

We're loving

with Nicky Park

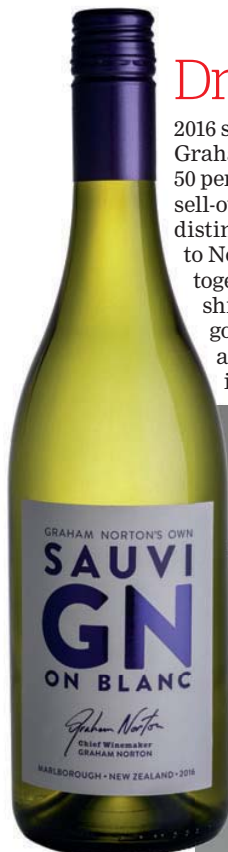


Reading About how to utilise ancient food preservation methods in modern meals in *Ferment Pickle Dry* by Simon Poffley and Gaba Smolinska-Poffley. This beautifully presented book has recipes for all our favourite trendy health foods from kefir, labneh and kimchi to tempeh, sourdough and kombucha, plus dried fruits and veges and pickled everything. Once you've stocked up your cupboards, there are ways you can use your exotic creations – such as a mushroom risotto using your own stock and topped with that dried horseradish you just whipped up. Published by Allen & Unwin, RRP\$45



Drinking

2016 sauvignon blanc blended by chat-show king, Graham Norton. Production has increased by 50 per cent since 2015 to meet demand for the sell-out wine. Kiwi winemakers, Invivo, took six distinctive Marlborough sauvignon blanc pressings to Norton's backyard in Cork, Ireland, and together they crafted the sauvignon blanc and a shiraz. "It is easy drinking," Norton says. "It's got all the grassiness and zest you expect from a new world sauvignon blanc but I like to think it has a bit of an old world finish." RRP \$19.



Grazing

Tank's 75 stores now offer a range of options and feature plant smoothies and free-range chicken. The \$14.90 combo with juice – definitely one of our favourite lunches in New Zealand.

