



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## HAVOC'S HAM – HOW TO COOK

I have two methods of cooking ham which both work fantastically well; one is slowly baked in oven and the other simmered gently on the stove - the choice is yours!

### Ingredients

1(4.5-9kg) uncooked ham ideally on bone (size depends on your preferences)

Tin foil

### Method 1:

Preheat oven to 150C.

Rinse the ham and secure well in tinfoil, place in a suitable sized oven dish and allow 45 mins per kilo. The main thing to remember when cooking such a large joint of meat is to allow plenty of time and don't be tempted to increase the heat as it will dry out.

Once the ham has cooked you are now able to glaze it if desired.

### And the second method-

### Ingredients

1(4.5-9kg) uncooked ham ideally on bone (size depends on your preferences)

1 large onion, chopped                      2 large carrots, chopped

2 celery sticks, chopped                      10 black peppercorns

3-4 bay leaves                                      5-6 sprigs of thyme

A small bunch parsley stalks (leaves for sauce)

### Method

Rinse the ham under cold water and place in a large stockpot. Cover with fresh cold water and add the vegetables and peppercorns, plus the herbs. Bring the water to the boil, then reduce the heat, cover partially with a lid and simmer very gently for 4-6 hours. If after an hour the water tastes very salty, discard the water and replace with fresh boiling water- this helps to reduce saltiness.

Remove the ham from the pot and glaze if desired.

## GLAZING THE HAM

### Ingredients

1 Tbsp English mustard                      150g soft brown sugar                      15-20 cloves

100ml rum or whisky (optional) – you could substitute pineapple juice

### Method

Remove the ham from the pot and allow it to cool slightly. Meanwhile, place the mustard and sugar in a small mixing bowl and add just enough of the rum or whisky or juice to mix it to a thick, sludgy paste. Carefully cut away the skin of the ham, leaving a

smooth, even layer of fat over the meat. Place the ham in a large roasting tin, then score the fat layer with the point of a sharp knife in a coarse diamond pattern, but not so deeply as to go right through the fat to the meat.

Slosh the remaining alcohol/juice over the fat and then spread the glaze mixture all over it in an even layer. Stud the fat with cloves at regularly spaced intervals.

Roast the ham in an oven preheated to 180°C/Gas Mark 4 for 1-1 1/2 hours, until the glaze is a dark, golden-brown, bubbling crust. Serve hot or cold

## PARSLEY SAUCE

### Ingredients

25g unsalted butter

15g flour

550ml full-fat milk

25g fresh parsley, stalks removed and chopped

### Method

Melt butter in a heavy-based pan and sprinkle over the flour. Stir continuously with a wooden spoon to mix, then cook until the mixture smells nutty.

Gradually pour in the milk, stirring all the time, to make a smooth sauce. Add 290ml of the ham poaching liquid or simply loosen with a little water or add more milk, leave to simmer for 12 minutes. Season well with cracked pepper and a little salt, add the parsley and stir to combine.

Serve generously over the glazed ham.

## MUSTARD ROASTED YAMS

### Ingredients

2 Tbsp cup whole grain mustard

1 Tbsp Dijon mustard

2 Tbsp extra-virgin olive oil

2 Tbsp butter

1 Tbsp honey

2 Tbsp apple cider vinegar or fresh lemon

juice

3 garlic cloves, minced

1 Tbsp dried oregano

1 tsp salt

1kg yams, washed

### Method

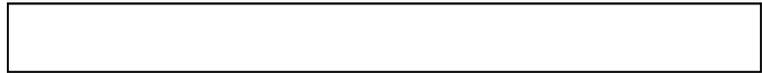
Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 200C

Whisk mustard, olive oil, butter, honey, vinegar/lemon juice, garlic, oregano, and salt in large bowl to blend.

Add yams; sprinkle generously with freshly ground black pepper and toss to coat.

Spread yams in a single layer over a preheated baking tray. Roast yams for 20 minutes or until the yams are crusty on the outside and tender inside, turning occasionally.

(You may need to cook them a little longer).



