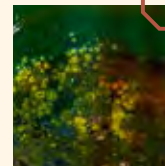
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WITH A PEPPERBERRY  
AND FINGER LIME DRESSING



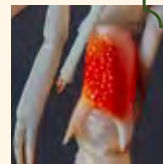
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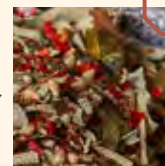


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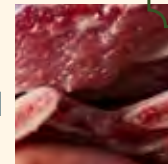
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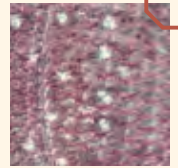
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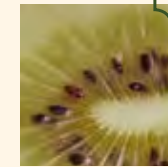


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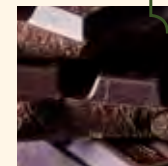
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There's going  
to be some  
interesting chef AG  
stuff...then just  
lots of us  
throwing shade.



I grew up  
AG in Auckland,  
then we moved  
to a dairy farm  
in the Waikato  
— which is famous  
for cows and  
being Hobbiton.



ANALIESE  
GREGORY



CLAYTON  
WELLS

I grew up in the  
Hawkesbury area, <sup>CW</sup>  
it was pretty  
humble back in  
the day. I didn't  
have 'the story'  
or a nonna moment  
like some people  
have. I guess  
I just had that  
love for cooking.



Actually, when  
I was a kid  
I wanted to be  
<sup>CW</sup> an architect,  
but now I get  
to design my  
own restaurants.



I started foraging  
when I was about five, <sup>AG</sup>  
I was always running  
around the farm picking  
nasturtiums for salads.





Last time I was back  
[in New Zealand],  
<sup>AG</sup> we had paua from  
the Chatham Islands,  
stripey trumpeter from  
the South Island, and kina.  
I went foraging with  
a Māori Elder, who made  
gin from little lilybuds  
he found in the forest.  
I was just really blown  
away by all the flavours.

TASTE



It sounds like I'm  
just saying this but  
I always try to use  
New Zealand seafood <sup>CW</sup>  
at the restaurant...  
because of consistency.

BUDS



We started  
with our

**CW** go-tos,  
the things we  
enjoy cooking.



We'd have a few  
conversations a day, **AG**  
write some notes  
and then we'd send  
them to one another  
and talk again.



Clayton is the kind of chef  
AG that has 400 tasting spoons,  
and I'm the kind of chef  
who walks down to the sea,  
collects seaweed and dries it  
in her living room...literally.



I have a very  
'less is more' CW  
approach to  
doing things.



We've never  
worked together,  
but some people  
you just know it's  
going to be fine...  
and we've always  
got humour  
as a buffer.





They're very different  
[AG] [Aussie and Kiwi  
ingredients] but have  
enough similarities to  
make them complementary.



It's been  
a lot easier [CW]  
than I thought  
it would be.





This is where  
it's gonna  
get weird... CW

we've been  
collaborating  
over email  
and phone...  
now we're  
in person  
everything's  
gonna start  
to change.







# Beginnings

Kuaotunu, The Coromandel



CLOUDY BAY DIAMOND  
SHELL CLAMS  
WITH A PEPPERBERRY  
AND FINGER LIME DRESSING

Australians  
aren't as used  
to raw clams  
as Kiwis.

AG



It's just  
not a thing  
over here.

CW

TASTE

BUDS



**CW** The green ones [finger limes] are sharp and sour, the red ones – which I prefer – have less acid and are a little more floral.

▼ Diamond Shell Clams harvested in Cloudy Bay, Marlborough

► Digging for clams, Pakiri



#### Cloudy Bay Diamond Shell Clams

In the north-eastern tip of the South Island, there is an extensive network of coastal waterways, peninsulas and islands, benefitting from the cool fresh water that runs through the depths of the Cook Strait. This picturesque region produces some of the best surf clams in existence. The rough surf zone, where the native molluscs exist, provides a continuous bloom of diatoms for optimum feeding and growing conditions.

Harvested during low tide, Diamond Shell clams have a beige coloured shell with a rich, deep coloured meat and white tongue. They are blessed with the fresh aroma of seaweed, with a rich, buttery flavour and a discreet nutty aftertaste. They can be eaten raw or cooked and this native shellfish has long been a food source of the local Māori people.



#### Finger Limes

You guessed it – a lime, shaped like a finger. Treasured by the Bundjalung people as a tasty fruit, it's known as Gulalung and renowned for its antiseptic and medicinal properties. When you cut into this tropical citrus fruit, you'll find thousands of caviar-like 'pearls', each one bursting with delicious citrusy juice. Great in salads, with seafood or simply crushed up in a glass with ice and water.







## CLOUDY BAY DIAMOND SHELL CLAMS WITH A PEPPERBERRY AND FINGER LIME DRESSING

### Serves 4

1kg Cloudy Bay Diamond  
Shell Clams (rinsed with  
lightly salted water)  
250ml vegetable stock  
3g ground pepperberry  
25g kombu dashi stock base  
50ml lemon juice  
80ml extra virgin olive oil  
4 red finger limes

In a saucepan, heat the vegetable stock to approximately 70°C and add the ground pepperberry, stir for 2 minutes and remove from the heat to cool. Once cooled, add the kombu dashi and lemon juice. Just before serving whisk in the olive oil.

Cut the finger limes in half and squeeze out the lime pearls. Remove the seeds.

**CW** I'm just  
steaming  
them a little  
to tighten  
them up.

Place the clams in a steamer on a gentle heat until the shells begin to open. Remove from the steamer and arrange on a platter.

Add a little finger lime to each clam and then spoon over the pepperberry dressing to finish.





AG I wasted so much clam time when I was a vegetarian.

Best served with  
Giesen Uncharted Sauvignon Blanc





POACHED MARLBOROUGH  
GREENSHELL MUSSELS  
WITH STRACCIATELLA,  
FENNEL AND BUSH TOMATO

In New Zealand  
we have  

AG

 live mussels  
in the supermarket.

Australia  
should 

CW

  
do that.

TASTE

BUDS



**CW** Greenshell Mussels have a great texture because they're bigger.



▼ Greenshell Mussels being harvested, Marlborough

► Growing ropes, Marlborough Sounds

#### New Zealand Greenshell Mussels

This eye-catching bivalve mollusc is also known as the green-lipped mussel, kuku, and kūtai. Indigenous to New Zealand, they're farmed predominantly in the nutrient-rich waterways around Marlborough, Golden Bay, Tasman Bay, The Coromandel and Stewart Island; suspended on dropper ropes just above the seabed. As filter feeders they take all their nutrients from the seawater – nothing else is added – making them an incredibly sustainable seafood option.

Their popularity is partly down to their size. In fact they're one of the world's largest mussels, capable of growing up to 23cm – although they are usually harvested at around 8-10 cm. Inside that distinctive jade shell is a plump, meaty muscle, less rich than other mussels.



#### Bush Tomato

This native nightshade is found in the more arid parts of Australia. Known by many different Indigenous names, the bush tomato has a strong connection with the mythology of the Warlpiri tribes and the Anmatyerr people of Central Australia. It's often ground into a powder and used to flavour cuisine; it has a strong tamarillo and caramel like flavour.



