



MANJA WACHSMUTH

PHOTOGRAPHY

Nº ONE

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Manja Wachsmuth is an award winning, Auckland based, Danish photographer. Having spent the last 20 years in the professional photography industry, shooting advertising campaigns and editorial content for clients in Australia, New Zealand, Scandinavia, Germany, UK & US, Manja confidently works across the spectrum of photographic challenge.

Now living in Auckland with her Kiwi husband and their two boys, Manja has established herself as a sought-after food and lifestyle photographer, working with ad- & design agencies, book publishers, magazines, top chefs and lifestyle brands.

Her Scandinavian heritage is reflected in the clean and simple style of her photography, that is beautifully lit like the long summer nights and sharp winter days of her native Denmark.

Manja brings a direct approach, clear vision and strong sense of purpose to every shoot. Her goal is always to create authentic images that are beautiful in their detail, images that serve as pause from the chaos of everyday life, or “pockets of beauty and order”, as she describes them.



CRICKET FLOUR|

SOURDOUGH LOAF

Recipe and food styling by Fiona Hugues



Cricket Flour Sour Dough Loaf

The most basic food for humankind, bread has been a sure staple since before the medieval times and a hand crafted loaf is sure to satisfy young and old, rich or poor and keep hunger and famine at bay. The use of cricket flour in this naturally fermented loaf adds nutty flavours and nutritional protein.



Fiona Hugues taught me the amazing skill of sourdough baking at one of her baking classes in her tranquil country home last year. Since then I've been a pretty good student, keeping my baking up once a week. This recipe is thought for the experienced sourdough baker and gives an example of how to incorporate nutritional cricket flour into your sourdough baking. For a beginners introduction to the popular art of loafing, I highly recommend one of Fiona's hands on classes before diving head deep into the cricket flour. - MW

CRICKET FLOUR SOURDOUGH LOAF

Recipe and food styling by Fiona Hugues

Cricket Protein Powder is high in calcium, iron and a good source of vitamin B12 so it is easily included into bread making by substituting a portion of your sourdough flour for insect flour. Crickets contain all 9 amino acids, making them a complete protein but they don't contain gluten so can weaken the strength of your dough. I recommend a substitution of 10-20% insect flour only. I included a 15% portion of organic rye flour as well, as the cricket flour is slightly musty in aroma which was softened with the nuttiness of the rye but emphasised in the rich dark crust colour.

Served thickly sliced with lashings of lightly tangy cultured cream that is sweetened with raw NZ Kamahi honey, it tells the story of ancient travellers and culinary forebearers.

HONEY SWEETENED CULTURED CREAM

Ingredients

500mls [2 cups] single cream
65mls [just over 1/4 cup] plain acidophilous yogurt
1/4 tsp fine sea salt, or to taste
Kamahi Honey [or other NZ bush flower honey]

Method

Combine cream and yogurt in a bowl. Whisk well until combined, cover bowl with a clean kitchen towel and set aside in a warm area of your kitchen or room for 18-24 hours to ferment. After this time it should become slightly thicker and taste mildly tangy. Add salt and drizzle in honey to taste, then gently whip with a whisk until light and fluffy. Do not over whip as it will split.* Keep in the fridge and use within 24 hrs.

**If it does split, continue beating until it clumps together and follow instructions to make cultured butter.*



*Flax Seed & Black Ant Crackers served with
Raw Milk Cheese and Manuka Gorseflower Honey*

The ants in this recipe are used as a spice note in the cracker dough and give a peppery flavour.



Green Tomato, Pea & Cucumber Gazpacho with Huhu Beetle

The fresh cut spring- and new growth flavours of this cold soup is a thoughtful contrast to the earthy and nutty flavour tones of the native New Zealand Huhu beetle, that take the place of traditional prawns in this classic recipe with a twist.



Barley Water Cocktail with Honey, Citrus & Herbs



Buttered Toast with Huhu Cashew Butter

THE BUG PROJECT

with Fiona Hugues

A project born from the desire to provoke a conversation about sustainable food sources in the impending future.

Inspired by the current trend of edible insects on the plate at high end restaurants and classic Dutch still life paintings, where the stunning beauty of abundant food and botanical settings always reveal a hint of repugnance and decay in the form of insects.

With thoughts back to medieval times and colour hints of highly prized native NZ greenstone, Pounamu, a series of food images have been created showing a range of ways that insects could be part of an everyday meal.

At a first glance, the image looks like a beautiful and delicious recipe that you wouldn't hesitate to cook at home.

A closer look reveals that insects are either part of the recipe or have come to eat your meal before you.

***Grand Finale Picnic Nectar
Cake with Burnt Butter
Mascarpone and Insect Medley***

The grand finale of any picnic is a beautiful botanical cake that will attract not only every man and child, but also every ant in the area. This cake champions the flavour of the beautifully scented lemongrass ant and honours nectar, the sugary fluid secreted within flowers to encourage pollination by insects. The final food source that will complete the cycle of life.





" I just yell at the bird and hope
the meat will fall off. "

Jeff Smith, the Frugal Gourmet - when asked about his carving skills





BLACKBERRY| GRAVLAX

Recipe and food styling by Manja Wachsmuth

Serves 8-10

In this Gravlax recipe salt in combination with sugar, alcohol and fruit is used to draw moisture out of the flesh and preserve the fish. Giving it a lovely smooth texture and a very slight salty taste. The traditional Scandinavian Gravlax, has had an overhaul with blackberries, creating a stunning fillet, that looks great on your smorgasbord.

