



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday, 21<sup>st</sup> March 2015

This week's chef: *Alison Lambert*

### **KALE CAESAR SALAD Serves 4**

*Robust, nutritious kale smothered with a salty, creamy dressing doesn't need much convincing. This is my go-to salad for the cooler months because it's just right!*

#### **Ingredients**

3 bunches (500g) kale, cavolo nero leaves, discard stalks  
½ loaf (200g) good quality bread (sourdough or ciabatta), torn into bite sized pieces  
3 Tbsp olive oil  
Sea salt and freshly ground pepper

#### **Dressing**

2 cloves garlic	1 tsp Dijon mustard
4 anchovy fillets	1 tsp Worcestershire sauce
1 Tbsp white wine vinegar or lemon juice	1 egg yolk
½ cup olive oil	
¼ cup freshly grated parmesan, plus extra for garnishing	

#### **Method**

**Preheat the oven to 180C.** Place the bread chunks onto a baking tray and drizzle over the 3 tablespoons olive oil, season with salt and a little pepper and toss to coat. Bake until crispy and golden. Remove and cool. Wash the kale well in cold water and drain, chill until required. To make the dressing; combine all the ingredients except the oil, and parmesan. Whisk or process until very thick. When thick slowly drizzle in the oil until it emulsifies (thickens and becomes mayonnaise like). When all the oil is added, add the parmesan and mix through. Taste for seasoning. Remember this dressing is supposed to be strong in flavours – salty anchovy, garlicky and cheesy with parmesan. To assemble – place the kale and toasted croutons together in a bowl, add the dressing and coat so that the dressing clings to all the leaves. Grate or shave a little more fresh parmesan over the salad and serve immediately.

### **PASTA WITH SAUSAGES Serves 4-6**

#### **Ingredients**

400g dried pasta	3 fresh tomatoes roughly diced
2 Tbsp olive oil	200g cavalo nero, kale or silver beet
3 good quality sausages	sea salt flakes
1 shallot or small onion, finely diced	freshly ground black pepper
1 clove garlic, sliced thinly	extra virgin olive oil
	freshly grated parmesan cheese

#### **Method**

Your first job is to get a large pot of heavily salted water 2/3 full on to a rolling boil. Add the pasta and cook as directed by the packet.

Meanwhile while that is cooking, heat a large heavy fry-pan up to medium-high heat. Add the olive oil. Holding a sausage, remove little meat-ball sized pieces of sausage meat from the skin, and add directly to the pan. Cook until crispy and golden in colour. Add the shallot and garlic and cook until the onion and garlic soften and lightly colour. Now add the tomatoes and cook until the tomatoes cook down and go mushy and the sauce goes thick and glossy. Add the (stalks removed and roughly chopped) cavalo nero and cook until just tender (3 minutes). If looking a little too dry add a drop or two of water. When your pasta is al dente (tender to the bite) drain, reserving 2-4 Tbsp cooking water. Add the pasta to the sausage mixture along with 1-2 tablespoon of the cooking liquid, season with salt and pepper add a generous grating of fresh Parmesan cheese, toss gently to combine. Taste and adjust the seasoning if necessary. Serve immediately with plenty of freshly grated Parmesan and a few extra grinds of black pepper.

*One pot meals are always a winner and one that I find works perfectly for midweek as it is quick to prepare, great to eat and no fuss to clean up!*

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**Thanks to the following vendors for their fantastic produce**

**SPECKLED HEN – free-range eggs**

**WHITESTONE CHEESE – Monto Cristo cheese**

**KUTASH ORGANICS – pink fir potatoes, mustard**

**ORIGIN BEEF – beef sausages**

**BRYDONE ORGANICS – kale and cavolo nero**

**CAITHNESS ORCHARD - plums**



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## PINK FIR APPLE POTATO SALAD Serves 4-6

### Ingredients

1 kg waxy potato,	1 tsp grain mustard
1 small red onion, diced finely	2 tsp salt
250g bacon, sliced finely	1 tsp freshly ground pepper
¼ cup stock	1 tsp sugar
1 Tbsp fresh or dried dill	¾ cup red wine vinegar
Large handful fresh parsley	1 cup good quality oil (not olive oil)

### Method

Place the unpeeled potatoes into a suitable size pot and cover with water, season with a little salt and bring to the boil. Reduce to a gentle boil and cook until tender (20-30 minutes) Meanwhile fry the bacon in a fry pan until crispy and set aside, reserving bacon fat in pan for later use.

