



January 2011

welcome

After a very busy time over Christmas-New Year things have settled into a nice summer buzz with a good mix of locals and visitors through the doors each day.

coffee card draw

Congratulations to:

Liz van den Berg
Linda Mortimer

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 is the **Caesar Salad**. It comes standard with bacon, lettuce, parmesan, croutons, anchovies and egg, and is also available with chicken

our allergy-free foods

The **mushroom, potato and kumara fritters** are a good wheat and gluten free option, made all the more inviting with mushroom and thyme. They are served with wilted spinach, roasted tomato and a poached egg, and drizzled with hollandaise. Also available with bacon.

upcoming exhibitions

Donna-Marie Hampton 9 – 29 Jan
Jo Midgley 30 Jan – 19 Feb
Chris Gladstone 9 – 29 Jan
Colleen Elvines 30 Jan – 19 Feb

cable bay cafe

OPEN FOR SUMMER

Wed - Fri 10.30 to 4pm

Sat - Sun 10.30 to 6pm

Ph 546 8799 799 Cable Bay Rd
Check out the menu on their new website
www.cablebaycafe.co.nz

morrison's recipes

We have a lot of customers who enjoy our wheat and gluten free foods, and one of the more popular options are the W&GF Cheese or Date Scones. We share the recipe, which makes 15 scones, with you here

w&g free date and cheese scones

- 1 1/4 cups potato flour
- 3 3/4 cups arrowroot flour
- 1 1/4 cups rice flour
- 5 tsp guar gum
- 5 tsp baking powder
- 200g cold butter - finely diced
- 5 eggs - whisked

Cheese

- 1 1/2 cups grated cheese
- 1/2 cup parmesan cheese
- 1 tsp salt
- 1 tsp white pepper

Date

- 3 cups diced dates
- 1 1/4 cups sugar

in a large bowl rub the butter with the potato and rice flours, arrowroot, baking powder and guar gum until it resembles fine breadcrumbs

add cheese or date scone ingredients and eggs. Mix a little to combine

slowly add the milk a little at a time, mixing until the dough comes together with no dry patches

make into small mounds and place on to a tray lined with baking paper

bake at 200C for 20 mins

our retail area

Take home a pack of our cafe-made muesli, W&GF bread, hummus, cashew nut & capsicum pesto or our mayonnaise. Or try the hempseed oil, Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder.