



## Monique and Henry Heke

**M**onique and Henry Heke are no strangers to the food scene. Their culinary skills, clever banter and obvious love of feeding family and whānau saw them reach the semi-finals as My Kitchen Rules contestants, representing Hawke's Bay in 2015. Both were also very proud to represent Flaxmere where they have resided for close to 12 years.

**And though they are widely recognised as foodies (their own Facebook page Monique & Henry's Kitchen as well as a hugely successful ten-part series for Maori TV called *Tradition on a Plate*) they both work full time for Te Puni Kōkiri.**

Monique is a Senior Advisor, and Henry is a Business Growth Advisor for the Ikaroa-Rāwhiti Region in the Hastings office.

But it doesn't stop there.

The Hekes are known for their huge community spirit. Monique was a Marae Trustee for Omahu Marae for seven years, and is currently a parent representative on the Board of Trustees of her seven-year-old daughter Mahinarangi's school (Te Kura Kaupapa Māori o te Wānanga Whare Tāpere o Takitimu). She is also part of the community group supporting the discussions with Hastings District Council on the refurbishment of the Flaxmere Community Centre.

Henry has been Chair for the Flaxmere Community Centre Advisory Committee for the past two years, has been an owner-operator of CrossFit-879 in Flaxmere for five years, and during the past seven years has event-managed and is the founder of the country's longest serving National CrossFit Competition: Judgement Day, which is held annually in Hawke's Bay.

Planning is already underway for Judgement Day 2020. The competition includes a two-day Health and Business Symposium at the Napier Conference Centre involving





three days of functional fitness with 460 athletes – incorporating a food festival. All this is an indication of the importance of food and fitness in his life.

**Most Sundays, they encourage the CrossFit-879 whānau to have an active recovery day, with a walk up Te Mata Peak. That’s about thirty members in all, ranging from great-grandparents down to tamariki and mokopuna, not forgetting Hunter, the family dog. About once a month, this includes a pot-luck kai, where their obvious love and regard for healthy food comes to the fore.**

As Henry describes it, “The mindset for me is health as an everyday lifestyle. It’s about ensuring that whānau can afford to cook easily accessible food, usually in under fifteen minutes, and helping them understand what makes us feel better, move faster and become stronger. I love experimenting with foods, recreating flavours in a different way. ‘Zhooshed up’ as Monique would say.”

Their cooking style they describe as “easy to replicate, home-style cooking with a twist. Food made for sharing. Flavoursome, sharp and quick, and something

everyone can attempt, whether aged six or sixty. We’d love to do more cooking classes teaching how to create amazing food with everyday ingredients.” So it is no surprise to learn that they have ambitions to set up their kitchen and an outdoor kitchen for online video blogging as well as another TV series and their own cookbook.

Watch this space.

For the Sunday whānau picnic at Te Mata Peak, Henry has plastic bins prepared with all their equipment – BBQ, cleaning, serving and condiments – which makes producing fabulous food, precision perfect. Fold-up tables are set up as a workspace, a blow-up tent ensures food is protected from sun and insects, dishes are put together with machine-like meticulousness. Aided by the younger members of the whānau and family, Henry sets up the two BBQs; dishes are created, almost miraculously, from scratch; then all ingredients are whisked out of sight, the tables are set and the signal is given ...

Karakia. “Kai time.”



Monique and Henry Heke

# ON TE MATA O RONGOKAKO PEAK PICNIC RECIPES



## Pulled Pork

### INGREDIENTS

1 bone-out pork shoulder  
1 butterfly pork shoulder

### METHOD

Place pork in a deep roasting dish, skin side up, with an inch of water in the dish. Enclose the tray with tin foil to ensure no air escapes. Do not add seasoning. Bake in oven at 130°C for 7 hours.

Remove tin foil and discard. Remove the skin and majority of fat from pork and discard. Remove the majority of liquid into another dish to be used for sauce. Use two forks to pull the pork apart into long string-like pieces. Once you have pulled the pork, season with salt and pepper.