**I love that more Indigenous companies are farming these native ingredients.** **AG**





## POACHED MARLBOROUGH GREENSHELL MUSSELS WITH STRACCIATELLA, FENNEL AND BUSH TOMATO

### Serves 4

1kg Talley's Greenshell Mussels  
– washed and scrubbed

20g olive oil

120g stracciatella (or burrata)

600ml vegetable stock

1 head of fennel  
– sliced 1cm thick

20ml olive oil

½ lemon – juiced

1g kuzu powder

3 sprigs marjoram  
– leaves picked

10g black garlic – sliced

5g bush tomato powder

40g extra virgin olive oil

5g preserved lemon  
– rind sliced thin

Heat a large saucepan with a lid, on a medium / high heat until very hot.

Add the olive oil and immediately add the Greenshell mussels, stir for a few seconds and then add the vegetable stock. Place the lid on the pan and leave on a high heat until the shells begin to open.

Once the mussels have opened, strain the contents of the pan through a colander and reserve the liquid, this is to be used as the broth for the dish. Add the stock back to the pan and bring back to a simmer.

**AG** It's nice just eating and watching you work.

Make a slurry with the kuzu powder and a little water. Whisk the kuzu slurry into the mussel broth and bring back to the boil. Once boiled and slightly thickened, turn off the heat and reserve until needed.

In a pan, on medium heat, add 20ml of olive oil and lay out the fennel slices and fry until deep golden brown on one side. When browned, add half of the mussel / vegetable stock (until the fennel is covered), reduce the heat and simmer until the fennel is cooked through. Once cooked, remove the fennel and slice into medium sized pieces.

Warm the mussels and braised fennel back through the broth, seasoning with lemon juice.



Add the stracciatella cheese to a serving bowl.

With a large serving spoon or ladle, spoon the mussels and the broth over the stracciatella.

Finish with sliced black garlic, marjoram leaves, extra virgin olive oil, bush tomato powder and preserved lemon slices.



Best served with  
Oyster Bay Chardonnay





LIGHTLY GRILLED  
NEW ZEALAND SCAMPI,  
POMELO, CANDIED GINGER  
AND LEMON MYRTLE

Want me  
CW to chop  
anything?

TASTE



I want you  
to make it  
look pretty AG  
for me.

BUDS



**CW** The lemon myrtle  
is extremely aromatic.

**AG** And you'll get bursts  
of citrus from the pomelo  
and pops of spice  
from the ginger.



▼  
New Zealand Scampi

►  
Nugget Point,  
The Catlins

#### New Zealand Scampi

The New Zealand Scampi or Kōurarangi, are found at the icy depths of the ocean – 200-800 metres – where very little light permeates. Whitish or pinkish in colour, they wear with pride darker orange stripes across their joints.

Often compared to a prawn (because of their size), their small claws put them in the lobster family. As such, they have a meaty, white flesh and a sweet, delicate flavour. This versatile, small-clawed crustacean can be baked, barbecued, marinated or served raw as sashimi.

The sustainable management of New Zealand's precious resources lies at the heart of their seafood industry, with the Māori concept of kaitiakitanga – or guardianship – guiding the way they work with the sea to ensure its bounty is preserved for generations to come.



#### Lemon Myrtle

The 'Queen' of the lemon herbs is quite a title, but one the lemon myrtle lives up to. Also known as Girri girri, this sweet and refreshing plant is endemic to the subtropical rainforests of northern New South Wales and south-eastern Queensland. And has been used by Indigenous Australians for 40,000 years; to add flavour to food (particularly fish) as well as to treat headaches.







#### Serves 2

4 Sanford scampi (Size 1)  
 ½ pomelo  
 20g finely diced  
 candied ginger  
 ¼ bunch finely  
 chopped chives  
 ½ diced eschalot  
 olive oil to brush  
 1 bunch lemon  
 myrtle leaves  
 lemon myrtle powder  
 to serve  
*foodies* New Zealand Organic  
 Flaky Sea Salt to taste

## LIGHTLY GRILLED NEW ZEALAND SCAMPI, POMELO, CANDIED GINGER AND LEMON MYRTLE

Peel the pomelo with a knife and segment it, then break the segments apart by hand. Mix with the eschalot, chives, ginger, olive oil and season with salt to taste. Keep in a bowl.

Split the scampi lengthwise with a knife and clean out the intestinal tract. Season and brush lightly with olive oil.

Sear the scampi together with lemon myrtle leaves on a chargrill or barbecue. They should only take a few minutes to cook.

**AG** I got the candied ginger...my grandmother is Chinese so I grew up with it, I guess I'm kind of attached to the flavour.

To plate, serve the scampi on the leaves, dust with the lemon myrtle powder and top with the pomelo salsa.





**CW** Have we got  
a blowtorch?

**AG** Let's set fire  
to some stuff.

Best served with  
Tohu Sauvignon Blanc







# Middles



The NZ plants  
have more of a  
AG rainforest,  
high rainfall vibe.



The Aussie herbs  
are more like  
desert shrubs,  
which is really  
interesting.  
CW



▼  
Pikopiko fronds

►  
Oparara Arches,  
West Coast



### New Zealand Native Herbs And Spices

Used for centuries in traditional Māori cooking, native New Zealand herbs and spices are returning to cuisine and being added to contemporary dishes to bring a very distinctive New Zealand flavour.

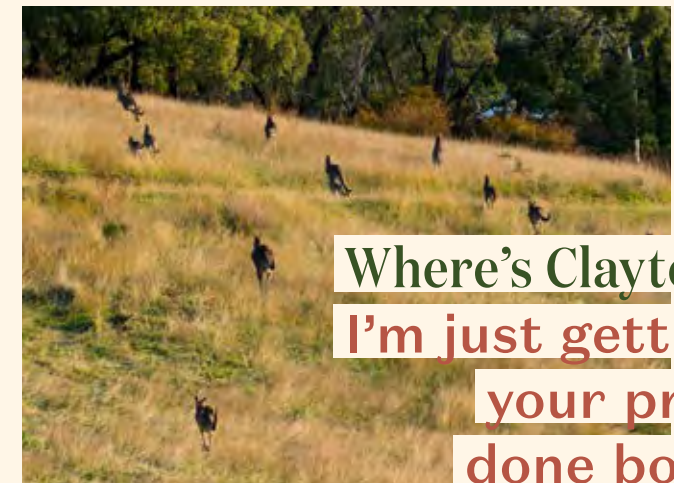
Kawakawa trees are mostly found in coastal areas of New Zealand in damp bush. Bush basil as it is sometimes known, has long been used in a traditional Māori tea. Nowadays the heart-shaped leaves are dried, ground and then used to season sweet and savoury dishes; adding a rich forest aroma with a light minted flavour.

Of the 317 known species of native fern – only seven are edible. And the most popular of these is Pikopiko, or as some know it, bush asparagus. High in Vitamin E, this versatile vegetation can be steamed, boiled, stir-fried, blended into a spread or simply added to a salad.



### Wallaby

The name wallaby is derived from the Eora Aboriginal people of coastal New South Wales and now refers to around 30 species of macropod found in Australia and Papua New Guinea. It is also known as Currili by the Ngadjon in North Queensland. Like kangaroo, wallaby is a very lean protein and a worthy substitute for beef. But unlike its peer, wallaby has a mild and sweet taste – and a less grainy texture. Wallaby is not farmed commercially, it still roams wild, so it's a highly sustainable meat.



Where's Clayton? AG  
I'm just getting CW  
your prep  
done boss.





