



# Otago Farmers Market

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

## Recipes for Saturday 4<sup>th</sup> May, 2013

### BLACKPUDDING, APPLE AND POTATO TART

*The combination of sweet baked apple, comforting potato and moreish black pudding makes this one of my all-time favourites!*

Serves 6

#### Ingredients

1 leek, washed and sliced thinly  
4 Tbsp crème fraîche  
1 Tbsp Dijon mustard  
3 Tbsp olive oil, plus extra for drizzling  
4 waxy potatoes- Nadine, Van Rosa  
2 sweet apples - Pacific Beauty  
400g black pudding  
350g puff pastry dough, thawed but still cold  
Flour for dusting  
100g gruyere cheese, grated

#### Method

Cook the potatoes in lightly salted water for 15-20 minutes, or until tender. Drain well, then cut into thin rounds.  
Add a knob of butter to a medium sized fry pan and add the leeks and a sprinkle of salt, cook until soft and tender (5 minutes). Remove from the pan and set aside.  
Add another knob of butter and allow to go frothy add the apple slices and cook until they just begin to colour. Remove from the heat. Mix together the crème fraîche and mustard.  
Heat the oven to 180C  
Roll out the puff pastry on a lightly floured surface to your desired round, I rolled mine to a 25cm round and place on a baking sheet. Spread about 2 tablespoons of the crème fraîche mixture evenly over the dough. Sprinkle with the leeks and half the cheese. Then arrange alternate layers of black pudding, potato and apple on top. Cover with remaining cheese, sprinkle of salt and grind or two of pepper. Bake for 20 minutes or until golden and the base is crisp. If need be drizzle with a little more oil and serve immediately.

### GRILLED TOFU AND CORN SALAD

*This combination of creamy tofu with sweet crispy corn works together perfectly for this healthy salad!*

Serves 4

#### Dressing

Handful fresh coriander  
½ cup vegetable oil  
  
¼ cup apple cider vinegar  
¼ cup orange juice  
Dash of Asian fish sauce (optional)  
2 cloves garlic  
Sprinkle of red chilli

#### Salad

1 tsp smoked paprika  
500g firm tofu, drained, cut into 1cm thick slices  
1 cup fresh corn kernels, cooked until tender  
1 cup pinto beans, rinsed and drained  
1 capsicum, sliced thinly  
1 red onion, finely diced  
1 robust lettuce (romaine, cos or similar)  
1 tsp sesame seeds, lightly toasted  
Sea salt flakes and freshly ground pepper

#### To make dressing

Place all ingredients in blender and whisk to combine. Season with salt and pepper.

#### To make salad

Heat grill or grill pan to medium-high. Mix tofu with dash of oil and lightly dip or brush onto tofu pieces. Place onto hot grill, and grill 3 to 4 minutes per side. Cool, and cut into squares.

Gently toss tofu, corn, capsicum, sesame seeds and red onion with dressing and serve immediately on a large platter and enjoy.

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### GRILLED CORN WITH CORIANDER

Serves 4

#### Ingredients

4 ears corn	50g butter
1/4 cup freshly chopped coriander leaves	1 cup freshly grated Parmesan
1 lime, juiced	Red chili powder, to taste
2 limes cut into wedges, for garnish	

#### Method

Remove the husks of the corn but leave the core attached at the end so you have something to hold on to. Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over. Grate the Parmesan in another bowl. While the corn is still warm slather with butter. Squeeze lime juice over the corn and shower with Parmesan and coriander. Season with chili powder and serve with extra lime wedges.

## APPLE TART TARTIN

*This is the ultimate classic dessert which is perfect for end of any meal! Source good apples and good pastry and the rest will fall into place.* Serves 6

### Ingredients

500 g puff pastry

5 small eating apples, approximately 800g, a mixture of sweet and acidic varieties

100 g golden caster sugar

100 ml Calvados, cider or 50ml water

1 vanilla pod, halved lengthways, seeds scraped out or a drop of vanilla extract

50 g butter, cubed

### Method

Preheat your oven to 190°C. Dust a clean surface and a rolling pin with plain flour and roll out your puff pastry until it's just over 0.5cm thick. This will be enough to cover the ovenproof frying pan you'll be cooking the tarte Tatin in, leaving about 5cm extra around the edge. Put the pastry to one side for now. Peel your apples, then halve them horizontally and use a teaspoon to get rid of the seeds and core. Put the ovenproof pan on a medium heat and add the sugar, Calvados, vanilla seeds and pod. Let the sugar dissolve and cook until the mixture forms a light caramel. Just please remember never ever to touch or taste hot caramel, as it can burn really badly.

Once the caramel looks and smells delicious – it should be a lovely chestnut brown – add your halved apples. Carefully stir everything in the pan and cook for about 5 minutes or until the apples start to soften and you get a toffee apple vibe happening. Add the cubed butter, then lay the pastry over the top. Quickly and carefully tuck the pastry down right into the edges – it's best to use a wooden spoon so you don't touch the caramel.

Bake the tarte Tatin for about 25 to 30 minutes, or until golden, with crispy caramelly pieces bubbling up from under the edges. Take it out of the oven. To make it look like a tarte Tatin you need to turn it out, which isn't hard – but you do need to be careful with that hot caramel. So get a serving plate or board larger than your pan and put an oven glove on to protect the arm holding the board. Put the board or plate on top of the pan, then quickly, carefully and confidently turn it out (remember you can go to [www.jamieoliver.com/how-to](http://www.jamieoliver.com/how-to) and see a video of how to do this safely).

Put it to one side for a few minutes, so the caramel can cool down, then divide it up and serve with a spoonful of crème fraîche or ice cream.

## TOFU WITH BOK CHOY AND CORIANDER Serves 2

### Ingredients

2 Tbsp peanut oil or vegetable oil,

250g firm tofu, cut into cubes

20g fresh ginger, sliced thinly

4 cloves garlic, sliced thinly

1 bunch bok choy, washed and stems separated

1 handful fresh coriander, roughly chopped

1 Tbsp Shaoxing wine (Chinese rice wine) or dry Sherry

½ tsp salt

½ tsp sugar

¼ tsp ground white pepper

2 teaspoons Asian sesame oil

### Method

Heat a flat-bottomed wok or heavy fry pan over high heat until a drop of water added to wok evaporates on contact. Add 1 tablespoon peanut oil and swirl, then add tofu and stir-fry until tofu just begins to brown, about 1 minute. Transfer tofu to plate. Add remaining 1 tablespoon peanut oil to same wok (do not clean). Add garlic, ginger and bok choy stir-fry until so that the bok choy are crisp-tender, about 3 minutes. Return tofu to wok; add rice wine, salt, sugar, and white pepper. Stir-fry to blend, about 1 minute. Remove pan from heat; stir in sesame oil and coriander and serve.

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## Thanks to the following vendors for their fantastic produce

LECKIES BUTCHERY – black pudding

GILBERTS FINE FOODS – fresh baked goods and puff pastry

JANEFIELD HYDROPONICS – bok choy and coriander

ROSEDALE ORCHARD – fresh corn

WHO ATE ALL THE PIES – selection of amazing pies

WILLOWBROOK ORCHARD – apples

JIA HE ASIAN FOOD – freshly made tofu



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

