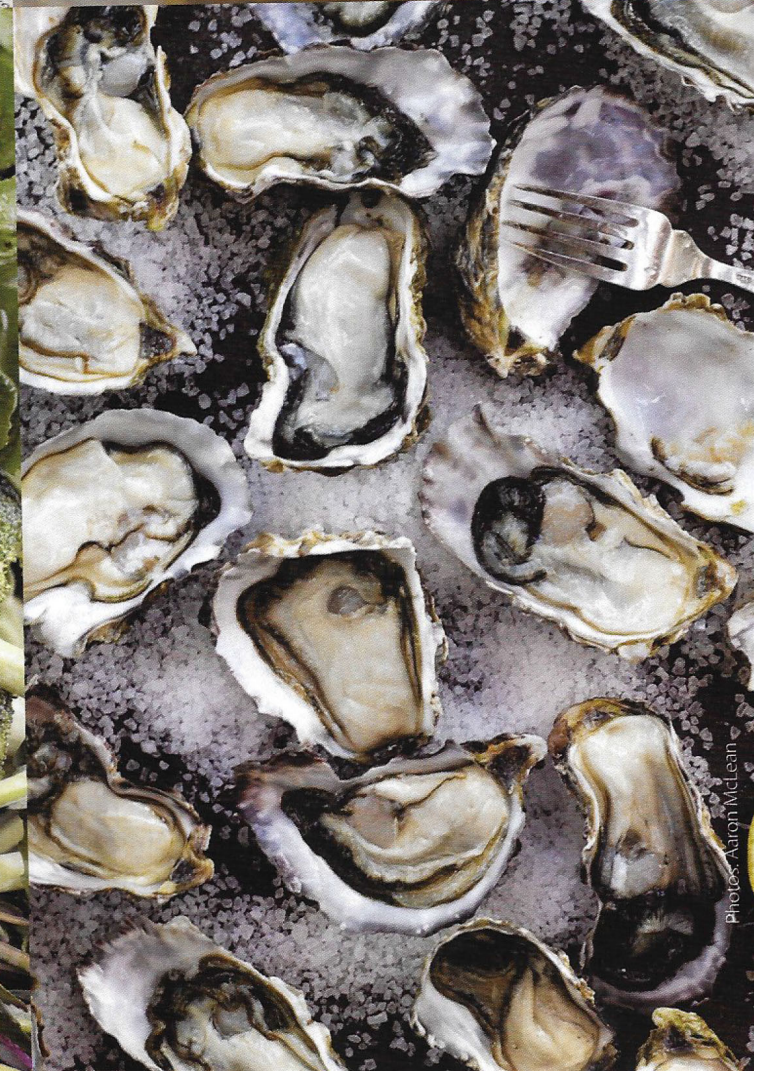
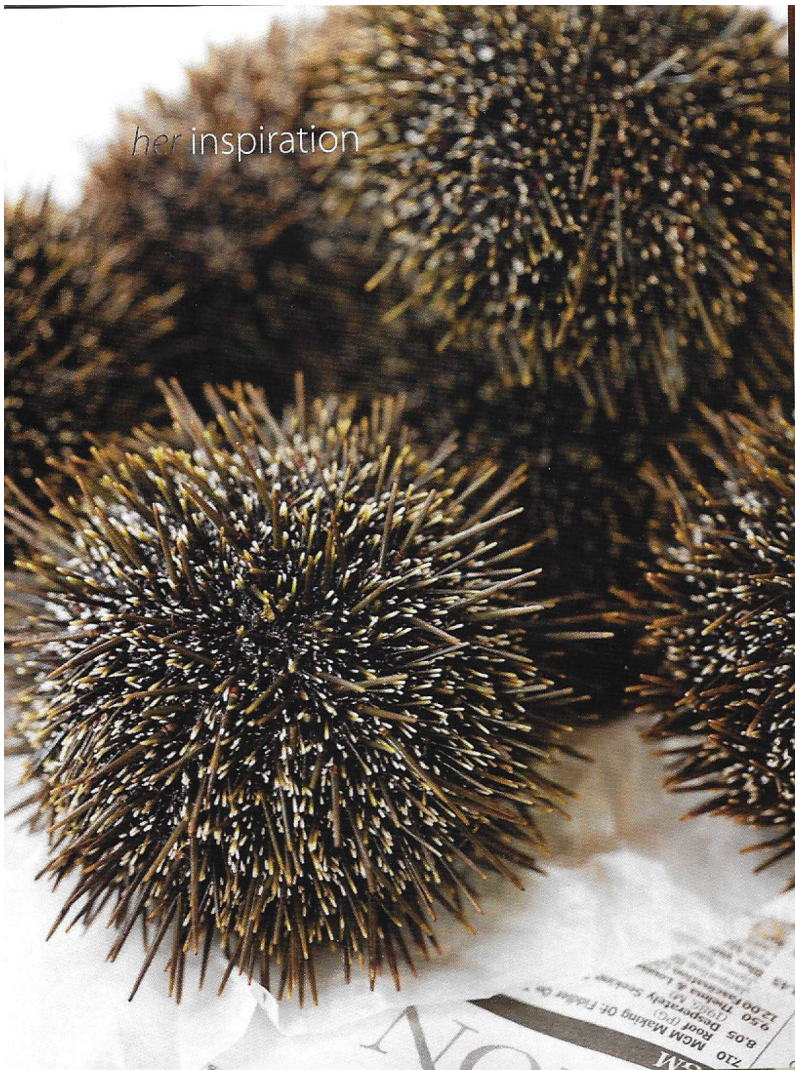