## NEW ZEALAND TOGARASHI SPICE CHARGRILLED WALLABY SKEWERS AND TARE

### Serves 2

300g cleaned wallaby  
topside or loin  
50g shio koji  
125ml soy sauce  
65ml mirin  
65ml cooking sake  
2 cloves garlic, cut in half  
3 slices ginger  
6 black peppercorns

### New Zealand Togarashi

1 teaspoon *foodies*  
dried Horopito  
1 tablespoon *foodies*  
dried Kawakawa leaf  
3 tablespoons  
roasted wakame  
2 tablespoons  
roasted sesame seeds  
3 tablespoons lightly  
toasted saltbush leaves  
1 tablespoon red  
pepper powder  
1 tablespoon wild  
mushroom powder

To make the tare, combine the soy, sake, mirin, garlic, ginger and pepper together in a small pot. Bring to a boil, then reduce slowly by half. Strain into a container and reserve.

Mix together the Togarashi spices and set aside.

Dice the wallaby into medium size cubes and marinate with the shio koji for 20 minutes in the fridge. Next, assemble the cubes on skewers, about 6-7 on each.

Either cook on a chargrill or barbecue for approximately 4-5 minutes, brushing occasionally with the tare. Wallaby meat is best cooked rare; get a nice caramelisation on

**CW** If the Togarashi is on the side, then it's a kind of choose your own adventure thing.

the outside but leave the centre quite rare.

Serve immediately, sprinkled with the spice mix.





**CW** Shall we put  
some bush  
tomato  
spice in it?

**AG** Sure.

**CW** YOLO

**AG** Did you just  
say that?

Best served with  
Palliser Estate Pinot Noir





CENTRAL OTAGO LAMB RIBS  
WITH A DAVIDSON PLUM  
GLAZE AND HOROPITO

TASTE



BUDS

What if we  
put the  
CW Mānuka  
in the brine?

I'm feeling it.  
This is going AG  
to be good.



AG There's nothing  
we have – that I know  
of – in New Zealand  
that is like a  
Davidson Plum.

▼  
Palliser Ridge Farm,  
Pirinoa

►  
Minaret Station,  
Wanaka



#### New Zealand Lamb

Good lamb starts in the soil. And New Zealand's temperate, subtropical climate and ample rainfall makes for nutrient-rich earth that feeds hectares upon hectares of emerald-green pastures.

It's these rolling green hills that make this little nation at the bottom of the world the ideal stomping ground for literally millions of happy, healthy little lambs. Raised with an 'as nature-intended' motto, all the country's lamb earns the right to call itself, ethically sourced.

New Zealand lamb is eaten all around the world due to its distinctive and tender flavour. And this versatile meat goes with almost any accompaniment for almost any occasion.



#### Davidson Plum

One of the most popular of the native plums, this dark purple fruit is sour with a slight bitterness. Three variants grow on the east coast. One can be found in far north Queensland, and is known as ooray, the remaining two (often mistakenly labelled Ooray) grow in the temperate regions of northern New South Wales and are known as either Wiray or Wiiraa. This soft and juicy stone fruit has an earthy aroma and is high in antioxidants, it's often made into jam or served with meat and fish as a sauce.







## CENTRAL OTAGO LAMB RIBS WITH A DAVIDSON PLUM GLAZE AND HOROPITO

### Serves 2

1 New Zealand lamb rib  
and belly set

### Brine

1 teaspoon New Zealand  
Mānuka leaf  
1 teaspoon coriander seed  
1 teaspoon black peppercorns  
15g brown sugar  
25g salt  
500ml water

### Davidson Plum Glaze

200g Davidson plum fresh  
or frozen (pitted)  
¼ teaspoon kanuka leaf  
½ teaspoon bush tomato powder  
¼ teaspoon Chinese five-spice  
¼ teaspoon black pepper  
freshly ground  
¼ cup brown sugar  
1 teaspoon finely grated  
fresh ginger  
1 clove garlic, microplaned  
50ml sherry vinegar  
50ml Comvita honey  
*foodies* Horopito flakes to serve

**For the brine.** Bring the sugar, salt, water, Mānuka leaf, coriander seed and pepper to a boil then cool completely. Place the lamb ribs in the brine for 8 hours. Then remove, pat dry and place in a baking dish or pot. Just cover with oil and confit at 100°C for 2–3 hours or until tender and meat pulls away from the bone. Chill completely.

**For the Davidson plum glaze.** Place a pot on medium heat with plums, ginger, garlic, spices, vinegar, sugar and honey and kanuka. Cook down slowly, stirring every few minutes until thick and jammy. Cool and store in the fridge.

**CW** **I'll cook, you brush.** Take the ribs out of the oil and place on a chargrill or barbecue. Brush with the glaze every 5 minutes, turning occasionally to avoid the glaze burning. You are looking to get nice colour on the ribs and for the glaze to caramelise but not burn.

Dust with Horopito and serve.





TASTE

**CW** I feel like we're  
in some kind of  
BBQ competition.

**AG** You're the urban  
BBQ king.

Best served with  
Greystone Nor'Wester Pinot Noir



STEAMED COROMANDEL  
PINK SNAPPER  
WITH MORETON BAY BUG  
ROE SAUCE AND GERALDTON WAX

We used to  
AG catch these  
at the bach  
when I  
was young.



Bet they  
just jumped CW  
in the boat  
back then.

TASTE

BUDS



**CW** Pink Snapper is quite a delicate fish in terms of its texture.

**AG** The roe is quite oceanic but in a light kind of way.



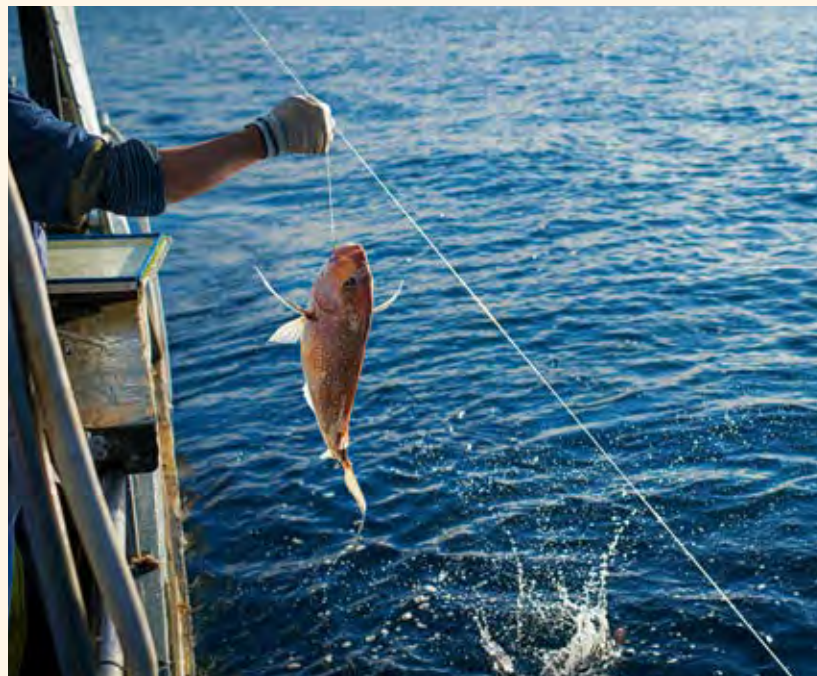
▼  
Line-caught  
Snapper

►  
Cathedral Cove,  
Coromandel

#### New Zealand Pink Snapper

Reeling in a Pink Snapper is a right of passage in New Zealand. Labelled pink, it's true colour depends on the way the light's facing or where it calls home. It's vibrant scales have golden-pinky flecks in amongst blocks of silvery, blue; but if they're a reef dweller you can expect them to be more reddy-bronze. The tāmure or kouarea are slow-growing and can live up to sixty years old.

