



November 2006

welcome

With the Arts Festival behind us now it's all downhill to summer. Lots of long warm evenings, barbecues out on the deck and friends coming to stay. Here at the cafe we are gearing up to enjoy the rush of summer visitors we get each year - some we'll only see once or twice, others will become firm friends as they return again and again throughout their stay.

This month we have had one Anna leave and another start. Assistant chef Aaron has moved on to big new ventures of his own and has been replaced by Natascha, fresh from NMIT's chef's course. Lawry has been very lucky to accompany Emma Markland-Webster (our famous ex-barista) to the NZ round of the Trans-Tasman Barista competitions in Auckland, to watch and learn. See next month's newsletter for what he saw and learnt

lawry's coffee tips

One to three cups of coffee a day may protect women from stroke, according to research published in the American Journal of Clinical Nutrition. Based on a study of 27,000 women it also found a 30% reduction in the risk of cardiovascular disease. A Scottish study of 11,000 men and women found that coffee drinking was associated with a reduction in early death from all causes. The outcome - "this is a message about moderation. Too much exercise, too much coffee or too much alcohol are bad. In moderation they are beneficial".

coming up

- Winery of the Month for November is Blackenbrook - come and enter the draw for this month's prize bottle
- We are offering \$5 off Lunch for Two through November. Bring this newsletter in to get your discount
- Christmas Giveaway draw from Living Light Candles - one of our lucky readers will receive a \$50 voucher to spend in the Nelson store. Winner announced next month.
- And the chance to win a \$25 voucher from 2nd-hand book shop LitterArty in Hardy Street. Also drawn from our newsletter database, so sign up this month if you haven't already

wine of the month winner

Winner of the Te Mania Wine of the Month draw for October is Jocelyne Kenmare

morrison's recipes

With summer just around the corner and lots of outdoor eating and shared meals to go to here's a quick easy salad with a hint of something different. This was also a very popular dish on our last menu.

asian slaw

1/2 cup rice oil
1/2 cup white vinegar
1/2 cup caster sugar
2 tbsp fish sauce
1 tbsp kikkoman soya sauce
1 tsp sesame oil
1/2 tsp grated or finely chopped ginger
1 tbsp lime/lemon juice
1 clove garlic, finely chopped
1/4 tsp salt, 1/4 tsp pepper
Whisk together and pour over the salad

Slaw Salad

red cabbage - sliced finely
savoy cabbage - sliced finely
mung bean sprouts
red onion - sliced
fennel bulb - sliced finely
black sesame seeds
mint, chopped
roasted cashew nuts
crispy noodles
carrot ribbons

coffee card draw

Congratulations to:

Lisa Marshall

Mark Lynch

Call in to the cafe during the next month to receive a Morrison Street cookbook and a bag of Atomic coffee, ground to your needs

up coming exhibitions

Katie Poole	5 - 25 Nov
Kathleen Bartha	26 Nov - 16 Dec
Jason James	29 Oct - 18 Nov
Lisa Antonelli	19 Nov - 9 Dec

Give us your feedback - mail us back!

We love to hear your feedback on what we do here at Morrisons

many thanks
the team @ Morrison Street

