



Otago Farmers Market

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

Recipes for Saturday 13th June 2015

This week's chef: *Lenore*

Pear and Blue Cheese with Bitter Salad Greens

1T melted butter
2T honey
4 firm pears
25ml olive oil
1T apple cider vinegar
½ t salt and pepper to taste
500g of greens
1 wedge of Whitestone Blue Cheese
1 cup walnuts

1. Roast the walnuts in the oven for about 5 minutes at 160C (I do them as the oven is reaching temp).
2. Heat the oven to 250C.
3. Halve and core the pears, then slice into 1/8th or so (4 from each half).
4. Heat butter and honey in the roasting dish for one minute then add the pears and toss. Lay them out in a single layer, make sure that there is one surface side down of each slice.
5. Cook for about 10 on one side, then 5 minutes on the next. Remove and cool.
6. In the serving bowl mix the oil, vinegar and salt. Pile on the greens, then crumble over the cheese, add the pears and then toss it just as you are about to serve. Top with walnuts.

Pan Fried Fish with Anchovy Butter

Anchovy Butter

This is a grand condiment to have in the fridge. You can use it in sandwiches, to dress steamed vegetables or use it as a base on crackers.

60g butter
1T mild oil (I use olive)
1 small clove of garlic
2 anchovy fillets
10ml lemon juice
zest of one lemon
3T parsley chopped

1. Soften the butter, mash the anchovies, crush the garlic, mince the parsley.
2. Add all the ingredients to a bowl and whip to fluffy with a hand held mixer. Or you can use the back of a fork to beat it. It is nice if you get it fluffy but no bother if you can't.

Fish

600g pan fry-able fish
salt
60g flour
2 T light oil
2 T butter

1. Remove the fish from the fridge about 30 minutes before dinner.
2. About 15 minutes before you plan to eat: salt both sides of the fillets.
3. Start heating your pan to hot.
4. When the fish starts to glisten with moisture (the salt draws out moisture) press into the flour, dust off any excess.
5. Add half the oil to pan, then half the butter, once the foaming stops add the fish, do not crowd the pan, do it in two lots.
6. Cook for about 3 minutes then flip and cook for a further 2 minutes or so. Wipe out the pan and then repeat with the other 2 fillets. Top with a walnut of anchovy butter as above.



*The Market Kitchen is powered by Nova LPG,
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Potato Sunshine

I love mashed potato, and a bit of pumpkin really gussies it up. This is not fancy food, but is tasty and quick. I find steaming the potatoes and pumpkin really fast and easy.

1kg potatoes – van Rosa or Agria
300g pumpkin
¼ really, really finely cut onion (red is best)
50g butter
1tsp salt

1. Scrub the potatoes then cut into smallish chunks (3cm cubes).
2. Start the potatoes steaming.
3. Peel pumpkin (unless you are using a bush fire pumpkin, then you can leave the skin on) and remove seeds.
4. Add the pumpkin and continue to steam for about 18 minutes in total. Check that everything is totally soft.
5. Transfer to a bowl, add the very fine raw onion and butter then mash.
6. Check flavour, add salt, pepper and perhaps more butter.

Celeriac

Also known as Knob Celery or Root Celery. This is a grand vege that is so ugly it can be over looked. It gives everything a subtle celery flavour. It is a lovely addition to

-  a roasted root vegetable mix (40 minutes at 180C -same as yams)
-  grated raw in a salad (grate with apple, carrot, red onion and cabbage with a vinaigrette).
-  Stews.
-  Scrub the ugly bits then cut them off and add them to potatoes for mashing.

Best used within 2 weeks of purchase, store in the fridge in plastic

Mystery Slice

Why the mystery? The ingredients are not that surprising, and frankly this is a rather pedestrian looking wee slice, but “don't judge a book by its cover” is true of this slice. It is very very easy, and very delicious too. Thanks to my Mum and sister BB who are both champion bakers. This is a family favourite.

170g butter
1t vanilla
110g brown sugar
1 large Tbsp golden syrup
250g flour
2t baking powder
½ cup chopped dates
½ cup chopped walnuts

1. Melt butter, sugar, syrup and vanilla in a pot.
2. Sift the flour and baking powder, then add the remaining ingredients to the pot and mix.
3. Press into a lined 18cm square tin.
4. Bake 18 to 25 minutes at 180°C.
5. Remove from tin at once, then slice when almost cool.

Thanks to the following vendors for their fantastic produce

Harbour Fish - Fish

Rosedale Orchard - Pears

Whitestone Cheese - Whitestone Blue cheese

Brydone Organic Growers – Celeriac, Potatoes, and Onions

Janefield Paeonies and Hydroponics - Skinny Blonde salad mix

Kakanui Produce - Pumpkins

Ettrick Gardens - Walnuts

