



## TROPICAL MANGO SUSHI

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### For the salsa:

- 1 medium ripe mango – peeled and finely diced
- 1 shallot – peeled and finely chopped
- 1 small red chilli – finely sliced
- 1 tsp coriander leaves – finely chopped
- 1 tsp fish sauce
- 1 tbsp fresh lime juice
- 1 tsp wasabi powder
- Rice paper wrappers

### For the rice

- 1 cup uncooked short grain rice
- 1.5cup water
- 2 tblsp rice vinegar
- 1.5 tsp sugar
- 1 tblsp mirin
- 1 tsp salt

Cook the rice with the water, covered, until the water has been absorbed. Then cook on low for 5 more minutes and turn off. Leave for 5 more minutes.

Combine the vinegar and sugar till dissolved. Mix into the rice and set aside.

Soften the rice paper in a little water and cut into 4 strips per sheet.

Wet your hands and mould 2 tablespoons of rice into a small block.

Wrap the sides of the block or disc in the rice paper.

Continue with all the rice.

To Make the mango salsa, mix all the ingredients together.

Top the rice with mango salsa and serve at room temperature

Makes 12

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## PAN ROASTED HAPUKA WITH PRAWN MASH, TOMATO AND SAFFRON

### You will need:

- 600g Hapuka fillet, skinned and boned
- 320g Mashed potato – with 80ml boiled cream and 200g butter added while hot
- 160g Prawn tails – shelled
- 4 Tomatoes
- 1 Clove of garlic - crushed
- A pinch of saffron
- 60ml White wine
- Olive oil

### Sauce:

Remove the skin from the tomatoes by placing into boiling water for no more than 8-10 seconds then plunging them into iced water.

Cut the tomato into chunks, about 8 pieces from one tomato. In a pan, pour a little olive oil. When hot, add the garlic and saffron.

When starting to colour, add the tomatoes.

Cook on high for two minutes.

Add the white wine to add moisture and to wilt the tomatoes.

Cook for another two minutes, or until the raw wine taste has gone.

Season to taste.

Keep the mash hot. Add the cream and butter and mix in thoroughly.

In a hot pan, add a little oil and place the fish into the oil away from you.

Do not move the fish at all for at least a minute. This will give the fish a chance to colour up. If the fish is 2cm thick it will take 4-minutes either side to cook.

In the same pan as the fish, add the prawn tails and saute till cooked.

Fold the prawns into the mash and mix over heat.

### To serve:

Serve the mash in the centre of the plate.

Place the fish on the mash and add the tomato saffron sauce .

Serves 4

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## CHOCOLATE NUT TART

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**You will need:**

- 50g Desiccated coconut
- 50g Whole almonds
- 50g Toasted pecan nuts
- 50g Macadamia nuts
- 3 Egg yolks
- 40g Hazelnuts
- 90g Unsalted butter
- 45ml Cream
- 45g Liquid honey
- 100g Brown sugar
- 100g Dark chocolate buttons

Toast nuts and coconut separately

Cream butter and brown sugar, add eggs one at a time

Mix in cream and honey

Fold cooled nuts into cream mix

Add chopped chocolate.

Place into blind baked pastry case and cook till set at 170 C

**To serve:**

Slice into wedges, add a scoop of ice cream, garnish with fresh mint

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