



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

Recipes for Saturday 28th February 2015

This week's chef: *Alison Lambert*

WATERCRESS AND CHEESE SCONES Makes 8

I have been making scones since I can remember, by adding some fresh, peppery watercress you not only lift the flavor but you add many nutrients!

Ingredients

200g wholemeal flour
100g self-raising plain flour
1 tsp baking powder
100g butter, cubed
Pinch cayenne pepper
½ tsp salt
30g cheddar cheese, grated
20g blue cheese, crumbled
85g watercress, chopped
1 cup milk (approx.)

Method

Preheat oven 200C

Sift the flour and salt together and rub in the butter. Stir in the cheese and chopped watercress and bind with enough milk to form a soft dough, just remember with scones that they don't require a lot of handling. Roll out on a floured board until about 3cm. Cut into 6cm circles using a pastry cutter.
Bake in preheated oven until risen and golden brown (about 15 minutes).
Delicious simply with butter, or served alongside soup.

BEAM ME UP BAGELS

No day is complete without a freshly hand-rolled bagel. Beam Me Up Bagels are delicious any which way you desire. They make an extensive range from savoury to sweet, and they make perfect smaller ones which fit snugly into lunch boxes.

FRESH OYSTER MUSHROOMS ON TOAST

These mushrooms certainly don't need the addition of cream but sometimes I just love the decadence this brings to these delicious mushrooms.

Serves 2 as a starter or lunch

250g fresh oyster mushrooms
30g butter
2 Tbsp olive oil
½ onion peeled and sliced thinly
2 cloves garlic, sliced thinly
50 -100mls cream
½ tsp ground dried mushroom powder (available at Stonehurst Mushrooms)
optional
Freshly ground black pepper
Salt
1 lemon, juice
Handful parsley, roughly chopped
2 -4 slices good quality bread

Method

Toast the bread and rub with a couple of the garlic slices and set onto two plates. Melt the butter in a large heavy based fry pan as it starts to melt add a little oil. Tear the mushrooms into strips and add to fry pan. Add the onions and garlic a good pinch of salt and pepper and cook over high heat so the mushrooms colour and the onions soften.
Add the cream and mushroom powder (if using), stir to combine ensuring you get the bits off the bottom of the pan. Add the parsley and turn down the heat, squeeze in a little lemon juice, taste and adjust seasoning if needed. You want the cream to be thick and rich. If too runny it will not have enough depth and if too thick it can separate and become greasy.
Spoon evenly over the toasted bread making sure every drop of this delicious sauce gets onto the plates. Enjoy!



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MARROW WITH TOMATOES Serves 4-6

Every year we get stuck with marrows and often look at the sheer size and give up. Sautéing them quickly is great to add texture and the method below is one I adore as it soaks up the juice from the tomatoes and herbs and makes a wonderful late summer meal.

Ingredients

25 g butter
2 medium onions, sliced thinly
1 garlic clove, sliced thinly
1 medium marrow, peeled, seeded and cubed
6 large tomatoes, chopped roughly
handful fresh basil, parsley or a few sprigs thyme or rosemary
salt and plenty freshly ground pepper

Method

Melt the butter and a little olive oil in a large wide pot or fry pan and gently fry the onions for 5 minutes or until soft.

Add the garlic and marrow and cook for a further 5 minutes.

Add the tomatoes and herbs, season with salt and pepper toss to combine, simmer until tender 5-10 minutes.

Serve

HOW TO POACH STONE FRUIT

Poaching fruit is one of those old techniques which never dies. Knowing how to poach fruit can add new life to tired fruit, it can preserve them and of course not to mention what it can add to your taste buds!

Ingredients

4-6 stone fruit

Basic poaching syrup

300g white sugar
750ml hot water

Flavouring – optional extras

Vanilla bean, citrus peel, cardamom pods, cinnamon stick or star anise, fresh lemon verbena leaf or a squeeze of fresh lemon juice

Method

Put the sugar and water (and your choice of flavourings) into a heavy-based pot and heat over medium heat until sugar dissolves. Simmer syrup gently for 3-4 minutes then carefully add the fruit.

Cut a piece of baking paper to snugly fit the inside of the pot. Press down to sit lightly on the surface of the syrup. Poach the fruit until just tender – roughly 3-6 minutes depending on size, ripeness and variety of fruit. Remove from syrup with

slotted spoon and serve. If wanting to keep fruit simply cool in syrup and store in fridge.

POTATOES ROASTED WITH FENNEL, LEMON AND GARLIC Serves 4

This potato dish is always a favourite - it goes well with both pork and fish. Using fresh seasonal market produce will make these potatoes taste like never before.

Ingredients

1 kg potatoes – Brydone's Agria work exceptionally well for this
2 bulbs fennel and the leaves
4 cloves garlic
1 lemon
Olive oil
Salt and pepper

Method

Preheat the oven to 200C. Place a roasting tray in the oven and heat up to very hot. Slice the potatoes into ½ cm round disc, place them into a bowl. Bruise the garlic cloves by gently smashing them with a knife put them in with the potatoes.

Trim all the leaves off the fennel. Tidy up the root end but don't cut it too far as you want to keep the fennel whole. Slice the fennel into similar size pieces as the potatoes and add to the bowl. Drizzle over enough oil to coat all the ingredients well, squeeze over the juice of the lemon, season well with salt and freshly ground pepper. Mix well and pour directly onto the hot oven tray. Spread them out so they are not too thick on the tray as you want them to cook evenly and crispy.

Roast for 10 minutes, give them a quick move around on the tray and cook for a further 10 minutes. Roughly chop up some fennel leaves and sprinkle these through the potatoes before serving.

Thanks to the following vendors for their fantastic produce

STONEHURST MUSHROOMS – fresh and dried oyster mushrooms

WAIRUNA ORGANICS – organic marrow and snow peas

THE NZ NUT COMPANY – black Krim tomatoes

JANEFIELD PAEONIS AND HYDROPONICS – watercress

BEAM ME UP BAGELS – selection of hand rolled fresh bagels

WILLOWBROOK ORCHARD – selection stone fruit

BRYDONE ORGANIC GROWERS – organic soil grown potatoes, fennel, garlic