

Simple in summer

Longer evenings and warmer weather are luring us outside and soon, the scent of freshly cooked meals will be wafting over the neighbourhood, tempting us to fire up the barbecue. A new book – given the Heart Foundation tick of approval – provides a smorgasbord of ideas for barbecuing and grilling this season. Summer eating does not get much easier or tastier than a quickly seared piece of meat or fish, accompanied by a fresh sauce, salsa or salad.

Fish with spicy cucumber salad and peanuts

Serves 4.

600g white fish fillets

Cooking oil spray

1 Tbsp chopped unsalted peanuts

Cucumber salad:

4 Lebanese cucumbers, partially peeled, seeded and sliced

¼ cup seasoned rice vinegar

2 Tsp chopped flat-leafed parsley

1 heaped tsp sugar

¼ tsp chilli flakes

Heat barbecue to moderate.

To make cucumber salad, combine cucumbers, rice vinegar, parsley, sugar and chilli flakes in a bowl and mix well. Set aside.

Lay fillets on a flat surface and spray with cooking spray on both sides. Season with plenty of freshly ground black pepper. Barbecue about 1 minute each side, or until cooked.

Serve fish in bowls, topped with cucumber salad and peanuts.

■ Extract from *BBQ & Grill Cookbook* by Loukie Werle, Photos by Andre Martin. Media 21 RRP\$24.99



Healthy option: Barbecued fish with spicy cucumber salad.

make your own . . .

Barbecue sauce

This is easy to make and goes well with barbecued meat, and grilled vegetables. It was sent in by Zest reader J Holswort.

BBQ sauce

1 can of tomatoes in juice

Cold water

5 Tbsp runny honey

3 Tbsp peanut oil

3 cloves garlic, smashed and chopped

3 Tbsp balsamic vinegar

4 Tbsp sherry

2½ Tbsp tomato paste

3 Tbsp sweet chilli sauce

Put the can of tomatoes in the food processor and whiz to a thick puree. Pour into measuring jug – you need 300ml, so if necessary make it up with added water. Use a hot spoon to measure the honey, add to the tomato mixture and put all in a saucepan. Add the oil, garlic, balsamic and sherry and bring to boil and simmer for at least 10 minutes. Taste and add salt and pepper if needed. Cook until the sauce is thick and shiny.

WIN★WIN

Celebrate spring with the first barbecue of the year. Zest has a Masport Piha barbecue (RRP \$299) to give away to a lucky reader. The gas-fuelled Piha comes with a hood and packs down flat for easy storage and moving to picnics or camping spots. It is also ideal for caravans, boats and balconies. To go in the draw, send your full name, address and daytime phone number to Zest BBQ Giveaway, The Press, PO Box 1005, Christchurch 8140. Entries close on October 27. The winner's name will be published in Zest October 28. The barbecue will be delivered by Masport.

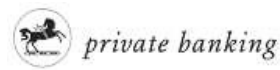


■ For stockists of Masport barbecues ph 0800 Masport.

BBQ rules

- ★ Don't overcook, especially vegetables. If you are worried you have not cooked the food all the way through, remember you can always put things back on the grill.
 - ★ Hold it together: cook fish fillets with the skin on to protect the flesh, and cook the side without skin first.
 - ★ Marinades: most contain ingredients such as sugar, honey or yoghurt that will burn, so keep the temperature down.
 - ★ Don't overcrowd the grill: it will lose heat, and your food will stew.
 - ★ Skewered: spread out the items on the kebab so the heat can penetrate. And don't cut the vegetables too big, or the meat and fish won't get in contact with the grill.
 - ★ Be logical: put the thickest fish or meat on first at a temperature that will let it cook through without burning and the thinnest on last, at a higher temperature.
- Observer

International Aromatic Wine Competition 2009



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SUPREME CHAMPION WINE IN SHOW TROPHY

