



# *Truly New Zealand*

*As a discerning gourmet, you know naturalness is what really defines an ultimate gastronomic experience. This summer we bring you naturally delicious produce from New Zealand, the 'land of the long white cloud' blessed with fresh air, organic pastures and lots of sunshine. Simply bring out the natural flavours with basic seasonings – cooking up an amazing feast has never been easier!*





## Breakfast

After a refreshing start, prepare for your day ahead with a healthy and filling breakfast so that you don't spoil your health – and appetite – with junk food. A nutritious breakfast doesn't have to be a lot of work. With the right mix of yoghurt and muesli and you have a power brekkie that gets you through the morning.

Jazz up your morning menu with The Collective Great Dairy's 11 yoghurt flavours, seven of which with natural fruit pulp but all delivered to you in cute plastic containers. Mix their apple crumble-flavoured yoghurt with Vogel's Crunchy Honey Cluster Muesli, or the rhubarb & strawberries-flavoured yoghurt with Nicolas Gluten-free Muesli – a nutritious start to the day can be anything but boring!

## Picnic

A flick through the newspaper later, you'd want to make the best of the balmy weather and head to the beach. Bring along a couple bottles of Waiwera's pure artesian water from the same geothermal aquifer where the World's Best Bottled Water was first bottled over 130 years ago.

Along with some crunchy potato crisps, pack in your picnic basket small tubs of Rutherford & Meyer's fruit pastes to be spread on crispy gourmet wafers. Made of real fruit and natural ingredients, these tangy fruit pastes – a great accompaniment to mild cheeses, by the way – easily freshen your palate and drive the summer heat away. Don't forget the spicy, berry-ish White Cliff Merlot 2008 and drink to the summer breeze.



## Fruit

Few things beat a fruity pick-me-up in the morning. A great idea is to kick-start your day with New Zealand's Enza apples, Zespri green and gold kiwifruits. Supplied by nearly 3,000 growers in New Zealand, kiwifruits are a rich source of vitamin C, fibre, vitamin E, a natural antioxidant that helps lower cholesterol, and folate, which is vital for the health of mother and child during pregnancy.

Blend these fruits with generous spoonfuls of creamy yoghurt, make fresh fruit crêpes with the kiwifruit or add a few fresh mint sprigs to a fruit juice.

## Sweet Treats

Forget the sandy feet. The moment you step back into your house you know you crave something sweet and indulgent – like you did as a child. You'd be surprised how quick and easy it is to relive your childhood memories. Lavish scoops of New Zealand Natural's Hokey Pokey or Vanilla Classic on a feather-light, classic Kiwi Pavlova made with Frenz free-range eggs. Pamper yourself with fresh, velvety dairy cream from cows that feed on the green, unpolluted pastures of New Zealand.

If liquid treat is what you have in mind, make a yummy low-fat smoothie with New Zealand Natural's Forest Berry Frozen Yoghurt. Or better still, make a cup of honey water with room-temperature mineral water and natural, quality honey by New Zealand's premium brands of J. Friend and Co., Southern Beech, and Strathdale. If you ever wondered why honey water is good for you, here are a couple health snippets for you to chew on while stirring spoonfuls of J. Friend and Co.'s Manuka Active 13+ in your glass. Not only do the bacteria-killing properties of honey increase by two folds when diluted with water, the process of mixing both creates hydrogen peroxide, arguably the most powerful natural antibiotic free from negative side effects.

Who'd have thought staying healthy could be this easy?

## Snacks

In every kitchen cabinet or office desk drawer there must be a section especially reserved for snacks, as you'll never know when your next pre-meal hunger attack will strike. If you admit to have a sweet tooth, be sure to stock up on Rj's soft, wildly tasty licorice, Pop 'n' Good's sweet popcorns, Scarborough Fair's delicious Fairtrade chocolate blends, and Patrick Donovan's natural, gluten-free fudge. For an even healthier option, pack a packet of Autumn Valley's natural and pure Manuka honey nuggets in your bag so that you can get your sugar fix and nourish your throat.

For easy savoury bites to please the crowd or add colours to a lazy afternoon at home, serve your Danny's pita crisps with dips of guacamole, pesto or houmous. Alternatively, complement your beer with a platter of Abes' baked bagel crisps topped with aioli or fresh tomato salsa.



## New Zealand Wine - Beyond The Obvious

Oliver's is delighted to present a wide range of New Zealand's finest wines. Of course we have Marlborough Sauvignon Blanc covered: Cloudy Bay, Oyster Bay and Monkey Bay, to name just a small selection of the bays, while Nobilo's Leon, Sacred Hill and OTU are excellent wines. The distinctive and highly enjoyable style of all New Zealand Sauvignon makes them all just perfect to chill down and enjoy in the Hong Kong summer.

Our range of famous New Zealand wines is second to none. When you drop by the store ask our Wine Manager, Ellen Coetzee, and she will tell you all about the award-winning wines of Craggy Range. From the top of the range Le Sol Syrah to their exceptional value Riesling and Sauvignon Blanc, Craggy Range offers a wine for every occasion.

We have recently increased our range of Pinot Noir - another grape for which New Zealand is becoming increasingly well known. We have selected only the best for value: high quality at an affordable price. Our exclusive Ma Maison Pinot Noir from Martinborough is typically outstanding, selling for just \$199. Made by ex-Hong Kong resident, Edward Leung, in the very finest of Burgundian styles it is a regular treat.

