



From left: owner Jennifer Le Comte; Albion Canteen; multi-grain salad with carrot and harissa puree (with the cafe's kale salad)

three's company

This new Napier cafe joins a growing Hawke's Bay family.

When Jennifer Le Comte talks about her small Hawke's Bay cafe empire, it's as if she's speaking about her family, not her business.

The newest addition is Albion Canteen, a bright little spot off Marine Parade in Napier that specialises in flavourful and nutritious salads, as well as soups and sandwiches.

Jennifer says her goal when opening Albion Canteen was to create another beautiful cafe where customers can enjoy local produce and a relaxed atmosphere. Working with staff from her other two Hawke's Bay spots, Opera Kitchen and F.G. Smith Eatery, setting up the new spot was a breeze, Jennifer says.

"Once you get a core group of staff around you, you think, well, I really like working with these guys, so how do we all grow? It's good to develop that history."

albioncanteen.co.nz 🌱 AMY STEWART

MULTI-GRAIN SALAD

SERVES 4-6

Carrot & harissa puree

700g (6 medium) carrots, peeled
2 garlic cloves
½ cup olive oil
1 tablespoon harissa
1 teaspoon salt

Boil the carrots and garlic in salted water until tender. Drain well and, while still warm, process in a blender,

drizzling in the oil while processing until you have a smooth paste. Add the harissa and process. Taste and season with the salt and freshly black pepper.

For the salad

2 tablespoons pomegranate molasses
½ cup good-quality red wine vinegar
(we use Martin Pouret)
zest and juice of 1 orange
200ml mild olive oil
3 cups mixed grains (we use a mix of freekeh, red and black quinoa and barley; you could buy a ready-made mix), cooked according to packet directions
1 cup mixed toasted nuts and seeds (we use sliced almonds, pumpkin seeds and sunflower seeds)
½ cup chia seeds (available from good supermarkets and health food stores)
4 tablespoons finely diced preserved lemon
4 tablespoons cranberries (alternatively use currants, dried apricots or chopped dates)
1 cup coarsely chopped flat-leafed parsley
2 cups broccoli florets, blanched, refreshed in cold water

To make the dressing, put the pomegranate molasses, vinegar, orange juice and oil in a jar and shake. Mix the cooked grains, nuts and seeds, preserved lemon, cranberries and parsley in a large bowl. Season with salt to taste. Just before serving, add the broccoli to the salad, toss with the dressing and adjust the seasoning to taste. Serve with the carrot and harissa puree on the side. 🌱

📌 If you'd like to suggest a cafe to be profiled, email editorial@cuisine.co.nz

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