



Mediaportal Report

05/10/2008

► **Ed's Note**

Sunday Star Times, 05/10/08, Escape, Page 3
By: None

In the research we undertook before relaunching Escape in June, two things you told us you wanted to read about were travel and food. So today we've combined them with our food travel special.

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► **One man's passion**

Sunday Star Times, 05/10/08, Escape, Page 7
By: Angela Walker

ON MOTU Moea, an island off **Moorea**, a half-naked Polynesian god is about to cook me lunch. So why am I thinking of trifle? It's simple.

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Sunday Star Times

05/10/2008

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Escape

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ED'S NOTE

IN THE research we undertook before relaunching *Escape* in June, two things you told us you wanted to read about were travel and food. So today we've combined them with our food travel special. On pages four and five, *Sunday Star-Times* assistant editor Miriyana Alexander writes about her journey to the hills of Abruzzo, in central Italy, where she made pasta with the masters, and spoke the language of food with the locals, despite neither party being able to speak the other's

language. It was, she says, one of the most entertaining times she's ever spent with strangers she couldn't actually talk to.

On page six, Anthony Hubbard visits Martinborough and delights in its gourmet offerings, and here you'll also find the chance to win one of four tickets to next month's Toast Martinborough food and wine festival. And on page seven, you'll find two recipes for the iconic Tahitian dish poisson cru. Why two? The answer, I discovered on my quest for the definitive version, is simple: poisson cru is the French Polynesian equivalent

of trifle – everyone thinks their recipe is the best.

There's of course more great food reading from our home-grown columnists Geraldine Johns, Richard Till and Annabelle White, as well as the chance to win a copy of Penguin's great new anthology, *1001 Foods You Must Try Before You Die*.

If there's more food and travel-themed content you'd like to read about, please email your ideas and suggestions to escape@star-times.co.nz or send to *Escape*, Sunday Star-Times, PO Box 1327, Auckland 1140.

- Angela Walker, *Escape* editor



travel: food special

One man's poisson . . .

Even simple dishes are not that straightforward, Angela Walker discovers in Tahiti.

ON MOTU Moea, an island off Moorea, a half-naked Polynesian god is about to cook me lunch. So why am I thinking of trifle?

It's simple. Lewin is about to prepare the iconic marinated fish dish poisson cru from a recipe handed down to him by his mother, whose mother handed it down to her. It is, he says, the best. Which is just what Joel told me yesterday about his recipe for poisson cru, which was handed down to him by his mother, whose mother handed it down to her. And what Tehani said over dinner last night of her recipe, which was handed down to her by her mother, whose mother handed it down to her.

See what I mean about trifle?

You'll find poisson cru nearly everywhere in French Polynesia – from your five-star hotel buffet breakfast to

You'll find poisson cru nearly everywhere in French Polynesia.

supermarket shelves and the market stalls in Papeete's Marche Central. While they'll all share that magical combination of fish, lemon juice, coconut milk and vegetables, none will taste exactly the same.

Don't wash the fish,

Recipes:

Lewin's poisson cru:

Wash the fish (in a lagoon if possible) – use parrot fish, caught from the lagoon or tuna – then season with salt. Add lemon juice and leave while it starts to change colour – about five minutes. Then drain off ¾ of the lemon juice and add tomatoes (no seeds), onion, cucumber and carrot, then pour over coconut milk.

Joel Hart's poisson cru:

Season 3kg marlin or tuna with lots of salt and pepper, add the juice of four lemons, plus onions, tomatoes (seeds removed), cucumber (seeds removed), lots of garlic and green pepper. Do not wash the fish – it removes the flavour, and do not add carrot – it makes the dish too watery. Add a small amount of coconut milk to coat and serve on lettuce leaves.

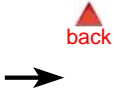
■ **Angela Walker flew to Tahiti with Air Tahiti-Nui and was hosted by Tahiti Tourisme. See www.tahiti-tourisme.co.nz**

says Joel, it'll remove the flavour. Do wash the fish, says Lewin. Soak it for at least an hour, says Tehani. Don't use carrots, they'll make the dish too watery, says Joel. But you must add carrots, say Lewin and Tehani. Joel and Lewin agree tomatoes must be deseeded, but only Joel insists on deseeding the cucumber as well. And while Tehani and Joel swear by garlic, you won't find it anywhere near Lewin's version.

We ate Lewin's (mother's mother's) poisson cru under a canopy of palm trees, while a few feet away were parrot fish and shamelessly friendly stingrays lazying around a tepid, turquoise lagoon. And I thought about how, no matter whether I wash the fish, add carrots or deseed the tomatoes, there's always going to be one ingredient missing if I try to make this at home. And that's Tahiti.



Sea food: Looking towards Moorea from Motu Moea



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Lewin and his
mother's
(mother's)
poisson cru.
Photos: Angela Walker

