



welcome

There has already been good interest in our retail products. If you have a family member, or guests coming, who can't tolerate wheat or gluten products then try some of our Wheat & Gluten Free bread. It freezes really well and will make their day when they can sit down to hot toast in the morning, without the unpleasant side effects of normal bread. Coeliac Week is happening in late May and this will give more reason to come in and try our Wheat & Gluten Free Cheese or Date Scones.

We have a few gaps in our gallery listings over the next few months, so if you have some wonderful art to share pop in and see Miriam about booking an exhibition space.

coffee card draw

Congratulations to:

Sharon Morrison
Mara McIntyre

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

what's hot

This month's best seller has been the Fish Cakes with a Ravigote-style Sauce. These dairy-free patties are full of lovely flavours with lemon, capers, red onion and herbs coming in over the potato and white fish. The sauce has an egg, mustard and olive oil base.

up-coming exhibitions

Glen Bisdee	17 May - 6 June
Susan Kiesen	7 - 27 June
Tim Healy	17 May - 6 June

retail area

Try a pack of our in-house muesli, spiced nuts or our wheat and gluten free bread. And ask at the front counter for our cashew nut & capsicum pesto, in-house mayonnaise and hummus, which are all in the chiller. Plus there's hemega3 hempseed oil and Kakariki's EV olive oil, several different Atomic coffees and their Fair Trade dark hot chocolate powder as well.

May 2009

morrison's recipes

These fish cakes are the same as the ones on the Lunch menu. They're easy to make at home and are made with a potato base. Serve with green salad and lemon wedges.

fish cakes (for 4 people)

500gm mashed potatoes
1 tbsp butter
500gm flaky fish (we use tarakihi)
1 large onion (thinly sliced)
a few parsley stalks
1 bay leaf
5-6 anchovies
1/2 cup chopped parsley
1 tsp ground black pepper
1 tsp salt
3 tbsp capers
1 lemon, zested

Coating:
2 eggs - beaten
1/2 cup white breadcrumbs

Simmer potatoes in salted water until very soft. Strain. Mash with butter then cool slightly
At the same time place fish, onion, bay leaf and parsley stalks in a pot and cover with water
Bring to the boil and simmer for 2 mins. Remove from the heat and let fish cool in the liquid
Remove cooled fish and put in a large bowl. Add all other ingredients. Mix well
Shape into 8 equal-sized cakes
Dip each in the egg mix, then in the breadcrumbs
Heat oil in a pan and fry cakes until golden brown on both sides and hot in the middle

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

many thanks
the team @ Morrison Street