## Apple & Pear Pacific Slaw

### INGREDIENTS

6 Granny Smith apples  
6 pears (any type)  
½ tin coconut cream  
½ cup of the juice from limes and/or lemons

### VARIATIONS

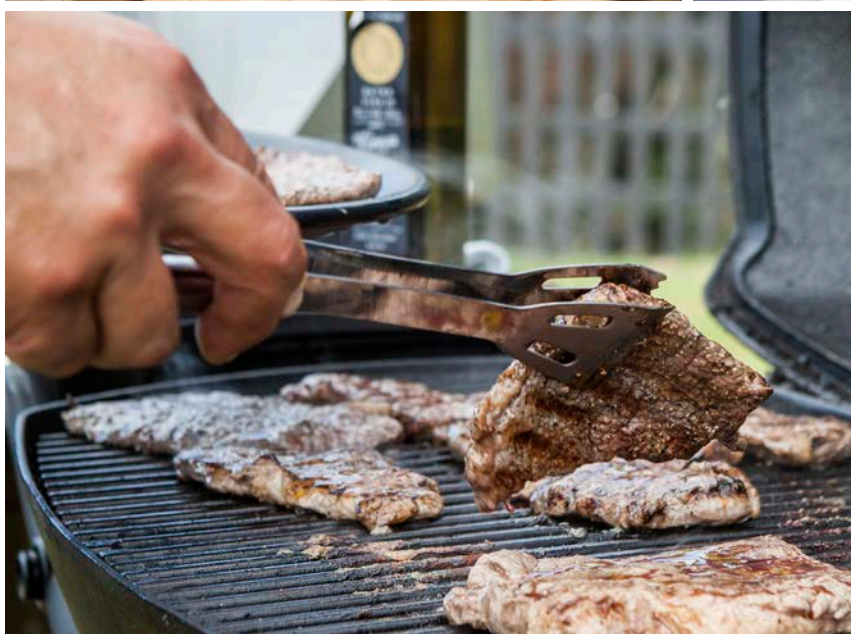
Add fennel or coriander as garnish  
Substitute pear with celeriac  
Add toasted walnuts for garnish and texture

### METHOD

Cut pears and apples into matchsticks, then soak with citrus juice. Leave for at least 5 minutes, then completely drain juice. Add coconut cream to coat the fruit. Garnish with the zest of citrus, herbs and nuts as desired. Serve straight away.

**Tip:** Chill the can of coconut cream until you need it. This will slightly thicken the cream and add to the quick chilling of the salad.







## Pea, Mint and Asparagus Feta Salad

### INGREDIENTS

1 tbsp salt to season water  
½ bag peas (fresh or frozen)  
Bunch (8–12 spears) asparagus cut into  
1.5cm diagonal pieces  
Good handful of fresh mint leaves, cut or ripped  
Juice of 2 limes and/or lemons  
25g creamy feta cheese

### VARIATIONS

Can use minted frozen peas as well, boiled or thawed

### METHOD

Boil a pot of water, add 1 tbsp salt, add peas and asparagus. Cook for less than 2 minutes or until just cooked. DO NOT overcook. Drain immediately and run under cold water (or put cold water into a big bowl with ice). Leave for a few minutes then drain completely. Put peas and asparagus onto serving platter, add citrus juice and zest. Add salt and pepper to taste. Crumble feta over the top.



## Homemade BBQ Sauce

### INGREDIENTS

1kg large tomatoes	Salt and pepper to taste
2 large white onions, diced	½ cup apple cider vinegar
½ cup brown sugar	Tabasco sauce to taste
2 tbsp worcestershire sauce	2 tbsps french mustard seeds

### METHOD

Stew tomatoes until soft, add seasoning to taste. Leave to rest. Sauté diced onions in a separate pan with oil. Add mustard seeds and brown sugar, mix well and then deglaze pan with apple cider vinegar. Add to tomatoes and stew until well combined. Add seasoning to taste. Blitz in a blender until of sauce consistency. Reheat and reduce.

### QUICK VERSION

1 bottle of your favourite BBQ sauce or  
Greg's Smoked Hickory Sauce  
1 bottle apple cider vinegar  
1 bottle Tabasco (mix to taste)  
Salt and pepper for seasoning

Pour all ingredients into a saucepan, stir and mix well.



## Banana Cake with Vanilla Buttercream Icing

### INGREDIENTS

3–4 cups sugar	2 cups hot milk
125g butter	1 tsp baking soda
4 bananas (ripe) mashed	1 tsp baking powder
2 free-range eggs	2 cups self-raising flour

(When baking always try and use free-range)

### METHOD

Preheat oven to 180°C. Grease and line pan with greaseproof paper. Cream butter and sugar until pale and fluffy, add eggs one at a time, mixing well after each addition. Add in the mashed banana. Mix together the hot milk and baking soda, then add to the mix. Fold in the sifted flour and baking powder. Bake approximately 50 minutes. Leave in tin for 10 minutes, then turn out onto a wire rack to cool.

**TIP:** If I buy bananas and they become overripe, I put them in the freezer (skin and all) and as I make cakes, I pull them all out a couple of hours beforehand, or the night before, to use. The cake is much nicer, is darker in colour and more moist than non-frozen bananas.

## Buttercream Icing

### INGREDIENTS

2 cups icing sugar  
 115g softened butter  
 ½ tbsp vanilla essence (I use good quality essence or vanilla pods)  
 1–2 tbsp milk

### VARIATIONS

Add food colouring to change colour  
 Add citrus oil to add flavour  
 Add in some sifted cocoa to make chocolate-flavoured

### METHOD

Sift the icing sugar, cream the butter with half the sugar, vanilla and milk. Beat until smooth, then gradually add remaining sugar. Ice cake once completely cold. Decorate with fresh flowers and citrus zest.

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