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## Recipes for Saturday 11th August 2012

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### BEEF GOULASH SOUP

This is one of those soups which crosses the boundaries – is it a soup or stew? It is a soup which is commonly found in Hungary. Don't skimp on the paprika as this spice is the secret to a good goulash!

Serves 6-8

#### Ingredients

1 kg stewing steak	2 Tbsp flour or gluten free flour
Vegetable oil	2 medium onions, diced
4 medium carrots, diced	2 celery sticks, light leaves too, diced
5 garlic cloves, crushed	4 Tbsp good sweet paprika (don't skimp)
2 Tbsp caraway seed	60g tomato paste
3 bay leaves	2 litres good beef stock
4 potatoes chopped small	Sea salt
Freshly ground black pepper	Soured cream and parsley to serve

#### Method

Trim the meat and cut into bite-sized chunks. In a large bowl, mix the flour with a teaspoon each of salt and pepper. Add the beef and toss so that all the chunks are dusted with flour.

Heat a tablespoon of oil in a large frying pan and brown the beef in small batches, setting each batch aside while you brown the next. Take care not to crowd the pan or the beef will steam rather than brown.

Meanwhile, heat a little oil in a large heavy-bottomed pan, add the onions, carrots, celery and garlic. Cook gently for about 10 minutes until they start to soften.

Add the beef, paprika, crushed caraway seeds, tomato paste and bay leaves, then pour in the beef stock. Stir well, cover the pan and simmer for at least an hour and a half until the beef is starting to get tender. Add the potatoes and continue to simmer for another 30 minutes. Check the seasoning.

Serve in soup bowls with a generous spoonful of soured cream and sprinkling of parsley (if you like).

Thank you to the following producers  
for their fantastic produce

**MIA PASTA** – fresh pasta and sauces

**WAITAKI BEEF AND PORK** – stewing beef

**LEVITO BAKERY** – fresh baked goods

**ROSEDALE ORCHARDS** – pears, fruit juice

**WAIRUNA ORGANICS** – beetroot

**ETTRICK GARDENS** – kale

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### PASTA WITH KALE AND CHILLI

Serves 4

#### Ingredients

250g pasta	4 Tbsp olive oil
Pinch or two chilli flakes	2 garlic cloves
4 anchovies or 12 black olives (stoned)	Juice of ½ lemon
200g kale (about 1 bunch)	50g parmesan cheese, grated

#### Method

Bring a large pot of heavily salted water to the boil.

Meanwhile in a large frypan add the oil, anchovies and garlic. Cook over a moderate heat until the anchovies melt into the oil, add the kale (stalks removed) and cook for a few minutes so that the kale wilts (about 2-4 minutes).

Cook the pasta as directed on the packet or if fresh for 2-3 minutes, drain ensuring that you reserve 1 cup of the cooking water.

Add the cooked pasta to kale, squeeze over the lemon juice, season with salt and cracked pepper and a handful of freshly grated parmesan. Toss well to combine, add 1-2 tablespoon of the cooking water to loosen up the juices in the pan, toss again to combine adjust seasoning and serve with more parmesan cheese.



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or at her blog [www.alisonmarketchef.blogspot.com](http://www.alisonmarketchef.blogspot.com)

## BEETROOT AND KALE SALAD

The combination of two mighty vegetables which not only taste fantastic but have valuable nutrients is the perfect pick-me-up for winter!

Serves 4 as a main or 8 as a side

### Ingredients

#### Salad

750g cooked beetroot, peeled and cut into wedges

250g kale or spinach leaves, washed and drained well

1 red onion, sliced thinly

Handful fresh parsley leaves, mint and coriander

Pinch of sumac (optional)

#### Dressing

1 cup natural yoghurt

1 tsp cumin seeds, lightly toasted and crushed

1 clove garlic, crushed into a paste

1 Tbsp red wine vinegar

Pinch sea salt flakes and freshly ground pepper

### Method

Put the kale, herbs, beetroot and onions into a large bowl. Drizzle over a little red wine vinegar and olive oil season with salt and pepper and toss to combine.

In another small bowl combine the ingredients for the dressing and mix to combine.

Place the beetroot mixture into a serving bowl and drizzle over the yoghurt dressing, sprinkle with sumac if using.

## PEAR GALETTE

The combination of juicy seasonal pears encased in sweet, buttery pastry is a welcome addition for any home in winter. Serves 8

### Ingredients

Sweet Pastry

1 ½ cups flour

1 ½ tsp sugar

¼ tsp salt

125g butter, cold cut into cubes

1/3 cup ice water

Filing

6 fresh pears or apples

2 Tbsp sugar

¼ tsp ginger

1 Tbsp good quality honey

1 Tbsp cornflour

### Method

To make pastry - In a food processor, combine the flour with the sugar, salt and butter and process for about 5 seconds. Sprinkle the ice water over the flour mixture and process until the pastry just begins to come together, about 10 seconds; you should still be able to see small pieces of butter in it. Transfer the pastry to a work surface, gather it together and pat into a disk. Wrap the pastry in plastic wrap and chill for at least 20 minutes. However if you are impatient you can roll this pastry out straight away as it is a rustic looking tart so you can get away with it (just this once).

Peel, halve and core the pears and slice them ½ cm thick. Place in a bowl along with the cornflour, (or 1 tbsp of ground almonds or walnuts) for absorbing the moisture and the ground ginger. Toss to combine.

Preheat the oven to 200C.

On a lightly floured work surface, roll out the pastry to a 20cm by 25cm rectangle and transfer to a large rimmed baking sheet. Spread the chopped pears over the pastry to within 5cm of the edge. Drizzle the honey over the pears and sprinkle with sugar, dot with the pieces of butter. Fold the pastry edges up and over the pears to create a 3-4cm border.

Bake the galette for about 35-45 minutes, or until the pastry is nicely browned and crisp and all of the pears are tender.

Transfer the tray to a cooling rack and let the galette cool a little. Serve warm or at room temperature.

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