

Aromas of Arahoe

Arahoe Primary School is currently fundraising to raise funds for a safer swimming pool for the children. We have produced a cookbook with recipes from mothers, fathers and grandparents. Plus celebrities, such as:

- **John Key** - Prime Minister of New Zealand
- **Sir Anand & Lady Satyanand** - Governor General of New Zealand
- **Bob Harvey** - Mayor of Waitakere
- **Annie Crummer** - Singer
- **Camilla** - Presenter on What Now
- **Charlie** - Presenter on What Now
- **Faye Smythe** - Tania from Shortland Street
- **Jackie Clarke** - Singer
- **Jude Dobson** - Producer of Nought to Five
- **Kimberley Crossman** - Sophie from Shortland Street
- **Luke Nola** - Presenter on Let's Get Inventin'
- **Nerida Cortese** - Dancing with the Stars
- **Richard Kahui** - All Black
- **Samantha Hayes** - Presenter of Nightline
- **Topshelf** - Producers of Cool Kids Cooking
- **Siobhan Marshall** - Pascalle from Outrageous Fortune

Come on and support our kids.

For Sale - \$15 each

Arahoe School
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New Lynn, Waitakere City
Phone: 09 827 2710

AROMAS OF ARAHOE



Smoked Salmon Mini Muffins

Ingredients

- ½ cup (100g) self raising flour
- ½ cup (50g) plain flour
- 2 eggs, beaten lightly
- ½ cup (160ml) milk
- ½ cup (80ml) cream
- 1 Tbsp chopped fresh parsley
- ½ cup (125g) spreadable cream cheese
- 3 slices (75g) smoked salmon, sliced thinly
- 1 Tbsp chopped fresh chives
- ground black pepper

Method

- Preheat oven to 200°C.
- Grease a 24 hole mini muffin pan.
- Sift the flours into a large bowl and gradually stir in combined eggs, milk, cream and parsley.
- Divide mixture among pans.
- Cook for about 15mins until brown, cool on a rack.
- Cut a V shape in top of muffins and top with a little cream cheese, salmon, chives and pepper.

Sweetcorn Fritters

Ingredients

- 1 can of creamed corn
- 1 egg
- 1 cup flour
- 2 tsp baking powder
- bunch of chopped parsley
- salt and pepper (to taste)
- oil for frying

Method

- In a bowl mix together corn, egg, flour, baking powder, parsley and salt and pepper.
- Heat up oil.
- With 2 spoons carefully place dollops of the mixture into the hot oil.
- Fry until you can see bubbles coming through the batter and turn over. The fritters should be golden brown.
- Drain on a paper towel.
- Serve with tomato sauce, sweet chilli sauce, jam or zucchini relish.
- Makes approximately 20 small fritters

Submitted by Shai Hume

John Key's Beef Stroganoff

Demonstrated on the Good Morning Show, 11 December 2006

Ingredients

- A large onion, diced
- 50g button mushrooms - washed and sliced in half
- 3 sirloin beef steaks - cubed
- 2 Tbsp flour
- Oil or butter for frying
- 1 - 2 cups of beef stock
- A few generous dollops of tomato paste
- The same of sour cream
- Some parsley to garnish
- Enough rice for everyone.
- You will also need a snap-lock plastic bag.

Method

- Pop the rice on while you make the stroganoff.
- Place the cubed beef in the bag with a tablespoon of flour, a pinch of salt and grind of coat the meat with the seasoning.
- Heat oil or butter and gently cook the onions until soft. Remove from the pan.
- Fry the mushrooms until cooked, and then remove.
- Then sauté the beef until cooked.
- Add another slug of oil or knob of butter, and heat a tablespoon of flour, the tomato paste and then the beef stock. Mix on a moderate heat until smooth.
- Add the cooked mushrooms, onion and beef cream. This will lighten the mixture and add a creamy texture.
- Heat this through, then add the sour cream. This will lighten the mixture and add a creamy texture.
- Necessary.
- Serve the stroganoff over rice, with chopped parsley on top and a green salad on the side.

Submitted by Hon. John Key
Prime Minister of New Zealand

Gravlax (salmon) with Gravlax Sauce

Gravlax

Ingredients

- 1kg salmon fillet, skin on
- 50ml salt
- 100ml sugar
- 1 tbs white pepper - roughly ground
- 50 ml dill - roughly chopped

Method

- Fillet the salmon, remove the pin bones but keep the skin.
- Mix salt, sugar and pepper. Rub onto the salmon fillets with a few drops of water on your hands to make the mixture a bit smooth.
- Spread the dill on top of the salmon.
- Add the two sides together, meat side against meat side and thick end against thin end.
- Put in sealed plastic bag (or wrap in plastic wrapping). Leave in the fridge for two days, and turn the bag over 4-5 times.
- Then, remove dill and spices. Cut the salmon in thin, angled slices.

Gravlax sauce

Ingredients

- 2 tbs sweet mustard
- ½ tbs Dijon mustard
- 1 tbs red/white vinegar
- 1 tbs sugar
- 1 tsp salt
- ½ tbs white pepper
- 150 ml oil
- 50 ml dill

Method

- Mix everything but oil and dill until sugar and salt are dissolved.
- Add the oil in drops during whisking. Start with small drops, to eventually make a loose mayonnaise type consistency.
- Add the dill.

Submitted by Matilda Patterson

Sweden



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1 Book 2 Books

More (indicate how many books wanted)

Name: _____

Address: _____

Post Code: _____

E-mail: _____

Purchases of our cookbook can be made by cash, cheque or eftpos through the school office.

Please make cheques payable to Arahoe School