



**QUAL
MARK**
SILVER

LIGHT
FOOTPRINT

SAFE
& SOUND

WARM
WELCOME

HAPUKU
KITCHEN

KAIKOURA, NEW ZEALAND

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kia ora

We invite you into our home, located between the soaring peaks of the Kaikōura mountains and the wild Pacific coast of Aotearoa New Zealand, for a culinary adventure that celebrates the season.

Whether you choose to join us for one of our hands-on, farm-to-table cooking experiences, a Catch & Cook adventure, a private event or class, you'll be served the very best ingredients caught, picked and gathered from the region and depart with a deeper understanding of the food on your plate.

Nau mai, haere mai
Fiona & Chris



our home

Few places on Earth possess the magic of Kaikōura. Many who visit leave transformed. It is a special part of Aotearoa New Zealand, imbued with a powerful natural energy where towering peaks fall to the sea and ocean currents converge.

Such rare combinations lure an abundance of marine wildlife, the most famous being the Giant Sperm Whale. It was a whale that led the Māori ancestor Paikea to Aotearoa New Zealand many centuries ago. His descendants of Ngāti Kurī, which includes Chris, live in Kaikōura today.

The name Kaikōura means “eat crayfish”, recalling the occasion when explorer, Tama ki te Rangī, had a meal of crayfish here.

Today Kaikōura is a small seaside village, home to an eclectic population of fishers, farmers, food and wine producers, surfers, artists and craftspeople.



our place

Living in this wild and natural environment, everything we do is centralised around the forces of nature. It influences our creativity, our resourcefulness and appreciation for what is on our door step.

Over many years we have created a vegetable garden, herb garden, growing tunnel, mixed orchard and a nuttery. Other edible plants are interspersed across the entire property. Our gardens feature a wide variety of native plants which have blossomed into a haven for wildlife as well as providing edible plants for the kitchen.

We focus on raising rare breed animals and their welfare and quality of life is of utmost importance.

Every plant and animal introduced to our property is carefully considered. Each has a role to play whether it's produce for the dinner table, plants to improve soil health, natural bug control, manure for compost, pollination, shade or shelter.





getting here

Hapuku Kitchen is 6 kms north of Kaikōura township

Drive Times:

Blenheim... 1 hr 40 mins

Picton... 2 hrs 10 mins

Christchurch... 2 hrs 40 mins

Flight Times:

Blenheim... 35 mins

Picton... 45 mins

Christchurch... 50 mins

Coastal Pacific Train:

Christchurch-Kaikōura-Picton

4 x per week from 19 September 2024

Daily from 1 January to 27 April 2025





cooking class

full-day experience

- *"The Hapuku Kitchen Experience"*
- Perfect for keen cooks and foodies
- 6 hours, 9am-3pm
- 8 participants max
- 3-course menu

- Welcome – home-made beverages, baking fresh from the oven
- Forage/harvest on the Hapuku Kitchen property for fresh ingredients
- Meet and feed the farm animals
- Hands-on cooking class - one-on-one tuition
- Seasonal feast served with local wine/beer
- Hapuku Kitchen recipes to take home
- Life long memories and a connection to us and our home

cooking class

full-day experience

Capture the essence of life at Hapuku Kitchen and join chef Fiona in her rural cook's kitchen to prepare and enjoy a seasonal feast inspired by the wild Kaikōura landscape, from ingredients you've harvested and foraged from her extensive garden.

Discover the importance of seasonal and ethical eating, cooking from scratch and finding a use for every part of the plant or animal being prepared.

The day begins with an introduction to the kitchen and the menu for the day. This is discussed over a cup of locally roasted coffee or a refreshing drink made from herbs and flowers from the garden. You'll also be served delicious homemade treats.

Embark on a journey around the Hapuku Kitchen property, foraging in the garden for fruit, vegetables and herbs. The extensive tour provides plenty of opportunity to discuss Hapuku Kitchen's gardening philosophy with Fiona and her passion for ensuring the provenance of all the produce used. You'll also have the chance to roll up your sleeves and plant something. Depending on the season this might involve sowing some seeds or planting vegetable seedlings, shrubs or possibly even a tree.

Once you have completed the harvest, collected the eggs, and fed the pigs and cows, you'll return to the kitchen and as a group, prepare the various dishes that make up the menu. With help always at hand, you will learn many techniques and tricks on the creation of the dishes of the day as well as plating tips.

To finish the day, simply relax and enjoy the feast accompanied with wine or beer from some of Fiona's favourite Canterbury and Marlborough winemakers and brewers. Delicious home-made non-alcoholic beverages are also available.