her inspiration



made with Aroaha

Food lovers around the country will be delighted to learn the secrets of fresh, healthy cooking from popular Maori Television cooking show host and author Anne Thorp.

The sparkling host of the popular Kai Ora cooking show on Maori Television and The Living Channel has taken her all her favourite New Zealand indigenous foods and incorporated them into simple and quick recipes that deliver zest, zing and freshness. With over 85 recipes, lifestyle shots and an essay by Anne on her fascinating life in food, her new book, *Kai Ora*, serves as a quintessential guide to home-grown food.

"People will enjoy this book because of its simple, healthy, unadulterated style of cooking," says Anne. "There is so much fresh produce out there and *Kai Ora* shows people how to make the most of it."

Anne only entertained the idea of her own cookbook seriously after a generous write-up in a magazine about her and her television series caught the attention of book publishers. "Lorraine Jacobs from Cuisine was at our usual Saturday morning haunt, the Matakana Market, and Random House had just put her book out," Anne explains.

Lorraine suggested Nicola Legat at Random House would be a good point of contact and eventually, with Aaron Mclean on camera, the book was underway. The end result: *Kai Ora* – a gorgeous, colourful cookbook that any chef, critic or food lover can appreciate.

"I have always loved my food and I have been aware of the importance of eating good food since I was very young," says Anne. "I only needed to look around me as a child to see what a bad diet meant. A lot of my relatives were beginning to suffer from obesity, diabetes and heart disease mainly because of their bad food habits – plenty of cream, lashings of butter, fat of the meat, frying in fat [and so on]."

"When I look back, I'm amazed at my awareness of my own family diet when I became the cook of the family at [age] nine, and I consciously set about improving the standard of our meals – skimming the fat off the pot, reducing the cream and butter intake, avoiding using lard and fat drippings. But for me, it was all about preparing food in such a way that it was healthy for us. My mum and dad looked overweight; my siblings looked overweight; thankfully, I was careful with what I ate so I was always on the slender side.

"It's easy to see what's good for you and what isn't by looking at people who have/have had a proper diet and from what you learn/discover/observe as you grow in life."

Anne's magnetic personality and generosity never leave her in need of a dinner mate or getaway companion. As well as her husband, Fred, daughter Trinity and son Taylor, Anne has a strong support team behind her.

"I have a fantastic group of friends who believe in me and are there for me," says Anne. "When I say 'I need you to come on my cooking show next week', they say 'sure' followed by 'does that mean I get a feed?' I feel very lucky and special that it's no trouble to ask them and know that they'll be there for me."

Anne spends half the week in her Auckland home, which has subsequently turned into her office, and the other half in her Pakiri 'refuge' located an hour north of Auckland. "This is where I go to relax," she says. "I take a few friends and get away. There I also do cooking classes and make lunch for visitors."

This sanctuary came in good use several years ago when Anne was diagnosed with breast cancer. "In 1999, I found a 5cm lump in my right breast," writes Anne. "I was matter-of-factly told I was about to embark on a very long and unpleasant journey."

Auckland surgeon Trevor Smith not only helped save Anne's life but became a dear friend to her through her ordeal. Anne is honoured to include an essay from Dr Smith on the benefits that eating right has on your health in the long term.

"I was delighted to have his enthusiasm and backing. His contribution gives my book a validation that I am grateful and very proud of," says Anne. "[Trevor] felt my style of cooking was perfect for his messages on diet and the relationship between cancer and the diet, and funnily enough I was writing the book with a strong cancer/health angle in mind.

"From my own observations, the people who tended to have a balanced diet and who had made it to their seventies or eighties seemed to hold better health. They tended to be non-smokers, drink alcohol minimally, and eat smaller portions with a good ratio of the 'right' food. Being aware (instinctively) of eating well all my life and certainly after my own brush with death has hit home the importance of a well-balanced and healthy diet. The methods of preparing good food are as important as the balance."



Anne's favourite things:

Vegetable: Beetroot

Fruit: Apple

Spice or Seasoning: Turmeric

Seafood: Kina

Meat: Pork

Restaurant: SPQR on Ponsonby Road

Time of the day to cook: Breakfast

Never fail dish: Roasted pork belly with potatoes and puha

Guilty Pleasure: A glass of bubbles

Place in the whole world: Venice