



# Otago Farmers Market

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

## Recipes for Saturday May 11<sup>th</sup>, 2013

### **CAVOLO NERO, BEETROOT AND BARLEY SALAD** Serves 4

#### **Ingredients**

250g, 1 cup uncooked barley  
1 bunch cavolo nero, stalks removed  
500g cooked beetroot, cut into chunks and any crunchy leaves  
1 red onion, sliced thinly  
Sea salt and freshly ground black pepper

#### **Dressing**

2 Tbsp balsamic vinegar or red wine  
¼ cup extra virgin olive oil  
Salt and pepper

#### **Method**

Begin by cooking the barley, wash well under cold running water and place into a suitable size pot. Cover generously with water and cook until tender, this could take anywhere from 30 minutes to 50 minutes. If looking dry simply add more water until cooked. Drain.

Wash the cavolo nero well and drain. Hold the leaves tightly and slice across them thinly. Place onto a large serving platter.

Make the dressing by whisking together all the ingredients until combined.

Lightly season the barley and drizzle over a little oil, stir to combine. Scatter the barley over the cavolo nero leaves, now add the cooked beetroot and onions.

Drizzle over the dressing and toss lightly to combine. Taste and give one last sprinkle of sea salt flakes and grind or two of pepper. Serve.

### **WHOLE SOLE WITH LEEKS** Serves 4

#### **Ingredients**

4 x 450 g whole sole (note size depends on what is available and your preference)  
2 leeks, washed and sliced thinly  
55 g unsalted butter, melted  
Drizzle of olive oil  
2 lemons, halved  
Sea salt and freshly ground pepper

#### **For the parsley butter**

115 g unsalted butter, softened  
1/2 lemon, juice only  
1 Tbsp chopped parsley

#### **Method**

Place the butter in a small pot and add the leeks and thyme, cook gently for about 5 minutes or until the leeks are tender and sweet. Set aside

**For the parsley butter:** mix the butter with the lemon juice and whip until pale and lump free, add the parsley, season with salt and pepper and mix to combine. Roll up in dampened greaseproof paper to a sausage shape and put in the freezer until needed.

**For the sole:** preheat the grill.

Wash the fish under cold running water and pat dry. Using a sharp knife run the blade down the centre (from the head to the tail) and then carefully slice the flesh back from the centre being very careful not to cut the flesh. Place a little oil on a baking tray and place the fish on top. Add a small knob of butter on each fish and season lightly, squeeze over a little lemon juice and place under the grill and cook for about 3-5 minutes, add the softened leeks and return under the grill and cook for further 2-3 minutes or until fish is cooked.

Take the parsley butter from the freezer and, using a warm knife, cut into thin slices. Lay two slices on each sole and let it melt. Serve with half a lemon and enjoy!



Follow Alison on face book  
—Alison Lambert taste of my life—  
or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

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



## RHUBARB COOKIES

Makes 20

### Ingredients

500g fresh or frozen rhubarb	75g sugar
115g butter, softened	1 cup light brown sugar
1 cup cooked rhubarb, drained	1 egg
Zest of 1 orange	1 ¾ cup flour
1 tsp baking soda	½ tsp mixed spice
3 tsp crystallised ginger, sliced thinly	½ cup toasted hazelnuts, coarsely crushed

### ICING

1 cup icing sugar
1-2 tsp orange juice (use orange from above)

### Method

**Heat oven 180C or 160C fan bake.**

Begin by cooking the rhubarb with the first measure of sugar in a medium sized pot. Cook gently until the sugar has dissolved and the rhubarb is soft and on the verge of going mushy. Place in a sieve and drain any excess moisture and leave to cool.

Sift the dry ingredients and set aside.

Place the butter and sugar into a large bowl and cream until light and fluffy. Add the egg and mix to combine, add the rhubarb and orange zest and mix well. Fold through the dry ingredients until just incorporated and place tablespoon size mounds of mixture on to greaseproof lined oven trays, allowing space for spreading. Bake for 12 minutes or until golden and firm to the touch.

To make the icing, mix the orange juice one teaspoon at a time into the icing sugar and mix well. Drizzle the icing over the cookies whilst still warm so that the icing falls down the sides of the cookies. Allow to cool. These will keep for 2-3 days in an air tight container.

---

## JERUSALEM ARTICHOKE WITH BAY LEAVES

serves 4

### Ingredients

600g Jerusalem artichokes, peeled	Good quality oil for frying
4 fresh bay leaves or 2 dry	2 clove garlic, finely sliced
Splash white wine vinegar	Salt and freshly ground pepper

### Method

Cut the Jerusalem artichokes into chunks.

Heat 2 Tbsp oil in frying pan add the artichokes and fry for 2 minutes or until lightly caramelised. Add the garlic and bay leaves cook for a few minutes more, add a

splash of vinegar, some salt and pepper, place a lid on top and cook for a further 15 minutes or until they have softened. Remove the lid and bay leaves, continue cooking for a few more minutes so the artichokes can crisp up.

Serve straight away.

---

## SWEET PICKLED PEARS

Makes 1 ½ litres

*I like these served with cheese or alongside cold meats as a wonderful fresh alternative.*

1 lemon or orange	10 cloves
2 tsp black peppercorns, lightly crushed	5 cm piece fresh ginger, sliced
1 tsp allspice berries, lightly crushed	1 litre cider or white wine vinegar
2 cinnamon sticks	600g sugar
2kg small pears	

### METHOD

Pare the zest from the lemon or orange and put in a pan with the cloves, peppercorns, allspice berries, root ginger, lemon or orange juice, vinegar, cinnamon sticks and sugar. Stir over a gentle heat until the sugar has dissolved. Peel, core and halve the pears, then add to the pan and simmer for 15 mins, until the pears are tender. Remove the pears with a slotted spoon and put in a colander to drain.

Meanwhile, increase the heat under the syrup and boil rapidly for 15 mins, until the syrup has reduced by about a third and slightly thickened.

Pack the fruit into warmed jars and pour over the hot syrup to cover. Seal, label and store in a cool dry place for a month before using

---

## Thanks to the following vendors for their fantastic produce

**BRYDONE ORGANICS** – cavolo nero, beetroot

**ROSEDALE ORCHARDS** – pears

**EDMONDS FRESH FISH** – fresh whole and filleted sole

**McARTHURS BERRY FARM** – rhubarb

**WAIRUNA ORGANICS** – Jerusalem artichokes

**TE MAHANGA ORCHARD** - leeks

