



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 23<sup>rd</sup> August 2014

### Classic Russian Borscht

300g beetroot, thoroughly washed and peeled

50g butter

1 small carrot, 1 small onion, 1 stick celery, 1 small leek, finely chopped

5 g all spice

bay leaf

1.5 litres beef stock (homemade has a lovely gelatinous texture and a more rounded flavour)

2 medium floury potatoes e.g. Maris

½ small cabbage, shredded

4 cloves garlic, peeled and crushed

1 tsp sugar

2 tbsp cider vinegar

½ tsp ground black pepper

Sour cream and fresh dill to serve and plenty of crusty bread to mop up your plate.

1. Cut ¾ of the beetroot into small dice and set aside. Melt the butter in a large pan and soften the onion over a gentle heat for 5 mins.
2. Add the carrot, leek diced beetroot, allspice and bay leaf and stir to coat with the butter. Cook for another 10 minutes, adding a little stock if the vegetables begin to look dry. Meanwhile grate the remaining beetroot.
3. Pour in the rest of the stock and the potatoes and simmer for 15 minutes then add the cabbage, garlic and grated beetroot. Cook until the vegetables are tender, about 10 minutes
4. Add the vinegar, sugar, pepper and a pinch of salt to taste. Add a little more of these if necessary then serve with a dollop of sour cream, a sprig of dill and a side of crusty sour dough bread.
5. Note: If you want a vegetarian version, use a good vegetable stock, preferably home made For a meat version, add a good pan-fried Polish style sausage.

### Slow roasted lamb shanks with caramelised onion

1 tablespoon olive oil

4 French trimmed lamb shanks

1 tablespoon sugar

375ml dry red wine

500ml beef stock

3 cloves garlic, crushed

20g butter

1 small brown onion (80g), finely chopped

1 trimmed celery stalk (100g)

1 tablespoon flour

1 tablespoon tomato paste

4 sprigs fresh rosemary, chopped coarsely

#### Caramelised onion

40g butter

2 medium red onions

50g brown sugar

60ml raspberry vinegar

1. Preheat oven to 150c/130c fan-forced
2. Heat oil in a large flameproof baking dish. Cook the shanks until browned all over. Stir in the sugar, wine stock and garlic. Bring to the boil. Roast the shanks, covered, in the oven for 4 hours, turning twice during cooking
3. Meanwhile, make caramelised onion by melting the butter in a medium saucepan, cook; stirring until the onion for about 15 minutes or until browned and soft. Stir in the sugar and vinegar; cook, stirring about 15 mins or until the onions is caramelised.
4. Remove the lamb from the dish; cover and keep warm. Pour the pan juices into a large heatproof jug. Return roasting dish to heat, melt butter and cook the celery and onion until the celery is just tender. Stir in the flour and cook, stirring, for 2 minutes. Add the pan juices, tomato paste and rosemary; bring to the boil. Simmer uncovered, stirring, until it boils and thickens. Strain the sauce into a large jug.
5. Serve the lamb with the sauce and caramelised onion and accompaniments.
6. Enjoy.

## Olive Oil Braised Leeks with Central Otago Thyme

Approx 5 medium leeks, white and light green parts only, halved length ways, washed and patted dry.

12 sprigs of fresh thyme

¼ cup of extra virgin olive oil

1 Tbs dry white wine e.g. Sauvignon Blanc

salt

### Method

Position a rack in the centre of the oven and heat to 375f

Snuggly arrange the leeks in a shallow baking dish. Nestle the thyme sprigs among the leeks. In a small bowl mix the olive oil, wine and 1 Tbs of water and drizzle over the leeks. Sprinkle evenly with the salt and cover tightly with tin foil. Braise the leeks in the oven until completely tender and easy to pierce with a fork, about 45 mins. Uncover the dish and continue to braise until the leeks are caramalised, about 15 mins more. Remove the thyme sprigs and serve the leeks warm or room temperature.

***Suggestions:** Make a light lunch by drizzling chilled leeks with mustard vinaigrette and serve with a softly boiled egg and a piece of rustic bread.*

## Thanks to the following vendors for their fantastic produce

- **McArthurs Berry Farm** - cabbage and leeks
- **Cardrona Merino** merino hind shanks
- **Wairuna Organics** baby carrots, beetroot
- **Willowbrook Orchard** NZ Sweete apples
- **Organicland** Kiwi Sausage
- **Kutash Gardens** Smoked Garlic Mustard



## Apple Tarte Tatin

*You will need an oven proof frying pan for this recipe.*

5-6 sweete apples (or other firm apples that hold their shape while cooking), peeled cored and quartered.

4 tbsp salted butter

4 tbsp sugar

Enough pastry to cover the diameter of your frying pan

Preheat your oven to 425f . Roll out your pastry and trim to fit the size of the pan you are using for the tart. It doesn't have to be exact. Wrap in cling wrap and refrigerate until ready to use.

Heat the frying pan over a medium heat and melt the butter. Sprinkle the sugar evenly over the butter and cook, stirring occasionally, until it is a very pale amber colour. Take off the heat, quickly place the apple quarters into the pan starting on the outer edge and moving to the centre, setting them on their sides and fitting in as many as possible. As they cook they will shrink and you'll be able to push them closer together and fit in the remaining quarters.

Return pan to the stove top and cook over a medium heat until the apples begin to turn a golden brown (about 15 mins). You can lift one out of the pan to check the bottom. At this point flip each quarter over and continue to cook until the caramel is a dark amber and bubbles up between the apple pieces.

Remove the pastry from the fridge, cut 4 slits to allow steam to escape. Remove the pan from the heat and working quickly, put the pastry over the apples and put into the oven. Cook until the pastry is a golden brown. Remove from the oven and immediately invert onto a cooling rack. Serve warm or at room temperature.



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