



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 2nd April 2016

This week's chef: *Sandra Kellian*

Char Grilled Carrot and Fennel Salad

2 spring onions, white part only, finely sliced
1 garlic clove, finely grated
5 oregano sprigs, picked
2 Tbsp white wine vinegar
zest and juice ½ orange
1 tsp brown sugar
Salt flakes and freshly ground black pepper
2 Tbsp extra virgin olive oil
6 carrots (or 12 small baby carrots),
1 fennel bulb, fronds attached
Oil, for shallow frying
250g haloumi (optional)

Method

Combine the onion, garlic, tarragon, vinegar, orange zest and juice, sugar, one teaspoon of salt flakes and one tablespoon of olive oil in a large bowl and set aside. Cut the washed, unpeeled carrots lengthways into three slices each. Cut the fennel lengthways into just under one-centimetre-thick slices, reserving the fronds to garnish. Add the sliced vegetables to a bowl, drizzle over the remaining tablespoon of olive oil and season with salt and pepper. Toss carefully, ensuring that the fennel slices remain intact, and set aside for five minutes. Grill the carrot and fennel in the oven or on a ribbed grill pan for about three minutes on each side until tender and nicely charred. Add the vegetables to the dressing as they come off the grill.

Heat a couple of centimetres of oil in a medium frying pan. Crumble the haloumi into pieces about the size of a 20 cent coin and fry until golden. Drain briefly on paper towel.

Arrange the salad on a serving platter. Scatter over the haloumi and fennel fronds and serve.

Tips

You could also grill spring onion batons, sliced beetroot or parsnip for this. Dolloping soft goat's cheese on the salad is a good alternative to the fried haloumi

Fennel Remoulade

This is a quick and easy starter for any occasion.

2 egg yolks
1 lemon, juiced
250ml olive oil
1 tbs Dijon mustard
3 large fennel bulbs, trimmed
1 handful flat leaf parsley leaves, roughly chopped
4 slices toasted rye bread

Method

Whisk the egg yolks and lemon juice together on a large bowl. Slowly drizzle in the oil, whisking constantly, until the mixture becomes thick and creamy. Stir in the mustard and season to taste with sea salt. Set the mayonnaise aside. Slice the fennel into paper thin slices then roughly chop. Add to the mayonnaise and stir until the fennel is well coated then add the parsley. Serve a large spoonful of the remoulade with the rye toast.

Pickled Fennel & Carrots

1 large fennel bulb
2 cups water
2 small carrots,
½ cup seasoned rice vinegar
2 Tbsp grated ginger
½ cup apple cider vinegar
1 Tbsp chopped garlic
1 Tbsp red pepper flakes (optional)
2 tsp salt

Method

Combine washed, peeled and thinly sliced fennel and carrots in a 4 cup mason or preserving jar
In a large bowl, combine the rest of the ingredients and mix well. Pour over fennel and carrots until the jar is completely filled. Close tightly and refrigerate for 24 hours



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Baked Fish with Leek, Fennel and Vanilla

4 firm white fish fillets	1 cup julienne-cut carrot
3/4 teaspoon salt	1/4 cup fat-free, low sodium stock
1/4 teaspoon freshly ground black pepper	1 tablespoon low-sodium soy sauce
Cooking spray	Chopped fresh chives
1-2 large thinly sliced leek	2 tablespoons fresh lemon juice
2 small bulbs thinly sliced fennel bulb	2 vanilla beans,

Method

Preheat oven to 400°.

Sprinkle fish with salt and pepper.

Heat a large non-stick skillet coated with cooking spray over medium-high heat. Add leek, fennel, and carrot; sauté 4 minutes or until carrot is crisp-tender. Add stock – chicken or vegetable - and soy sauce; cook 3 minutes or until liquid evaporates. Stir in 3 tablespoons chives and 1 tablespoon lemon juice.

Cut 4 squares of baking paper. Fold each square in half; open each. Split vanilla bean lengthwise and half crosswise(4 pieces) Place vegetable mixture near fold of each paper. Place 1 fish fillet on top of vegetable mixture; top with chives, lemon juice, and 1 piece of vanilla bean. Fold paper; seal edges with narrow folds. Place packets on each of 2 baking sheets.

Bake at 180°C for about 18 minutes rotating baking sheets until the parcels are puffy and lightly browned.

Place on plates, and cut open. Serve immediately.

Ocho Coffee Chocolate and Raspberry Croissant Pudding

8 croissants	1 Tbsp flour
300g fresh raspberries	Zest of 1 orange
250g Ocho coffee flavoured chocolate	1 tsp vanilla extract
1/4 cup cream	500 ml cream
4 eggs	Icing sugar to decorate

Method

Preheat oven to 170°C

Butter a 23cm square baking dish. Arrange the bottom half of the croissants in a layer on the bottom of the dish, overlapping them if they don't quite fit. Top with half the raspberries and chopped chocolate. Arrange the top half of the croissants on top and sprinkle with the rest of the raspberries and chocolate then sprinkle the zest all over the top.

Whisk together the eggs, sugar, flour, vanilla and cream. Pour over the croissants evenly and allow to sit for at least 10 minutes to soak through until all the liquid had been soaked up by the croissants.

Bake for 35-45 minutes, keeping an eye on how much it is browning towards the end (cover it with foil if it begins to brown too early). Test the custard is fully set by inserting a knife. Give the pudding a gentle push to see if any uncooked custard comes through.

When it is fully set, remove from the oven, cut into pieces in the dish, dust with icing sugar and serve at the table with yoghurt (or whipped cream if you are feeling very naughty) and more fresh raspberries.

Gluten Free Plum and Almond Cake

1/2 cup butter, softened	100 ml almond oil
125g unrefined raw sugar	1/4 tsp vanilla extract
200g ground almonds	1/8 tsp almond extract
2 eggs	4 -8 Plums
	Ground cinnamon

Method

Pre-heat the oven to 180°C and line and grease a 20cm cake tin – if you have a spring form tin then use that as it makes it easier to get it out without it breaking. If not a loose bottom tin is the best option.

Add the oil (you can use mild olive oil if you prefer) and sugar (or coconut palm sugar) to a bowl and use a hand mixer to beat together, then beat in the eggs one at a time. Add in the extracts and mix well. Fold in the ground almonds with a metal spoon. Once mixed, pour into the tin and place the plums- halved (or quartered if they're big), stone removed -

in to the batter. Push them down a little bit so they're well bedded into the batter.

Sprinkle the top with the ground cinnamon.

Pop in the oven for 25 – 30 minutes. It is worth starting to check it at about 20 minutes. Once a skewer comes out clean then it's done. Let it cool for 10 minutes in the tin and then carefully remove it and allow it to cool on a wire rack. Slice and enjoy!

Thanks to the following vendors for their fantastic produce

Ocho – coffee flavoured chocolate

Beans Bakery – croissants

Brydone Organic Growers – fennel

Willowbrook Orchard – omega plums

Butlers Fruit Farm – raspberries

Wairuna Organics – carrots

Edmonds Fresh Fish – white fish

