



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 1st February, 2014

BETROOT AND QUINOA SALAD

Serves 4

500g beetroot
280g quinoa
600ml vegetable stock
75g pumpkin seeds
2 Tbsp balsamic vinegar
4 tablespoons olive oil
6 spring onions
Handful flat leaf parsley

Method

Wash the beetroot gently. Place in a pan of salted water, bring to the boil, cover and simmer for 45 minutes until tender. Cool slightly, peel and chop into 2cm pieces.

Bring the vegetable stock to the boil, add the quinoa and cook for 10-15 minutes or until tender but not soggy. Drain and fluff up with fork. Leave to cool.

Dry-fry the pumpkin seeds until golden. Cool and add to the quinoa.

Add the balsamic vinegar and oil to the quinoa. Mix in the chopped spring onions, chopped rocket, and flat leaf parsley and beetroot and season with salt and pepper.

SNOW PEAS WITH GARLIC

Serves 4 as a side

2 Tbsp olive oil
300g snow peas, rinsed, dried, tips of the ends cut off, strings removed
¼ cup pumpkin or sunflower seeds
1 clove garlic, sliced thinly
¼ tsp sesame oil
10 large mint or basil leaves, torn

Method

Heat olive oil in a large heavy based fry pan on medium high heat. Add the snow peas, garlic, and seeds. Stir to coat with the oil. Cook for 1-2 minutes, stirring. You do not want to overcook the snow peas or they will get limp. They should still be a little bit crunchy.

Remove from heat. Stir in the sesame oil and chopped mint leaves. Serve immediately.

FRESHLY PICKLED PEACHES

I love these as they are sweet and tart and go beautifully at a picnic alongside cold roasted meats, or use as you would a pickle with cheese.

Makes 1 large or 2 medium jars

500 ml (2 cups) white wine vinegar
375 ml (1½ cups) red wine vinegar
1½ cups caster sugar
1 star anise
4 juniper berries
6 cloves
2 fresh bay leaves
1 small sprig fresh rosemary
8 firm medium, ripe peaches, stones removed and cut into 6 wedges
1 tsp salt
1 tsp sugar

Method

Sterilise 1 large or 2 medium sized jars with lids and have waiting so you can preserve the peaches when ready.

In a medium saucepan combine vinegar, spices, bay leaves, rosemary, sugar, salt and spice and stir over medium heat until the sugar dissolves.

Bring to the boil and add peaches, cook for 1 minute and then remove from the heat immediately as you want the peaches to stay firm.

Using a slotted spoon place the peaches carefully into the sterilised jars and pour in the syrup so that it almost overflows. Seal jars and clean away any sticky juice, label and cool.

When cold I store the peaches in the fridge - they will keep for up to 3 weeks when opened.

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

nova
energy

GREEK STYLE STUFFED PEPPERS

Today I am using the deep green and tangy 'Bulls horn pepper' but I also love to mix it up with the 'sweet banana or Hungarian hot' varieties.

Makes 4

4 bull's horn peppers	2 small hot peppers ,finely chopped
250g feta or curd cheese	½ tsp of salt
3 Tbsp of olive oil	Freshly ground black pepper
¼ cup roughly chopped flat leaf parsley	1-2 slices bread

Method

Preheat oven to 200°C.

Cut a cap off the tops of peppers, and scoop out seeds, taking care not to break or tear the pepper. In a bowl, mash the feta with a fork until soft. Add oil, parsley, hot peppers, salt, and pepper and mix until very well combined.

Using a small spoon, stuff the cheese mixture into the peppers (pressing down with the handle of the spoon to completely fill) to 1 cm from the top. Press a small piece of bread into the pepper to keep the cheese filling from melting out during cooking. Place the caps back on each pepper.

Lay the peppers in a lightly greased baking dish and roast for 20 minutes or until they soften in a preheated oven.

OYSTER MUSHROOM WITH LEMON, GARLIC AND PARSLEY

Stonehurst Gourmet Mushrooms fresh and dried oyster mushrooms have a velvety texture and subtle flavour. They can be turned into dips, pates, or added to stir fries and stews. Serves 2

25g butter, plus 1 tsp
1 Tbsp olive oil
250g fresh oyster mushrooms
2 cloves garlic, sliced thinly
1 lemon, juice
¼ cup parsley, roughly chopped
2 slices good quality bread, toasted

Method

Toast the bread either in the toaster or over a griddle so it chars nicely.

Heat butter and oil in heavy based fry pan add mushrooms and sauté briefly in butter, add garlic and keep the pan moving so that the butter and garlic start to go

a slightly nutty-brown colour. When the mushrooms are tender and have coloured, squeeze over a little lemon juice. Finish with the remaining butter and parsley and stir gently to combine. Serve over toast.

TZATZIKI

This is a classic and one of the first dishes I was taught when I lived in Greece. It's cooling, refreshing and versatile. Makes 300ml (1 small bowl)

300 ml thick Greek yoghurt
2 cloves garlic
1 medium sized cucumber, cut in half and seeds removed
2 Tbsp extra virgin olive oil
Pinch salt
1 tsp red wine vinegar

Method

Put yoghurt into a bowl, crush garlic to a smooth paste with a little salt (mortar and pestle is good for this). Add to the yoghurt and mix through.

Grate the cucumber and squeeze out excess liquid (the dryer the better). Add to the yoghurt mixture along with 1 Tbsp of the olive oil, red wine vinegar and salt, taste and adjust if necessary.

Store in the fridge until required. Serve in a small dish drizzled with the remainder of the oil and plenty of flatbreads, and crudities.

Thanks to the following vendors for providing their produce for the demonstration

FAIRFIELD BLUEBERRIES – amazing fresh blueberries

ETTRICK GARDENS – fresh snow peas

GILBERTS FINE FOODS – freshly baked goods

KAKANUI PRODUCE – bulls horn pepper and chillies

WAIRUNA ORGANICS – organic beetroot

JUDGE ROCK WINES – Central Pinots

WAIKOUAITI GARDENS – certified organic cucumbers

WILLOWBROOK – peaches (Wiggins)

STONEHURST GOURMET MUSHROOMS – fresh and dried oyster mushrooms