



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday August 17<sup>th</sup>, 2013

### **WARMING OATS**

*Oats really are a winter staple, not only do they fill you up, they are economical and they take on any flavour you wish to add. This recipe is a great base for you to make your own. Serves 2*

#### **Ingredients**

¼ tsp ground cinnamon  
¼ tsp salt  
¾ cup rolled oats  
1 cup milk and 1 cup water  
2/3 cup grated apple  
1/3 cup raisins or dried fruit of your choice  
2 Tbsp honey, golden or maple syrup  
2 Tbsp fresh walnuts or hazelnuts, roughly chopped  
Pouring cream for serving (optional)

#### **Method**

In a medium saucepan, add the oats and cook over a gentle heat until the oats toast lightly, add 1 cup water and 1 cup milk, cinnamon, and salt; bring to a gentle boil over medium-high heat and cook 3 minutes.  
Stir in the grated apple, raisins and 1 tablespoon honey or syrup, cook for a further 3-5 minutes. Divide oats between 2 serving bowls. Drizzle remaining honey over top and sprinkle with nuts. Serve with a little pouring cream if desired.

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The Market Kitchen is powered by Nova LPG,  
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<http://www.novaenergy.co.nz/>



### **OLD-FASHIONED VENISON STEW**

*With the arrival of RED TUSSOCK VENISON, wild venison at the market and the fact that we are in winter I thought I would give you a good old-fashioned venison stew recipe which you can certainly adapt to suit. Allow time to do the steps well and allow time to cook this incredible venison with the respect it deserves. Serves 4-8*

#### **Ingredients**

2 carrots, roughly chopped  
2 onions, roughly chopped  
3 celery sticks, roughly chopped  
oil and butter, for frying  
2 garlic clove, crushed  
1kg boned leg or shoulder of venison, cut into large chunks  
5 Tbsp flour or (gluten-free) seasoned with salt and pepper  
2 Tbsp redcurrant, blackcurrant or grape jelly  
450ml dry red wine  
450ml beef stock  
2 thyme and rosemary sprigs  
1 bay leaf

#### **Method**

Heat oven to 180C/fan 160C.

Fry the vegetables in a little oil and butter in a heavy-based casserole for 4-5 mins until golden. Tip in the garlic and fry for a further min, then set aside. Dust the venison with the seasoned flour and coat well, shake off excess flour. Add a little more oil and butter to the pan, then fry the venison over a high heat, stirring now and then, until well browned. Don't crowd the pan – cook in batches if necessary. Set aside with the vegetables.  
Add the jelly and wine to the pan, and bring to the boil, scraping up all the bits that have stuck to the bottom. Pour in the stock, then add the thyme, bay leaf, meat and vegetables. Season if you like and bring to the boil. Cover and transfer to the oven for about 1½ hours or until tender. Remove from the oven and check the seasoning.  
Serve with a creamy mash, wet polenta or mashed carrot and swedes.

## **BROCCOLI, CAULIFLOWER, CHICKPEA AND LEEK SALAD**

*With regards to this salad it's all about textures - the smoky, charred broccoli and cauliflower will add an interesting note. Serves 4-6*

### **Ingredients**

150g dry chickpeas, soak overnight or 1x 425g tin  
300g broccoli and or cauliflower, cut into florets  
1 leek, washed well  
10g dill, or fennel tops roughly chopped  
Handful parsley, roughly chopped  
Pinch chili flakes  
1 garlic clove, peeled and crushed  
1 Tbsp tahini (optional)  
Grated zest of 1 lemon and juice  
200g natural yoghurt  
100ml olive oil  
Coarse sea salt and black pepper

### **Method**

Soak the chickpeas in lots of cold water for 24 hours. Next day, drain, cover with cold water and simmer for at least an hour, skim any froth that rises to the surface; they're done when tender but still retaining their shape (40-60 minutes). Drain, add a tablespoon of olive oil and a little salt, and set aside to cool.

Bring a medium pot of lightly salted water to the boil. Cook the leek for 3 minutes first and then add the cauliflower and cook for 2 minutes, then add the broccoli and cook for a further minute, drain, refresh and set aside on a tray with a clean cloth to drain some more. Heat a fry pan for a few minutes. Toss the broccoli and/or cauliflower in two tablespoons of oil and some salt and pepper, then grill for three to four minutes to char all over. This will add a smoky flavour and wonderful texture to the broccoli. Remove and allow to cool. Slice the cooked leek into bite sized rounds.

In a bowl, mix the broccoli/cauli, leek, chickpeas and herbs. Add two tablespoons of oil, garlic, pinch of chili, the zest and half the juice of the lemon, salt and pepper. Toss, taste and adjust seasoning.

In another bowl whisk the yogurt, two more tablespoons of oil, tahini and the rest of the juice, salt and pepper mix to combine and taste.

To serve I like to place the vegetables and chickpeas onto a platter and then drizzle over the yoghurt dressing.

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## **SPINACH WITH YOGHURT**

Serves 4 as an accompaniment

### **Ingredients**

1 teaspoon mustard seed (black)  
1 teaspoon cumin seeds  
300g spinach  
440ml yoghurt, unsweetened natural  
2 cloves garlic  
Pinch sumac (optional)  
salt and pepper  
1 lemon

### **Method**

Dry fry mustard and cumin seeds in a frying pan until they pop. Remove from heat.

Wash and de-stem spinach. Blanch quickly in boiling water, refresh, drain and squeeze out excess water. Chop spinach finely.

Crush garlic and add along with spinach, salt, pepper and spices to the yoghurt. Zest and juice lemon and add to yoghurt.

This goes well with some warm pitas, or perhaps alongside a succulent steak or a hot curry.

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## **Thanks to the following vendors for their fantastic produce**

**JANEFIELD HYDROPONICS** – spinach and fresh herbs

**GILBERTS FINE FOODS** – fresh baked breads and pastries

**RED TUSSOCK VENISON** – fresh wild venison

**BRYDONE ORGANICS** – cauliflower and leeks

**WILLOWBROOK ORCHARD** – apples and pears

**JUDGE ROCK WINES** – Central Otago Wines