They have a bulbous boney head, strong teeth and firm scales. Their pinkish-white flesh has a sweet, mild flavour, a light texture and is highly versatile. In New Zealand they are ethically and sustainably caught in the wild waters around the North Island and upper South Island.



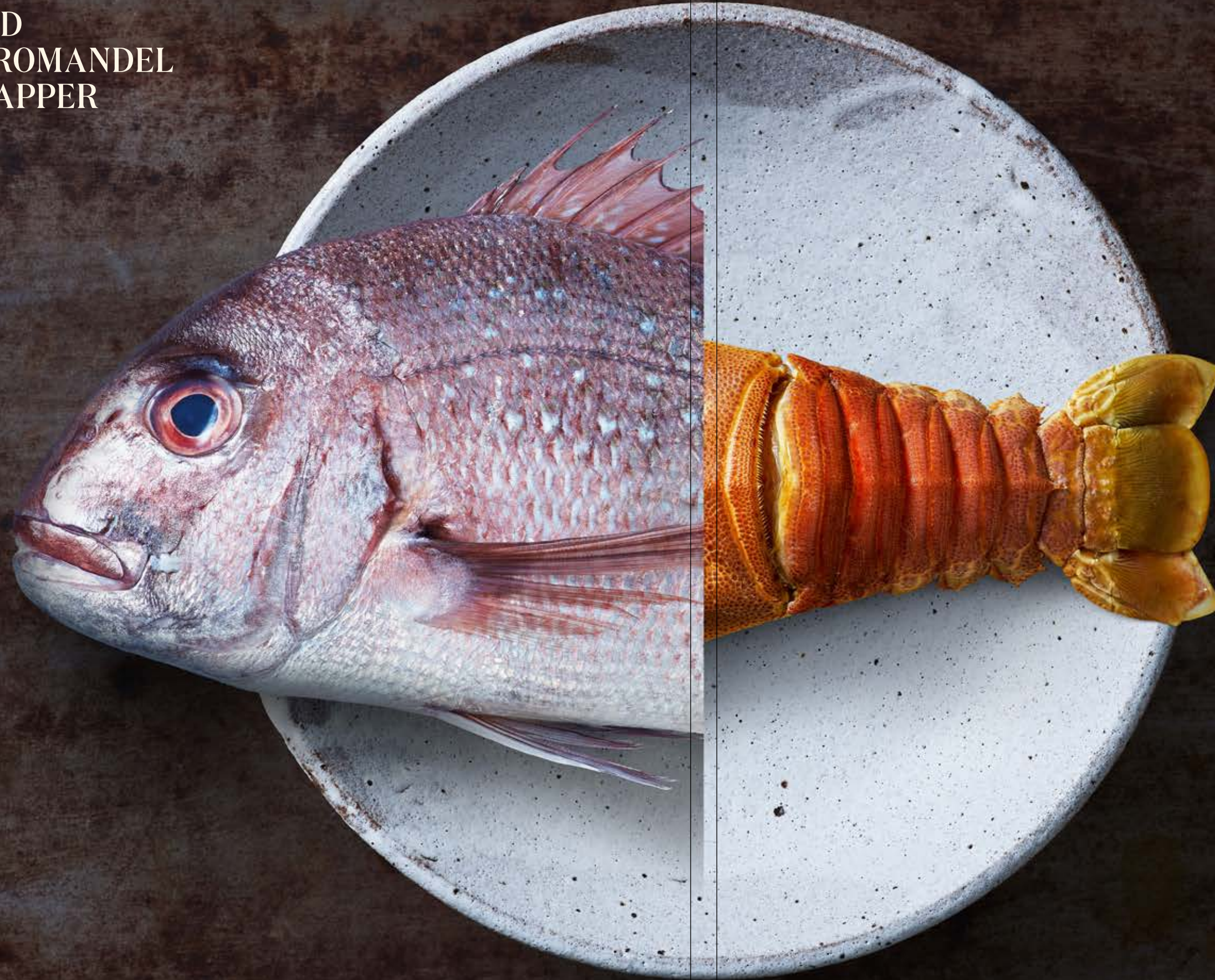
#### Moreton Bay Bug Roe

This crustacean spends a majority of its life burrowed under mud, but don't let that fool you, their delicious rich flesh has made them an Aussie classic. The less famous roe is often discarded, but is finding its way into more and more modern recipes – with a bold, oceanic taste.





STEAMED  
COROMANDEL  
PINK SNAPPER



WITH  
MORETON BAY  
BUG ROE



## STEAMED COROMANDEL PINK SNAPPER WITH MORETON BAY BUG ROE SAUCE AND GERALDTON WAX

### Serves 4

560g New Zealand pink  
snapper, cut into 140g portions

*foodies* New Zealand Organic  
Flaky Sea Salt

2g Geraldton wax for garnish

### Fennel purée

1 bulb fennel, diced

300ml vegetable stock

30ml olive oil

*foodies* New Zealand Organic  
Flaky Sea Salt to taste

### Moreton Bay bug roe

100g Moreton Bay bug roe

300ml vegetable stock

100g Lewis Road Creamery  
unsalted butter, diced

40ml lemon juice

*foodies* New Zealand Organic  
Flaky Sea Salt to taste

### Geraldton wax oil

50g Geraldton wax leaves  
(stripped from stem)

50g grapeseed oil



**For the fennel purée.** In a small saucepan, heat the olive oil on medium heat and add the diced fennel.

Sweat down for 5 minutes and then add the vegetable stock, bring the heat to med/high and cook until the stock has nearly evaporated.

Add the fennel to a blender and season with sea salt, blend until smooth, then remove.

**For the Moreton Bay bug roe sauce.** In a small saucepan, bring the vegetable stock to a simmer, reduce the heat to low and add the lemon juice. Slowly whisk in the butter cubes a few at a time until combined.

Using a stick blender, add the bug roe to the butter emulsion until combined. Gently raise the temperature in the pan, stirring constantly until the sauce begins to thicken. Using a kitchen thermometer, remove from the heat when the sauce reaches 65°C.

**For the Geraldton wax oil.** Combine Geraldton wax leaves and grapeseed oil in a blender and blend on high for 3 minutes or until warm. Remove from the blender and pass through a fine strainer or oil filter into a bowl. Cool over ice water and keep aside until required.

CW

**This one has been  
line caught.**

AG

**It shows a level of care  
in how the fish has  
been treated.**

Season the snapper with sea salt and add to a metal or bamboo steamer on a medium setting. Cook for approximately 9–11 minutes or until a skewer will pass through the flesh without resistance.

Place a spoonful of the fennel purée in a serving bowl, top with the steamed fish portion and then spoon the bug roe sauce over the fish. Add a drizzle of the Geraldton wax oil and some fresh leaves to garnish.

Best served with  
Villa Maria Chardonnay





# Ends

Castlepoint, Wairarapa



CARAMELISED KIWIFRUIT  
AND DESERT LIME,  
WITH WAIKATO AGED GOUDA  
AND RYE LAVOSH



I've used  
CW this on  
my menu  
before.

