



Otago Farmers Market

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

Recipes for Saturday, 16th January 2016

This week's chef: *Lenore Brady*

Grace's Eggplant

This is delicious immediately or even better the next day cold in a lunchbox (super treat day).

2 T olive oil
4 cloves garlic
2 red chilies
1/2 t salt
1 - 3 T brown sugar (your choice)
15ml soy sauce
15ml lemon juice
50ml water
1/4 cup mint and coriander

Method

Heat a fry pan over a medium heat, then add oil, pressed garlic, and finely chopped chilies. Cook until raw smell is gone (about a minute).
Add finely chopped eggplant and salt, cook stirring for five minutes.
Reduce heat to low, add sugar and half the water, then cover and cook for 5 minutes.
Add the soy sauce and the rest of the water. Cover and continue to cook on medium low for 20 minutes.
Add mint and cook for two minutes, then add lemon juice and taste. Adjust with a little more salt or lemon juice.
If you are keen to reduce your refined sugar use in cooking, I enjoy leaving out the sugar but I then add two finely chopped figs with the mint.

Rich Scrambled Eggs and Ham

Pleasing on an unseasonably cool weekend morning.

1T butter
1 thin slice of ham cut into large squares
2 eggs
1T cream
1/4t salt
pepper
a sprinkle of parsley (or spring onions)

Method

Heat a small non stick or iron fry pan to a medium heat, add half of the butter and start to fry ham.
Whisk the eggs with salt and pepper. Once the ham has a little colour on it pour in the eggs and start to lift and fold/stir. Keep on lifting and stirring.... good eggs take a little time. Keep cooking until about 3/4s of the eggs have formed into light airy curds.
Remove from the heat and add the rest of the butter and cream.
Serve quickly - I like this on toast with a little pesto if there is any floating around.

Thanks to the following vendors for their fantastic produce

Agreeable Nature - eggs
Kakanui Produce eggplant and cucumber
Waitaki Ham and Bacon - ham.
Havoc Pork – Andouille sausage
Brydone Growers - onion
Te Mahanga - garlic
Janefield Hydroponics - spring onions, salad greens, coriander

White Beans with Andouille

This is quick, tasty food, that sees a little bit of meat go a long way. Serves 2~6 (depending on your hunger). Again, this is great in lunchboxes. I like either butter beans or chickpeas in here.

2 andouille sausages (freeze the rest for pizza)
2T olive oil (or oil of your choice)
2 red onions (or the tops from a whole bunch)
2 cloves garlic
1 carrot or 1 red pepper
2 cans of white beans with half the liquid drained.
2T fish sauce
15ml lemon juice
4 spring onions

Method

Heat large pot over a medium heat, then add oil and finely chopped sausages.

Fry for five minutes to brown and crisp, remove to a dish then add onion, garlic and carrot.

Lid on for 10~15 minutes on low.

Add beans and heat until hot, add sausages, fish sauce, and vinegar, cook for one minute then add spring onions and serve.

Cucumber with Asian Flavours

1/2 a large telegraph cucumber
1/4 cup of roasted chopped peanuts
1/2 cup coriander
3 spring onions or 1/2 a red onion
1 cup of salad greens

Dressing:

20ml lemon juice
10ml dash of soy sauce
1T honey
40ml olive oil
2 tsp fresh ginger
5 drops (!) roasted sesame oil

Drag a fork up the outside of your cucumber to give it lines, then cut in half length ways and deseed the cucumber, slice finely. Cut up onion, coriander and add salad greens.

Mix the dressing ingredients, and stir through.

Top with peanuts that you have smashed in a spice mill, or with a mortar and pestle.

Note:

I roast 1kg of peanuts at 150C in a large oven tray for about 25 minutes, with 2T oil, making sure to stir every 5 minutes. Stir even once they are out of the oven or the bottoms might burn.



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