As a memento of your time you'll leave with a recipe booklet and most important of all, a connection to Hapuku Kitchen and the Kaikōura landscape.



cooking class

half-day experience

- *"Hapuku Kitchen - Taste of the Farm"*
- Perfect for keen cooks as well as beginners
- 4 hours, 9am-1pm or 1.30pm-5.30pm
- 8 participants max
- Simple yet utterly delicious dishes made from scratch

- Welcome – home-made beverages, baking fresh from the oven
- Forage/harvest on the Hapuku Kitchen property for fresh ingredients
- Meet the farm animals
- Hands-on cooking class - one-on-one tuition
- Light lunch or tasting boards served with local wine/beer
- Hapuku Kitchen recipes to take home
- Life long memories and a connection to us and our home

cooking class

half-day experience

Experience a slice of life at Hapuku Kitchen and join chef Fiona in her rural cook's kitchen to prepare and enjoy a simple, seasonal feast inspired by the wild Kaikōura landscape, from ingredients you've harvested and foraged from her extensive garden.

The class begins with an introduction to the kitchen and the menu for the day. This is discussed over a cup of locally roasted coffee or a refreshing drink made from herbs and flowers from the garden. You'll also be served delicious homemade treats. Embark on a journey around the Hapuku Kitchen property, foraging in the garden for fruit, vegetables and herbs.

Once you have completed the harvest, said "hi" to the pigs and cows, you'll return to the kitchen and as a group, prepare the various dishes that make up the menu. With help always at hand, you will learn many techniques and tricks on the creation of the dishes of the day.

To finish the day, simply relax and enjoy the feast accompanied with wine or beer from some of Fiona's favourite Canterbury and Marlborough winemakers and brewers. Delicious home-made non-alcoholic beverages are also available.

As a memento of your time you'll leave with a recipe booklet and most important of all, a connection to Hapuku Kitchen and the Kaikōura landscape.

private classes

full-day, half-day, family

- Ideal for couples, friends and families
- Customised experiences for families with young children
- Hands-on experiences
- 4 hours - light lunch or tasting boards
- 6 hours - substantial lunch or dinner
- 8 participants max
- Minimum 1-4 pax, add additional person/s
- Scheduled at a time to suit guests' itineraries



private classes

full-day, half-day, family

Private classes and experiences are ideal for couples, families and small groups of friends and work colleagues.

Private half-day classes are perfect for young families and include fun activities such as picking vegetables, herbs and flowers from the garden, collecting eggs from the chickens and ducks, feeding the farm animals and taking all of the produce back to the kitchen to prepare simple dishes that are interactive to make, cook and eat. Examples of dishes include making ice cream from scratch with eggs collected; making rosemary skewers of brightly coloured fresh vegetables and cooking them over coals; and making pasta with edible flower petals. Children receive their own personalised apron.

Full-day private classes are ideal for foodies and cooks who are keen to really explore everything Hapuku Kitchen has to offer. Half-day classes are a great choice for cooks of all levels and for guests with other activities or travel planned for the same day.

Specific dietary requirements can easily be accommodated in a private class environment.

Private classes can be customised and are often flexible around start and finishing times.



catch & cook kaimoana experience

- Exclusive/private
- 6.5 hour experience
- 6 participants max
- Minimum 1-4 pax, add additional person/s
- Ideal start time - 8 am

- 2 hour fishing charter - Malcolm, Top Catch Charters
- Guests are met at dock and fish is packed on ice
- Travel to Hapuku Kitchen for tea/coffee and freshly baked treats
- Forage and harvest fresh ingredients from the gardens
- Learn how to fillet a fish, prepare a crayfish and smoke fish
- Enjoy the seafood feast prepared with local wine/beer and homemade non-alcoholic sodas

catch & cook kaimoana experience

Start the day with Malcolm from Top Catch Charters for a two-hour fishing trip off the Kaikōura coast. Once on the water, it is only a short trip to abundant fishing grounds, where you can expect some truly exceptional fishing action. The backdrop to your catch experience is impressive local wildlife such as albatross and seals and the breath-taking Kaikoura mountain range. The ocean is rich with blue cod and sea perch and you'll also have the opportunity to check the crayfish pots.

On your return, Chef Fiona or one of her team will meet you at the dock to check your catch and safely transport it to Hapuku Kitchen. Then join Fiona at Hapuku Kitchen where you'll learn how to prepare your catch (such as scaling and filleting fish, smoking fish, breaking down a crayfish). You'll also have the opportunity to forage on the property for fresh ingredients. Along with Fiona and her team, you'll cook your catch in a variety of ways.

