



Immediate Release

Treetops Lodge & Wilderness Experience

NEW ZEALAND'S FIRST WILD FOOD COOKING SCHOOL OPENS AT TREETOPS.

(February 2010) This Southern Hemisphere Summer celebrates the launch of a totally new experience for couples who like to cook and eat on the Wild Side – the Wild Food Cooking School at Treetops Lodge and Wilderness Experience in Rotorua, the heartland of New Zealand's world famous therapeutic thermal region and Wild Food capital.

The Full-day Wild Food Cooking Experience begins with a memorable, guided 4-WD expedition deep into Treetops' 2500 acres of native bush to discover the magnificent wildlife population of fish, birds and animals. Unspoiled brooks are packed with fat trout and eels, there are herds of deer and of wild pigs and both native and introduced game birds; the best way to prepare and cook each of them is explained. Next is a leisurely one-hour stroll through the bush to collect indigenous herbs and spices and then an afternoon in the Lodge's open-plan kitchen. There, Treetops' talented Maori chefs combine the produce and indigenous ingredients of the forest to create a dazzling variety of unique dishes. And you'll learn how to reproduce the *hangi* or Maori pit-oven at home.

Half-day Wild Food Cooking Experiences begin with native ingredient gathering in the pristine wilderness of Treetops' 800-year old forest. Accompanied by a knowledgeable Maori chef, guests discover such indigenous tastes as tangy *kawakawa* and peppery *horopito*. Then it's back to the Lodge's open-plan kitchen to watch as these are transformed into gourmet garnishes and a swath of unique flavourings to

make dishes with Treetops' own trout, game birds, reared venison and wild pork - dishes unlike any you have ever tasted before; the secrets of creating a *hangi* in the kitchen are also revealed.

Wild Food Cooking Experiences also include wine tasting and matching advice. Both Experiences are designed to commence with just two participants, so there's never disappointment about insufficient numbers. Each includes lunch, all food and drink, recipe sheets and a Treetops Lodge and Wilderness apron. Advice is also given on equivalent flavourings in other parts of the world.

The Wild Food Cooking School - A totally new experience for couples who like to cook and eat on the Wild Side, only at Treetops Lodge and Wilderness Experience in Rotorua, the heartland of traditional New Zealand.

For more information or for graphics, contact Marketing Representative Karine Thomas on ++64 9 307 3633, or email karine@navigateoceania.com. Visit Treetops website at www.treetops.co.nz or call John Sax, owner Treetops Lodge on ++64 (0) 21 229 9001.

END



Editors Notes:

Nestled in 2,500 acres of 800-year old native forest, award-winning Treetops Lodge & Wilderness Experience is a life-long dream realised by owner and passionate naturalist, John Sax. This uniquely New Zealand experience is a sanctuary and retreat of breathtaking terrain, offering the ultimate in world-class accommodation and adventure. Located in Rotorua the Maori heartland and trout fishing capital of the world the Lodge's elegant, ecology-inspired architectural style was derived from the country's pioneering past, with timber and stone finishes echoing the natural beauty and simplicity of the great outdoors. Treetops offer seven streams, on-site trout fishing, four lakes, and over 70 kilometres of adventure trails. New family experiences include photography safaris, helicopter tours, Geocaching hunts, luxury treks to spectacular waterfalls, and a 4WD experience.

- For more information on the Treetops Guided Safaris of 4WD Safari and Maori Food Trail Experience view:
http://www.treetops.co.nz/activities/treetops/walks_guidedsafaris.html
- Examples of the Treetop;s Wild Food Cooking School recipes:

Harore Mushroom Soup [serves 4]

500g Harore Or Woodcreek Mushrooms
1 Onion Chopped
2 Sticks Celery Chopped
100g Butter
100g Flour
1 Litre Vegetable or Chicken Stock
1 Cup of Cream
1 Tablespoon olive oil
Salt & Pepper
Truffle oil to garnish

Sauté vegetables and mushrooms in olive oil and butter for 10 minutes on medium heat, then add flour to make a roux, slowly add stock stirring continuously to avoid lumps forming, simmer 10 minutes then puree in liquidizer & strain through a fine sieve. Add cream and seasoning to taste and garnish with a little truffle oil

Hot Smoked Trout [serves 4]

200g fresh trout in 8cm pieces skin off
100g flakey salt
1 teaspoon cumin seeds
100g soft brown sugar
1 cup Manuka sawdust

Mix together salt, sugar and cumin seeds and coat fish with the seasoning and line large baking tray with tin foil and add sawdust in centre approx 1 cm deep. Place cake rack on top but not in contact with the sawdust, place seasoned trout on top of rack then cover entire rack with foil leaving a small gap at 1 corner for smoke to escape.

Place on gas hob and turn on full flame so heat is directly under center of tray. When smoke starts to plume from corner whole cover hole and allow to smoke for 1 minute before turn off heat, do not open for 5 minutes to allow for full permeation of smoke. Serve with brown toasted bread and aioli