Ingredients

1 kg salmon fillet skin on and pin boned
½ cup flaky sea salt
¼ cup raw sugar
2 tsp | 7g Heilala vanilla powder or seeds from 2 vanilla pods
2 Tbsp | 12g pepper, freshly ground
3 cups | 400g frozen blackberries
1/3 cup | 1dl Snaps
2 Tbsp fennel seeds

Method

Place sea salt, sugar, vanilla powder, pepper, blackberries, Snaps and fennel seeds in a food processor or blender, and blitz to mix.

Place the salmon skin side down on several layers of cling film, (enough to wrap around and cover the salmon), and place on a baking tray.

Using tweezers, remove the pin bones along the side of the salmon fillet. Spread the salt and blackberry mixture over the fish, making sure it's completely covered. Then wrap the cling film tightly around the salmon.

Place a second baking tray or chopping board over the fillet and weigh it down with a heavy item. (Weighing the fish down, is not usually part of traditional Swedish curing technique, however it's often used in Southern Hemisphere cooking to help draw moisture out).

Refrigerate and cure for at least 24 hours, up to 48 hours.

Remove the cling film and clean the seasoning mixture from the salmon with a wet tea towel. Avoid rinsing the fillet under the tap as this will rinse out the beautiful red colour.

Serve on thinly sliced on toasted rye bread, garnish with micro herbs (ie coriander & beetroot sprouts or watercress), lemon rind, blackberries and horseradish dip.

The gravlax will keep for 3-4 days chilled

Horseradish Dip

Ingredients

Horseradish cream
Sour cream
Salt and pepper to taste

Method

Mix horseradish cream and sour cream, evenly 50/50 and season with sea salt and pepper to taste.



Peter Gordon



Ingredients

2 tsp black peppercorns
10 whole star anise
5 whole cloves
2 tsp crushed yellow mustard seeds
2 tsp fennel seeds
2 tsp cumin seeds
1 tsp coriander seeds
1.5kg bone-in beef short ribs
Olive oil
1 cup loosely packed brown sugar
½ cup red wine vinegar
2 Tbsp balsamic vinegar
500ml beef stock

Method

Heat oven to 160°C.

In a small heavy pan, toast the spices until fragrant, taking care not to burn them.

Rub ribs with oil and season with salt and pepper. Heat a frypan over high heat until very hot and sear ribs on both sides to brown. Tuck meat into a small, ovenproof dish so it fits snugly.

Place brown sugar in a small saucepan and heat over medium heat to dissolve and caramelize slightly. Add the vinegars, stock and toasted spices and simmer for 1-2 minutes to combine the flavours.

Pour over the ribs and cover dish with tinfoil.

Bake for 4½ hours or until the meat easily lifts from the bones. Serve warm.

Serves 3 - 4

VINEGAR-BRAISED BEEF SHORT RIBS

Recipe and food styling by Fiona Hugues









MONIQUE FISO

I first started working with Monique Fiso ([Hiakai](#)) in the beginning of 2017. I felt really drawn to her passion and vision, and her focus reminded me of what had happened with the food scene in Denmark, my home country 10-15 years ago. I wanted to tell her story, so I contacted her, to see if she'd be keen to work with me.

Since then I've done a number of different projects with her, including editorial features, a calender and even a museum exhibition. In the end, it has lead to shooting Monique's first book, which will be out at the end of 2020.

During the time we have worked together, Monique Fiso has given me an incredible and invaluable view into native New Zealand food culture, and Māori cuisine. Something I didn't pay much attention to before I met her. I view her work as something hugely important for the New Zealand food and restaurant scene, NZ food tourism and even general NZ culture and identity. She has hugely contributed to putting New Zealand food on the world map (and continues to do so), and I really admire her strong vision and ability to stay true to her purpose. Few people work as hard as her!

Working with Monique has shaped me in many ways, both personally and professionally. She challenges me, and the work I've done with her, has lead me on a path to shoot more lifestyle based work, and present a more authentic approach to how I photograph.





CREDITS

The Bug Project

Created in collaboration with Fiona Hugues: fionahugues.com

Recipes, styling and handpainted backgrounds by [Fiona Hugues](#)

Edible insects products kindly supplied by [Eat Crawlers](#)

Huhu Grubs kindly supplied by [Ant Eater](#)

Awarded:

Gold, [PX3 2019](#), advertising food & beverage

1st place, [IPA 2019](#), advertising food & beverage

Honorable mention, [LICC](#), photography

Commended, [Pink Lady Food Photographer of the Year 2019](#), Cream of the Crop

Quails, Snapper & Potatoes from [Mark Southon](#)'s book, [Southon Cooking](#):

Food styling by [Penny Oliver](#); Hands Mark Southon; Quails from Easter Brook Farms

Oysters from Depot Eatery first published in Kia Ora Magazine May 2017:

Art direction by Matt Moss; Food styling by Manja Wachsmuth

Honey-glazed Lamb and Standing Rib of Beef from [Allyson Gofton](#)'s book Slow Cooked, published by Penguin Random House: Recipe by Allyson Gofton; Food styling by Penny Oliver

Vinegar Braised Short Ribs first published in NZ House & Garden #299:

Recipe & food styling by Fiona Hugues

Awarded: Honorable mention, [IPA 2019](#), advertising food & beverage

Ham Hock Chipotle Soup & Five Spice Braised Pork Belly, first published in Dish Magazine #72:

Recipe & food styling by [Claire Aldous](#); Styling by [Lianne Whorwood](#) @thepropsdepartment

Monique Fiso:

Recipes and food styling by [Monique Fiso](#): hiakai.co.nz; Styling by [Manja Wachsmuth](#)

Pūkekos: supplied by NZ Fish & Game; Styling by Manja Wachsmuth

Huhu Grubs: supplied by Ant Eater; Styling by Manja Wachsmuth



“ They had
discovered one could grow
as hungry for light as for food. ”

Stephen King

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