What's exciting  
is it's from AG  
the same place  
as me.

TASTE

BUDS



AG Cheese before dessert...  
I feel very strongly  
about where cheese  
sits on the menu.



▼  
Hand picking,  
Te Puke

►  
Bay of Plenty

#### Kiwifruit

Named after the national bird that shares the same furry exterior, this iconic fruit isn't originally from Aotearoa, but that hasn't stopped it making itself at home. The temperate climate and deep, yellow-brown soil of the Bay of Plenty provides a frost-free environment for the kiwifruit to flourish, as well as packing them with nutrients. This tropical fruit can be found all over North Island New Zealand, including in people's backyards.

The fruit's brown exterior belies its bright green or yellow insides. Officially a tropical fruit, it's less sweet and less pungent than others, and more similar to a lychee or melon. Mostly eaten fresh, the ripe fruit is described as slightly acidic, but once cooked, it becomes jammy and sweet. Kiwifruit's ultimate claim to culinary fame is gracing the top of the national dish, the pavlova.



#### Desert Lime

Growing to the size of grapes, the Australian desert lime is a small fruit with an intense, zesty flavour. Boasting three times more Vitamin C than oranges, desert limes have long been foraged by the Indigenous people, and the early European settlers made good use of them in cordials, sauces, marmalades, pickles and chutneys.



You can eat these  
desert lime whole...  
they're quite intense,  
very sour.

CW





## CARMELISED KIWIFRUIT AND DESERT LIME, WITH WAIKATO AGED GOUDA AND RYE LAVOSH

### Serves 4

240g Waikato Aged Gouda,  
break to serve

### Caramelised kiwifruit and desert lime

300g green Zespri kiwifruit,  
peeled and diced

70g desert limes

100g caster sugar

### Rye lavosh

160g rye flour

340g plain flour

225g cold water

65g olive oil

10g sea salt

**For the caramelised kiwifruit and desert lime.** In a saucepan on medium heat, combine the kiwifruit and sugar and cook down until most of the juice has evaporated. It will start to get sticky and change to light golden brown in colour.

Add the desert limes and continue cooking on a low heat, until it starts to resemble a paste.

Remove from heat and cool to room temperature until required. Refrigerate remaining paste after use.

Preheat the oven to 180°C.

**For the rye lavosh.** In an electric mixer, combine the flour and make a well. In the well, add the cold water, salt and

**AG** **Have you ever used kiwi in a fish or meat dish?** olive oil. Using a dough hook, mix the dough until it has combined, then continue this for a few more minutes.

**CW** **No...maybe we should have done that.**

**AG** **Next time.**

Remove the dough hook from the mixer and then cover the dough with a damp towel or layer of clingfilm and allow to rest for 30 minutes.





Take a 40cm length of non-stick baking paper and place on a cleared bench. Measure out approximately 60g of dough and roll out with a rolling pin until it is about 2mm thick. Repeat this process for the remaining dough mix. Before baking, sprinkle a little sea salt over the rolled-out dough.

Bake the lavosh in the preheated oven until golden brown, allow to cool before serving.

**(cw) You could do the same thing with feijoa.**



Best served with  
Rapaura Springs Reserve Pinot Gris



I do it a little  
differently... AG

I often start with  
the main thing  
then it's, what's  
the tastiest way  
to eat that thing.



The main  
CW ingredient  
is usually  
the last thing  
I think about.



**CW** I like how the  
muntries have  
the apple taste  
but the  
berry texture.



▼  
Blackcurrants  
on the vine,  
Pleasant Point

►  
South Canterbury,  
looking towards the  
Southern Alps

### Blackcurrant

Blackcurrants require a cold winter, mild summer, free-draining soils, and year-round moisture. The fertile alluvial plains of South Canterbury provide exactly that with the pure water that flows down from the snowy Southern Alps.

The area is famous for its high-quality blackcurrants which contain high levels of anthocyanins (a type of antioxidant). When fresh, this plump fruit tastes tart, like a passionfruit with a dark berry flavour not unlike raspberry, but it's distinctly earthy. When dried, the blackcurrant is sweet, like grapes with a raisin-like quality.



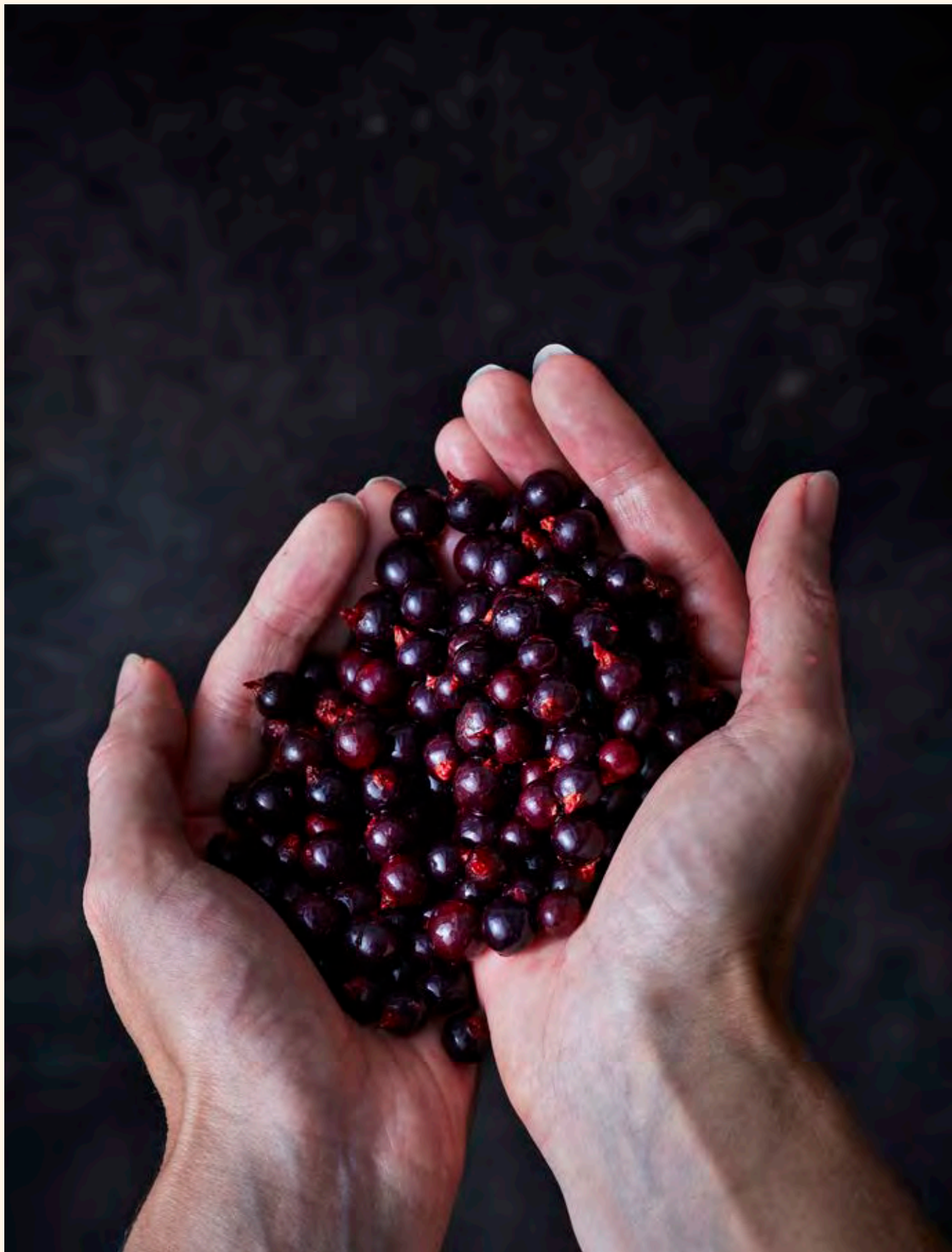
### Muntries

Traditionally, muntries were highly valued in Aboriginal culture and were consumed fresh and cooked. They are the fruit of a ground-hugging, wild shrub, native to South Australia and some parts of Victoria. Roughly the size of a blueberry, it has a spicy apple taste with a juniper essence, and some call it a native cranberry. They are also known as; Munthari, Munta, Mantirri and Mantari for the Kunzea pomifera variety.



