STARTER

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mini corn fritters

bite-sized corn and courgette fritters
served with tomato salsa, avocado and crispy bacon

MAIN

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seared lamb fillet

medium-rare New Zealand lamb fillet
sliced over a spicy couscous
with a side of salad greens

DESSERT

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pavlova crush

meringues whipped into a creamy red berry mix
topped with NZ crunchie bar flakes

STARTER

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chips ‘n’ dip

a traditional kiwi snack of crispy potato chips and fresh-cut vege chunks served with creamy onion dip

MAIN

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fisherman‘s catch

fresh fish fillets crumbed and pan-fried
served with a citrus salad
and buttery baby new potatoes

DESSERT

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hokey pokey ice cream

a scoop of nz’s favourite ice cream
choc-dipped and served on a stick

DRINKS | REFRESHMENTS

cold

antipodes spring water
pure spring water bottled at its source in Whakatane at the top of NZ's North Island. Served sparkling or still

sparkling grape juice
a dinner party at the bach would not be complete without a glass of wine, carefully matched to the flavours in the meal. Enjoy the alcohol-free alternative at the First Light dinners: red with the lamb and white with the fish.

hot

fresh coffee
Robert Harris coffee imported from NZ especially for the occasion. The 'Let's get together' blend was bach-inspired and made for sharing!

milo
a sweet, malty cup of chocolate enjoyed as an energy drink on the move, or with warm milk at the end of the day.

SNACKS

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kiwi candy - in NZ we call them sweets, and at the movies they're best shared! Here are some of our all-time favourites.

pineapple lumps

pineapple-flavoured chunks covered in chocolate

jaffas

small round chocolates encased in a bright red, orange-flavoured sugar crust

fruit bursts

chewy fruit toffees - banana, strawberry, lime, blackberry and orange flavours

jet planes

a gummy selection of edible rainbow aircraft

minties

fresh mint-flavoured toffees - watch your teeth with these ones!

RECIPES

Many thanks to Fisher & Paykel who inspired the cooks in the First Light kitchen with their tasty suggestions, their photos, and their food blog

MAGGI ONION DIP

Maggi Soup packets are one of those handy items we Kiwis always have in our pantries. In particular, Maggi Onion soup could be classified as a Kiwi icon. Added to a can of reduced cream, and with a splash of lemon juice or vinegar, you have the Kiwi Onion Dip, a staple at New Zealand parties and barbecues. This quick and easy snack has been a national favourite for generations.

Serves 8 - Preparation time: 10 minutes

INGREDIENTS

Dip

- 410g can reduced cream
- 1 sachet Maggi onion soup
- juice of one lemon or dash of white vinegar
- pinch of salt

Chips

- 2 packets salt and vinegar potato crisps
- 2 carrots
- 2 sticks celery

METHOD

1. Put soup and reduced cream in a stainless mixing bowl. Stir together with a fork until no lumps remain.
2. Squeeze in lemon juice and add salt to taste.
3. Cover and refrigerate for half an hour.
4. Cut carrots and celery into thin sticks and serve with chilled dip and potato chips.

MINI CORN & COURGETTE FRITTERS

Corn fritters are a quick, easy and satisfying meal, enjoyed the country over from breakfast through to dinner. There are lots of variations on the traditional fritter recipe- here we've grated courgette into the mix and served up these kiwi favourites in bite-sized form with a fresh and spicy salsa garnish.

Makes about 16 fritters - Preparation time: 25 minutes

INGREDIENTS

Corn and courgette fritters

- 410g can cream-style corn
- 2 small courgettes, grated
- 2 stalks green onion, finely diced
- 1/2 tsp ground cilantro
- 2 tsp sweet chilli sauce
- 2 eggs, lightly beaten
- 1/4 cup fresh cilantro, chopped
- 1/2 cup standard flour
- 1 tsp baking powder
- butter, for frying

Garnish

- 1/2 red onion
- Juice of 1 lime
- 1 ripe avocado
- Handful of sweet chery tomatoes
- 1 minced red chilli
- 1/4 cup fresh cilantro, chopped

METHOD

1. In a large mixing bowl combine the corn and grated courgettes.

2. Add green onion, ground cilantro, sweet chilli sauce, eggs and fresh cilantro, and mix well.

3. Finally add the flour and mix until just combined.

4. Heat a little butter in a frying pan.

5. When the pan starts to sizzle, add spoonfuls of mixture and cook the fritters in batches.

6. Cook on a medium-high heat for a few minutes, until little bubbles appear on the top surface of the fritter.

7. Turn the fritters and cook until golden. Place on paper towel to drain.

8. Finely dice the onion and place in a mixing bowl.

9. Pour the lime juice over the onion while you prepare the other ingredients.

10. Dice the remaining ingredients and add to mixing bowl. Season to taste and spoon over the hot fritters.

LAMB FILLETS ON SPICY COUSCOUS

With a human population of 4 million, and a sheep population of 24 million, lamb is an abundant and much-loved meat source for New Zealanders! The fillet is the prize cut; lean, juicy and best served medium rare.
Sultanas, cilantro and chilli have been tossed through warm couscous to make a sweet and spicy accompaniment to the seared fillet slices.

