



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## HOW TO SIMPLY COOK BROCCOLI

Serves 4

1 bunch of broccoli

### OPTIONS

Olive oil, butter, flax seed oil, or mayonnaise

Lemon zest or juice, balsamic vinegar

Toasted almonds, toasted sesame seeds

### Method

Break or cut your broccoli into large, bite-sized florets with some of the stem attached if liked (I do).

Bring 1-2 cup water to a boil in a saucepan with a steamer. (Note that if you don't have a steamer, you can simply put the broccoli directly into pot of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. But be careful not to overcook the broccoli. As soon as it is pierce-able, remove from heat, place in serving dish.

Dress to taste with butter, olive oil, flax seed oil, mayonnaise, lemon zest or juice, balsamic vinegar, toasted almonds, or sesame seeds.

## Thank you to the following producers for their fantastic produce

**HAVOC PORK – pork belly sous vide**

**ETTRICK GARDENS – fresh spinach**

**BOUCHEE – manuka smoked sauce**

**CHURCH ROAD INDUSTRIES—BRIDGE HILL– dried fruit mix**

**BRYDONE ORGANICS – fresh organic broccoli**

**WHO ATE ALL THE PIES – selection gourmet pies**

**ROSEDALE ORCHARDS – fresh apples and pears and fruit juice**

**EVANSDALE CHEESE - curds**

## SPINACH AND CURD PIE

Nutritious greens combined with gooey, cheesy curd and wrapped in papery filo pastry may not be anything new but it is utterly delicious all the same.

### Ingredients

Serves 6

Olive oil for cooking and greasing

2 garlic cloves, peeled and crushed

1 tsp dill leaves (optional)

250g fresh curd or ricotta

½ tsp freshly grated nutmeg

38cm x 30cm)

1 onion, finely sliced

250g spinach leaves

1 egg

50g grated parmesan cheese

4-6 sheets filo pastry (each roughly

### Method

Heat a little oil in a large pan and gently cook the onion and garlic for 10 minutes without colouring. Add the spinach and cook for 3-5 minutes, stirring. Tip into a sieve and press to remove as much excess liquid as possible. Cool. Beat the egg with the curd and nutmeg and season; add the feta and parmesan along with the spinach and onion. Season lightly with salt but add plenty of freshly ground pepper.

Heat the oven to 200C/180C fan.

Grease a 20cm loose-based cake tin with a little oil.

Line the cake tin with the filo sheets, drizzling a little oil over the filo to help stick the layers together and to assist with the crispy texture. Lay the excess pastry over the edge of the tin and spoon the cheese and spinach mixture into the tin. Bring the pastry up and over the top of the pie. Brush generously with oil.

Bake for 25-30 minutes until golden brown and crisp. Serve warm or cold.

**Radio Dunedin** supports the  
Otago Farmers Market Kitchen.



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—Alison Lambert taste of my life—  
or at her blog [www.alisonmarketchef.blogspot.com](http://www.alisonmarketchef.blogspot.com)



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## COTTAGE PANCAKES

Makes 12 medium size

1 cup cottage cheese  
4 eggs  
1/2 cup / 75 g wholemeal flour  
1 tsp baking powder  
butter for cooking

3/4 cup / 180 ml milk  
1 cup / 115g raw (or blanched) broccoli  
1/2 cup / 75 g plain flour  
1/2 tsp salt

### Method

Separate the eggs, which should be at room temperature. In a large bowl mix the cottage cheese, milk, and egg yolks until smooth. Stir in the broccoli, chopped into rice-sized bits.

In a separate (clean) bowl, beat the egg whites until they hold stiff peaks.

Sift the flours, baking powder, and salt into another bowl. Add the flours to the cottage cheese mixture, and stir until just **barely** combined. Gently fold the egg whites into the batter.

To cook, warm a griddle or pan over medium heat, melt a bit of butter in it, then spoon a little scoop (say dessertspoon) of batter into the pan for each pancake, working in batches.

You want to cook these relatively slowly, until each pancake is deeply golden on one side. Flip each pancake, and wait until the other side is golden, and the pancake is cooked through. Continue until you've worked through all the batter. You can keep cooked pancakes in a 150 C oven until you finish, to keep them warm. They're great simply with a pat of butter and a sprinkling of salt. Or, if you want to get a bit fancy, whip up a bit of harissa, saffron or pesto-swirled salted yogurt.

## WHO ATE ALL THE PIES ?

Uses the finest ingredients sourced locally where ever possible. They are increasingly becoming known as the best producer of top quality handmade pies and the purveyor of English classics such as Cornish pasties, English Pork Pies and that monumental English classic, the Steak & Kidney pie.

Recipes for Saturday 29th September 2012

## SWEET COUSCOUS WITH DRIED FRUIT Serves 4-6

2 1/3 cups water  
1/2 cup sugar  
2 cups good quality dried fruit  
2 1/2 cups couscous  
1/2 cup coarsely chopped toasted slivered almonds  
1/2 cup coarsely chopped toasted and skinned hazelnuts  
1/4 cup extra-virgin olive oil, if desired

### Method

In a medium saucepan, combine the water, sugar and dried fruit. Bring the mixture to a boil over medium-high heat, stirring constantly, until the sugar has dissolved, about 2 minutes. Stir in the couscous and remove the pan from the heat. Cover the pan with a tight fitting lid until the couscous has absorbed all of the cooking liquid, about 5 to 7 minutes.

Using a fork, fluff the couscous to break up any lumps, add the almonds and hazelnuts and toss. Spread the mixture evenly on a baking sheet until completely cooled, about 10 minutes.

**Serving Suggestion:** Drizzle the couscous with 1/4 cup of extra-virgin olive oil for a moister texture.

Transfer the couscous to an airtight container and store in the refrigerator.

## HAVOC'S SOUS VIDE PORK BELLY

Havoc have done all the work for you with this dish. The pork has been expertly seasoned, packaged and cooked in a water bath (sous vide) for many long, gentle hours to produce pork that will almost melt when eaten. Just reheat in the oven or pan and serve with your favourite accompaniment.

### SERVING SUGGESTIONS

BOUCHEE – vast array of homemade sauces, preserves and dressing (they will have the perfect sauce to accompany the pork)

Saute bok choy or broccoli with ginger and chilli and steamed rice

Potatoes braised with fennel

Mashed potatoes with leeks and mustard

*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas,  
<http://www.novaenergy.co.nz/>*

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