



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 12th December 2015

This week's chef: *Lenore Brady*

Spiced Lamb Balls

500g lamb mince
2T fish sauce
2 slices of bread
1 egg
1T cornflour
2 tsp ground cumin
2 cloves garlic crushed
1 T grated ginger
¼ tsp ground black pepper
2 tsp brown sugar
½ onion chopped fine
½ cup herbs - coriander, mint, or parsley chopped

Mash bread to a paste with all the ingredients except meat, herbs and onions.

Add the meat, herbs and onions then roll into small balls and fry in oil over a medium temperature.

This mixture can be made up to 48 hours in advance. It is very handy to have in the fridge.

Radish and Mint Salad

This is a very unfussy salad that can be made at the last minute. It looks lovely and festive for Christmas, and it also goes nicely on a barbecue table.

radishes (a bunch)
6 spring onions or half a red onion
half a cucumber
300g feta
4T olive oil
red wine vinegar
pepper
1 cup mint
some parsley
Prep all your vegetables, crumble over the feta, splash on the olive oil, add the vinegar - tasting to see how much you want.
Crack some black paper over the top and then taste - you shouldn't need any salt because of the feta.
Let sit for about 5 minutes before you serve. Stir through the herbs.

Mint and Lemon Butter for Potatoes

90g butter
30ml olive oil
3T mint
1/2 t mustard powder
1 clove of garlic (optional)
zest from one lemon or other citrus fruit
10ml lemon juice

Soften the butter then add in the oil.

Whip until light and fluffy

Add all the rest of the ingredients.

The olive oil means that it stays spreadable.

Keeps for 5 days in the fridge, or a month in the freezer.



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

Oven Baked Stuffing

I love the flavour of stuffing, but I am not so fond of it from in the bird. During the vegan years my long suffering Mum made me stuffing this way, and I have to say that I have never gone back...

This makes enough for about 8 to 10 people if you have lots of other things on the table too.

500g substantial day old bread
1 medium onion
3T mixed herbs (or 3/4 cup fresh herbs; thyme, parsley, sage and marjoram being my favourites)
120g butter
1/2 tsp salt
20 dried apricots.

I do this in two halves in my food processor which is quite large. Cut the bread, onion and butter into chunks. Set the machine running and drop half the chunks in through the chute, then add half the herbs, salt and finely chopped apricots (I add them near the end so they don't get too chopped). Repeat for the second lot.

Pile into a loaf shaped dish and press gently, cover with tin foil. Bake at 180 (or so, depending on what else your oven is cooking) for 40~50 minutes.

Thanks to the following vendors for their fantastic produce

Brydone Growers – Jersey Benne potatoes

Willowbrook Orchard – strawberries

The Porridge Bar – dried apricots

Kakanui Produce – cucumber

McArthurs Berry Farm – radishes

Leckies Butchers – lamb mince

Whitestone Cheese - feta

Easy Strawberry and Mascarpone Tart

This is a quick and easy short order kind of tart. If you don't have time to allow the base to set then you can serve the cream, fruit and biscuit crumbs layered in a glass (or jar).

Base

80g butter
250g Krispie biscuits

Filling

1 egg
1T icing sugar
250g mascarpone
1/2tsp vanilla
300g strawberries

A long narrow tart tin with a removable bottom is easiest to work with

Base

Melt the butter. Crush the Krispies in the food processor, pour in the butter.

Press into tin but don't over press it - it is pleasing if left a little crumbly (although I do find that it helps to really press the edges.) Refrigerate while you make the filling.

Filling

Separate the egg. Mix the yolk with sugar and beat. Add the mascarpone and vanilla.

Beat the egg whites until stiff peaks form then fold into the mascarpone mix. Spoon this all into the base. Prepare your strawberries, hulling and slicing them.

Keep it all chilled. Take it out of the fridge about 20 minutes before you serve.

Pile the strawberries on top of the tart. Serve...

