



FOOD / the pantry

A round-up of goodies featuring in this year's Food Show.

Waitaki Bacon & Ham

Farmed with great pride by husband and wife duo Sue and Gus Morton these premium quality bacon, ham and pork products are free from growth hormones and promoters. Their signature rustic 98% pork sausage, which is gluten and preservative free, recently won the best hospitality food/ drink product at the Fine Food New Zealand Show. RRP from \$6.50.
www.waitakibaconham.co.nz

Tasty Pot Meals

Tasty Pot is a range of ready-made meals packed full of a variety of vegetables and whole grains in a tasty sauce with fresh herbs and spices. They're low in fat, high in fibre and provide the daily-recommended dose of three portions of vegetables – done and dusted in one hit. There are a selection of gluten free and vegan options that can be eaten hot or cold. RRP \$7.49 per pot.
www.tastypot.co.nz

Uncle Joe's Walnut and Hazelnut Meals

Uncle Joe's new walnut and hazelnut meals are a tasty and quick way to get into your everyday diet essential vitamins and minerals including vitamin E and omega 3. Sprinkle them over your favourite dessert, warm winter vegetables, breakfast cereals, icecream, biscuit bases, and cakes or add a spoonful to smoothies. A simple way to zest up a plain meal. RRP \$17.
www.unclejoes.co.nz

Native Infusions Drinks

Native Infusions is a delicious, antioxidant rich, revitalising drink that will lift your spirits and refresh you from the inside out. They feature New Zealand botanicals that have restorative properties and promote wellbeing according to Maori medicine. They come in three uniquely New Zealand flavours: apple and feijoa, lemon and lime, and tangerine, subtly sweetened with pohutukawa honey. RRP \$4.
www.nativeinfusions.co.nz

Gringo Killer Chilli Sauces

With names like Bhutt Burn and Big Cajones Chilli Sauce, Gringo Killer is the perfect condiment to spice up a winter meal. This range

of handmade New Zealand chilli products uses local produce from the Far North, Hawke's Bay and Nelson. The organic chillies are grown in West Auckland and each sauce has twice as many ingredients as most other chilli sauces on the market, with many of the ingredients sourced from the owner's garden. RRP \$9.50.
www.gringokiller.co.nz

Loaf Artisan Breads

New to Loaf's artisan bread range is their gluten-free spicy carrot cake, a fruity and spicy bread made from their delicious blend of gluten-free flour. Also new is the banana, walnut and poppy seed loaf. The entire Loaf range is handcrafted.
www.loaf.co.nz

New Zealand's Rokit

Get your daily fruit burst with Rokit apples. Grown in Hawkes Bay, they have recently been released to market and are presented in a convenient and smart cylinder pack, each containing five apples. The apples are not genetically modified but are the result of cross-breeding between selected varieties.
www.rokitapple.com





The Foodie Diary

The Food Show

ASB Showgrounds, Auckland
July 29 to August 1

It's time for New Zealand's most loved, most visited, and most delicious food and drink event! A foodie haven, it features so many stands sampling so many different foods, wines, spices, confectionery, liqueurs, coffees, teas and equipment that you simply won't know where to start. Also on show will be top chefs including Stefano di Pieri, Al Brown, Richard Till, Ruth Pretty, Ray McVinnie, Peter Gordon, Lauraine Jacobs, Annabelle White with live demonstrations. Tickets online and at the gate. www.thefoodshow.co.nz

Giveaway

We have 10 double passes (general category for entry between July 30 and August 1) for The Food Show in Auckland to giveaway. To enter, email escape@star-times.co.nz with Food Show in the subject line by 5pm, Tuesday July 27.

Heavenly Fudge

This gourmet fudge is so heavenly, it will melt in your mouth! Heavenly Fudge is handmade in a small boutique fudge factory in Hamilton and is the result of Wendy Whatford's dream of owning a chocolate or fudge store. These delicious treats perfectly complement Wendy's other business, The Christmas Heirloom Company – giving customers that something extra. www.heavenlyfudge.co.nz

