



## **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

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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!*

milko

*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

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410g can reduced cream

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1 sachet Maggi onion soup

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juice of one lemon or dash of white vinegar

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pinch of salt

#### Chips

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2 packets salt and vinegar potato crisps

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2 carrots

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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.



photo: Fisher & Paykel

# 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

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250g Mesclun lettuce leaves

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handful fresh basil leaves

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2 green onions, finely sliced

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1 punnet of cherry tomatoes, halved

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1 red capsicum, roughly diced

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1 punnet of strawberries [or other red fruit in season]

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1 small bottle of balsamic vinaigrette

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#### Citrus Salad

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1 Iceberg lettuce

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150g Arugula leaves

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small handful mint leaves, finely chopped

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2 avocados, diced

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1 green capsicum, diced

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1 orange, peeled and broken into segments

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1 jar plain mayonnaise

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2 tsp chives

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2 tsp lemon juice

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### 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 nostalgic 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

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

## MAIN

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

## DESSERT

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



# MENU TWO

## STARTER

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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

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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

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baking soda

dark chocolate

golden syrup

vanilla ice cream

vegetable oil

white sugar