



Otago Farmers Market

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

Recipes for Saturday, 16th February 2013

OLD FASHIONED PICKLED ONIONS

It is time! Pickling time! Pickled onions will be a welcome accompaniment to many a meal and for a little effort you will feel very satisfied with yourself.

Ingredients

1 kg pickling onions, peeled (see note below)
½ tsp coriander seeds ½ tsp mustard seed,
½ tsp black peppercorns ½ tsp dried chili flakes
27g salt 1 litre malt vinegar
170g sugar

Method

NOTE: Peeling pickling onions is fiddly and time consuming. To speed up the process top and tail the onions, then place the onions in a large heatproof bowl and pour over boiling water to cover. Leave to cool, and once the water is cool, hey presto, the skins will just rub away. Drain and pat the onions dry. Do not leave in the water once cool or the onions will start to go mushy.

Sprinkle the salt over the dry, peeled onions, stir to make sure the salt is distributed and leave overnight. Next day (do not leave longer than overnight if you want your onions to be crisp) rinse the onions and dry with kitchen towel. Place the spices, vinegar and sugar into a large stainless steel pan. Heat to dissolve the sugar, do not boil.

Pack the onions into clean, sterilized jars. Pour over the vinegar and spice liquid to fill the jars, make sure each jar has pickling spices in and check there are no air pockets. Seal the jars and leave to cool.

The onions will be ready to eat after about one month or better if kept for two. Once opened store in a refrigerator.

BAKED KALE CHIPS

Serves 4 as snacks

I realise that these are made from leafy green vegetables, but rest assured that these chips are utterly fantastic and super healthy and can be used in many ways!

250g kale
250g cavolo nero (black cabbage)
1 Tbsp olive oil or rapeseed
Sea salt, to taste

Method

Preheat oven to 150C.

Rinse and dry the kale and cavolo nero, then remove the stems and tough centre stalks. Rip into large pieces and toss with oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I also lined my trays with greaseproof to make life easier, but that is optional)

Bake for 15-20 minutes, or until crisp. Place baking sheet on a rack to cool.

Serve with a little more sea salt flakes if desired and enjoy.

They can also be ground up to a powder either coarse or fine and sprinkled over potatoes, roasted nuts or chickpeas and even over freshly popped corn works a treat! Who would have thought you could do all of this with a simple leaf of kale!

RUNNER BEANS WITH SWEET ONIONS Serves 4 as a side

2 Tbsp olive oil
½ onion, thinly sliced
2 cloves of garlic smashed
500g runner beans, washed (leave a little water clinging to them—don't pat them dry) and snapped
Sea salt and freshly ground pepper
Splash of balsamic vinegar

Method

Heat a couple of glugs of olive oil, the onion and garlic in a large fry pan over medium heat, stirring occasionally, until the onions are nicely golden-brown and starting to caramelize, about 15 minutes. Add in the beans and sauté until the beans are crisp but tender, about 8 minutes. Season with salt and pepper to taste, add a splash of balsamic vinegar and cook for 1 minute, and serve.

SPANISH PEACHES

Ingredients

6 -8 peach halves 3 Tbsp dark brown sugar
1 Tbsp lemon juice 1 Tbsp orange juice
1/4 cup dry sherry (optional) 1 Tbsp grated orange and lemon zest

Method

Best to do this early in the day or even the night before so the peaches have time to soak up the flavourings and get refreshingly chilled.

Peel and halve peaches, capturing approximately half cup juice, (if not enough add some water to top up). In small saucepan over medium heat, heat reserved half cup of syrup, sugar and citrus juice for 5 minutes. Stir in sherry. Meanwhile, place peach halves, flat side down, in dish; pour syrup over them and sprinkle with zest. Refrigerate until serving time.

