



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 6th June 2015

This week's chef: *Alison Lambert*

MISO ROAST PUMPKIN Serves 4-6

This looks great served in the pumpkin skin, centred in the middle of the table.

Ingredients

1 small crown pumpkin
4 cloves garlic, sliced thinly
2 Tbsp miso paste
2 sprigs fresh rosemary
100g butter
Sea salt flakes
Freshly ground pepper

Method

Preheat oven to 190C

Carefully cut the pumpkin in half so you have a top and bottom. Scoop out the seeds and discard. Place the pumpkin halves flesh side up on a baking tray.

Put half the butter aside and with remaining butter divide and put inside cavity of pumpkin. Scatter over some garlic (leaving some for later), rosemary leaves and miso paste. Season with salt and pepper and bake until the flesh is soft and golden. Depending on size and variety of pumpkin this time will vary 20-30 minutes or longer if needed.

Whilst the pumpkin is roasting, melt the remaining butter in a small saucepan along with remaining garlic and finely chopped rosemary sprigs. Allow the butter to melt and go a golden brown colour, you will notice the garlic slivers turning a delicious toasted brown and the aroma will be nutty. Leave aside until required.

When the pumpkins are cooked remove from oven and cool slightly. Scoop out flesh and place into a bowl, mash with the back of the fork and pour over 2/3 of the butter. Fold through to combine and pour over remaining garlicky butter. Spoon back into half pumpkins if you wish.

FISH PIE Serves 6

I love fish pie but often weigh up the options of cooking it as it can take a lot of time, cause a lot of dishes and fill my kitchen with a fish-stock kind of aroma and to be honest it's not always appetising! I now use this recipe all the time and the results have been overwhelming! Feel free to add fish, shellfish to your liking and availability. Enjoy!

Ingredients

500g white fish, I use cheaper fish for this (red cod, ling, elephant etc)
500g smoked fish fillet
500g salmon fillet
5 boiled eggs (optional)
250g cheddar cheese
400 ml cream
100 ml milk
1 stock cube (chicken or fish)
Creamy mashed potato for pie topping (made from 6 large potatoes)

Method

Take the fish, smoked fish and salmon fillets and cut into large chunks. Place the fish into a pie dish approx 24cm in diameter.

Add the cream to a pan and heat gently. Dissolve in 1 stock cube and bring to the boil. Reduce the mixture to thicken. Pour the mixture over the fish.

Chop the boiled eggs and sprinkle into the fish pie. Finish off with a sprinkling of cheddar cheese and pat down gently.

Take the mashed potato and spoon onto the top of the pie. Using the back of a fork, gently distribute the mash evenly to cover the pie. Make small indentations over the top of the pie for decoration.

Place the fish pie in the oven on a high heat for approximately 15-25 minutes. When the top has browned, take out of the oven and serve immediately.



**The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz**

BROWN BUTTER, COLLARD GREENS Serves 2-4

Ingredients

4 Tbsp. butter
1 bunch collard greens, cleaned, tough stems removed, leaves cut into 4cm pieces
Sea salt and freshly ground black pepper, to taste
Lemon wedges, for serving

Method

Working in two batches, heat 2 tbsp. butter in a medium-large heavy based fry pan, over high heat and cook, swirling the pan often, until butter begins to bubble and brown, about 3 minutes. Add half the collard greens and let sit undisturbed for 1 minute.
Stir greens and continue to cook until slightly wilted, about 1 minute. Season with salt and pepper and transfer collards to a serving dish; repeat with remaining butter and collard greens. Serve with lemon wedges.

HEALTHY SALAD Serves 2-4

This is one of those quick impromptu salads where a bit of this and a bit of that combined with a simple yet fresh dressing works every time.

Ingredients

2-4 cups or handfuls fresh crunchy leaves (I am using baby chard, spinach, rocket leaves, a Janefield hydro mix)
 $\frac{3}{4}$ cup toasted walnuts or hazelnuts
 $\frac{1}{4}$ cup fresh lemon juice
6 Tbsp olive oil
Sea salt and freshly ground black pepper, to taste
 $\frac{1}{2}$ cup shaved parmesan

Method

Combine leaves in a bowl; set aside.
Whisk together lemon juice, oil, salt, and pepper; toss with salad.
Sprinkle with parmesan cheese and walnuts to serve.



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

PEAR FRITTERS WITH HONEY Serves 4

Ingredients

350g Greek yoghurt
For the batter
65g plain white flour (or gluten free)
65g cornflour
200ml cold soda water
Sunflower oil, for frying
3 medium firm pears, peeled and cut into wedges (1cm)
4 tsp runny honey
1 lemon, juice

Method

To make the batter - Put the cornflour and flour in a large bowl. Whisk in the soda water, stirring constantly, until the mix is smooth and runny, then sit the bowl in the fridge and leave for at least 10 minutes.
Pour enough oil into a medium saucepan so that it comes 5cm up the sides, and place over a medium-high heat. To test that the oil is the right temperature, put in a few drops of batter: if they sink to the bottom, then bounce straight back up with large bubbles, it's ready. Dip a couple of pears in the batter and lower carefully into the oil. Fry for two to three minutes, until crisp, remove with a slotted spoon and transfer to a kitchen paper-lined plate. Repeat with the remaining pears. Serve the fritters with the yoghurt, a squeeze of lemon, and a drizzle of honey.

Thanks to the following vendors for their fantastic produce

WAIRUNA ORGANICS – collard greens
HARWARDEN ORCHARD – pears
JANEFIELD HYDROPONICS – fresh seasonal leaves (skinny blonde mix)
ROSEDALE ORCHARDS – pumpkin
HARBOUR FISH – fresh fish