Camshorn Waipara Classic Riesling 2009

GOLD MEDAL

Camshorn Waipara Classic Riesling 2009 **VINPRO CHAMPION RIESLING TROPHY**, Saint Clair Pioneer Block 19 Bird Block Sauvignon Blanc 2009 **NATIONAL BANK PRIVATE BANKING CHAMPION SAUVIGNON BLANC TROPHY**, Triplebank Awatere Valley Pinot Gris 2009 **FRUITED SUPPLIES CHAMPION PINOT GRIS TROPHY**, Hunter's Gewurztraminer 2009 **CHAMPION GEWURZTRAMINER TROPHY**, Coopers Creek S.V Hawkes Bay Viognier 2008 **CHAMPION VIOGNIER TROPHY**, Bladen Riesling 2009, Coopers Creek Reserve Marlborough Late Harvest Riesling 2009, Forrest Botrytised Riesling 2008, Forrest The Doctors' Riesling 2007, Konrad Marlborough Riesling 2009, Zephyr Riesling 2009, Invivo Sauvignon Blanc 2009, Lake Chalice Marlborough Sauvignon Blanc 2009, Ponder Olive Grove Marlborough Sauvignon Blanc 2009, Saint Clair Pioneer Block T Foundation Sauvignon Blanc 2009, Thornbury Winemakers Selection Marlborough Sauvignon Blanc 2009, Waimea Sauvignon Blanc 2009, Whitehaven Marlborough Greg Sauvignon Blanc 2009, Wither Hills Single Vineyard Sauvignon Blanc 2008, Greystone Waipara Pinot Gris 2009, Invivo Pinot Gris 2009, Spinyback Pinot Gris 2008, Starborough Pinot Gris 2009, Rossendale Gewurztraminer 2008, Spy Valley Gewurztraminer 2009.

SILVER MEDAL

Coney Wines Ragtime Riesling 2008, Hunter's Marlborough Riesling 2008, John Forrest Collection Noble Riesling 2005, John Forrest Collection Riesling 2005, Lawson's Dry Hills Riesling 2007, Moana Park Vineyard Tribute Ice Wine 2008, Muddy Water James Hardwick Riesling 2008, Northburn Station

Riesling 2008, Northburn Station Riesling 2007, Ophi Vineyard Riesling Spatlese 2008, Te Whare Ra Riesling "D" 2009, Vic Williams Selection Classic Marlborough Riesling 2008, Wither Hills Single Vineyard Rarangi Riesling 2009, Babich Marlborough Sauvignon Blanc 2009, Cable Station Road Sauvignon Blanc 2009, Cape Campbell Sauvignon Blanc 2009, Moana Park Vineyard Selection Sauvignon Blanc 2009, Nautilus Marlborough Sauvignon Blanc 2009, Rapaura Springs Marlborough Sauvignon Blanc 2009, Saint Clair Marlborough Sauvignon Blanc 2009, Saint Clair Pioneer Block 3 43 Degrees Sauvignon Blanc 2009, Satellite Sauvignon Blanc 2009, Sea Level Awatere Sauvignon Blanc 2009, Spy Valley Sauvignon Blanc 2009, Starborough Sauvignon Blanc 2009, Stoneleigh Rapaura Series Sauvignon Blanc 2009, Two Rivers Convergence Sauvignon Blanc 2009, Waimea Sauvignon Blanc 2008, Wairau River Sauvignon Blanc 2009, Yealands Estate Sauvignon Blanc 2009, Brightwater Vineyards Nelson Pinot Gris 2009, Golden Hills Estates Nelson Pinot Gris 2009, Grass Cove Pinot Gris 2008, Saint Clair Vicar's Choice Pinot Gris 2008, Stoneleigh Marlborough Pinot Gris 2008, Stoneleigh Rapaura Series Pinot Gris 2008, Te Mania Pinot Gris 2009, Two Rivers Pinot Gris 2009, Wairau River Pinot Gris 2009, Askerne Gewurztraminer 2008, Greystone Waipara Gewurztraminer 2009, Torlesse Gewurztraminer 2009, Waimea Gewurztraminer 2008, Church Road Reserve Hawke's Bay Viognier 2007, Moana Park Vineyard Tribute Viognier 2009, Junction Side Line (Flora) 2009, Montana Showcase Series Sauvignon Gris 2009.

BRONZE - 167 MEDALS

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