**CW** You have to  
be aware that  
often native  
berries are  
quite astringent.





## LIQUORICE CHEESECAKE WITH SOUTH CANTERBURY ORGANIC BLACKCURRANT AND MUNTRIES

### Serves 4

50g Fresh As freeze-dried  
liquorice pieces  
20g Viberi freeze-dried  
blackcurrant powder

### Blackcurrant and muntries jam

250g organic New Zealand  
frozen blackcurrants  
125g muntries, ideally frozen  
100g caster sugar

### Sponge base

4 whole eggs  
65g caster sugar  
65g plain flour  
65g almond flour  
Cheesecake mix  
250g cream cheese  
175g cream 40%  
50g sugar  
5g gelatine sheet  
1 teaspoon vanilla paste

This recipe requires a circle-  
shaped silicone mould 80mm in  
diameter and 20mm in depth.

**For the blackcurrant and the muntries jam.** In a small  
saucepan, combine the blackcurrants and caster sugar and  
cook down on medium heat for approximately 25 minutes  
or until the mixture loses most of the berry liquid.

Add in the muntries and reduce the heat to low and allow  
to cook down until the texture of the mix becomes a jam  
consistency. At this stage you should taste the mix as the  
acidity of the blackcurrants may vary; add a little more  
sugar as required. Remove the jam from the saucepan and  
allow to cool before use.

Preheat the oven to 180°C. Line a baking tray with  
greaseproof paper.

**For the sponge base.** In an electric mixer with a whisk  
attachment, combine the eggs and sugar and whisk on high  
for approximately 5 minutes or until the mixture is thick,  
pale and has tripled in volume.

Remove the bowl and the whisk and gently sift the flour and  
the almond flour over the egg mix. With a rubber spatula  
or large metal spoon, fold the flours through the egg mix  
until combined.

Pour the mixture onto the baking tray and spread out until  
it is approximately 5mm thick (depending on the size of  
your baking tray you might need to line a second tray).





Bake in the oven until golden brown. Remove and allow to cool. Once cooled, use an 80mm cutter to cut discs of sponge.

Soak the gelatine in iced water for about 15 minutes to bloom.

**For the cheesecake mix.** Warm the cream and sugar in a small saucepan until the sugar has dissolved.

In an electric mixer with a paddle attachment, beat the cream cheese and vanilla paste until smooth. Add the bloomed gelatine to the cream and sugar mix and stir until dissolved.

On a low setting slowly add the warm cream mix to the mixer until all is combined. Remove the bowl from the mixer.

Add the mix to each of the silicone moulds until they are 80% full, cool in the refrigerator for 10 minutes and then bring back out to finish filling. Add 1 tablespoon of the blackcurrant and muntrie jam to the centre of each of the moulds and then cover with the remaining cheesecake mix. With a metal spatula or palette knife scrape over the moulds to remove any excess. Place a disc of the sponge on top of each mould and then refrigerate for at least 4 hours in order to set.

**CW** **It's not your average-looking cheesecake.**

Carefully remove each cheesecake from the silicone moulds. Then using a fine strainer, pass the freeze-dried liquorice over the cheesecake until the cheesecake is completely covered with the liquorice powder. Place the cheesecake on a plate and dust over some blackcurrant powder to finish.

Carefully remove each cheesecake from the silicone moulds. Then using a fine strainer, pass the freeze-dried liquorice over the cheesecake until the cheesecake is completely covered with the liquorice powder. Place the cheesecake on a plate and dust over some blackcurrant powder to finish.

Best served with a  
Scapegrace Distillery Gin Cocktail





WHITTAKER'S HOT  
CHOCOLATE SAUCE  
WITH WATTLE SEED  
ICE-CREAM

What are  
CW you doing  
Analiese?

I'm having  
a degustation AG  
of Whittaker's

TASTE

BUDS



▼  
Harvested  
Cocoa Beans

►  
Wellington  
Harbour at dusk



### Whittaker's Chocolate

Ever since J.H. Whittaker began selling homemade chocolate from the back of his horse and cart in 1897, Whittaker's has produced the smoothest, creamiest, melt-in-your-mouth chocolate.

Still proudly family-owned, these days the company is run by the fourth generation. And while a plethora of new flavours are now on offer – Bundaberg Ginger Beer, Jelly Tip and Hokey Pokey – the cocoa beans are still roasted, winnowed and refined at the local Porirua factory, in Wellington.



### Wattle Seed

Wattle seed has long been a staple of Aboriginal cuisine and carries many native names; Ariepe, Ganabargu, Ngatunpa, Pulkuru and Waliputa to name a few. It flourishes all over Australia and is harvested both commercially and in the wild. Usually roasted and ground, wattle seed elicits coffee, chocolate and hazelnut flavours. The grounds can be used as a crumb or in a marinade, and the liquid extract in ice cream, pavlova, pancakes, bread or in your favourite chocolate recipe.