Then sit back and relax while Fiona and her team plate everything you have prepared and enjoy the feast with local wine and beer.



catch, **forage** & cook

- Exclusive/private
- 6.5-8 hour experience
- 6-8 participants max
- Either:
 - group split between catch (6 pax max) and forage, or
 - group catches, then forages (6 pax max)
- Ideal for groups where some wish to fish and others want a land-based activity
- Minimum 1-4 pax, add additional person/s
- Ideal start time - 8 am

- 2 hour fishing charter - Malcolm, Top Catch Charters
- 2 hour foraging along South Bay Coast - wide range of edibles, stunning scenery, wildlife
- Guests are met at dock and fish is packed on ice, foraged ingredients packed
- Travel to Hapuku Kitchen for tea/coffee and freshly baked treats
- Forage and harvest fresh ingredients from the gardens
- Learn how to fillet a fish, prepare a crayfish, smoke fish and cook with wild ingredients
- Enjoy the seafood feast prepared with local wine/beer and homemade non-alcoholic sodas

catch, forage & cook land & sea

Start the day with Malcolm from Top Catch Charters for a two-hour fishing trip off the Kaikōura coast. Once on the water, it is only a short trip to abundant fishing grounds, where you can expect some truly exceptional fishing action. The backdrop to your catch experience is impressive local wildlife such as albatross and seals and the breath-taking Kaikoura mountain range. The ocean is rich with blue cod and sea perch and you'll also have the opportunity to check the crayfish pots.

On your return, Chef Fiona will meet you at the dock to pack your catch for safe transport to Hapuku Kitchen. Then join Fiona for a foraging adventure in stunning South Bay. The coastline is steeped in history, home to local wildlife and offers a huge array of edible plants.

Then join Fiona at Hapuku Kitchen where you'll learn how to prepare your catch (such as scaling and filleting fish, smoking fish, breaking down a crayfish). You'll also have the opportunity to harvest and forage on the property for fresh ingredients. Along with Fiona and her team, you'll cook your catch and wild ingredients in a variety of ways.

Then sit back and relax while Fiona and her team plate everything you have prepared and enjoy the feast with local wine and beer.

forage, fire, smoke

outdoor seasonal cooking

- Cooking with fire - large outdoor cooking fire; handmade pizza oven; kamado grill
- Forage for fresh ingredients
- Hands-on, outdoor food prep and cooking (weather permitting, held inside if required)
- Feast outside under the vines (weather permitting)
- 6 hour experience
- 8 participants max
- Available as a shared class or private/exclusive



forage, fire, feast

outdoor seasonal cooking

The **Forage, Fire, Feast** experience takes seasonal cooking to the next level. Join Fiona in her extensive outdoor kitchen and create a seasonal feast inspired by the wild Kaikōura landscape, from ingredients you've harvested and foraged from the Hapuku Kitchen gardens.

The day begins with an introduction to the kitchen and the menu for the day. This is discussed over a cup of locally roasted coffee or a refreshing drink made from herbs and flowers from the garden. You'll also be served delicious homemade treats.

Embark on a journey around the Hapuku Kitchen property, foraging in the garden for fruit, vegetables and herbs. The extensive tour provides plenty of opportunity to discuss Hapuku Kitchen's gardening philosophy with Fiona and her passion for ensuring the provenance of all the produce used.

Prepare your part of the menu outdoors and with fires crackling and curiosity sparked, you'll be introduced to a medley of fire cookery methods which may include grilling, skillet cookery, coal baking and how best to manage the heat from your fire throughout the day.

Then simply relax and enjoy the feast accompanied with wine or beer from some of Fiona's favourite Canterbury and Marlborough winemakers and brewers. Delicious home-made non-alcoholic beverages are also available. To round off the day we will finish with our very own homemade seasonal marshmallows, toasted over our burning embers.

As a memento of your time you'll leave with a recipe booklet and most important of all, a connection to Hapuku Kitchen and the Kaikōura landscape.



fly to us with south pacific helicopters

- Exclusive/private
- Two options:
 - **Seasonal Long Lunch, Garden Tour, Whale Watching Flight**
 - 3 hours
 - Heli landing or departure + one-way land transfer
- **Half-Day Cooking Class including Foraging, Hands-on Cooking, Lunch or Tasting Board**
- 4.5 hours
- Heli landing or departure + one-way land transfer



fly to us with south pacific helicopters

Immerse yourself in the ultimate local collaboration through this sought-after tour that seamlessly combines whale watching with a culinary experience at Hapuku Kitchen. Begin your adventure with a thrilling heli-tour to witness the captivating marine life in their natural habitat. Kaikōura's rich marine offerings sustain a diverse marine ecosystem, hosting migratory whales such as Humpback, Southern Right whales, Blue whales, and the formidable Sperm whale – the world's largest toothed whale.

