



# Otago Farmers Market

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

## Recipes for Saturday November 9th, 2013

### **ASPARAGUS WITH LEMON AND PARMESAN**

*This simple dish can be made with or without the parmesan cheese, but if you have it on hand do give a try as it combines perfectly.* **Serves 4**

- 1 bunch of medium sized asparagus
- 2 Tbsp extra virgin olive oil
- 2 Tbsp freshly grated Parmesan cheese
- 1 tsp lemon zest – freshly grated lemon rind
- Salt and freshly ground black pepper

#### **Method**

Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 2-4cm sections, slicing the asparagus at a slight diagonal.

Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality.

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### **WARM ASPARAGUS, HAM AND POTATO SALAD**

*This salad is a winning combination and one that gets me thinking of summer holidays. Enjoy the fresh asparagus combined with creamy Jersey Benne and succulent ham off the bone!* **Serves 4**

#### **Ingredients**

- 4 eggs, at room temperature, soft boiled
- 2 bunches asparagus, ends removed
- 8-12 Jersey Benne potatoes or salad potatoes, cooked and cut in half
- 8 slices of good quality ham off the bone

#### **Dressing**

- 60 ml (¼ cup) olive oil
- 1 garlic clove, finely chopped
- 1 tsp grain mustard
- 2 Tbsp red wine vinegar
- 2 Tbsp chervil sprigs or chives
- Sea salt flakes and freshly ground pepper

#### **Method**

Begin by boiling the eggs. Two thirds full a medium size pot with water and bring to boil. When boiling carefully lower the eggs into the water. Bring to the boil and cook for 4 ½ minutes only! Remove immediately and refresh under cold running water. Set aside.

Make the dressing by adding all the ingredients together in a small bowl and whisk to combine, taste and adjust seasoning if necessary.

Bring another pot of water to the boil and add a pinch of salt.

Prepare the asparagus by snapping off the end. When the water comes to a rolling boil add the asparagus and cook briefly for 2 minutes. Drain immediately.

To serve – toss the warm potatoes and asparagus together with the dressing, divide evenly among the plates and let the dressing drizzle over the ham. Cut the eggs in half and place on top of the asparagus so that the runny yolk mingles with the dressing and coats the asparagus. Season lightly with a pinch of sea salt flakes and freshly cracked pepper. Serve immediately.

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

**HARBOUR FISH – fresh fish**

**WAITAKI BACON AND HAM – award winning ham**

**ARDROSS FARM – fresh asparagus**

**BRYDONE ORGANICS – Jersey Benne potatoes and fennel**

**WAIKOUAITI GARDENS – certified organic eggs and plants**

**MCARTHURS BERRY FARM – fresh rhubarb**



## FISH FILLETS WITH WARM POTATO AND FENNEL

### SALAD

Serves 4-6

6 fish fillet, blue cod, sole, flounder or any white fleshed fresh fish

2 Tbsp flour (gluten free is fine)

2 eggs, lightly beaten

85 gm (1¼ cups) sourdough breadcrumbs, made from day-old bread

50 gm finely grated parmesan

For shallow-frying: olive oil

#### Potato Salad

500g Jersey Benne potatoes, scraped of their skins and washed

2 bulbs fennel, sliced thinly and tops reserved

1-2 spring onions, sliced thinly

Handful of rocket and spinach

1 Tbsp flat leaf parsley leaves

1 Tbsp mint leaves

1 Tbsp chives, cut into long lengths

#### Dressing

1 tsp dijon mustard

2 Tbsp red wine vinegar

6 Tbsp extra virgin olive oil

Sea salt flakes and plenty freshly ground pepper

#### Method

Bring a medium sized pot 2/3 full of lightly salted water and bring to the boil.

Add the potatoes and bring back to the boil. Reduce the temperature so that they are just on a gentle boil and cook until tender (about 15-20 minutes).

Whilst the potatoes are cooking put all the ingredients for the dressing together in a small bowl and mix to combine, season with a pinch of salt and set aside.

Slice the fennel thinly and add to a large bowl.

Pick through the herbs and leaves discarding any long stalks and discoloured leaves and place into the bowl with the fennel. When the potatoes are cooked drain and add to the leaves, drizzle over the dressing and add a generous grind or two of pepper. Toss gently to combine and to allow the greens to lightly wilt and for the dressing to soak into the potatoes and fennel.

Cut each fillet of fish into 2-3 pieces. Dust fish fillets in flour and shake away excess. Dip in egg and toss in combined breadcrumbs and parmesan. Heat

a frying pan filled with 1cm of olive oil, then shallow-fry fish for 1-2 minutes on each side or until golden. Drain on absorbent paper and serve immediately with potato and fennel salad and lemon wedges.

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## RHUBARB CRANACHAN

Serves 4

80 g rolled oats

1½ tsp caster sugar

300ml cream, lightly whipped

90 g honey

40 ml whisky

Scraped seeds of 1 vanilla bean (or drop of vanilla extract)

#### Roast rhubarb

500 g rhubarb (about 1 bunch), cut into rough 4cm lengths

180 g caster sugar

30 ml whisky

#### Method

For roast rhubarb, preheat oven to 200C. Rinse rhubarb in a colander under cold running water, shake off excess water, then tip into a roasting pan large enough to fit rhubarb in a single layer. Scatter with sugar and drizzle with whisky, stir to coat, then roast until tender (15-20 minutes). Set aside to cool slightly.

Meanwhile, combine oats and sugar in an oven tray lined with baking paper, toast until dark golden (4-5 minutes), set aside.

Whisk cream, honey, and whisky and vanilla in a bowl until soft peaks form and refrigerate until required.

Spoon warm rhubarb and some of its juices into serving glasses, top with whisky cream and scatter with toasted oats. Serve with extra oats on the side.

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