



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

WINTER SLAW

I love this tasty and robust, winter salad as it is a great way to use up all sorts of stray vegetables which may be hanging around. Serves 4 as a side

Ingredients

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| 1 teaspoon Dijon mustard | 2 Tbsp olive oil |
| 1 teaspoon salt | 1 cup chopped parsley, loosely packed |
| 1 teaspoon sugar | 2 medium parsnips |
| 2 apples | ¼ cup apple cider or red wine vinegar |
| ½ cup natural yoghurt or crème fraîche | 2 black radishes or 1/2 daikon radish |
| 2 sticks celery, peeled to remove any stringy skin | |
| 2 large carrots (choose different colored carrots if you can find them) | |

Method

Put the mustard, salt, sugar, vinegar and parsley into a bowl and whisk to combine. Drizzle in the oil slowly whilst continuing to whisk and finally add the yoghurt or crème fraîche. Mix to combine.

Peel all the vegetables except for the radishes and apple as this will give the salad a wicked colour. Using a vegetable peeler or a coarse grater, slice shreds off the vegetables into a bowl. Try to keep the shreds roughly the same length if you can.

To finish, toss some of the vinaigrette with the shredded vegetables and let stand in the fridge for at least 20 minutes before serving.

Fantastic on a baked potato or alongside a peppered steak.

Thank you to the following producers for their fantastic produce

BASESCAMP SALAMI – chorizo

BRYDONE ORGANICS – cabbage

GODDARDS – potatoes

ETTRICK GARDENS – raddichio, carrots and beetroot

WAIRUNA ORGANICS – turnips, radish

JUDGE ROCK WINES – wine

BUTLERS BERRIES – gooseberries

CALDO VERDE – chorizo, potato and cabbage soup Serves 6-8

Ingredients

| | |
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| 1 large onion, finely chopped | 4-5 large baking potatoes, peeled and diced |
| 2 large garlic cloves, finely chopped | 200g chorizo sausage (Basecamp venison) |
| 100ml good olive oil, & extra to serve | 800g cabbage or greens |
| Salt and freshly ground pepper | |

Method

Gently cook the onion, chorizo and garlic in the olive oil for a few minutes until softened. Add the potatoes and pour over enough water to cover. Bring to the boil and simmer until the potatoes begin to collapse. Mash the potatoes in the pot and then thin the soup with 1 litre of water, season with salt and pepper.

Shred the cabbage into fine slices about 1-2mm wide

When almost ready to serve, throw the cabbage into the soup and simmer until it is bright green.

Serve with a drizzle of extra virgin olive oil over the soup and plenty of crusty bread.

GOOSEBERRY CHUTNEY

Butlers Berries always have a plentiful supply of frozen berries and today I am utilising the green variety – Gooseberry! This is very versatile chutney which would work with cold cuts of meat, tasty cheese or oily fish.

Ingredients

| | |
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| 600 g gooseberries | 2 onions, chopped |
| 1 clove garlic, finely chopped | ½ tsp mustard powder |
| 1 tsp lemon juice | 300 ml cider or white wine vinegar |
| 175 g raisins | 175 g brown sugar |
| 2 Tbsp green-peppercorns or generous pinch or two of crushed peppercorns | |

Method

To make the chutney: put the gooseberries, onions, garlic, mustard and lemon juice in a preserving pan and pour over two-thirds of the vinegar. Add the peppercorns and bring to the boil.

Reduce the heat and simmer for about 10 minutes, stirring occasionally, until thick. Add the raisins, sugar, the remaining vinegar and a pinch of salt. Stir over a low heat until the sugar has dissolved, then simmer for up to 30 minutes, stirring frequently, until thick and syrupy. Remove from the heat, leave to cool, then store in the fridge for up to a month. Alternatively, pour the hot mixture into hot sterilised jars, seal and store in a cool, dark place.

Recipes for Saturday 7th July 2012

GRILLED RADDICCHIO WITH BALSAMIC

You wouldn't necessarily think to grill a leafy vegetable, but Radicchio Rosso has the texture and body necessary to stand up to the dry heat of a charcoal or stove top grill, and also a pleasing bitterness that will do a nice job of contrasting the oil used to keep it from sticking and burning. Grilled radicchio rosso di Treviso also benefits from the slightly smoky flavor it acquires during cooking. In addition to being a tasty vegetable that will nicely accompany other grilled meats, including flavorful fare such as sausages, grilled radicchio works nicely as a bed upon which to place other foods, and can go into other dishes. Serves 6

Ingredients

6 nice bunches of Radicchio Rosso di Treviso that are well closed, firm, and about 6 inches (15 cm) long
10 tablespoons olive oil
Salt & freshly ground pepper to taste

Method

Wash the radicchio, trim the tips of the leaves and the tap roots, and cut each bunch in half lengthwise. Season the radicchio with the olive oil, salt, and pepper, and let it rest a few minutes.

Cook it gently over a moderately hot griddle pan or barbecue (they shouldn't be too hot), using a folding wire-mesh grill of the kind that allows you to turn the food without disturbing it if you have it, brushing the plants with a little more oil every now and again, lest they blacken or char. They're done when they're thoroughly wilted and have lost the bright red color, but still display some crunch.

Drizzle over a little balsamic vinegar and a crack of pepper.

GREEK STYLE APPLE FRITTERS Makes 12-15 ish

Ingredients

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| 1 cup plain flour | 1/3 cup sugar |
| 1 tsp baking powder | pinch salt |
| 1-2 tsp cinnamon | 1/4 tsp nutmeg |
| 1/2 tsp vanilla | 1 Tbsp butter, melted |
| 1 egg | 1/3 cup milk + plus more if needed |
| 1 – 1 ½ cups roughly chopped apples | oil for frying |
| icing sugar glaze for dipping or just powdered sugar for dusting | |
| <i>(About 1 cup icing sugar + 1 Tbsp milk or more)</i> | |

Method

Mix all dry ingredients together; slowly add the wet ingredients minus the apple. Carefully mix until well combined but do not over work the mixture, gently fold in apple pieces. The batter should be the consistency of a light cake mix.

Tip enough oil into a deep sided heavy based pot and heat up to a moderately hot temperature (175C) Once the oil is ready (test drop of dough floats to the top of the oil, or a piece of white bread browns in 60 seconds) using a soup spoon, place 4-5 balls of dough into the oil. Be careful not to overcrowd and watch carefully for the underside to turn golden brown, then gently flip over and continue frying until done. I cooked mine about 35 seconds per side, but they were the size of golf balls – adjust cooking times based on size of fritters and temperature of your oil, ideally around 175C. It is always a good idea to test one to ensure it comes out like you are expecting.

Drain on kitchen paper then drizzle over the icing if using or simply dust with icing sugar and enjoy!