COURGETTE AND MINT SALAD Serves 4

Ingredients

2-4 courgettes 100g rocket leaves
bunch mint, leaves picked 1 lemon, juice and zest
Extra virgin olive oil Sea salt flakes
Cracked pepper
20-50g feta, parmesan or any strong tasty cheese, crumbled

Method

Peel the courgettes with a peeler into long thin strips and add to a bowl. Add the rocket, mint leaves and cheese, sprinkle with a little salt. Toss together, finely grate in the zest of the lemon and squeeze over the juice of half. Add 2 tablespoons (approx) of oil and toss lightly to combine. Place the salad onto a large platter and grate over a little pepper and if necessary drizzle over a little more oil.

Serve immediately as it will go limp with dressing on! If want to eat later make the dressing separately and drizzle over when ready to serve!

POTATO WEDGES Serves 4

4 medium potatoes 3 Tbsp olive oil
4 cloves garlic, lightly squashed 3 sprigs fresh rosemary, thyme or oregano
1 lemon, and juice freshly ground black pepper
1 tsp salt

Method

Heat oven to 220C with a baking tray. Cut each scrubbed and rinsed potato in half lengthwise. Cut each half lengthwise, into 4 equally sized wedges. Add the potato wedges to a large mixing bowl with the rest of the ingredients. Toss well to coat the potatoes evenly. Tip out the potatoes and all the oil and juices onto the pre-heated baking tray. Bake for 25-35 minutes, or until golden brown and crispy. Serve immediately, sprinkled with more salt if desired.

Thanks to the following producers for their fantastic produce

HAVOC BACON AND HAM – pork ribeye steaks

WILLOWBROOK ORCHARD – peaches (Wiggin variety available)

BRYDONE ORGANICS – pickling onions

WAIKOUAITI GARDENS – runner beans

SUNRISE BAKERY – fresh baked goods

JUDGE ROCK WINES – Central Otago wines

TE MAHANGA ORCHARD – courgettes

ROSEDALE ORCHARDS – heather potatoes



PORK RIBEYE STEAKS, WITH LEMON AND CAPERS

Ingredients

4 pork ribeye steaks 1 tsp salt
2 Tbsp butter 2 Tbsp extra-virgin olive oil
4 plump garlic cloves ½ cup flour for dredging
1 large lemon 1 whole green chilli
3 Tbsp capers, drained ¾ cup white wine
1 Tbsp lemon juice 2 Tbsp fresh Italian parsley

Method

You will need a heavy-bottomed fry pan about 20cm round.

Lightly salt the steaks on both sides, using 1/2 teaspoon salt in all.

Put the butter and olive oil in the pan (this will give it a wonderful flavour and colour), and set it over medium-low heat. When the butter begins to bubble, scatter in the crushed and peeled garlic; let it heat and gently sizzle. Meanwhile, spread the flour on a plate or tray, and dredge the chops on all sides. Shake off excess flour, and lay the chops in the skillet in one layer.

Slice the lemon in thin rounds, and scatter it on top of the chops, and drop in the whole chilli, which has been pricked lightly with a fork. Cook the chops slowly, keeping them at a gentle sizzle, turning and moving them in the pan about every 5 minutes, as they take on colour gradually and evenly.

After 5-8 minutes or so, when the pork is lightly browned and caramelized on both sides, scatter in the capers, shake the pan to drop them onto the bottom and turn up the heat to medium-high. When the capers are sizzling, push the chops aside, and pour the wine and freshly squeezed lemon juice into the clear hot spot. Bring to a boil, and shake the pan so the wine flows around all the chops. Adjust the heat to keep the pan juices bubbling, steadily reducing and thickening. Turn the chops occasionally, so both sides are moistened and evenly cooked.

After about 3-5 minutes of reducing the liquid, when the juices are syrupy and glaze the chops, remove the pan from the heat. Sprinkle the chopped parsley all over, and give the chops a final turn in the pan. Serve right away, drizzling a bit of the remaining pan sauce over each chop.

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

nova
energy