



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 20th August 2016

This week's chef: *Sandra Kellian*

Pork Boil Up

This is a traditional Maori soup. Puha is a leafy vegetable, like a cross between dandelion & watercress which has been replaced with rocket in this recipe

Ingredients

3 kg fresh pork hock or whatever you've got (cut into smaller pieces)
2 medium onions, roughly diced
4 garlic cloves
2 bay leaves
2 carrots sliced
1/2 cabbage, roughly chopped
1 leek, roughly chopped
4 celery sticks, roughly chopped
1 bunch parsley
1 tablespoon salt
1 teaspoon freshly ground black pepper
2 bunches rocket, roughly chopped (or puha / watercress / nasturtium)

Method

Add the pork, leek, celery, garlic, onion, cabbage and carrot to a stock pot and fill with water to cover all the ingredients. Add the bay leaves, parsley stalks and the salt and pepper. Bring it to the boil and allow it to simmer for about an hour. Take out the pork from the stock and add the rest of the parsley and the rocket. Chop up the pork and serve in a bowl with some stock.



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

Sandra wishes to thank the following vendors for their outstanding products

Janefield Peonies and Hydroponics – rocket

Jar Up – kimchi

Havoc Pork – fresh pork hock

McArthurs Berry Farm – cabbage

Ettrick Gardens – Agria potato

Agreeable Nature - eggs

Bubble and Squeak

This is a childhood favourite of mine. It is also a great way to use up any leftovers. Feel free to add any other left over veges like peas, broccoli, kumara, yam, whatever you have at hand. Make it a more substantial breakfast with the addition of bacon or sausages.

Ingredients

300g medium potatoes, diced
150g cabbage, shredded
2 Tbsp oil
1 Tbsp Hollandaise sauce

Method

Boil the potatoes for approximately 8 minutes, adding the cabbage for the last 2-3 minutes. Drain and mash roughly, then season to taste. Cool slightly before shaping bubble and squeak mixture into equal burger-shapes. Heat the oil in a frying pan and fry the bubble and squeak burgers for 2 minutes on each side until golden. Slide onto a plate and keep warm in the oven. Poach eggs and when ready place on top of the bubble and squeak, top with a drizzle of hollandaise or a dollop of kimchi for a spicy alternative.

Kimchi Pancakes with Soy-Vinegar Dipping Sauce

The batter may seem thick at first, but the liquid from the chopped kimchi and added kimchi juice will give you the proper consistency (that of heavy cream) and a beautiful orangey hue. The addition of rice flour gives the pancake a chewy centre with crisp edges. Serve hot with soy-vinegar dipping sauce.

For the dipping sauce

1 spring onion, finely chopped
2 Tbs. soy sauce
1 Tbs. rice vinegar
1 tsp. Asian sesame oil
1/2 tsp. granulated sugar
Sea salt
Mix the spring onion, soy sauce, vinegar, sesame oil, sugar, and a pinch of salt in a small bowl and set aside.

For the pancakes

1 cup all-purpose flour
1/4 cup rice flour
1-1/2 cups kimchi, roughly chopped
4 spring onions, cut lengthwise into quarters and then cut crosswise into 3-inch lengths (white and green parts)
1/4 cup kimchi juice (if there is not enough juice in the jar, make up the difference with water)
1 large egg, beaten
1/4 tsp. sea salt
2 to 3 Tbs. canola oil; more as needed

In a large bowl, mix the all-purpose flour and rice flour with 1 cup of water to make a thick batter. Add the kimchi and spring onions and thoroughly mix into the batter. Add the kimchi juice, egg, and salt. The batter should be the consistency of heavy cream, and a light orange colour; let it sit for about 10 minutes.

Heat 1 1/2 Tbs. of the canola oil in a heavy bottom frying pan over medium-high heat. When the surface of the oil begins to ripple or a droplet of batter beads up when added to the pan, the oil is ready.

For each pancake, add about 1/4 cup of batter to the pan. Spread the batter with the back of a spoon or ladle to make a thin 3-inch pancake. Let the pancakes cook until the bottoms begin to brown, about 2 minutes. Slide a spatula under the pancake and flip it. Flatten the surface of the pancake with the spatula. Let the pancake cook for another 2 minutes, pressing the surface a few more times. Flip the pancake again, press the surface and cook for another minute. Flip and press one more time, cooking until the pancake is nicely browned on the outside, about 1 minute more.

Set the pancakes on a serving platter in a warm oven and repeat with remaining oil and batter.

Serve with the dipping sauce.

Pastel de Belem

These little custard tarts are a Portuguese dessert favourite. The original recipe of Pastel de Belém, coming from the Jeronimos Monastery, located in Belém area, is a heavily guarded secret by the master confectioners of Fábrica dos Pastéis de Belém. Although they may seem similar, the Pastéis de Belém and Pasteis de Nata (an imitation of Pastéis de Belém), sold everywhere else, are different both in the filling and the texture of the pastry.

Pastry

2 cups all-purpose flour, plus more for rolling
1 teaspoon salt
2 tablespoons sugar
10 tablespoons chilled unsalted butter, cut into 1/4 inch cubes

5 -7 tablespoons ice water

In the bowl of a food processor fitted with a metal blade, pulse the flour, salt and sugar to combine.

Add the butter and pulse until the flour resembles coarse, uneven cornmeal, about 10 1-second pulses.

Drizzle 5 tablespoons of the ice water over the mixture.

Pulse several times to work the water into the flour.

Add the remaining water, 1 tablespoon at a time, and continue pulsing until the mixture develops small curds.

Turn the dough out onto a work surface, shape it into a disc and cover with plastic wrap.

Refrigerate for at least 1 hour.

On a lightly floured surface, roll half the dough to 1/16-inch thickness.

Cut out 6 (4 1/2-inch) circles.

(If you don't have a cookie cutter, a wide-mouth jar works well.) Ease the dough circles into a 12-cup (4-ounce capacity) non-stick muffin tin, pressing out any overlapping folds.

Repeat with the remaining dough.

Place the tin in the freezer for 5 minutes.

Remove and trim any overhang with the back of a knife so that the pastry tops are flush with the top of the tins.

Line dough cups with cupcake papers and fill with dried beans or pastry weights.

Bake at 350°F (180°C) for 8 to 10 minutes to set.

Filling

500 ml cream
9 egg yolks
10 tablespoons sugar
cinnamon
icing sugar

Make the custard in a bain-marie (a bowl over boiling water), mix the sugar, egg yolks and the cream, whisking all the time until it comes to a boil and thickens.

Allow the mixture to cool down and pour into the pastry cases.

Put in the pre-heated oven at 290° C, bake until the pastry is golden and the custard turns dark brown in patches (about 15 minutes).

Remove the pastries from the oven, lift them out, sprinkle generously with icing sugar and cinnamon and serve warm or cold.