



## Grinning Gecko Parihaka Cheese Platter

by Emely Jessop

**Mexican Stuffed Red Capsicum with melted Parihaka cheese**

**Crumbed Cauliflower Florets with Parihaka Cheese Sauce**

**Mini Baguette with Sundried Tomato Pesto and Parihaka Cheese**

**Mexican Stuffed Red Capsicum with melted Parahaki cheese**



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### MEXICAN BLACK BEANS

#### Ingredients

- 1 teaspoon olive oil
- 1/2 cup chopped onions
- 3 cloves garlic, minced
- 1 (16 oz) can black beans, do not drain
- 1/4 cup chopped cilantro
- 1 teaspoon cumin
- 1/2 teaspoon salt

#### Instructions

1. In a small sauce pan, heat the olive oil over medium heat. Add the onions and garlic and cook for 3-4 minutes, just until the onions begin to soften.
2. Add the undrained black beans, cilantro, cumin, and salt. Stir well and reduce heat to medium low. Allow to cook for 15-20 minutes, stirring occasionally. Taste and adjust seasonings to your liking.

3. Serve sprinkled with more chopped cilantro and if desired.

### **STUFFED CAPSICUM**

1 Capsicum

Olive oil

Salt and pepper

- Split the pepper down the middle, lay on a tray drizzle with olive oil and salt and pepper.
- Preheat oven to 180, bake the pepper for 12mins
- Remove And let cool down

### **CHEESY CRUMB**

½ cup bread crumbs

¼ cup Parihaka cheese

Fresh parsley

- Finely chop the parsley
- Add everything into a bowl with the parsley and mix well

#### **To assemble the stuffed capsicum:**

- Spoon the beans into capsicum and sprinkle the cheese crumb over the beans
- Place on a baking tray and put under salamander (or grill setting on the top rack of your oven) until the crumb is golden brown and cheese is melted

## **Crumbed Cauliflower Florets with Parihaka Cheese Sauce**

### **CRUMBED CAULIFLOWER**

100g Cauliflower (cut into small florets)

1 egg

60g corn flour

100g bread crumbs

- In separate bowls mix the mix in one
- Put corn flour in one
- Put bread crumbs in one
- Salt and pepper the cauliflowers
- Coat the cauliflower in corn flour and shake off excess
- Dip into egg
- Coat in breadcrumbs
- Set aside on a tray

When ready to cook get the deep fryer to 180°C temp and cook the cauliflower until golden brown, remove onto a paper towel and salt immediately.

### **Cheese Sauce**

50g Parihaka cheese

30g butter

30g flour

120ml milk

Salt and pepper

- Melt the butter and add the flour and cook for a couple of minutes then add the milk, bring to a boil, remove from the heat.
- Add the cheese and whisk until you get a nice, thick consistency
- Add seasoning to taste

## **Mini Baguette with Sundried Tomato Pesto and Parihaka Cheese**

### **MINI BAGUETTES**

#### **Ingredients**

7g active dried yeast

500g strong bread flour

10g salt

50g white flour, for dusting

## Method

- Mix together the yeast and flour.
- Add the salt and 350ml water.
- Hold the bowl with one hand and mix the ingredients around with the other hand or with the rounded end of a plastic scraper for 2–3 minutes, until the dough starts to form.
- Pour the dough onto a floured work surface. It will feel soft and moist, and look like sticky porridge.
- Forget the way you might think you knead dough. Don't pummel it with the heels of your hands: instead slide your fingers under it like two forks with your thumbs on top, swing it upwards and slap it back down away from you. Stretch the front of the dough towards you, then lift it back over itself in an arc. Repeat until the dough feels smooth, silky and elastic. Allow 5–10 minutes.
- Lightly flour the surface of the dough and fold the edges over to make a ball. Turn it over so the top is smooth. Lightly flour a bowl and place the dough in it. Cover the bowl with a clean tea towel and leave it to rise for 1 hour, until almost doubled in size.
- Preheat the oven to 240°C (or as high as your oven will go). Line a baking tray with a lightly floured, clean tea towel. Once the dough has rested, use the rounded end of a plastic scraper to turn the dough out onto a floured work surface. Using the sharp side of the scraper, cut the dough into 8 pieces, roll each one into a ball and rest for 5 minutes.
- Lightly dust your worktop with flour. Turn the first ball upside down and, with the heel of your hand, flatten it into an oval. Fold the longer side of the dough into the middle and use the heel of your hand to press it down and seal. Bring the other side over to the middle and press down to seal. Fold in half lengthways and seal the edges to make a log shape. Roll to extend to the length of your baking tray. Repeat with the other balls.
- Lay the baguettes on the tray, pleating the tea towel between them. Prove for 45–60 minutes, until they double in size. Transfer to another baking tray; make 3 or 4 diagonal cuts on the top of each baguette. Mist the inside of the oven generously with water. Bake for 12–15 minutes until golden.

## SUNDRIED TOMATO PESTO

### INGREDIENTS

- 3/4 cup sundried tomatoes
- 1/3 cup pine nuts
- 2 garlic cloves, chopped
- 1/2 cup olive oil
- 1/3 cup finely grated parihaka cheese

### METHOD

- Process tomato, pine nuts and garlic, scraping down sides occasionally, until almost smooth.
  - With motor running, add oil in a slow, steady stream. Process to combine.
  - Transfer to a bowl. Add parmesan. Season with salt and pepper. Stir to combine.
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### ASSEMBLY

- Diagonal sliced baguette
  - Spread the sundried tomato pesto on top
  - Shave a little bit of the parihakai cheese to garnish
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### Important Links

Savour Northland Feast2020 - <https://www.northlandnz.com/visit/plan-your-trip/food-and-wine>

Grinning Gecko Cheese - <https://www.grinninggecko.co.nz/>

NorthTec Cooking School - <https://www.northtec.ac.nz/programmes/hospitality/new-zealand-diploma-in-cookery-advanced-level-5-cookery>

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