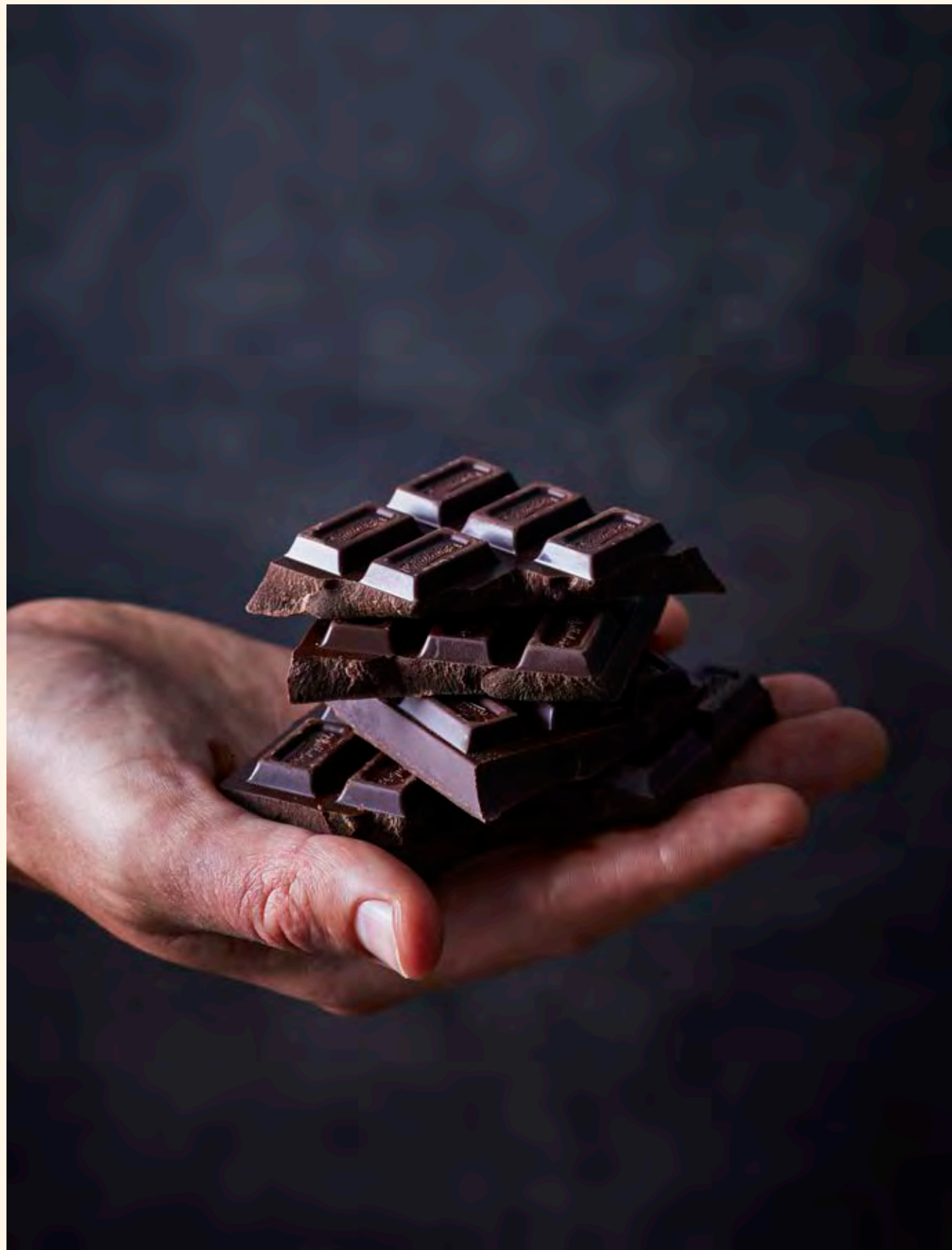




- CW** This is the raw  
wattle seed...  
smells fermented...  
you wanna try?
- AG** A whole teaspoon  
was a big mistake.







## WHITTAKER'S HOT CHOCOLATE SAUCE WITH WATTLE SEED ICE-CREAM

Serves 4

### Wattle seed ice-cream

375ml milk  
65ml cream  
4 egg yolks  
50g sugar  
10g roasted wattle seed powder  
1 teaspoon vanilla paste

### Hot chocolate sauce

100g Whittaker's dark chocolate  
50g sugar  
250ml cream  
50g liquid malt extract  
5g cornflour mixed with water

**For the wattle seed ice-cream.** Place the wattle seed, cream and milk into a pot and gently bring up to just under a simmer. Take off the heat.

**AG** **This is the hardest bit to do at home... but entirely possible, you just can't walk away from it.**

Whisk egg yolks and sugar in a bowl until just starting to foam, then pour over the hot wattle seed cream and whisk gently until combined, then transfer to a pot

over a very low heat to cook out the custard. Stirring gently the entire time, bring the mix up to 84°C then take off the heat and chill down.

Churn in an ice-cream maker as per manufacturer's recommendations and keep in the freezer.

**For the hot chocolate sauce.** Place the sugar in a small pot with 100ml water and bring to a caramel over a medium heat. Once a caramel is achieved, add in the cream very carefully and stir with a whisk until homogenous. Add the malt and chocolate and stir until dissolved.



Then add the cornflour mixed with water and bring to a gentle simmer to cook it out, stirring constantly. Once thickened, transfer the mix to a siphon and charge with one nitrous oxide cartridge, shake and discharge into a bowl. If you don't have a siphon, simply pour the sauce straight from the pot.

Top with the ice-cream and dust with roasted wattle seed powder.



- AG** Essentially a hot caramel, chocolate cream...delicious in any language.
- CW** This should be the next Whittaker's colab... roasted wattle seed.

Best served with a  
Coffee Supreme Espresso





MĀNUKA HONEY  
AND GINGER CAKE  
WITH MACADAMIA SORBET

Analiese  
CW initially  
had two  
Mānuka  
honey  
dishes.

TASTE



...that's how  
much AG  
I like it.

BUDS



AG I went through a stage of trying to swap out all the sugar in my baking with honey to see what would work.



▼ Inspecting a hive

► Beekeeping, Matakana

### Mānuka Honey

New Zealand is renowned for its delicious, high-quality honey, gathered from mountain highlands to low-lying pastures. They produce a diverse and varied range, from pale, mild creamed honeys through to the full-flavoured Mānuka and bush honeys. Mānuka honey's supernatural antibacterial properties have earned it the Māori name of 'taonga', meaning treasure. For centuries this ancient remedy has been used to treat a wide variety of illnesses and ailments as well as support the immune system and digestion.

The process of harvesting Mānuka honey is just as miraculous. A labour of love is an understatement; to collect enough nectar for just one jar, the bees take over 22,000 trips, to some of the most remote regions of New Zealand. On top of that, the Mānuka plants only flower for a short 2–6-week window every year.



### Macadamia Nuts

Macadamia trees are native to east Australia and have long been an important source of bush food for Aboriginal people. Also known as Bauple, Cyndl, Jindilli and Boombera, the macadamia is high in fat but cholesterol free. They have a subtle, butter-like flavour and creamy texture; they're yummy as a nut butter, as a topping on cakes and desserts or simply eaten as they are.







## MĀNUKA HONEY AND GINGER CAKE WITH MACADAMIA SORBET

Serves 4

### Mānuka honey and ginger cake

350g plain flour  
150g ginger peeled and blitzed until fine  
250g Comvita Mānuka honey  
200g sugar  
250g vegetable oil grapeseed  
1 tsp ground cinnamon  
½ tsp ground cloves  
2 tsp baking soda  
250g water  
2 eggs

### Macadamia sorbet

125g macadamia nuts  
50g sugar  
300ml water  
2g titanium gelatine leaf  
1g salt

Preheat the oven to 170°C. Melt butter gently then cool to room temperature.

**For the Mānuka honey and ginger cake.** In a bowl, mix the Mānuka honey, sugar and oil. Boil the water and add in bicarb soda. Whisk gently into the Mānuka mix. Add the ginger and fold in the sifted plain flour and spices. Whisk the eggs lightly and fold in.

Bake for approximately 40 minutes or until golden brown.

AG

**It's good to weigh things ...sometimes.**

**For the sorbet.** Bloom the gelatine in cold water, squeeze out and place into a pot with the other ingredients. Stirring constantly, warm up to melt the gelatine then take off the heat and blend until very smooth. Pass through a very fine filter or superbag, chill and churn. Reserve in the freezer.

Serve the cakes warm, with a side of macadamia sorbet topped with Mānuka honey.





TASTE

AG I really like the more savoury honeys.

Best served with  
Zeffer Alcoholic Ginger Beer





We came together to  
**CW** create ten recipes  
with ingredients  
from both Australia  
and New Zealand.



To showcase how  
native ingredients **AG**  
can complement  
one another...and  
I think we've done  
a pretty good job.

Yeah, **CW**  
I think so.