Serves 8 - Preparation time: 35 minutes

INGREDIENTS

4 lean lamb fillets
olive oil, for frying
salt and pepper to taste

Couscous
250g packet of couscous
1/2 red onion, finely diced
1 small red chilli, de-seeded and sliced
1 bunch of fresh cilantro, chopped
1/2 cup sultanas
50g cashew nuts, chopped
25g butter
cracked pepper to taste

METHOD

1. Add 1 part water to 1 part dry couscous in a large mixing bowl.

2. Cut in the butter and stir through couscous with a fork until it has all melted. Cover and stand for 10 minutes.

3. Add sultanas, chilli, cilantro, cashews and red onion and mix with a fork till fluffy.

4. Add fillets to a hot frypan and sear on both sides for four minutes.

5. Remove from frypan, cover with tinfoil and rest for 5 minutes.

6. Slice and serve over couscous.

CRUMBED FISH AND NEW POTATOES

When at the bach we like nothing better than heading out on the boat for a morning of fishing. It's peaceful, sporting, and rewarding to catch your own dinner!
The majority of New Zealanders live on the coast and fried fish 'n' chips is a common Friday night dinner around the country. The First Light meal is a healthy, home-cooked version of this kiwi favourite.

Serves 8 - Preparation time: 35 minutes

INGREDIENTS

- 8 white fish fillets
- 1 cup plain flour
- 2 cups breadcrumbs
- 2 eggs
- 1 lemon, cut into wedges
- olive oil, for frying
- salt and pepper, to taste

- 200g baby new potatoes
- handful of mint leaves, chopped
- 2 cloves garlic
- 50g butter

METHOD

1. Cut fillets into small strips and coat with flour.

2. Lightly beat the eggs in a small flat dish and drop floured fillets into mixture.

3. Roll in breadcrumbs until completely covered.

4. Heat oil in a frypan and when it's hot, lay fillets in pan. Cook until each side is golden and crispy.

5. Remove from pan and rest on a paper towel to drain excess oil.

6. Scrub baby potatoes with a brush and boil in a pot with a pinch of salt.

7. Test with a skewer; when cooked, drain the pot and drop butter and chopped mint onto hot potatoes. Toss the potatoes in the melted butter and serve.

SUMMER SALADS

In the summer, a fresh green salad is the accompaniment to all main meals. The bounty of fresh vegetables available in the warm summer months provides endless opportunities for exciting and colourful salad combinations. The fresh ingredients in the First Light side salads have been selected to complement the main dish of each menu.
Don't forget the finishing touch - home-made mayonnaise or vinaigrette!

Each salad serves 8 - Preparation time: 20 minutes

INGREDIENTS

Red Salad

- 250g Mesclun lettuce leaves
- handful fresh basil leaves
- 2 green onions, finely sliced
- 1 punnet of cherry tomatoes, halved
- 1 red capsicum, roughly diced
- 1 punnet of strawberries [or other red fruit in season]
- 1 small bottle of balsamic vinaigrette

Citrus Salad

- 1 Iceberg lettuce
- 150g Arugula leaves
- small handful mint leaves, finely chopped
- 2 avocados, diced
- 1 green capsicum, diced
- 1 orange, peeled and broken into segments
- 1 jar plain mayonnaise
- 2 tsp chives
- 2 tsp lemon juice

METHOD

Red Salad

1. Break up Mesclun and Basil and arrange in a serving bowl.

2. Toss the remaining fresh ingredients through the lettuce with salad servers.

3. Immediately prior to serving, dress with balsamic vinaigrette.

Citrus Salad

1. Break up the lettuce and Arugula and arrange in a serving bowl.

2. Dice the avocados and leave to soak in the lemon juice to prevent browning.

3. Toss the fresh ingredients through the lettuce and serve.

4. Stir the mayonnaise, chives and lemon juice together and serve with the salad. Ideal to serve alongside fish as a tartare sauce alternative.

