

food



August at the Fresh Market

Fruit can be hard to come by in winter, but not at Fresh Market, where citrus choices such as oranges and mandarins are regularly on special. Both are packed with vitamins and minerals that will help you fight off winter ills. Fresh vegetables such as broccoli are also guaranteed to keep you healthy.

Mandarin chicken

Ingredients

Two tsp salt
One tsp pepper
Two cups water
One cup tomato sauce
Hot cooked rice
Three tbsp cornstarch
Quarter cup soy sauce
Half cup cold water
One tsp garlic powder
One tsp ground ginger
Quarter cup brown sugar
Two tsp ground mustard
11 oz mandarins drained
Half cup whole pitted olives

Two tbsp chopped green pepper

One chicken, cut up and skin removed

Quarter cup frozen orange juice concentrate

Place the chicken in a large resealable plastic bag. In a bowl combine water, ketchup, brown sugar, soy sauce, orange juice concentrate, mustard, salt, pepper, ginger and garlic powder and then pour half over the chicken in the bag.

Seal the bag with chicken and marinade in it. Cover remaining marinade and refrigerate overnight. Drain chicken discarding the marinade and place chicken in a slow cooker and add reserved marinade. Cover and cook on low for 7-8 hours.

Combine cornstarch and cold water until smooth and stir into the chicken mixture.

Add mandarins, olives and green pepper, then cover and cook on high for 30 to 45 minutes or until thickened. Serve over rice.

Broccoli and blue cheese soup

Ingredients

One large head broccoli
Two onions
Three cloves garlic
Olive oil
Chicken stock
Half teaspoon curry powder

Half cup cream

150g blue cheese

Chop the whole broccoli into chunks. Peel and finely chop onion and garlic and sauté in a saucepan with a little olive oil until just tender. Add broccoli and enough chicken stock to cover the broccoli and curry powder. Simmer until broccoli is tender. Process in batches until smooth. Return to the saucepan and add cream, heat gently and stir through chopped blue cheese. Serve immediately.



THE FRESH MARKET

Specialists in Quality Produce



Your Green Grocer

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- **Fresh Fruit & Vegetables**
- **Delicatessen Delights**
- **Off Street Parking**
- **Gift Vouchers**

Open Hours:

7 Days a week 8am - 6pm

Closed public holidays

Brothers, Howard & Jeremy Johnson have spent a lifetime in the green grocery business and have become specialists in quality produce.

For a wide variety of the freshest, greenest, juiciest, healthiest fruit & vegetables in town, ingredients, sauces and unbeatable service, go to The Fresh Market, next to Pak n Save, Lovelock street, Whakatane.

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