# SUGGESTED PAIRINGS



Giesen Uncharted  
Sauvignon Blanc  
see pg.40



Villa Maria  
Chardonnay  
see pg.85



Greystone  
Nor'Wester Pinot Noir  
see pg.74



Palliser Estate  
Pinot Noir  
see pg.66



Oyster Bay  
Chardonnay  
see pg.48



Scapegrace  
Distillery Gin  
see pg.102



Tohu  
Sauvignon Blanc  
see pg.56



Rapaura  
Springs Reserve  
Pinot Gris  
see pg.94



# MAKE YOUR OWN TASTE BUDS

Now it's your turn to pair familiar Australian flavours with New Zealand's favourites.



## Mount Cook Alpine Salmon

From the craggy alpine ridges of Mount Cook flows some of the purest fresh water on the planet. It's these icy waters that give the alpine salmon their subtle clean taste and delicate texture.



## Appleby Farms Ice Cream

Appleby's dairy cows graze on rich green pastures (and the occasional apple and kiwifruit), which helps them produce the creamiest milk, which makes for the most delicious of ice creams.



## Coffee Supreme

New Zealand has more roasters per capita than anywhere else in the world. It's created a national culture of care when it comes to roasting delicious coffee.

## Garage Project Beer

Garage Project is known for its experimental drops. All brewed in an old garage in Wellington, and with some of the most coveted hops on the planet.



## Proper Crisps

Crisps or chips? Whatever you call them, these ones are made from 100% organic and locally grown ingredients; even the salt is from Marlborough.



## Mango

Sweet and tangy in flavour, succulent mangoes are an Australian staple. We would say they go well on a pav...but that's a touchy subject.

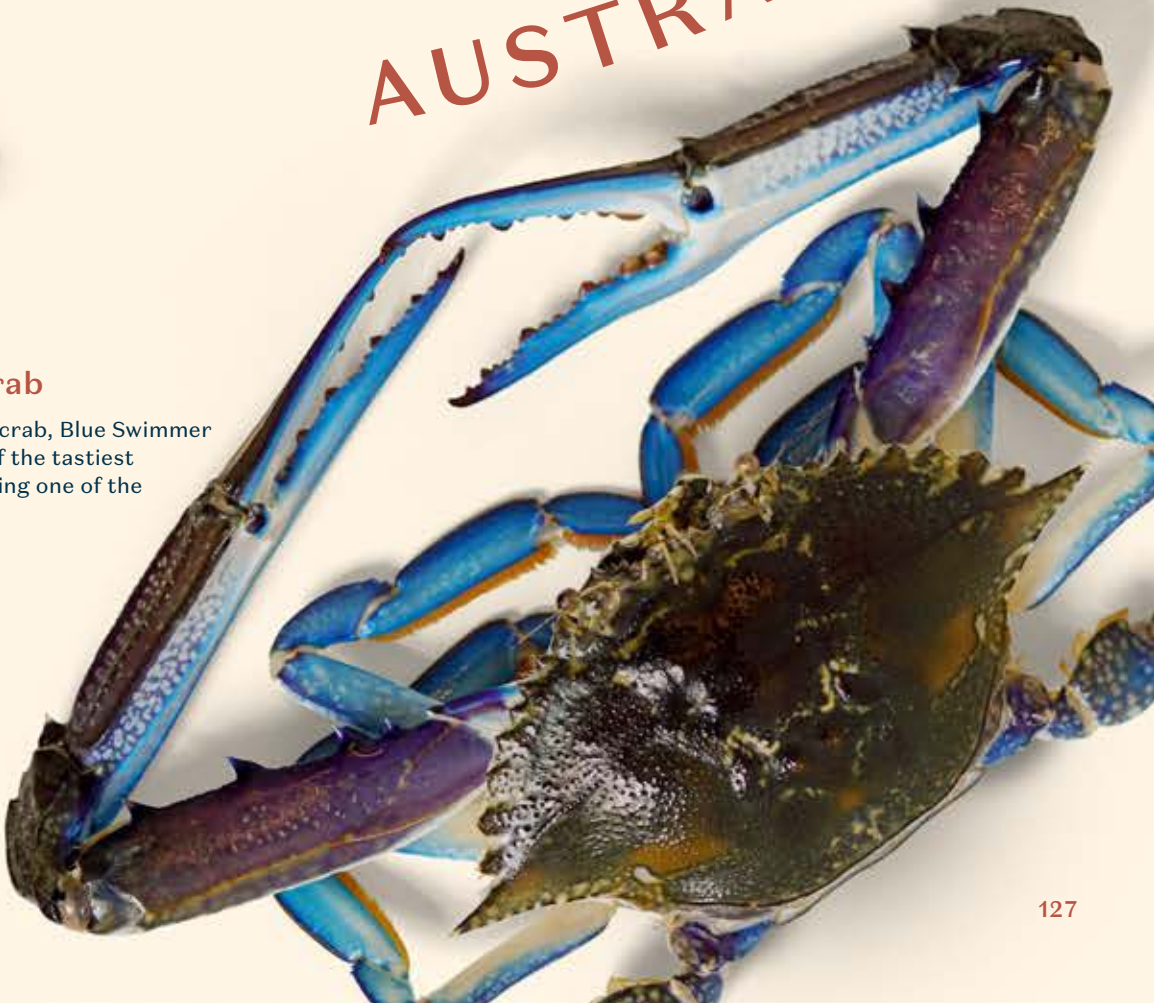


## Kangaroo Jerky

Does it get more Australian than Kangaroo Jerky? This tender, gamey meat is well-loved by foodies thanks to its rich, bold, earthy flavour and satisfying texture.

## Blue Swimmer Crab

Also known as the flower crab, Blue Swimmer Crabs are arguably one of the tastiest crustaceans as well as being one of the most beautiful.



## Macadamia Nuts

With a rich, buttery flavour, macadamia nuts add a wonderful essence of subtle sweetness and crunch to any creation.



NEW ZEALAND

AUSTRALIA

BUDS



AG What are we  
having for  
dinner tonight?

Are you CW  
coming over?  
I think I just AG  
invited myself.



We would like to take this opportunity to thank everyone that helped make this beautiful book possible. It has been an incredible culinary exploration for all involved. In particular our two hugely talented chefs, Analiese Gregory and Clayton Wells, our photographer Rob Palmer, the entire team at New Zealand Trade and Enterprise and everyone who so generously donated their delicious produce; Cloudy Bay Clams, Comvita, *foodies*, Fresh As, Lee Fish, Sanford, Talley's, ViBERi, Whittaker's, Zespri. And to the beverage makers; Coffee Supreme, Giesen Estate, Greystone, Oyster Bay, Palliser Estate, Rapaura Springs, Scapegrace Distillery, Tohu Wines, Villa Maria, Zeffer Cider. Thank you all.

# TASTE BUDS



This book is a culinary conversation between two proud nations divided by the mighty Tasman Sea. Two neighbouring lands bound by friendship, with contrasting climates, flora, fauna and flavours.

On either side of this conversation are renowned chefs Analiese Gregory from Aotearoa New Zealand and Clayton Wells from Australia. They've shared their know-how, passion and palates to develop 10 distinct recipes that marry native flavours from their respective homelands.

But the most important ingredient of all is care. Chefs can see, smell and taste the care that's gone into cultivating ingredients, and this is reflected in how they use them in their dishes.

Our hope is that this culinary conversation will inspire many more between people on both sides of the Tasman, in which they too will experiment with native flavours.

Because that's the power of food. It transcends borders. It brings us together. And it unites us.

