

For real

Good clean fun to have for breakfast, lunch and dinner. Oh, and dessert and afternoon tea.

RECIPES & PHOTOGRAPHY **Kelly Gibney**
PORTRAIT **Aimee Finlay Magne**



Ultimate Bolognese

SERVES 6

150g chicken liver (I prefer to use organic or at least free-range)
Ghee or olive oil, for sautéing
1 brown onion, finely diced
2 garlic cloves, finely chopped
1 tsp fennel seeds
125g free-range streaky bacon, diced
800g beef mince
3 x 400g cans cherry tomatoes
1 cup (250ml) beef stock
½ cup (125ml) red wine
1 tbsp fresh rosemary leaves, finely chopped
1 tbsp fresh thyme leaves
Salt and cracked black pepper

Wash the liver and pat dry with paper towels, then trim off any visible sinew and dice into very small pieces. Take the time to dice well so you don't end up with discernible chunks of liver.

Heat a large spoonful of ghee or oil in a frying pan over a medium or high heat. Add the chopped liver and cook for about 5 minutes until it's deeply browned. Don't be afraid to let it get a really dark colour.

Remove the liver from the pan, adding a splash of water to help scrape up all the caramelised pieces that have stuck to the bottom of the pan.

Reduce the heat to medium. Add another large spoonful of oil along with the onion and garlic, and cook gently until tender and translucent. Add the fennel seeds and cook for a further minute, then turn up the heat slightly and add the bacon. Cook for 3 minutes until the fat has started to melt.

Turn up the heat to high and add the mince, then cook for 10-15 minutes until it's well browned and some of the fat has been cooked and drained off. Don't try to shorten this step or your end result could end up too oily.

Add the liver, tomatoes, stock, wine and herbs, and bring to the boil before reducing the heat to medium and simmering for 1 hour. Add a little water or more stock if the pan becomes dry. Taste and season generously with salt and cracked black pepper.

Though not traditional, a cup or two of diced Portobello mushrooms or two large handfuls of chopped greens work brilliantly in this, too.

SHE'S A FOOD WRITER, A STYLIST, a photographer and a mum, and she has the energy to create recipes that are nourishing and delicious in equal measure. We want what Aucklander Kelly Gibney's having.

And happily, now we can. Her debut cookbook *Wholehearted: Inspiring Real Food for Every Day* includes 100-plus wholefood recipes you'll be raring to sink your teeth into. Having worked in hospitality in Auckland, Melbourne and New York, and helped to open and run Auckland's hipster haunt Golden

Dawn, it's clear this lady knows how to have fun, and it comes through in her food. Be it with or without meat; vegan; or gluten-, sugar- or dairy-free, it's designed to both make you happy and keep you firing on all cylinders.

Kelly doesn't believe cooking for yourself has to be complicated or tiresome. Eat what you enjoy, do it mindfully and let your intuition be your guide, she says. We don't know about you, but our intuition's telling us to serve the following dishes asap. kellygibney.com