



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 10<sup>th</sup> October 2015

This week's chef: *Lenore Brady*

### Spiced Scrambled Eggs

*It is world vegetarian month, and so I share my favourite vegetarian meal...*

*I do endless variations of spiced eggs; this recipe is a good starting point. Usually it is presented as breakfast food, and it is really good at brekkie, but equally as good on toast or rice for dinner.*

4 eggs  
½ tsp salt  
2T milk, water or cream (or coconut cream)  
2 T olive oil (or 2tsp oil and 4tsp butter).  
½ tsp cumin seeds  
¼ t mustard seeds  
½ a fresh chili  
½ an onion  
a sprinkling of spring onions and a bit of coriander

1. Cut up your onion and chilli. Get your spices ready to go. Beat the eggs with 2T of liquid and salt, beat until large bubbles form on the surface.
2. Heat your non stick pan over a medium high heat.
3. Once the pan is hot add your oil, then first your mustard seeds, and 10 seconds later the cumin and chili.
4. When you have heard about 6 seeds pop or after about 20 seconds add the onion and stir for two minutes.
5. Hurl in the eggs and lift and fold from the edges of the pan in.
6. Serve on toast.

### Beetroot and Apple Salad

*This is a good spring cleanse kind of salad.*

1 medium beetroot  
2 sweet apples  
2 spring onions  
2T olive oil  
1T apple cider vinegar  
juice of 1 orange  
zest of one orange  
¼ tsp salt  
toasted sesame seeds to sprinkle

1. Grate the beetroot and apple. Try and use two different textures if you have a variety or graters).
2. Chop the onion very finely.
3. Mix all the ingredients together. Let sit for 30 minutes.
4. Heat some sesame seeds in your smallest pot over a medium heat swirling constantly, when you have heard 5 seeds pop they are done.
5. Grind them a little if you can (your house will instantly smell like a Japanese kitchen). And allow people to sprinkle them on their salad as they serve it.



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## Cheese Rolls with Smoked Butter

500g grated cheese  
1 tin evaporated milk  
a packet onion soup mix  
1 onion  
1 tsp mustard powder or 1 T prepared mustard (not the hot one)  
250ml cream  
1/4 cup of parsley (or coriander is good too, optional)

1. Chop the onion finely, then mix all the ingredients (except the parsley) together. Heat all for 2 minutes in a microwave, then stir and cook for another 2 minutes, and then another 2 minutes.
2. Allow it to cool then add parsley.
3. Spread a generous amount on a slice of bread and fold in three.
4. Spread a bit of smoked butter on the outside then cook on a skillet at a medium heat (cover for the first two minutes). Add more butter before you serve.

## Thanks to the following vendors for their fantastic produce

**Agreeable Nature:** eggs

**Janefield Peonies and Hydroponics:** spring onions, coriander

**Butlers Fruit Farm:** blackcurrants

**Whitestone Cheese:** smoked butter, cheese

**Willowbrook Orchard:** apples

**McArthurs Berry Farm:** beetroot

## Toffeед Blackcurrant Macaroon Cake

175g melted butter  
160g egg whites (about 4)  
1 tsp vanilla  
65g almond meal or white flour  
240g icing sugar  
165g coconut  
1 1/2 cup frozen berries

1. Melt your butter.
2. Heat the oven to 150C.
3. Completely line a tin with one piece of baking paper, (don't skip this or do a separate bottom and sides- it has to be enclosed).
4. Sift your flour/almonds and icing sugar together.
5. Beat eggs until soft peaks form, slowly at first then more vigorously.
6. Lightly pour in butter and vanilla to one side of the eggs.
7. Lightly place flour, icing sugar and coconut on top.
8. Then, ever so gently and using a metal spoon fold it together. Stop when you are almost sure that it is combined. Use an action that does not press out the air but lifts and folds.
9. Pour into prepped tin and then sprinkle with the berry fruit.
10. Cook for about 80 minutes, but sometimes it takes way longer, I don't know why. It is cooked when the middle does not wobble. If you have to go out or, if you have given up hope, then just turn the oven off and leave the cake in there.

