



March 2009

welcome

Watch out for our new menu, releasing on March 19. This menu will feature the yummy seasonal produce and ingredients that abound in late summer and autumn. As usual, those with eating sensitivities, whether they are wheat and gluten intolerant, dairy intolerant, or prefer a vegetarian option, are all well catered for. With dishes like the Mushroom, Roasted Garlic and Lemon Pasta, the Lamb Koftas, and the Baghdad Eggs on Flatbread there are plenty of reasons to come back again and again.

coffee card draw

Congratulations to:

Pat Edwards
John @ Everyman

Bring this newsletter in to the cafe during the next month to receive a bag of Atomic coffee, ground to your needs

our new retail area

Because we have so many requests from happy customers wanting to take a taste of Morrison Street home with them we are now packaging some of our favourites in eco-friendly take-home packs. Over the next few weeks watch out for our in house muesli, spiced nuts and our wheat and gluten free bread. And ask at the front counter for our cashewnut & capsicum pesto, our in-house mayonnaise and hummus, which are all in the chiller. Plus there's the usuals like the hempseed oil and Kakariki's extra-virgin olive oil and our seasonal art products.

We also have several different Atomic coffees available by the 250gm bag, which you can purchase as either whole beans or we can grind to your needs. And there's Atomic's Fair Trade dark hot chocolate powder as well.

what's hot

This month's best seller has been the Eggs Benedict on an English Muffin. This dish seems to be a breakfast menu perennial and is always popular. It's available with either honey-smoked ham, smoked salmon or with baked portabello mushrooms for a vegetarian alternative.

Give us your feedback - mail us back! We love to hear your feedback on what we do here at the cafe

morrison's recipes

Anyone who has a vegetable garden will be inundated with tomatoes right now. So why not preserve some of this lovely summer taste for later in the year. Mrs Hansen's old-fashioned tomato sauce recipe is an ideal way to do this. The sauce can be used later as a pasta or pizza sauce, a flavouring in rich winter soups, or drizzled over hot chips like in the good old days.

mrs h's old-fashioned tomato sauce

6 kg tomatoes
1.5 kg sugar
3 large onions, chopped
1 bulb garlic, chopped
1/2 tsp cayenne pepper
75 gm salt
25 gm whole allspice (in a muslin bag)
900 mls malt vinegar

a few chillies
Put all ingredients in a large preserving pan, including the allspice which is left in the bag through cooking
Boil together for 2.5 to 3 hours
Strain, return to the pan and boil for another 10 minutes
Preserve hot in sterilised glass bottles with sterilised lids

up-coming exhibitions

Michael Lachiver	15 Mar - 4 April
Larisse Hall	5 - 25 April
Kara Healey	15 Mar - 4 Apr
Tania Bostock	5 - 25 April

cable bay cafe Just 29 days left till Cable Bay Cafe closes for the season. So go and try their new menu this weekend, before it's too late.
Open Wed to Sun - 10am to 4pm
799 Cable Bay Rd, on the left just before the beach
ph 546 8799
Head on out to enjoy the pleasant coastal setting and culinary charm. The menu is mainly seafood, with some other treats as well. And it's a great spot to take the family

many thanks
the team @ Morrison Street