



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 14th June 2014

BEEF CHEEKS Serves 4

Beef cheeks are a cut of meat that I am always on the lookout for and it just happens that Leckies Butcher has a secret stash! They need moisture when cooked and they need long and slow cooking. The meat should be meltingly tender when consumed!

2 beef cheeks	4 sprigs thyme
4 Tbsp olive oil	12 black peppercorns
1 carrot, peeled and roughly chopped	2 Tbsp tomato purée
1 onion, diced	250ml red wine
1/2 bulb of garlic, cut across the middle	1 litre beef stock
1 stick celery, chopped	1 splash balsamic vinegar
1 leek, chopped	1 splash Worcestershire sauce

Method

Preheat oven to 150C

Trim the beef cheeks and remove as much sinew as possible. Cut each cheek in half. Season well with salt and pepper. Heat 2 tablespoons of oil in a heavy-based pan and brown the cheeks on all sides. Remove and set aside.

Add the vegetables, garlic and a little extra oil if necessary. Stir around until they turn golden. Add the thyme and peppercorns and mix everything together. When all the vegetables are golden, add the tomato paste and cook for 2 minutes.

Pour in the red wine and stir, scraping up all the sticky bits from the bottom of the pan, then cook until the liquid is reduced and you have a sticky sauce – about 12-14 minutes.

Put the beef cheeks back in the pan and cover with the stock. Bring to the boil, skim the surface and cover with a circle of greaseproof paper. Place in the oven and braise the beef in the oven at 150C for 2 hours 30 minutes or until tender. Once the cheeks are cooked add a splash each of balsamic vinegar and Worcestershire sauce. Carve the cheeks into smaller portions if necessary.

PUMPKIN FRITTERS

1kg pumpkin, chopped into 1.5cm cubes and roasted or steamed till cooked through

2 cloves garlic, crushed

Small knob of fresh ginger, finely grated

small bunch fresh coriander, roughly chopped

1 Tbsp coriander seeds, toasted, crushed in a pestle, mortar

1 Tbsp cumin seeds, toasted, crushed in a pestle, mortar

1 tsp ground turmeric

2 shallots, finely chopped

1 lemon, juice

150g plain or gram flour

4 eggs, beaten

sunflower oil

300g Greek yoghurt

salt and freshly ground pepper to taste

Method

Put the yoghurt in a bowl and whisk well, set aside.

Toss the cubed pumpkin in a little olive oil, salt and pepper and roast in a medium to hot oven till cooked through and a little caramelised (around 20 mins). Set aside to cool a little.

Heat a little oil in a pan and fry the shallots, ginger and garlic over a medium heat for 3 minutes. Now add the toasted and ground spices and fry for another 2 minutes, then transfer to a large bowl.

Put the flour, chopped coriander, eggs, salt and pepper into the bowl with the shallot/spice mix, lemon juice and whisk into a batter. When the mixture is smooth, add the warm pumpkin.

Pour oil into a pan – 1.5cm depth – and heat. When hot, spoon in a test portion of the batter mixture and cook for around 2-3 mins on both sides until golden. Drain on some kitchen paper and then eat with some yoghurt to test the seasoning – this mix does take a lot of salt.

Once happy with the seasoning, continue frying, adding portions of the batter mixture, around 2 tablespoons per fritter, to the pan. Fry in small batches, controlling oil temperature so the fritters cook but don't burn. They should take 2-3 minutes on each side.

Remove from pan and drain on a kitchen paper. Serve with yoghurt and coriander.



*The Market Kitchen is powered by Nova PG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*

ROASTED SWEDE SOUP Serves 4

1 swede, peeled and cut into cubes	2 stalks celery, finely sliced
3 Tbsp olive oil	1 clove garlic, crushed
salt and freshly ground black pepper	6 stalks fresh thyme, leaves only
1 onion, finely chopped	1.25 litres vegetable stock
2 carrots, finely sliced	125ml cream or milk (optional)

Method

Preheat the oven to 200C

Place the cubes of swede in a roasting tray. Drizzle over two tablespoons of the olive oil and season.

Roast in oven for 25-30 minutes until golden brown and tender, stirring occasionally.

Meanwhile, heat the remaining tablespoon of oil in a large heavy-based saucepan, stir in the onion, carrots, celery, garlic and thyme leaves and fry for 4-5 minutes until softened but not browned.

Add the roasted swede to the pan and pour over the stock.

Bring gently to the boil, cover and simmer for 25-30 minutes, stirring occasionally.

Purée the soup in a food processor or liquidiser until completely smooth. Pass through a sieve for an extra fine texture if preferred.

Transfer the soup back to a clean saucepan. Stir in most of the cream (optional).

Gently heat through and adjust the seasoning if necessary.

Serve.

Thanks to the following vendors for their fantastic produce

LECKIES BUTCHERS – beef cheeks

ROSEDALE ORCHARD – pumpkin

WILLOWBROOK ORCHARD – apples

JANEFIELD HYDROPONICS – fresh coriander

BRYDONE ORGANICS – swede and cabbage

GILBERTS FINE FOODS – fresh baked goods



QUICK BLANCHED CABBAGE WITH CARAWAY serves 4

½ head of green cabbage
4 Tbsp butter
1 tsp caraway seeds
½ tsp celery seeds (if you have them)
Salt
½ tsp black pepper

Method

Heat a large pot of well salted water to a boil.

While the water is heating, prepare the cabbage. Peel away and discard and discolored or old outer leaves. Cut the head of cabbage into quarters, through the core, and cut away and discard the core. Use your hands to tear the cabbage into large (about 2-4cm) pieces. (Or use a knife.)

Once the water is at a rolling boil, add the torn cabbage leaves to the water.

Submerge the leaves in the hot water. Cook for 90 seconds, then drain the pot of its water. Return the cabbage leaves to the pot.

Stir 4 tablespoons of butter into the cabbage. The cabbage and the pan are both hot, so the butter should melt quickly in the pan. If you are using unsalted butter, you will want to add more salt to the cabbage. Start with half a teaspoon and add more if needed. Sprinkle with caraway seeds, celery seeds, and black pepper, and toss to combine. Serve immediately.

WARM APPLE COMPOTE – *great with pancakes, icecream or custard!*

Makes 1 cup

4 apples, cored & sliced or cubed
½ tsp ground cloves, allspice or cinnamon
juice of 1½-2 lemons, depending on size
3 Tbsp caster sugar
4 Tbsp clear honey

Method

Put all the ingredients in a saucepan and cook for 5-6 mins until the apples are just tender.



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