



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 22nd August 2015

This week's chef: **Blake Haines**

BARLEY AND ROAST PARSNIP SALAD WITH BEETROOT RELISH DRESSING AND HONEY

Salad

100g pearl barley
4 large parsnips
1 handful of salad greens

Dressing

one jar Bracken Larder Beetroot Relish
100ml olive oil
salt and pepper
honey

Method:

1. Cut parsnips into bite size pieces.
2. Roast parsnips in oven at 190deg.
3. While they are roasting, boil barley in water till cooked (about 20-30 min.)

To Serve

Mix the dressing ingredients in a large bowl, then add the barley and parsnips mix and finally add the greens just at the end.

Note: I said salad greens but that could be any green available at the Otago Farmers market on Saturday Eg silver beet, kale, spinach, - it is just something to add a bit of freshness in the middle of winter.

MEAT BALLS WITH TOMATO CHUTNEY AND SMOKED BUTTER

500g beef or veal mince
1 onion
parsley
olive oil
salt and pepper
smoked butter
one jar Bracken Larder Tomato Chutney

Method:

Finely chop the onion and parsley, and place in bowl.
Add the mince and mix with your hands. Add olive oil and a drop of cold water, as this helps the meat to bind.
Roll to the size you like, fry in a hot pan to give a nice golden brown.
Add chutney and cook for 10-15 min.
Finish with a good knob of smoked butter and a handful of soft green herbs eg fresh parsley

I like to roll my meat balls nice and small so they don't dry out as they cook. Youtube will show you how to smoke butter, but if you prefer you can buy it at Whitestone Cheese



BEETROOT SOUP WITH APPLE

5 large beetroot
1 onion
1 clove of garlic
vegetable stock
oil
1 apple

1. Chop the onion and beetroot,
2. Heat a pot with oil, and add the beetroot, onion and garlic. Cook until onion is soft but not coloured, then cover with stock.
3. Cook until the beetroot is nice and soft.
4. Blend, then slice or grate the apple.
5. Serve soup hot or cold with apple on top and a little drop of crème fraîche.

Note. I use small beetroot for my soup because they are slightly sweeter however in the recipe I have stated large beetroot as they are better value for soup.

Thanks to the following vendors for their fantastic produce

Bracken Larder Smoked Paprika and Tomato Chutney, Quince, Beetroot Relish



Origin Meat Beef Mince

Janefield Paeonies and Hydroponics Salad Greens

Wairuna Organics Parsnip and Beetroot

Gilberts Fine Foods Brioche

Hawarden Orchard Pears

ROAST STICKY PEARS WITH BRIOCHE, ALMONDS AND VANILLA CREAM, AND BRACKEN LARDER QUINCE

4 pears
50g butter
50g dark brown sugar
1 loaf of brioche
100g sliced almonds
100ml cream
vanilla pod
stock - sugar syrup* (50/50 sugar and water)
1 spoonful of quince puree

1. Cut pears into quarters and remove core, place on a baking tray and sprinkle with sugar and butter,
2. Roast till they are just cooked but nice and sticky,
3. Toast the sliced almonds.
4. Slice the brioche and soak in sugar syrup and quince, just enough for it to be soft but not mushy.
5. Plate with the brioche on the bottom and the pears and almonds on top and a good drizzle of the cream

Note: you need to use a good hard pear for this dish so it doesn't break down when you are cooking it. And I like runny cream but whipped would be just as nice for this dish- it is up to you.

* In a high-sided saucepan over medium-high heat, bring cold water and sugar to a boil. Turn the heat to low and stir constantly until the sugar dissolves completely and the mixture is clear, approximately 3 to 5 minutes. Remember - the longer you boil it, the thicker the syrup will be when cooled. To test if the sugar is completely dissolved: Using spoon, scoop up a small amount of the syrup. You shouldn't be able to see any sugars crystals in the liquid. If you do, boil a little longer.



*The Market Kitchen is powered by Nova LPG,
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