

SUSTAINABLE KAI

WITH KEEWAI



You'd be hard pressed to find a kiwi that doesn't love fresh kaimoana (seafood), especially when there is a kōura (fresh water crayfish) sitting on the table. Zoologist and Aquaculture Manager John Hollows is one such exception, but his reasons for not eating crayfish are pretty admirable.

"I have trouble eating them now, as I have a personal relationship with them!" But for those asking, he likens the taste of kōura to their rock lobster cousins, with their sweet flavour and delicate flesh.

The forestry company Ernslaw One have branded kōura, Keewai. John is incredibly proud of Keewai's farming methods, which tick the boxes of conservation, environmental protection, business and education. These farming methods were recently recognised with the Spirit of New Zealand's 2017 Outstanding NZ Food Producer Award.

Keewai are uniquely nurtured and farmed in South Island fire ponds. Fire ponds are man-made ponds which help to prevent the spread of forest fires. In the first five years, John has managed to stock 500 of these ponds in 11 Southland and Otago forests. Kōura fly under the radar of most kiwis, but they have been around for 18 million years and are worth protecting. "Kōura take about three years to obtain market size and we typically sell them from February through to April – sort of like a short, sweet oyster season."

Keewai are showing New Zealand and the rest of the world that the threatened South Island kōura can be saved through sustainable and sympathetic farming. Land based aqua culture is not only possible, but a valuable tool in preserving precious pieces of New Zealand's environment.

"We give a lot of talks where we use the kōura as a centre point for the environmental message around the importance of looking after our waterways. It's easy to keep audience attention when you have a prop like a live freshwater crayfish for them to hold!"

We got hold of local Executive Chef Greg Piner, for one of his favourite recipes for you to enjoy the taste of this delicious kaimoana at home.



"Every day, offers surprises when you're involved in the development of a new industry. Farming a threatened native species provides lots of challenges, but the feedback has been overwhelmingly positive." – John Hollows



A recipe from Greg Piner multi-award-winning NZ Chef

CORIANDER PESTO KEEWAI WITH SPRING SALAD

CORIANDER PESTO INGREDIENTS

- 200g coriander
- 30g garlic
- 30g ginger
- 3 tbsp toasted sesame seed
- 3 tbsp chinese cooking wine
- 3 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1.5 tbsp brown sugar
- 2 tbsp honey
- 80ml lemon juice
- 1/2 tbsp salt
- 400ml oil

METHOD

Set oil aside, and combine all other ingredients into a food processor and puree until smooth. Slowly add the oil until the puree becomes a paste.

SPRING SALAD

Potato, egg salad with spring onion and watercress

INGREDIENTS

- 2 large potatoes diced and cooked
- 3 eggs cooked and diced
- 2 tbsp mayonnaise
- 1 head spring onion finely chopped
- Salt and pepper

METHOD

Combine all ingredients into a bowl, and season to taste.

THE DISH INGREDIENTS

- Coriander pesto
- Potato, egg salad
- Fresh Keewai

METHOD

Place Keewai into the freezer for approximately 4 minutes. Remove, and spike through the head and between the eyes. Cut in half, and spoon coriander mix inside, spreading as evenly as possible

Place on tray and bake for 6 to 10 minutes at 180 degrees. Once done, serve with fresh potato and egg salad.