# BROCCOLI CRACKED WHEAT SALAD Serves 4

### Ingredients

- 1 cup cracked or bulghur wheat
- 1/3 cup extra virgin olive oil
- 1 – 2 heads broccoli
- Handful freshly torn mint, chervil, dill or basil leaves
- 1 lemon, zest and juice
- Sea salt and cracked black pepper
- Handful fresh parsley, roughly chopped

### Method

Bring a large pot of water to the boil. When water is boiling add the whole head of broccoli and cook for 2-3 minutes depending on size. Remove immediately and refresh in cold water, drain and set aside.

To prepare the cracked wheat: Add the cracked wheat grains to a dry fry pan and heat over a moderate heat until lightly toasted (about 3 minutes). When golden and gives off a toasted aroma add to a bowl, squeeze over lemon juice; add zest and 1-2 tablespoons olive oil, season lightly with salt and pepper. Mix thoroughly and add 1 cup of water from the pot which the broccoli was cooked or otherwise from the kettle is fine. Stir once again and add half cup more of water, let sit to absorb (15 minutes) whilst you prepare the broccoli.

To prepare the broccoli hold the stalk and with a sharp knife run the blade over the head, almost like shaving the broccoli as you only want tiny pieces of green. Continue until all the broccoli head is done and a little of the tender stalk, discard the tough remainder. Add the broccoli to the cracked wheat along with the herbs, fluff up with a fork and taste for seasoning and flavour. Add more lemon and olive oil if needed. Stir to combine and serve warm or at room temperature. It is such a versatile dish that it can go with pretty much with anything.

## APPLE PIE

### Pastry

- 2 ½ cup flour
- 250g butter (cold), cut into cubes
- Pinch salt and sugar
- 2-4 Tbsp cold water

### Filling

- 4 cups apples, sliced (about 6-8)
- ½ cup white sugar
- 2 Tbsp ground almonds or flour
- Pinch freshly grated nutmeg
- 1 lemon, zest and a little juice
- ¼ cup brown sugar
- ½ tsp cinnamon
- 2 Tbsp butter

### Egg wash

- 1 egg separated, dash of milk

### Method

**TO MAKE PASTRY:** add the flour, salt and sugar to a food processor and add the cold butter. Pulse until mixture resembles coarse crumbs. With the motor running drizzle in 1-2 tablespoons cold water, watch mixture closely and add one more tablespoon of water if mixture still looks dry and crumbly. If the mixture starts to clump together and form a ball, stop the food processor and feel the mix with your hands. If damp and will hold together remove onto lightly floured bench and bring all the mixture together. Wrap in cling film and chill for at least 30 minutes. Preheat oven 200C

Prepare the apples by peeling and removing the core, slice into thin slices and put into large bowl along with spices, sugar, and flour, toss together to evenly mix.

Roll the pastry to fit an 18-20cm round pie dish or something similar, you will need to cut one circle larger than the other as the larger one is needed to line the base and sides of the dish and the other to cover the top.

Line the pie dish and ensure that you have enough pastry to go up the sides. Place the apples in the pastry, brush the edge of pastry with a little egg wash (egg yolk and dash of milk) and generously layer over the pastry for the top, allowing plenty of pastries to easily attach onto edge as you don't want to stretch the pastry to fit! Applying a little pressure to the edge so that the pastry sticks together forming a seal. Remove excess pastry with a sharp knife. Brush the surface with remaining egg wash, pierce the surface a few times with the tip of a sharp knife and sprinkle with a little sugar. Bake for 15 minutes at 200C and then reduce temperature to 160C for a further 30 minutes or until pastry is golden and flaky and you can smell cooking apples. Serve with plenty of fresh cream and ice cream

## THANKS TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCE

- SUNRISE BAKERY** – fresh baked goods
- ETTRICK GARDENS** – parsley, apples
- HAVOC PORK** – fresh hams cooked and uncooked
- BRYDONE ORGANICS** – organic broccoli
- GODDARDS** – yams
- ROSEDALE ORCHARDS** – fresh fruit juice



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