PAVLOVA CRUSH

Pavlova is a dessert commonly served up at summer dinner parties and barbeques. Australians and New Zealanders have long disputed the home of the meringue cake, both countries believing it to have originated on their shores!
The pavlova crush is a twist on this traditional dessert; here meringues - mini pavlovas - have been crushed and folded into whipped cream with summer berries. Prepare the meringues from scratch or buy them ready-made from the supermarket.

Serves 8 - Preparation time: 3 hours

INGREDIENTS

meringues

4 egg whites

1/4 tsp salt

220g caster sugar

1/2 tsp vanilla

1 tsp vinegar

2 tsp cornflour

500 mL fresh cream

1 cup red berries

[raspberries, boysenberries or strawberries will do]

250 mL passionfruit pulp

2 crunchie bars, crushed

METHOD

1. Preheat oven to 110C and line a baking tray with baking paper.

2. Whisk egg whites and salt to a soft foam.

3. Gradually whisk in sugar until the mixture forms stiff peaks. Whisk in the vanilla, vinegar and cornflour.

4. Turn on to the prepared tray, shaping into small rounds, drawing the mixture up high and smoothing off the top.

5. Bake for 1 1/2 hours. Do not open the oven during cooking.

6. Turn off the oven, open the door slightly and allow the meringues to cool in the oven.

7. When cold, use a rolling pin to smash up meringues into small pieces.

8. Whip cream till it forms peaks that can stand up on their own.

9. Just before serving, fold in berries, passionfruit pulp and meringue pieces. Top with crushed crunchie bar.

HOKEY POKEY ICE CREAM STICKS

For all kiwis the name 'Hokey Pokey' conjures up nostaligic memories of sun, sand and sticky fingers! Sticky fingers caused, of course, by the hokey pokey icecream in your hand, melting quicker than you can eat it! To this day the flavour remains a favourite - New Zealanders eat over two million litres of hokey pokey ice cream a year.
Making Hokey Pokey at home is also an exciting experience - when all the ingredients combine, the mixture explodes!

Makes 8 ice creams - Preparation time: 2 hours

INGREDIENTS

hokey pokey

- 5 tbsp white sugar
- 2 tbsp golden syrup
- 1 tsp baking soda

- 500 mL [16 fl oz] vanilla ice cream
- 8 iceblock sticks
- 200g [14 oz] dark chocolate
- 2 tbsp vegetable oil

METHOD

1. Put sugar and golden syrup into a saucepan. Heat gently, stirring constantly until sugar dissolves.

2. Increase the heat and bring to the boil. Boil for two minutes. Stir occasionally to prevent burning.

3. Remove from heat. Add baking soda. Stir quickly until mixture froths up rapidly.

4. Pour into a buttered tin immediately. Leave until cold and hard then break into small pieces.

5. Leave a tub of vanilla icecream on the bench to soften. Gently fold in hokey pokey pieces.

6. Use an ice cream scoop to make 16 balls of ice cream. Place on a baking tray lined with non-stick baking paper and carefully push in the iceblock sticks. Return to the freezer for 30 minutes or until firm.

7. Place the chocolate and oil in a heatproof bowl over a saucepan of simmering water and stir until the chocolate is melted and smooth. Remove from heat.

8. Carefully dip the ice creams into the chocolate and place on lined baking tray. Return to the freezer for 30 minutes or until the chocolate is set.

INGREDIENTS

MENU ONE

STARTER

avocado
baking powder
butter
cherry tomatoes
cilantro, ground and fresh
courgettes
cream-style corn
eggs
green onion
lime
red chilli
red onion
standard flour
sweet chilli sauce

MAIN

balsamic vinaigrette
basil, fresh
butter
cashew nuts
cherry tomatoes
cilantro, fresh
couscous
green onion
lamb fillets
mesclun lettuce
olive oil
red capsicum
red chilli
red onion
strawberries
sultanas

DESSERT

caster sugar
cornflour
crunchie bars
egg whites
fresh cream
passionfruit pulp
raspberries
salt
vanilla
vinegar

MENU TWO

STARTER

carrot

celery

Maggi onion soup packet

[onion, skim milk, wheat flour, salt, maize starch, vegetable fat, soy sauce powder, flavours, lactose, anticaking agent]

lemon juice

reduced cream

[cream, skim milk, non-fat milk solids, stabilisers 401 and 407]

salt and vinegar potato crisps

MAIN

arugula

avocado

breadcrumbs

butter

chives

eggs

fish fillets

garlic

green capsicum

iceberg lettuce

lemon

new potatoes

mint leaves

olive oil

orange

plain flour

plain mayonnaise

DESSERT

baking soda

dark chocolate

golden syrup

vanilla ice cream

vegetable oil

white sugar