



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 29th November 2014

This week's chef: **Nicola Brown**

Spring Carrot Salad Cups

Makes: at least 12 small serves (depending on size of lettuce leaves)

Individual serves of salad look so appealing – I'm sure both children and adults eat more vegetables when they are served in their own 'cup'. Even better, these can be eaten using your fingers! If you prefer, leave the seeds untoasted and add a splash of tamari to the dressing instead.

Ingredients

Seed mix:

- 3 tablespoons sesame seeds
- 3 tablespoons pumpkin seeds
- 3 tablespoons sunflower seeds
- 1 tablespoon tamari or soy sauce

Salad:

- 1 lettuce, leaves separated, washed and dried
- 3 carrots (approximately 200g), grated or cut into julienne strips
- 3 – 4 small radishes (approximately 100g), finely sliced
- 2 large sprigs of mint, leaves finely shredded
- 1 large red-skinned apple

Dressing:

- 2 tablespoons flaxseed oil
- Juice of half a lemon
- 1 tablespoon coconut sugar
- 1 tablespoon rice wine vinegar
- 1 tablespoon almond butter
- 2cm fresh ginger, finely grated
- Dash of chilli flakes (optional)

Black pepper and sea salt, to taste

To garnish:

Microgreens or baby mint leaves

Instructions

Seed mix:

Preheat oven to 170° Celsius. Spray a small baking dish with oil. Mix seeds and tamari/soy sauce together; spread seeds evenly in the baking dish. Bake for 15 – 20 minutes, stirring after 10 minutes. They are done when they smell delicious and are lightly browned. Remove from oven, stirring immediately to prevent sticking. Set aside to cool.

Salad:

Place lettuce leaves on a serving platter. Place carrots, radishes, and mint in a large bowl. Finely slice or chop the apple and add to bowl.

Dressing:

Mix together dressing ingredients with a mini blender or shake in a screw-top jar until well-combined; pour over salad ingredients and mix well.

To serve:

Fill each lettuce leaf with a spoonful of salad. Garnish with seed mix and microgreens/baby mint leaves. Serve immediately.

Thanks to the following vendors for their fantastic produce

Ettrick Gardens - Carrots, walnuts, apples

McArthurs Berry Farm - Radishes

Janefield Paeonies and Hydroponics - Microgreens

The Porridge Bar - Dried Apricots

Butlers Fruit Farm - Raspberries and Strawberries



Strawberries Dipped in Raw Chocolate

Ingredients

2 punnets fresh strawberries
1/2 cup coconut oil
3 tablespoons maple syrup
1 tablespoon almond butter
1/2 cup cacao or quality cocoa powder, sifted to remove lumps
1/2 teaspoon cinnamon

Instructions

Wash and thoroughly dry strawberries, leaving stems intact. Place in refrigerator until ready to use.

Gently melt coconut oil and maple syrup together over hot water. Stir in almond butter until it softens. Add cacao powder and cinnamon; mix in a mini blender on low speed or with a whisk until well combined. Allow mixture to sit at room temperature for 15 - 20 minutes (or refrigerate briefly) until it begins to thicken.

Holding berries by the stems, dip lower half of each strawberry into chocolate and place, upside down, in a mini muffin tray or chocolate moulds (or, at a pinch, on a lined tray). Place in fridge to set. Alternatively, treat the chocolate sauce as a dip, and eat immediately.

Makes: approximately 20

Chocolate, Walnut and Apricot Fudge

Ingredients

½ cup dried apricots
½ cup dates, halved, pits removed
1 orange, juiced and zested
½ cup walnuts
½ cup almonds
1 cup coconut
¼ cup cacao or quality cocoa powder
1 teaspoon dried ginger
1 teaspoon vanilla extract
Pure maple syrup to taste

Instructions

Place dried apricots, dates and orange juice and zest in a bowl. Cover and leave to soak for four hours or overnight. Drain, reserving liquid.

Place walnuts, almonds and coconut in food processor and blitz until they resemble biscuit crumbs. Add the drained apricots and dates, cacao/cocoa powder, ginger and vanilla and process until well combined. Add a little of the reserved liquid if needed to bind. Adjust sweetness, according to taste, with maple syrup.

Line a slice tray with greaseproof paper and press the mixture in firmly with the back of a spoon – this will fill about half the tray. Place in fridge for at least two hours to set, or freeze for one hour. Once set, cut into small pieces (about 16 serves).

Double the mixture to make a full tray. Keeps in the fridge 4 - 5 days or in freezer for at least a month.

Raspberry Nut Milk

Ingredients

1 cup almonds (soaked in cold water overnight)
1 tablespoon sultanas (soaked in water at least 30 minutes)
4 cups water
1 cup raspberries (fresh or frozen - thawed if frozen)
2 - 3 tablespoon maple syrup (to taste)

Instructions

Drain nuts and sultanas well. Place in blender with water, berries and maple syrup; blend until smooth and creamy. Strain through a clean piece of muslin over a sieve, or use a nut milk bag. Remove pulp and set aside to use in another recipe (look up 'nut pulp' on Google or Pinterest for ideas). Serve flavoured nut milk as is, with cereal or as a base for smoothies.

Makes 4 cups. Keep refrigerated for up to 3 days.



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