



Otago Farmers Market

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

Recipes for Saturday, 15th December 2012

CARROT SALAD

This salad is perfect for those sweet and tender new season carrots. It works beautifully alongside a creamy dip and toasted flatbreads as a simple light lunch or pre dinner snack!

Serves 4 as a side

Ingredients

700g sweet young carrots	1 large onion, sliced thinly
1 Tbsp oil	½ tsp cumin seeds
½ tsp caraway seeds	½ tsp fennel seeds
Pinch of dried chilli flakes	50g flat leaf parsley or rocket leaves
½ tsp sugar	3 Tbsp cider or white wine vinegar
2 Tbsp extra virgin oil for drizzling	Sea salt flakes

Method

Wash and peel carrots if necessary. Slice the carrots on the angle and cut into 5mm ovals, place into suitable size pot and just cover with water and a pinch of salt. Bring to the boil and simmer until tender.

Meanwhile add the sliced onion to a small fry pan along with one tablespoon of oil, cook over moderate heat until the onion softens and lightly colours (about 5 minutes) add the cumin, caraway, fennel seeds and chilli flakes. Cook for a further two minutes or until the seeds give off a wonderful aroma.

Tip the softened onion into a large bowl add salt, sugar, vinegar and one tablespoon of extra virgin olive oil. Mix to combine. Once the carrots are tender, drain and add immediately to the onion mixture so that the carrots start to soak up the wonderful pickling flavours. Toss to combine and let sit for at least 30 minutes to mature. When cold add the roughly cut or torn parsley or rocket, toss lightly and serve with a little more extra virgin olive oil.

GOOSEBERRY AND ELDERFLOWER CAKE

This combination is a classic natural partnership of flavours; tangy and juicy gooseberry with the moist sweet floral cake is bliss! **Serves 12-14**

Ingredients

225g softened butter, plus extra for the tin
225g caster sugar
4 large eggs
225g self-raising flour
grated zest and juice 1 orange
225g gooseberries, topped and tailed
2 elderflower heads, flowers only (if possible)
70g sugar for sprinkling over cake

Method

Heat oven to 180C and grease and line round cake 20cm diameter.

Top and tail the gooseberries by simply removing the green and brown stalks from each end of the berry. Place them in a bowl along with one and half tablespoons of sugar which is reserved for sprinkling over the cake and juice of half a orange. Add the elderflower leaves and toss to combine. Let sit for 5-10 minutes to macerate.

Cream butter and sugar until light and creamy; add eggs one at a time beating well after each addition.

Add the sifted dry ingredients and fold gently through. Spoon into prepared cake tin and sprinkle over the gooseberries along with the flowers, sugar and juice.

Bake in preheated oven for 35- 40 minutes or until the cake has risen, and a skewer comes out clean. To finish sprinkle over remaining 50g sugar and cool for 10 minutes before removing from tin and cooling on rack.

This cake can be eaten hot or cold.



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog www.alisonmarchchef.blogspot.com

Broad beans are finally here just in time for Christmas. Fresh broad beans are sweet and delicious. They only have a short natural season during the summer, so are often dried, canned or frozen to preserve them. They often come under the name of fava bean in many countries. Young thin beans are eaten pods and all, but larger, older broad beans need to have the tough pods removed.

YOUNG BROAD BEANS (still in their pod)

When the first beans arrive instead of bothering to pod them as they are so small, you can simply top and tail them, cut them into 1cm pieces and place into a pot of boiling water which has been lightly salted. Cook them for 5 minutes or until the pods are tender, drain and either add a knob of butter or drizzle of extra virgin olive oil a sprinkle of sea salt flakes and a grind of pepper. They are delicious like this and they can only be eaten in this manner when they are very young and tender!

BROAD BEANS WITH FENNEL SAUSAGES Serves 2

Ingredients

400g fresh broad beans (podded)
4 fennel sausages, skin removed (Organiclands)
1 onion, sliced finely
2 cloves garlic, sliced finely
2 Tbsp olive oil
Salt and freshly ground pepper
20g shaved parmesan cheese
1 Tbsp extra virgin olive oil

Method

Bring a suitable size pot of water to the boil, and add the podded broad beans, cook for 3-5 minutes or until just tender. Drain and cool immediately in cold water, drain once again and if the beans are large you will need to shell them but removing the outer shell.

Meanwhile place a large frypan onto a moderate heat and add the oil and onion. Cook the onion for a couple of minutes to soften and sweeten it. Add the sausage by pulling off little pieces and placing directly into the pan (it will look like little meat balls). You want the sausage balls to colour up nicely which will take about 5 minutes, add the garlic and beans, season with

salt and freshly ground pepper. Cook gently so the beans are warmed through, shave a little parmesan cheese over the beans and sausages a little drizzle of extra virgin oil and serve with plenty of fresh bread!

PICKLED RADISHES

Serves 4 as a side

1 bunch radish, tops removed and cut in half
2 Tbsp salt

Pickling mix

3 Tbsp rice wine vinegar
Pinch of sugar
1 chilli, sliced in half, seeds removed and cut finely
5 basil leaves, finely sliced
1 tsp black and white sesame seeds (if possible)
1 tsp grated fresh ginger

Method

To begin mix the radishes with the salt and place over a colander or sieve to remove excess moisture – if possible leave for 1 hour. Rinse under cold water and pat dry.

Place the radishes in a bowl and add the remaining ingredients and toss to combine. Let sit for at least 30 minutes but ideally longer so that the radishes soak up the flavours.

Thanks to the following vendors for their fantastic produce

ETTRICK GARDENS – multi coloured carrots

KAKANUI PRODUCE – young broad beans and mint

KUTASH ORGANICS – gooseberries and dried rose petals

BUTLERS BERRIES – berries

SUNRISE BAKERY – fresh baked goods

MCARTHURS BERRY FARM – selection of fresh seasonal vegetables and berries

ORGANICLAND – organic meats and sausages

OTAGO ORGANIC GROUP – **Kanuka Organics** – gooseberries and dried rose petals

