



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 6th February 2016

This week's chef: *Alison Lambert*

APRICOT CAKE Serves 12

Central Otago apricots are like no other and their flavour offers a special twist to whatever you add them to. This cake is packed with apricot flavour and moist and light.

Ingredients

125g butter, softened
¾ cup sugar (can substitute with refined sugar)
2 eggs,
300g apricots, ¼ cup water
2 Tbsp natural unsweetened yoghurt
1 tsp baking soda
2 cups white flour
1 tsp baking powder
¼ tsp ground cardamom (optional)
4 apricots, cut in half, stones removed (for topping)

Method

Preheat oven to 170 C
Begin by making the apricot puree; Remove stones from the apricots, roughly cut into chunks and place into a small saucepan along with the ¼ cup water. Cook over moderate heat until the apricots are soft and pulpy. Remove from the heat and pulp with a potato masher. Set aside.
To make the cake; Cream butter and sugar until light and fluffy. Add eggs one at a time, beating really well after each addition.
Add the pulped apricots and mix through.
Stir soda into the yoghurt and add to creamed mixture.
Sift the flour, baking powder and cardamom together. Fold gently through the dry ingredients until combined.
Pour into a greased and lined 20cm round cake tin.
Place the cut apricots decoratively over the top of the cake.
Bake for 40 minutes or until cake springs back when lightly touched, and a skewer comes out clean. Leave in tin for 10 minutes before turning out onto a cooling rack.

STEAK WITH PERSILLADE Serves 4

Persillade is a simple mixture of parsley, shallots and garlic which is a classic French finishing touch to many a dish

Ingredients

4 x 225g porterhouse steak, 2cm thick
2 pinches of salt
1 Tbsp coarsely ground black pepper
2 Tbsp olive oil
65g butter

Persillade

1 handful of fresh parsley
½ medium shallot
1 garlic clove

Method

Prepare the steaks by seasoning them with salt and pepper and oil, pressing it firmly into the steaks on each side.
Prepare the persillade by finely chopping the parsley, shallot and garlic and mix them together. Set aside.
Heat a large heavy-based pan on a medium-high heat. Place the steak into the hot pan and cook without touching it for 1 ½ minutes on each side for rare, 3 minutes for medium rare or 4 minutes for medium. Add the butter and let it go foamy and the aroma goes nutty. Spoon over the steak and remove the steak when cooked and put onto a warm plate and keep warm so you can finish off the sauce.
Quickly add the persillade to the pan. Then add the water and lemon juice and simmer for 10 seconds. Pour the persillade and the meat juices over the steak and serve right away.



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FRIED ZUCCHINI (ITALIAN STYLE) Serves 4-6 as a side or antipasti

This dish is a great way to add a different texture and rich flavour to the zucchini.

Ingredients

500g Zucchini , sliced into thin rounds

olive oil

150g flour

½ cup water (approx.)

1 egg

Salt

Sea salt, cracked pepper and lemon to serve

Method

Make batter by combining flour, water, pinch of salt and egg, whisk to combine but do not over whisk - a few lumps are ok! You want a thick batter consistency - adjust as required.

Heat a large heavy based fry pan with enough oil to generously coat the base of the pan to hot.

Coat zucchini in batter and carefully place in hot oil. Fry on both sides until golden brown. Make in batches so as not to overcrowd the pan. Remove and place on plate lined with paper towels. Immediately sprinkle salt, crack of pepper and plenty of lemon wedges.

Serve hot, warm or at room temperature.

Thanks to the following vendors for their fantastic produce

GILBERTS FINE FOODS – fresh baked breads

BUTLERS BERRIES – fresh strawberries

MCARTHURS BERRY FARM – courgettes

ORIGIN MEATS – Rump steak

TE MAHANGA ORCHARD– garlic

CAITHNESS ORCHARD - apricots

ETTRICK GARDENS - beetroot and spring onions



SPICED BEETROOT DIP Makes 1 cup (approx)

Adding a little spice to enhance the sweet juicy beetroot flavour works a treat.

Simply serve with some toasted flatbreads

Ingredients

2-4 medium beetroot, tops removed

2 tsp oil

1 small onion, finely chopped

1 garlic clove, crushed

1 tsp ground coriander

½ tsp ground cumin

pinch chilli powder

1 ½ Tbsp flaked dried coconut

½ cup plain yoghurt

2 spring onions, finely sliced

1 Tbsp mint leaves, finely shredded

2 tsp coriander leaves, roughly chopped

Method

Heat the oil in a heavy based frying pan over moderate heat. Add the onion and garlic and cook gently until soft and transparent (3-5 mins). Add the ground coriander, cumin and chilli. Cook for a minute or two until fragrant. Add the grated raw beetroot, coconut and ½ cup cold water. Reduce the heat to a medium-low simmer, and cook for 10 minutes, stirring occasionally. When the beetroot is tender, transfer to a bowl and cool. Add the yoghurt, spring onions, mint and coriander leaves, fold through and serve at room temperature.

A QUICK STRAWBERRY AND CREAM DESSERT

It is always good to have a quick dessert up your-sleeve. This one ticks all the boxes as it looks terrific, tastes amazing and is super quick to assemble – Done!!

Ingredients

250g strawberries, hulled, coarsely chopped/mashed

50-70g icing sugar (depending on sweetness of strawberries)

250g crème fraîche

200ml cream, lightly whipped

1 tsp vanilla bean paste

4 short bread biscuits

Method

Mash or lightly pulse strawberries in a food processor with 2 Tbsp icing sugar to form a rough puree and set aside.

Whisk crème fraîche, cream, vanilla and remaining icing sugar in an electric mixer until soft peaks form (2-3 minutes), then fold in half the strawberry purée to combine, divide among 4 serving bowls and refrigerate until required. Just before serving, top with sliced strawberries and crushed shortbread, then drizzle with remaining strawberry purée.