Following the aerial exploration, indulge in a scenic flight along the rugged Kaikōura coastline, culminating at the renowned Hapuku Kitchen, where you will be warmly welcomed by owner and chef Fiona.

Within the breathtaking backdrop of Kaikōura's towering peaks, the Hapuku Kitchen team invites you into their remarkable farmhouse and gardens. Fiona will guide you through her foraging process, showcasing the creation of focused, uncomplicated yet delectable dishes sourced from her gardens and local producers. Following the tour, unwind with a leisurely seasonal long lunch paired with hand-picked wines.

Alternatively, seize the opportunity to step into the kitchen and join Fiona for a hands-on cooking class.

Conclude your experience with an exclusive shuttle back to your accommodation after a memorable day of exploration and gastronomic delight.

small group luxury private events

- Exclusive/private
- 24 participants max
- 3 options:
 - **Forage & Feast (lunch or dinner):** foraging garden tour and lunch
 - **Forage, Fire & Feast (lunch or dinner):** foraging garden tour, family-style feast cooked on the open fire
 - **Cooking Class (for groups, demonstration style including lunch):** foraging garden tour, cooking demonstration with interactivity, lunch, recipe booklets to take home
- **Beverages included (carefully selected local wine, beer, cider and homemade non-alcoholics)**
- **Crayfish option available - market price**





sample menus

Full-Day Cooking Class

- Homemade Ricotta Filled Zucchini Flowers with Black Garlic Honey
- Slow Cooked Rare Breed Pork Belly with Orchard Apples, Foraged Greens
- Rhubarb, Ginger & Mandarin Pastries with Whipped Cultured Cream with Rosemary & Manuka Honey

Half-Day Cooking Class

- Homemade Whipped Ricotta
- Seeded Crispbread
- Roast Garlic & Foraged Herb Pesto
- Hapuku Kitchen Cured Pork
- Lemon & Thyme Ice Cream with Walnut Meringue

Private Family Class

- Fresh Pasta with Foraged Edible Petals
- Chargrilled Rosemary & Lemon Chicken Skewers with Cherry Tomatoes & Zucchini
- Homemade Hokey Pokey Ice Cream with Chocolate Ganache

Catch & Cook

- Hot Smoked Manuka Smoked Fish
- Parsley Salsa Verde
- Sesame Cracker
- Chargilled Crayfish with Coriander, Garlic & Lemon Butter
- Foraged Garden Salad with Lemon Dressing
- Whole Baked Fish over Creamed Leeks & Chard with Aromatics

Forage, Fire, Smoke

- Hot Smoked Manuka Smoked Fish
- Parsley Salsa Verde
- Sesame Cracker
- Chargilled Crayfish with Coriander, Garlic & Lemon Butter
- Whole Baked Fish over Creamed Leeks & Chard with Aromatics

what to expect

Hapuku Kitchen offers culinary experiences for cooks of all levels and believe in teaching resourcefulness and intuition in the kitchen. They are advocates for the Kaikōura community's farmers, fishers, winemakers, small producers and craftspeople.

Classes are small and hands-on which enables Fiona and the team to host and provide guidance to each and every guest.

Hapuku Kitchen is a relaxing space to log off and reconnect with nature and each other. Every cooking experience involves harvesting, foraging, collecting, meeting the farm animals, cooking, eating and drinking.

what to bring

- Warm clothing, rain jacket
- Good walking footwear for the garden and foraging, close-toed shoes for safety in the kitchen
- Personal medication
- Sunscreen
- Hat, sunglasses





can children attend?

Hapuku Kitchen's experiences are best suited for adults and teenagers (12 years+) however private classes are perfect for families with young children - they're a lot of fun! Please contact Hapuku Kitchen by email (kiaora@hapukukitchen.co.nz) to discuss further.

dietary requirements

When making your booking, please inform Hapuku Kitchen about any food allergies. While the team will do their best to cater for dietary requirements (eg. dairy and gluten) they may not be able to cater for all requests. Please contact Hapuku Kitchen to discuss this further.

For very specific food restrictions, Hapuku Kitchen is happy to arrange a private class. Please make contact by email to discuss further (kiaora@hapukukitchen.co.nz).



contact



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