

Appetite

Wake up your tastebuds

Auckland City's popular Revive cafes are sharing their fresh and healthy vegetarian recipes via owner Jeremy Dixon's jam-packed new cookbook

Many have had the dream – ditch the corporate life, open a cafe, wow the world with our food philosophy – but few have succeeded. Fortunately for Auckland office workers, Jeremy and Verity Dixon took on the dream and won, when they opened Revive cafe in early 2005. A second followed in 2008, boosted by chatty emails, healthy offers and a real sense of community for people who love tasty, healthy food.

Fresh, seasonal and nutritiously complete, Revive's recipes are mostly plant-based (good cheeses, fortunately, make cameo appearances) and deeply satisfying. It shows Jeremy's confidence in his food that he happily shares favourite dishes, including easy step by step guides to creating your own curries, salads, fritters and more: you know there are plenty more ideas where these ones came from.

And to prove his point that food that is good for you tastes good, here is the Revive version of that veggie standby, tofu.

Honey and Soy Tofu Steaks

Tofu on its own is boring and bland. However, it soaks up flavour magnificently. This dish is not a meal in itself but is a good accompaniment or perhaps useful for open sandwiches or a salad ingredient. The best way to infuse flavour into tofu is not to marinate it. It is best to heat it up, like in this recipe, then the heat draws in the flavour.

300g pack firm tofu
2 Tbs rice bran oil
4 Tbs liquid honey
1 Tbs finely chopped ginger or ginger puree
2 Tbs soy sauce or tamari
4 Tbs warm water
1 spring onion
Black and white sesame seeds for garnish
Liquid honey for garnish



1 Heat a large non-stick frying pan and coat with oil.

2 Cut the tofu into slabs around 2cm thick.

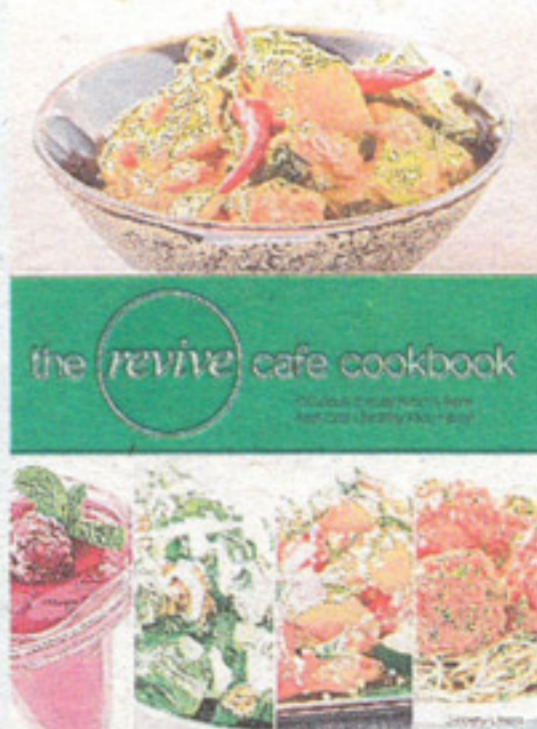
3 Cook the tofu strips on high heat for around 5 minutes each side – they should firm up a little and darken slightly. This may take a little longer depending on how much water is in your tofu. If necessary drain out the water.

4 Mix together the marinade of honey, ginger, soy sauce and water and pour over the tofu, ensuring it is coated evenly.

5 Cook for around 3 minutes per side or until they turn golden brown. Ideally the liquid should just be drying out as you finish cooking.

6 Serve garnished with spring onions, sesame seeds and a couple of squiggles of liquid honey.

● Extract from *The Revive Cafe Cookbook* by Jeremy Dixon, \$29.95 published by Revive Concepts Ltd. Available from Revive cafes, revive.co.nz and Whitcoulls.



Be in to win

Weekend Life has one copy of *The Revive Cafe Cookbook* by Jeremy Dixon, \$39.95 published by Revive Concepts Ltd. To enter go to nzherald.co.nz/weekend, enter your details and the keyword **Revive Cafe Cookbook** by midnight **Wednesday, February 8.**

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