



March 2011

## welcome

Well, where to start? We have all been touched in various ways by events in Christchurch, and now in Japan. When removed from the areas of catastrophe, like we are here, it can be difficult to know how to help. So here at the cafe we have had a small collection box on the counter and, by this afternoon, we had collected \$700 in change. This is a fabulous response from our customers and we thank you very much. Lots of little gifts can quickly grow into a big one.

Most of the proceeds we are collecting are being donated to the Red Cross, with a smaller amount going to the Salvation Army. We will have the collection box out for the rest of March, at least.

## coffee card draw

Congratulations to:

Rich Lander

Shirley Hunt

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 **Greek Salad**. This summery vegetarian dish is a healthy mix of kalamata olives, tomato, feta, red onions and cucumber, and is served with an olive oil and balsamic dressing. It is on the Light Bites menu for \$11.20

## our allergy-free foods

This **Bacon, Lentil & Egg Salad** is on the breakfast menu. Unusually for a breakfast dish it is wheat, gluten and dairy free. Tasty lentils, grilled bacon and poached egg are served hot beside the mesclun and walnut salad, which is drizzled with a red wine vinaigrette dressing. Different but very yummy.

## morrison's recipes

These tasty kumara, mushroom and potato fritters are on our current menu and are served with wilted spinach, roasted tomato, bacon, a poached free-range egg and hollandaise. The dish is wheat and gluten free, serves 6, and can be frozen. The rice and potato flour can be replaced with plain flour if desired.

### mushroom, potato & kumara fritters

- 400gm button mushrooms - finely chopped
- 1 small onion (white) finely diced
- 500gm peeled and diced kumara
- 700gm peeled and diced potato
- 3 garlic cloves - finely chopped
- 3 tbsp fresh thyme - finely chopped
- 4 eggs - beaten lightly
- 1/2 cup rice flour
- 1/4 cup potato flour
- 3 tsp baking powder
- 2 tbsp sweet chilli sauce
- 1/2 tsp each of salt and black pepper
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- put diced kumara and potato in a saucepan with a pinch of salt. Boil until soft, strain and mash well
- saute mushrooms, onion, garlic and thyme in 2 tbsp oil in a pan until soft
- place the sauteed veges and remaining ingredients into the mashed potato and kumara and stir well
- heat a frypan on medium heat with a little oil
- Place large spoonfuls of the mix into the frypan, brown on each side for 2 mins, then place on an oven tray and bake in oven for 5 minutes to finish cooking

## upcoming exhibitions

<i>Colleen Elvines</i>	13 Mar – 2 Apr
<i>Purple Cake Day Art</i>	3 – 30 Apr
<i>Viv McCormick</i>	13 Mar – 2 Apr
<i>Tania Bostock</i>	3 – 30 Apr

## 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 Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder.