



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 8th October 2016

This week's chef: *Sandra Kellian*

Cauliflower and caramelised leek tart

Ingredients

- 1 small head of cauliflower, cored, cut into 1-inch florets
- 2 ½ tablespoons olive oil, divided
- 1 refrigerated gluten free pie crust (see following recipe)
- 1 large leek, halved lengthwise, thinly sliced
- 1 tablespoon Dijon mustard
- 2 large eggs
- 200g mascarpone or cream cheese
- ½ cup cream
- ¼ teaspoon ground white pepper
- Pinch of ground nutmeg
- 1 cup grated Gruyère cheese
- ¾ cup grated Parmesan cheese

Method

Position rack in centre of oven; preheat to 200°C. Toss cauliflower with 1 tablespoon olive oil in large bowl. Spread over a large rimmed baking sheet, spacing apart. Sprinkle with salt and pepper. Roast 15 minutes; turn florets over. Continue roasting until tender. Cool cauliflower, then thinly slice. Reduce oven temperature to 180°C.

Press pie crust onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Line pie crust with foil; fill with pie weights. Bake crust 20 minutes. Remove foil and pie weights; bake until crust is golden, about 5 minutes, pressing crust with back of fork if bubbles form. Cool and keep at room temperature while you prepare the rest of the tart filling.

Heat remaining 1 ½ tablespoons olive oil in heavy large skillet over medium heat. Add the leek; sprinkle with salt and pepper. Cook until leeks are a deep golden colour, stirring occasionally to keep from browning too much. Cool slightly.

Brush bottom and sides of crust with mustard. Spread leek in crust. Arrange cauliflower evenly over the onion. Set tart on rimmed baking sheet. Whisk eggs, mascarpone, cream, seasoning and nutmeg together in medium bowl. Stir in Gruyère. Pour mixture over filling in tart pan; sprinkle with Parmesan. Bake until tart is golden and centre is set, about 40 minutes. Transfer to rack; cool 15 minutes before serving.

Gluten free pie crust

Before you begin, make sure all of your ingredients are refrigerated (or, in the case of the cream cheese and butter, frozen) to ensure that the crust holds its shape and turns flaky once baked.

Use this recipe for hand pies and tarts or roll leftovers into shapes, toss them in cinnamon sugar and bake them into little golden cookies. This dough can be frozen for up to 3 months, just thaw before using.

Ingredients

- 170g cream cheese
- ¾ cup unsalted butter
- ¾ teaspoon psyllium husk powder
- 2 ¼ teaspoons whole flax seeds
- 1 ½ teaspoons whole chia seeds
- ¾ teaspoon fine sea salt
- ½ teaspoon baking powder
- 2 ¼ cups rice-based gluten-free all-purpose flour - Use a flour mix that does not contain xanthan or guar gums. If your mix does contain xanthan or guar gum, omit the psyllium, flax and chia seed.
- 1 ½ teaspoons cider vinegar
- 3 to 5 tablespoons ice water

Method

Cut the cream cheese and butter into 1/2-inch pieces, place in a bowl, and freeze for 15 minutes. Use a coffee or spice grinder or mortar and pestle to grind the psyllium, flax and chia seeds to a fine powder. Transfer to the bowl of a food processor along with the salt, baking powder, and flour. Pulse a few times to combine.

Add the butter and cream cheese and pulse until the texture of the crumbs resembles sand, about 20 seconds. While pulsing the food processor, add vinegar and then 3 tablespoons iced water. Squeeze a small amount of dough between your fingers- if it is very crumbly, add more ice water, 1 tablespoon at a time (2 tablespoons maximum). Do not over process. Turn the dough out onto a piece of plastic wrap, and gather into a ball with your hands. Knead the dough a few times to create a uniform texture. Divide the dough in half and form each piece into a flat disk about 1 inch thick. Wrap each half tightly in plastic and refrigerate until dough is chilled and stiff, at least 30 minutes or overnight). Roll, fill, and bake as desired.



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Aloo Bonda

Aloo or potato bonda are a very famous Indian snack where round balls of mashed and spiced potatoes are dipped in besan batter and deep fried. Besan is a chickpea flour (gluten free) and asafoetida is a spice which has a leek flavour when cooked

Ingredients

3 medium potatoes cubed and boiled	For batter:
¼ tsp mustard seeds	½ cup Besan/ gram flour
1 tsp ginger, finely chopped	¼ cup rice flour
2 green chillies, finely chopped	⅛ tsp turmeric powder
A few curry leaves, finely chopped	¼ tsp black pepper powder
1 small onion, finely chopped	2 pinches asafoetida
A few mint leaves, chopped	1 pinch bicarbonate of soda
¼ turmeric powder	Salt to taste
⅛ to ¼ tsp chili powder (optional)	Water as required
¼ tsp turmeric powder	
Salt to taste	
Oil for frying	

Method

To prepare the filling, heat the oil in a pan. Add mustard seeds and let them splutter. Add ginger, green chillies, mint, curry leaves and onion. Sauté until onion turns translucent. Add turmeric powder and chili powder. Sauté for few seconds.

Add the boiled potatoes and salt to taste, mix well. Mash with the back of the spoon. Allow this to cool for 10 to 15 minutes and divide it into 12 to 14 equal sized balls. Keep aside.

For the batter, combine all the ingredients listed under 'for batter' to form a medium thick batter.

Heat oil in a pan. Dip the potato balls into the batter (make sure the batter is thick enough to coat the potato balls) then deep fry in the hot oil. Flip the balls once in between for even cooking. Fry until they turn golden brown on all the sides.

Serve with tomato sauce or chutney.

Roasted cauliflower salad with quinoa, feta and almonds

Ingredients

1 medium head of cauliflower
sea salt and freshly ground black pepper
olive oil
2 tsp cumin seeds, crushed
2 tsp coriander seeds, crushed
½ cup (60g) raw almonds, roughly chopped and lightly toasted.
Feta cheese, crumbled
Salad greens including chopped mint and chopped kale
1 lemon
Handful of fresh coriander (cilantro) leaves (optional)
1-2 cups cooked quinoa

Method

Preheat oven to 200°C. Break the cauliflower into small florets and with the small tender leaves, blanch in boiling salted water for 1-2 minutes. Drain well in a colander and allow to steam dry for a few minutes otherwise they won't crisp up in the oven. Toss florets and leaves in a little olive oil with the crushed cumin and coriander seeds, season with salt and freshly ground pepper. Roast until crispy and golden, about 15-20 minutes. Cool. Place in a large bowl, squeeze over some fresh lemon juice, toss in salad greens, feta, quinoa and almonds. Turn out onto a platter, sprinkle over some chopped fresh coriander, more crumbled feta and almonds and dig in.

Healthy coconut and apple blondies

Ingredients

1½ cups unsweetened applesauce	1 cup brown rice flour
½ cup pure maple sugar	1 cup oat flour
2 Tbsp hazelnut oil (or any other neutral oil)	1 cup coconut chips
2 teaspoons ground cinnamon	1¼ tsp baking powder
1 ½ teaspoons ground ginger	½ tsp salt
¼ teaspoon ground nutmeg	1½ cups diced Granny Smith apples
	2 tablespoons lemon juice, freshly squeezed

Method

Preheat the oven to 180°C and line a brownie tin with parchment paper both ways. In a large bowl, stir together the applesauce, maple sugar ((or dry sweetener of choice), oil and spices. In a small bowl, whisk together the rice flour, oat flour, coconut chips, baking powder and salt. Slice and dice the apple into 2cm chunks then sprinkle with the lemon juice to prevent browning. Add the dry ingredients to the wet ingredients and fold together (batter should be somewhat thick, sticky and doughy). Fold in the apple. Scoop into the prepared pan and spread to the edges, bake for around 55 minutes, or until edges have browned and centre is firm. Cool in pan for a few minutes then transfer to a wire cooling rack.

Thanks to the following vendors for their fantastic produce

Beanos Bakery bread products

Whitestone Cheese feta

Willowbrook Orchard Granny Smith apples

Janefield Paeonies and Hydroponics kale and mint

Ettrick Gardens cauliflower, leeks, potatoes

Blueskin Bay Honey wildflower and manuka honey

Kiwi As coconut chips

