

Horopito Seafood Jambalaya

Ingredients

½ kg assorted seafood.	16 fresh mussels.
2 C rice.	1 900 gm tin organic peeled tomatoes.
1 chopped onion.	1 grated carrot.
1 Tb Horopito infused avocado oil.	Sprinkle of kawakawa powder.
4 Pikopiko (fiddleheads) salad shoots	1 tsp chopped garlic.

Method

Place rice in pot. Add horopito infused avocado oil and mix thoroughly. Cover with water and cook for 1 hour. While rice is cooking sauté onion, garlic and carrot until tender. Add chopped organic tomato. Bring to boil and place on low element with lid on for 1 hour.

Once rice is cooked lightly sauté seafood in oil. Lightly mix seafood into salsa. Place the hot rice in a lightly oiled ramekin dish.

Place the tomato and seafood in a soup bowl.

Garnish

Lightly sauté Pikopiko shoots and cooked mussels in the shell.

Finish with a light sprinkle of Kawakawa powder.

NB. **Horopito** infused avocado oil can be purchased at some specialty shops or supermarkets.

Mediterranean Pikelets

Ingredients

5 large tomatoes finely diced	1 C of plain flour
1 tsp baking powder	salt & freshly cracked black pepper
1 egg	100mls milk
2 Tb Horopito infused avocado oil	
2 heaped Tb finely grated Parmesan cheese	
1 bunch of fresh Coriander chopped	

Method

Sift flour, baking powder, salt and pepper together in a large mixing bowl. Add tomatoes and coriander. Whisk egg, milk and horopito infused avocado oil together and stir into the dry mixture until smooth. If too thick, add a little more milk or horopito infused oil. Drop dessertspoonfuls on a medium hot griddle, BBQ or frypan, until lightly brown. Turn when mixture slightly bubbles.

Serve with a stunning fresh green herb salad, some Turkish bread and salsa.

Salsa

Finely chopped tomatoes, red onion, Lebanese cucumber, coriander mixed together with Horopito infused avocado oil – absolutely delicious

Historically

- The bruised leaves were soaked in water and the decoction used to treat a Maori skin rash known as paipai.
- The sap was known as a healing aid for gonorrhoea and skin eruptions.
- For stomach ache a decoction of the boiled leaves was drunk.
- Early settlers called this plant “Maori Pain Killer.
- They also knew it as “Bushman’s Pain Killer”. The leaves were chewed for toothache, and women rubbed them on their breasts when weaning their infants.
- The inner bark, steeped in hot water, and applied to burns while still warm was reputed to leave no scars.

Reference: Medicines of the Maori by Christina MacDonald
Maori Healing & Herbal - Murdoch Riley