



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

Recipes for Saturday, 23<sup>rd</sup> January 2016

This week's chef: *Sandra*

## Zucchini Lasagne Serves 4

8 medium zucchini (1kg), sliced into 4mm ribbons  
Extra virgin olive oil for brushing, plus some for onions  
Sea salt and cracked pepper  
1 small onion, chopped  
2 cloves garlic, crushed  
2 tablespoons chopped oregano  
1 bunch kale (500g)  
1 bunch spinach (375g)  
2¼ cups ricotta (540g) or cottage cheese  
1 tablespoon finely grated lemon rind  
1 cup flat leaf parsley, finely chopped  
¾ cup (75g) grated mozzarella  
¾ cup (60g) finely grated parmesan  
Micro salad mix to accompany

Heat oven to 220°C. Place zucchini in a single layer on a baking tray lined with baking paper. Brush both sides with olive oil and sprinkle with salt. Roast for 12-14 minutes or until golden.

Heat extra olive oil in a frying pan over a medium heat. Add the onion, garlic and oregano and cook until softened. Transfer to a bowl and allow to cool slightly. Add the trimmed and blanched, squeezed and chopped kale and spinach to the onion mixture. Place the ricotta, lemon rind, salt and pepper and parsley in a separate bowl and mix together. Line the base of a lightly greased baking dish (about 2.25 litre capacity) with one-third of the roast zucchini. Top with half the ricotta mix and half the kale/spinach mix. Sprinkle with one-third of the mozzarella and parmesan. Top with half of the remaining zucchini, add remaining ricotta and kale/spinach mix. Sprinkle half of the remaining mozzarella/parmesan with the remaining zucchini then sprinkle over the remaining mozzarella/parmesan. Bake for 10-15 minutes or until crisp and golden. Slice and serve with your favourite salad.

## Simple Raw Zucchini Salad Serves 4

8 small very fresh zucchini (if you have any flowers, save these for when you plate up)  
A couple of glugs of your favourite olive oil  
Handful of fresh peas and skinned broad beans (defrosted is okay too) (optional)  
Crumbled feta (optional)  
Juice of 1 lemon  
Grind of black pepper  
Picked thyme leaves  
Shaved parmesan

On a mandolin, slice the zucchini into thin strips.

In a non-reactive bowl, toss the zucchini strips with the olive oil, juice and a pinch of salt (add the peas and beans if you are using). Taste as you go to get the right balance of sour and salty. Add a few picked thyme leaves. Leave at room temperature for 30 minutes. The zucchini will wilt a little and take on the flavours of the oil, lemon and salt.

Split the dressed zucchini between the four plates and sprinkle with parmesan and/or the feta if using. If you have any flowers, roughly chop them and scatter over the top.



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## Cheese Stuffed Grilled Sweet Banana Peppers with Salsa

### **For the salsa**

1 small red onion, finely chopped  
1 tablespoon red wine vinegar  
Salt and freshly ground black pepper

Good pinch of ground cumin

1 small red chilli (optional)  
Couple of good glugs of extra virgin olive oil  
500g tomatoes, finely chopped  
250g cucumber, seeded, finely chopped  
Handful of fresh mint and coriander,

### **For the peppers**

250g softened cream cheese  
1 cup plain Greek yoghurt  
1 cup grated mozzarella (or blended pizza cheese)  
½ cup grated parmesan plus extra for sprinkling  
10 medium to large banana peppers  
a pinch of sea salt

Freshly ground pepper

### **Salsa**

Put onion in a non-reactive bowl with the vinegar and a pinch of salt and pepper and set aside for 10 minutes. Stir in the seeded and finely chopped chilli, tomatoes, cumin, cucumber and roughly chopped fresh herbs. Check the seasoning and adjust if necessary. Set aside while you grill the peppers.

### **Peppers**

Halve the peppers and de-seed. If you are using small peppers, cut the tops off and carefully run a small knife around the inside to dislodge the seeds. Give them a gentle tap to remove the seeds or run under cold water. Mix the yoghurt, cream cheeses and cheeses together in a bowl with seasoning. Set your oven on grill (or bake at 200°C) function. Line a baking tray with either baking paper or tin foil. Brush the peppers all over with olive oil. Fill with the cheese mixture, stuffing it down into the tip, all the way down to the other end. If you are using small peppers, place the cheese mix into a piping bag to fill them. Follow the same cooking method as for the larger peppers but keep an eye on them and turn them to get them evenly coloured. Place each one skin side down on the tray and sprinkle the tops with parmesan. Grill or bake until the peppers are soft and the cheese mix is browned.

Serve drizzled with the salsa with extra on the side.

## Apricot and Raspberry Tart

2 sheets ready made all butter puff pastry  
8-10 ripe apricots  
Demerara sugar for sprinkling  
Icing sugar for dusting  
Egg wash  
¾ cup castor sugar (or sugar of your choice)  
A few leaves of lemon verbena, lemon balm, mint or coriander, torn  
1 x 150g punnet of fresh raspberries  
Whipped cream, mascapone or other cream to serve

Preheat your oven to 190°C

Cut out four rounds about 12–14 cm in diameter from the pastry, using a saucer or small plate as a template, and place on a non-stick baking tray.

Remove the stones from the apricots and finely slice the flesh. Arrange the apricot slices in overlapping circles on the pastry rounds, leaving a 1 cm border around the edges. Fold the pastry edge over to form a small lip around the apricots. Brush the edges with a little egg wash.

Sprinkle the pastry edges with demerara sugar and dust the whole tart generously with icing sugar. Bake for 12–15 minutes until the pastry is golden and crisp and the apricots are soft and jammy.

Meanwhile, place the caster sugar in a small saucepan with ¾ cup (180 ml) water, bring to the boil and let it bubble for 3 minutes. Remove from the heat and add the torn herb leaves and the raspberries to the syrup, gently swirling the pan to mix. Leave to infuse for a couple of minutes.

To serve, place the hot tarts on serving plates. Spoon over some raspberries and syrup, then top with a large dollop of cream and consume with a chilled glass of Rosé wine.

## **Thanks to the following vendors for their fantastic produce**

**Judge Rock Pinot Wines**– rosé wine  
**Kakanui Produce** - cucumber, banana peppers, tomatoes  
**Butlers Fruit Farm** - raspberries  
**Rosedale Orchard** - apricots  
**Te Mahanga Orchard** - zucchini