Approaching 150 wines, and located in the centre of our wine department, New Zealand is an integral part of Oliver's wine offer. For any occasion and with any type of food, Oliver's has a New Zealand wine for you!



## Cooking Essentials

One of the great things about New Zealand is there's never a dearth of premium seafood and lamb – more than enough to cover your guests' varying preference for seafood or meaty mains.

The cool, clean waters of the country's sheltered coastline produce not only the healthy and succulent Greenshell mussels, but also the firm Smooth Dory from the deep sea. Whet your guests' appetite with a delectable appetiser of steamed mussels in a white wine sauce with diced tomatoes, parsley, shallots, garlic, thyme and basil, thickened with butter. Before cooking the mussels, remember to discard any that don't close when tapped gently.



Depending on the palate of your guests, you can opt for a Parmesan-crusted dory fillet, served with a garlic mayo dressing, or have the fillet pan-fried and drizzled with a mixture of coriander, garlic, lemon juice and extra virgin olive oil.

If you want to impress your guests with an easy but innovative lamb rack recipe, we've got a solution for you. Cut small slits in the top of the lamb and stuff slices of garlic and rosemary into the slits. Brush the lamb rack with a mixture of honey, wholegrain mustard and mint sauce and bake. Then watch as lips are smacked for the aromatic grass-fed lamb by Alliance Group – and your recipe.

Now, preheat the oven while you smear the lamb leg with ground lemon grass, ginger, garlic, lime leaves, cumin and lemon zest. Serve the juicy and tender lamb leg in slices with a dressing of Greek yoghurt, chopped mint, a squeeze of lemon juice and a pinch of salt and pepper. We know what you're thinking and we've got just the right bottle of red for you to wash down your lamb dishes – help yourself to a glass of White Cliff Merlot 2008!



A note to remember when cooking the mains is to keep the recipe simple and let the food's natural flavour shine.

## Gourmet Feast

Whether you're planning a romantic dinner for two or a scrumptious feast for friends on a jolly summer night, make sure you have the best quality cooking aids and ingredients to make light work of the rest of the cooking process.

Fill your egg tray with Sungold's organic eggs or Woodland's free-range eggs, and have Essential Cuisine's stock range to match your various culinary needs. Another way to take the hassle off cooking a feast is to devise a versatile garnish recipe. The key is to be creative with herbs and vegetables. Drizzle Grove's garlic avocado oil over sliced mushrooms and tomatoes and pop the vegetables into the oven, then serve with a sprinkle of chopped chives. Or simply dress New Zealand's Sweet Desire tomatoes or Love Bites tomatoes with fresh basil pesto, olive oil and balsamic vinegar. Complete your garnish with a bunch of fresh alfalfa for a refreshing taste.

## Make The Best of The Natural Flavours

### Tomato

Don't discard the jelly and seeds or even the veins of the tomatoes – as they are rich in umami (the fifth flavor that contains the savoury meaty taste), which enhances meat flavour and gives an extra dimension to any red meat dish. Sift through the jelly and seeds to a saucepan and simmer the liquid with the stem until it forms a ketchup-like consistency. Discard the stem and season with fine sea salt.

### Shellfish

Take a 1:3 ratio, finely chop an onion and marinate with the juice of three lemons. Let the acid work for an hour to take away the harshness of raw onions. Finish the sauce with a handful of finely chopped fresh dill and season with salt and pepper. You will find the onion is now sweet, smooth but with a hint of tanginess that makes for a perfect natural savoury sauce for shellfish like raw mussels and oysters.

### Lamb Rack

Some may find it difficult to re-produce the pink, juicy and tender lamb rack served at some of the best restaurants in Hong Kong – the secret lies in slow cooking. Sear all sides of your lamb rack on a steaming hot pan (a heavy bottom pan will produce better results as it absorbs more heat) until slightly burnt on the edges. Roast the whole rack at 60-80°C for 60 minutes (rare) or add eight to 10 minutes for medium-rare and so on. Rest the meat for five minutes, slice by the bone and seal the cut sides on a hot-pan before serving.

## Your Personal Shopper



Meet Sonia, your personal shopper.

I'm always on hand to take care of all your shopping needs no matter how large or small. If you don't have the time or you're not in the mood to shop, please call me. I'm committed to providing an exemplary service that meets all your needs. From recommendations for menus and special items through to the fun treats for children's parties you can trust me for all your shopping. Call me on 2810 7710 to find out how your shopping is my pleasure at Oliver's.

## About our Services

### Home Delivery

Oliver's prides itself on the most efficient home delivery service in Hong Kong. Our finest range of gourmet foods, chilled produce and wines are delivered right to your doorstep true to our commitment to make your shopping enjoyable, convenient and hassle-free. For further information, please call 2810 7710.

### Home Delivery Conditions

Same day delivery on Hong Kong Island if the order is placed before 2pm.

### Delivery Charge

Free delivery for purchases over HK\$500. A delivery charge of HK\$30 applies for orders under HK\$500.

### Order by Email or phone

Email your order to [oliversdeli@dairy-farm.com.hk](mailto:oliversdeli@dairy-farm.com.hk) or call us on 2810 7710.

### Personal Shopper

Sonia our personal shopper is always on hand to take care of all your shopping needs and to make any special recommendations.

### Hang Seng enjoy Card

Hang Seng enjoy Card holders receive an extra 5% discount on the 3rd, 13th and 23rd of each month.

### Website

Please visit us at [www.oliversthedeli.com.hk](http://www.oliversthedeli.com.hk)

### Our Shop

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