Add the finely diced onion, dill and bacon into a large bowl.

When the potatoes are cooked drain and cool slightly. I suggest when peeling the potatoes to hold a cloth around your potato as they get quite hot after a while. Carefully peel the skin off the potato with a sharp small knife and cut into 4mm thick slices. Add them to the bowl with the onions and bacon.

Slightly warm the fry pan with the bacon fat, and add the red wine vinegar, grain mustard and ½ the oil, season lightly with a little salt and pepper, swirl around to emulsify and pour over the warm potatoes, add the finely chopped parsley and toss together gently, add a little more oil if the salad looks dry.

Taste and adjust the seasoning and balance of the overall salad – it should taste piquant with an even flavour of bacon and onion with a hint of freshness from the herbs.

Serve at room temperature.

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## CHEESE OMELETTE

*A good omelette can start a day off so well - simple techniques and a good pan will get you on your merry way. But fresh, free-range eggs will make the omelette unforgettable!*

### Ingredients

2-3 eggs per person  
Salt and pepper  
1 Tbsp butter  
50g strong, melting cheese (Monto Cristo), crumbled or coarsely grated

### Method

Beat the eggs with the salt and pepper in a bowl. Heat a non-stick fry or omelette pan and melt the butter. When the butter is very hot and nut-coloured, pour the eggs into the pan. When the eggs are setting and small bubbles are forming, sprinkle over the cheese, bringing the edges of the omelette towards the centre with a fork while shaking the frying pan. Fold the edge of the omelette nearest to the handle of the pan towards the outside edge and quickly slide on to a hot dish.

A good omelette should be slightly runny!

## PLUM CLAFOUTIS Serves 4

*When it comes to the French and puddings, I don't think you can choose. However a clafoutis is one of the simpler desserts and it fits in perfectly with the abundance of plums and slightly cooler evenings.*

### Ingredients

450g ripe cherries, plums or apricots, the best you can find, stones removed  
3 Tbsp caster sugar, plus extra for sprinkling  
3 Tbsp kirsch (optional)

### For the batter

20g unsalted butter, plus extra for greasing  
2 free-range eggs  
3 Tbsp caster sugar, plus extra for sprinkling  
½ tsp vanilla extract  
1 heaped Tbsp plain flour  
50g whole milk  
75g cream  
pinch sea salt

### Method

Gently mix together the cherries, plums or apricots, sugar and kirsch and leave to macerate for two hours. (The sugar will slowly permeate the cherries and intensify their flavour.)

Preheat the oven to 180C. Grease a baking dish with butter and sprinkle with sugar. Shake the sugar around the dish so that it is evenly coated, then tip out any excess.

For the batter, heat the butter in a small pan until it turns a pale hazelnut colour – this is called a *beurre noisette*. Do not allow the butter to burn or it will become bitter and carcinogenic. Remove the pan from the heat and set aside in a warm place.

In a large bowl whisk together the eggs, sugar and vanilla until creamy.

Add the flour, whisk until smooth, then slowly incorporate the milk, cream, salt and *beurre noisette*.

Mix the macerated cherries and their juice into the batter and pour into the prepared baking dish.

Bake in the oven for 30-35 minutes, or until the top is slightly domed and the blade of a knife inserted in the middle comes out clean.

To finish, sprinkle with caster sugar and serve warm.



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