



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 25th October 2014

Today's Chef is: *Lenore Brady*

DIY Rice Paper Wraps

This is a favourite meal when I have guests. It is gluten free and is pleasing for both meat lovers and vegetarians. There is a bit of work to make the different parts but you can choose what you include. It is fun to make your own food at the table...

To have on the table:

- ⤴ Pork meat balls and a satay sauce and/or Egg roll slices
- ⤴ Coleslaw with many herbs, or lettuce greenery
- ⤴ Roast peanuts, avocado, slices of red pepper, spring onions

How to Rice Paper Wrap: Have a large flat bowl of warmish water at the table (use a fry pan perhaps) then when you are all seated (with plenty of the above fillings) soak rice papers (that you get from the international aisle) two at a time. They should only take 60 to 90 seconds to go transparent and soft. Spread them each out individually on a plate and add fillings; roll them up and eat.

Egg Roll

4 eggs

1 tsp salt

1 tsp oil per roll

1. Mix eggs, salt, together. Don't froth it up too much.
2. Heat a frypan at medium temperature then add oil.
3. Pour a thin layer of egg into the pan, tilting to cover the pan.
4. Almost immediately start rolling it into a log. If you let the egg cook too much, it won't stick as you roll it.
5. Remove from the pan and cool then slice. Repeat with the rest of the mixture.

Coleslaw/ Greenery

This provides the bulk of your rolls, use whatever you have that is nice and fresh.

I usually

- ⤴ grate two carrots,
- ⤴ finely slice ¼ a small cabbage, (or half a bag of salad greens)
- ⤴ finely slice ½ red onion and
- ⤴ grate an apple
- ⤴ Loads of herbs like mint, coriander, basil and parsley

Dress with a bit of lemon juice and a hint of olive oil.

Pork Balls and Satay Sauce

Either make the pork ball yourself or use Havoc sausages and chop them up once cooked.

500g pork mince

2 slices of bread

1T cornflour

2 cloves garlic crushed

¼tsp ground black pepper

½ onion chopped fine

2T fish sauce

1 egg

1/8 tsp sesame oil

1 T grated ginger

2tsp brown sugar

¼ c herbs coriander, mint, or parsley chopped

Mash bread to a paste with all the ingredients except meat, herbs and onions. Add the meat, herb and onions then roll in to small balls and fry in oil over a medium temperature.

Satay Sauce

2 cloves garlic crushed

30 ml lemon juice

30g brown sugar

80ml water

1T root ginger grated (or 1 tsp dried)

30 ml soy sauce

75g peanut butter

Kaitaia Fire if you fancy

Mix it all together and then heat over medium low heat until thick. Add water if you need to make it the right consistency.



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Dipping Sauce for the Rice Paper Rolls

1 or 2 cloves of garlic 3 T brown sugar
1 T sweet Thai chilli sauce 2T fish sauce
2T water 3T lemon juice
A few bits of a green herb to float on the top.

Blend all this together and either dip your rolls in it or pour it in once you have taken a bite.

Brandy Sauce

This is an old recipe my Mum always loves. She has good taste. It is nothing short of stellar.

This can be made the day before to make for a less stressful day for the cook.

300g brown sugar 4 eggs
115g butter 250ml cream (cow or coconut)
120 ml brandy

1. Melt butter and sugar, then add brandy.
2. Mix yolk and cream then stir in.
3. Cook on a low heat, stirring constantly until thick, this can take a while. (This part can be done in the microwave, but watch it as it goes from no to whoa in a short space of time).
4. Meanwhile... beat the whites to soft peak stage.
5. Keep the mixer going as you pour in the caramel.

Thanks to the following vendors for their fantastic produce

 Ettrick Gardens - cabbage, carrots and apples.
 Janefield Hydroponics and Paeonies - spring onions
 Aquarius Gardens - coriander
 The Porridge Bar – dried fruit
 Speckled Hen – eggs
 Havoc Pork – pork mince



Christmas Pudding and Brandy Sauce

Now is the time to make your Christmas pudding before the silly season sets in. My advice - lash out! Buy the best fruit you can for this once a year treat. I used dried fruit from The Porridge Bar, and it really makes a difference. The nectarines are especially good. If this is all you are having at Christmas for dessert then this serves 6 to 8 people. But as a taster it is enough for more.

480g dried fruit 150g glace cherries (or replace with dried fruit)
100g butter 125g flour
1½ tsp baking powder 1 tsp mixed spice
1 tsp cinnamon ¼ tsp nutmeg
¼ tsp salt 1½ cup bread crumbs
150g brown sugar 2 eggs
2 tsp fresh rind 180 ml milk

1. Mix dried fruit in a bowl, grate the butter over it and mix as best you can.
 2. Add the flour, baking powder, and spices. Mix again. Add breadcrumbs and mix.
 3. Mix the egg, milk, sugar, and salt together then stir through. I use my hands (not a wooden spoon) as my food mixer is too rough on the cherries. Put it into
 - a greased pudding bowl and cover tightly with tin foil, or
 - a boiled (to sterilise), greased and floured calico (make sure you leave room for it to expand)
- and boil for 4 ½ hours in gently boiling water.
4. Once store hang in a cool place in the calico or remove from bowl, wrap in layers of paper and store.
 5. On the day boil again for two hours. I put mine on when we sit down for the first course.