



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday August 2nd 2014

SWEDE, THYME AND ALMOND SOUP Serves 4-6

Swedes are readily available and very economical- this soup surprises even the most unimpressed swede consumers. The swede becomes creamy and silky, and the thyme and almonds bring it all together.

1 Tbsp oil	1 ½ -2 litres vegetable or chicken stock
1 Tbsp butter	1 Tbsp honey
1 medium swede,	1 Tbsp salt
½ leek, sliced thinly	½ tsp ground white pepper
1 tsp thyme leaves, fresh	1 Tbsp tahini paste
1 cup blanched almonds	

Method

Begin by add the butter and oil to a large heavy based pot, add the swede peeled and cut into small chunks, leek and thyme, cook over moderate heat until the leeks soften and the swede starts to lightly colour (5-10 minutes). Add the roughly chopped almonds and stir to coat in any juices.

Add enough stock to generously cover the swede. Add the honey, salt and pepper and cook for 30-50 minutes or until the swede has become very soft and mushy. Add the tahini and blend using a hand blend or something similar until smooth and creamy.

Taste for seasoning and adjust if necessary. Serve.

RIBS – STICKY AND DELICIOUS Serves 4

If you have the time put the rub on the raw bones and let sit for at least 2-6 hours and bake covered for about 2 hours on 150C or otherwise do my faster version below. Omit or reduce chilli and cayenne for children.

1.5 -2kg (At least four ribs each)

Rub

1 cup packed brown sugar	2 tsp cayenne pepper
2 Tbsp salt	2 tsp garlic powder
2 tsp sweet smoked paprika	1 tsp ground allspice
¼ tsp chilli flakes	

Method

Place the bones into a large pot suitable to hold the bones, cover with cold water and bring to the boil. Cook for 10 minutes and then drain and cool.

Meanwhile combine all of the rub ingredients in a medium bowl.

Line a baking tray with greaseproof paper or tin foil (it will make it a lot easier to clean).

Rub the spare ribs on all sides with the spice rub. Put on the baking sheet and wrap in cling film. Refrigerate for at least 2 hours or ideally as long as possible.

Preheat either your BBQ or grill on your oven to medium- hot as you are wanting to get that wonderful grilled, smoky caramelized look and taste. Place the ribs onto or under the hottest part of the grill and cook for 2 minutes, turn the ribs cook for another 2 minutes.

Now turn the oven to 190C on bake for at least 30 minutes to 1 hour, you want the bones to be tender almost to the point where the meat is about to fall from the bones.

Serve and enjoy!

ROASTED BRUSSELS SPROUTS

A simple but delicious way to serve our favourite vege! Serves 4

500g Brussels sprouts

3 Tbsp olive oil

¾ salt

½ tsp freshly ground black pepper

Method

Preheat oven 200C

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.

Mix them in a bowl with the olive oil, salt and pepper.

Pour them on a roasting pan and roast for 25 to 35 minutes, until crisp on the outside and tender on the inside.

Shake the pan from time to time to brown the sprouts evenly.

Sprinkle with more salt, and serve immediately.



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CARROT SALAD

This salad is perfect for those sweet and tender new season carrots. It works beautifully alongside a creamy dip and toasted flatbreads as a simple light lunch or pre dinner snack!

Serves 4 as a side

700g sweet young carrots,	Pinch of dried chilli flakes
1 large onion, sliced thinly	50g flat leaf parsley or rocket leaves
1 Tbsp oil	½ tsp sugar
½ tsp cumin seeds	3 Tbsp cider or white wine vinegar
½ tsp caraway seeds	2 Tbsp extra virgin oil for drizzling
½ tsp fennel seeds	Sea salt flakes

Method

Peel and wash carrots if necessary. Slice the carrots on the angle and cut into 5mm ovals, place into suitable size pot and just cover with water and a pinch of salt. Bring to the boil and simmer until tender.

Meanwhile add the sliced onion to a small fry pan along with one tablespoon of oil, cook over moderate heat until the onion softens and lightly colours (about 5 minutes) add the cumin, caraway, fennel seeds and chilli flakes. Cook for a further two minutes or until the seeds give off a wonderful aroma.

Tip the softened onion into a large bowl add salt, sugar, vinegar and one tablespoon of extra virgin olive oil. Mix to combine. Once the carrots are tender, drain and add immediately to the onion mixture so that the carrots start to soak up the wonderful pickling flavours. Toss to combine and let sit for at least 30 minutes to mature. When cold add the roughly cut or torn parsley or rocket, toss lightly and serve with a little more extra virgin olive oil.

LEEK FRITTATA

Agreeable Natures eggs have impressed me in so many ways, from flavour, to freshness and best of all the way they care for and raise their chooks. Serves 4-6

2 Tbsp butter
2 cups leeks, ½ tsp fresh chervil, thyme or parsley leaves
¼ tsp salt
5 eggs (free range)
1 cup cottage cheese or ricotta
1 cup grated Parmesan cheese

Method

In an 18cm oven-proof pan, melt butter on medium heat. Add the leeks - white and light green parts only (sliced in half lengthwise, then sliced crosswise) and gently cook until

softened, about 5 minutes. Once the leeks are cooked through and softened, add the chervil, thyme or parsley and salt. Set aside.

In a medium bowl, whisk together the eggs, cottage cheese, and the parmesan. Stir the leeks into the egg mixture.

Wipe out the pan with a paper towel. Then melt another tablespoon of butter into the pan on medium heat, and swirl along the bottom and sides to coat well. Pour the egg mixture into the pan, swirling to make sure the leeks are evenly distributed. Lower the heat. Cover the pan, slowly cook on the stove top for 12 to 15 minutes, until all but the center has set. You'll need to check every few minutes. The heat should be high enough to set the mixture, but low enough so that the edges don't brown. This frittata benefits from slow, gentle cooking.

Place rack in upper third of oven. Preheat the grill. When the frittata is mostly set, except for the center which is still wiggly, place the pan in the oven. Grill for 3 to 4 minutes until the top is lightly browned and the center has set.

Remove pan from oven. Use a blunt knife or a metal spatula to loosen the edges of the frittata from the pan. Gently insert the spatula under the frittata to loosen it from the bottom of the pan. Then gently slide the frittata onto a serving plate.

Garnish with chives or parsley to serve.

Thanks to the following vendors for their fantastic produce

BEAM ME UP BAGELS – freshly baked bagels

AGREEABLE NATURE EGGS – incredible free-range/pasture eggs

WAITAKI BACON AND HAM – ribs

BUTLERS BERRIES – jam

BEANOS BAKERY – freshly baked goods

ETTRICK GARDENS – coloured carrots

KAKANUI PRODUCE – Brussels sprouts



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