



Kai Moana Seafood Pot

Main Course, Serves 8

Fish Stock:

1 kg./2 1/4 lbs. white fish bones, rinsed
100 g./3/4 cup diced leeks
50 g./1/3 cup diced celery
1 onion, diced
3 cloves garlic, minced
2 sprigs thyme
50 ml./3 1/2 tbsp. white wine

Vegetables and Seafood:

800 g./1 3/4 lbs. moimoi potatoes
(or substitute Congo or regular new potatoes)
400 g./14 oz. baby carrots, peeled, green tops trimmed to 1 cm./1/2 in.
400 g./14 oz. broad beans
4 oz./100 g. pikopiko (or substitute asparagus or French beans)
400 g./14 oz. squid, cleaned and cut into triangles
15 to 30 ml./1 to 2 tbsp. vegetable oil
16 whole prawns or large shrimp, tails peeled
400 g./14 oz. salmon, cut into 3/4-in./2-cm. dice
14 oz./400 g. white fish, cut into 2-cm./3/4-in. dice
24 green-lipped mussels (or regular mussels), scrubbed and debearded
24 clams, scrubbed
Sea salt to taste
Large pinch saffron
2 horopito leaves (or substitute a bit of pepper), finely sliced
1 small bunch watercress, cleaned and trimmed

Pounamu

Beverage, Serves 1

1/2 kiwi, peeled and diced
6 mint leaves
30 ml./1 oz. apple cider
10 ml./1/3 oz. elderflower cordial
30 ml./1 oz. kiwifruit vodka
30 ml./1 oz. feijoa vodka
1 slice kiwi for garnish
1 mint sprig for garnish

For the Fish Stock:

• Place all the stock ingredients in a pot. Fill the pot with approximately 2 litres/2 quarts of water or enough to cover the bones and vegetables. Bring to a boil, reduce the heat and simmer for 45 minutes. Ladle the stock through a fine sieve and reserve; discard the solids.

For the Vegetables and Seafood:

- Place the unpeeled potatoes in a pot with enough salted water to just cover the potatoes. Place the pot over medium-high heat and bring to a boil. Simmer the potatoes, covered, until tender, about 20 minutes. Drain and halve the potatoes.
- Bring a pot of salted water to a boil. Prepare an ice-water bath. Add the carrots to the boiling water and cook until just crisp-tender. Remove with a slotted spoon and place in ice water; drain and set aside. Add the broad beans to the boiling water and blanch. Remove using a slotted spoon, and place in the ice water. To pod the beans: using your nail, break the skin of the pod on one side, and gently squeeze out the bean. Repeat with remaining beans. Blanch the pikopiko (or French beans) in the boiling water, remove with a slotted spoon, and cool in the ice water. Drain again. Set the vegetables aside.
- Using a sharp knife, create a crosshatch pattern on the squid triangles, cutting deeply into, but not all the way through, the flesh.
- Place a wide-based pot over high heat. Add the oil and heat until very hot. Add the prawns, fish, mussels and clams to the pot, and sprinkle with sea salt. Brown the fish and prawns, then add the potatoes, carrots, broad beans, pikopiko, squid, salt and saffron. Add the horopito and enough reserved fish stock to cover the seafood and vegetables; bring to a boil. Remove the pot from the heat and discard any mussels and clams that have not opened.
- Using tongs, place the ingredients into deep serving bowls, reserving the prawns to serve on top. Taste the broth; add salt and pepper if needed. Ladle the broth over the seafood and vegetables, and garnish with watercress.



- Muddle the diced kiwi and mint leaves in a cocktail shaker and add the cider, cordial and vodkas. Fill the shaker with ice, shake vigorously, and strain into a chilled martini glass. Garnish with a kiwi slice and a mint sprig.




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