

# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, March 14<sup>th</sup>, 2015

This week's chef: *Sandra Kellian*

### Apple Plum and Date Cake

2 cups peeled and diced apples  
1 cup pitted and diced plums  
1 cup pitted dates, halved  
½ tsp baking soda  
¾ cup boiling water  
125g butter, soft  
1 cup sugar  
1 free range egg  
1 tsp vanilla  
1 ½ cups flour  
½ tsp salt

Preheat oven to 180°C

Combine apples, plums, dates, baking soda and boiling water. Leave to cool. Beat butter and sugar in a large bowl until creamy, then add egg and vanilla. Sift flour and salt and add alternately with apple mixture to the creamed butter mix. Pour batter into a greased 23cm loose-bottom cake tin. Bake for 35-40 mins. Combine the topping ingredients and melt together. Remove cake from oven and add topping. Bake for another 10mins until topping is golden and a skewer inserted into the centre comes out clean.

### Creamy Zucchini Ricotta Spread

1 tsp extra virgin olive oil  
1 medium zucchini, grated coarsely  
1 garlic clove, minced  
½ tsp fresh thyme  
Rock salt and ground black pepper  
½ cup ricotta  
1Tbsp lemon zest  
2 tsp lemon juice

In a pan, sauté the zucchini, garlic and fresh thyme until the zucchini is tender and has some brown bits. Set aside. When cool, mix through the ricotta, zest and lemon juice, season and serve with warm crusty bread

### Topping

50g butter  
½ cup soft brown sugar  
2 Tbsp milk  
1 cup thread coconut  
1 Tbsp golden syrup

### Sweetcorn Soup

4 corn on the cob  
150g of butter  
2 onions, peeled and diced  
1 handful of basil leaves  
4 Tbsp of green pesto  
8 rashers of crispy bacon or 16 cooked king prawns (optional)

Start by making the corn stock. Using a sharp knife and holding the corn in an upright position, scrape off the kernels into a bowl but reserve the cobs. Place the cobs in a large saucepan and add enough water to cover. Bring to the boil and leave to simmer for approximately 15 minutes. After 15 minutes, or once the water has taken on the flavour of the corn, remove the cobs from the pan and reserve the liquid. Add the butter to a pan over a medium heat. Once the butter has melted, add the onions and sweat until soft and translucent. Add the kernels and sweetcorn stock and bring to the boil. Simmer until the corn has cooked through, approximately 5 minutes. Pour the contents of the pan into a blender and blitz until smooth. Add a little water to give the soup a thinner consistency. Pour the soup into a large bowl and add most of the basil leaves, reserving some for garnish. Leave for approximately 20 minutes. Strain the soup into a clean pan and discard the basil leaves. Reheat the soup over a low heat. Divide the soup into bowls and garnish with the remainder of basil leaves. Drizzle with pesto and serve immediately with the crumbled bacon or whole prawns.

## Thanks to the following vendors for their fantastic produce

**Ettrick Gardens** - sweet corn, Peasegood Nonsuch cooking apples

**Willowbrook Orchard** - Black Doris Plums

**Waikouaiti Gardens** - Zucchini and runner beans

**Indigo Bakery** - breads

**Brydone Organic Growers** – onions

**Waitaki Bacon and Ham** - bacon



### **Spicy Zucchini, Corn, Bean Quinoa Salad**

3 cooked corn on the cob, kernels scraped off  
3-4 medium zucchini, cut into large dice size pieces  
fresh green beans, lightly blanched and roughly cut into pieces  
100g quinoa  
1 can cooked chickpeas  
1 small red onion thinly sliced  
½ tsp ground cumin  
1 tsp smoked paprika  
olive oil  
salt and pepper  
fresh mint, Italian parsley, coriander, roughly chopped  
mesclun leaves

#### **Smoked Paprika Dressing**

Juice of 1 lemon  
80ml white wine vinegar  
1 ½ tbs brown sugar  
2 tsp Dijon mustard  
1 Tbsp smoked paprika  
1 ½ cup vegetable oil

#### **Dressing Method**

Combine and whisk all the ingredients together.

#### **Salad Method**

Cook the quinoa and set aside to cool.  
Toss the zucchini and rinsed chickpeas in the olive oil, spices and seasoning. Put into a hot oven and roast until the zucchini is cooked. Set aside to cool.  
Combine the corn kernels, beans, red onion, cooked zucchini and chickpeas, roughly chopped herbs and mesclun in a large bowl. Toss through the smoked paprika dressing

### **Spiced Plum Butter**

1kg plums, halved and pitted  
¼ cup water  
1 tsp cinnamon  
1 tsp cardamom  
2 Tbsp lemon juice  
2 ½ cups granulated sugar  
In a large saucepan, combine sugar, plums and water. Bring to the boil then reduce the heat, cooking the fruit until it is very tender. Cool then puree. plum purée. Return to the saucepan and add the spices. Bring to a boil over medium-high heat, stirring frequently. Reduce heat and boil gently until mixture thickens to a spreadable consistency and holds its shape on a spoon. Store in sterilized jars. Once open store in the fridge for up to a month or freeze for up to 3 months.

### **Individual Apple Tartin**

3 firm apples  
Juice of half a lemon  
100g sugar  
30 ml water  
15 ml Cognac  
½ a vanilla pod, cut in half  
60g butter, cubed  
Ready rolled puff pastry

Peel the apples, then cut each apple into 4 thick slices. Dip each slice in lemon juice to prevent browning.  
Using a round cookie cutter slightly larger than the bottom of one of the muffin molds, cut out apple rounds, then carefully remove the pits and core, making sure not to break each round. Rub a little lemon juice in the cored center of each apple slice. Reserve.  
Split the vanilla bean lengthwise, then scrape off the seeds. In a medium saucepan, stir the sugar, water, Cognac (or Calvados), halved vanilla pod and scraped seeds together over medium heat. Let it slowly come to a boil. Continue to cook for about 5 minutes, or until the mixture is a light golden color. Swirl or stir around once in a while so it caramelizes evenly.  
Once your caramel is ready, take it off the heat. Make sure you do so when it has a light golden color, because it'll keep on cooking a bit due to the residual heat. Stir in the cubes of butter and mix well. Discard the vanilla bean.  
Place a large frying pan over medium heat, then pour the caramel in. Don't worry if your caramel has hardened a bit, it'll melt as it's heated again. Scatter in the apple slices, making sure they don't overlap. Cook for 5 minutes without moving the apples, using a spoon to pour some of the caramel over the slices once or twice over the cooking process.  
Distribute one apple slice into the base of a muffin mold, then top with the caramel mixture  
Cut out two rounds of the pastry to fit inside the molds (it's better to cut the pastry slightly larger than the apples, as it will shrink a bit while cooking). Bake for about 15 minutes, or until the pastry is puffed and lightly golden. Allow to stand for 10-15 minutes before carefully lifting each tartlet using a small spatula. Spoon any remaining caramel over the tartlets and serve warm or cool.



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