



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 26th September, 2015

This week's chef: *Alison Lambert*

SPROUTING BROCCOLI WITH GARLIC AND CHILLI Serves 2-4

Sprouting broccoli reminds me of Italy. They love to toss this through pasta, roasted on top of pizza or long cooking in red wine, garlic and olive oil and served with bruschetta. Today however we are keeping it short and sweet. Simple techniques that will lift this highly nutritious veg to another level.

500g sprouting broccoli
4 cloves garlic, sliced thinly
Pinch chilli flakes
Extra virgin olive oil
Parmesan to serve
Lemon to serve

Method

Trim off the base of the stalk but leave the majority on.
Bring a large pot of lightly salted water to the boil. When boiling add the broccoli and cook for 3-5 minutes. Drain immediately and refresh under cold water.
In a large fry pan add the oil, garlic and chilli. When the garlic has turned a light golden colour and the aroma has gone nutty add the broccoli and coat well in this aromatic oil. Fry the broccoli a little to get slightly fried ends.
Serve with freshly grated parmesan and fresh lemon.

PASTA WITH SAUSAGES Serves 4

Taking the meat out of the skin of these tasty sausages not only saves cooking time, but makes the sausages go further so you can feed the family or flat for next to nothing.

4 good quality sausages
½ leek, thinly sliced
1 clove garlic
Pinch chilli flakes
3 Tbsp tomato puree
Olive oil for cooking
Handful fresh spinach, silver beet, rocket or cavalo nero (optional)
Salt and freshly ground pepper
Freshly grated parmesan cheese
500g pappardalle, tagliatelle, fettuccine or linguine pasta – fresh or dried

Method

Start by 2/3 filling a large pot with heavily salted water and bring to a rolling boil. Meanwhile heat a large fry pan up with a dash of oil, remove the meat from the sausages by simply squeezing the meat out so they form little meatballs. Add them to the fry pan and cook for a couple of minutes or until golden, add the leek and cook for 1 minute, add the garlic, chilli flakes and tomato puree and toss through with the sausage. Allow to fry for another minute so the tomato starts to colour and caramelises a little, add ¼ cup water to loosen up the tomato paste and to get all the tasty bits off the bottom, reduce until thick and glossy.

Add the pasta to the boiling water and give a brief stir to ensure it doesn't stick. If using fresh pasta it will only take about 3-5 minutes (always check the packet for times), if using dried it will take considerably longer (read cooking instructions)

When your pasta is cooked drain away 90% of the cooking liquid and reserve the remaining. Add your pasta to the sausage mixture and toss well to combine. Add a little of the water if needed to loosen the sauce so it clings comfortably to the pasta – add more liquid if needed. Season well with salt and fresh ground pepper and generously grate over plenty of parmesan cheese. Serve immediately.



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

STICKY CHICKEN THIGHS WITH HONEY AND LEMON Serves 4

My children always love these with some steamed rice and perhaps some sprouting broccoli.

1 Tbsp black peppercorns, crushed
2 lemons, juice only
6 sprigs fresh thyme
good squeeze or two of runny honey
Tbsp grain mustard
2 garlic cloves, crushed
2 large chicken thighs, bone in and skin on
sea salt, to taste
4 spring onions, sliced thinly
small handful fresh flatleaf parsley, leaves only
1 lemon, for serving

Method

Preheat the oven to 200C

Place the peppercorns into a pestle and mortar and grind until roughly crushed. Add these to a large bowl together with the lemon juice, honey, thyme, mustard and garlic and mix well.

Place the chicken thighs into a large roasting tin and pour the lemon and honey mixture over the chicken, leaving it to marinate for as long as possible. Sprinkle with sea salt to taste, then cook in the hot oven for 45 minutes, turning halfway through cooking so that the thighs become lovely and sticky.

Serve with freshly chopped parsley, spring onions on top and lemon wedges.

BOYSENBERRY/BLACKBERRY MUFFINS Makes 14-18 standard muffins

2 ½ cups flour	1 cup sour cream
1 Tbsp baking powder	1 Tbsp milk
½ tsp baking soda	1 cup sugar
½ tsp salt	¼ cup oil
½ tsp cinnamon	1 tsp vanilla
2 large eggs	1 ½ cups fresh or frozen berries

Method

Preheat oven 190C

Position rack in first rack below centre of oven.

Grease a standard 12 muffin pan or line with paper muffin cups.

Whisk together the flour, baking powder, baking soda, cinnamon and salt in a large bowl.

In a separate bowl, whisk together eggs, sour cream, milk, sugar, oil and vanilla. Add the wet mixture to the dry mixture and mix together with a few light strokes, just until the dry ingredients are moistened. Add the berries.

Do not overmix! Overmixing will cause the muffins to be dense, not fluffy. The batter should not be smooth.

Divide the batter evenly among the muffin tins.

Bake until a risen and golden (17-20 minutes or longer). Let cool for 2 to 3 minutes before removing from the pan

Thanks to the following vendors for their fantastic produce

ORIGIN BEEF – beef sausages

ETTRICK GARDENS – frozen berries, sprouting broccoli

McARTHURS BERRY FARM – leeks

JANEFIELD HYDROPONICS – spring onions, parsley

DUNEDIN POULTRY – chicken thighs



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
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