



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 5th November 2016

This week's chef: **Adam Doesburg**

Romanesque leek pizzas

For demonstration purposes I am using some good quality ready made bases, but you can make your own if you prefer

Ingredients

4 leeks

A cup or two of a quality olive oil

Salt, sugar, and pepper

Sage leaves (*deep fry these next time you have oil on the go. Drain, cool, and store in an airtight container in the pantry for up to a week.*)

Pizza bases of your choosing

Hint: Note the use of salt AND sugar in preparing the leeks - if you don't already do so get accustomed to using sugar in your savoury stovetop cooking. Very often food which appears to need more salt (and is at real risk of becoming over seasoned) actually wants a pinch of sugar to bring out another dimension, often in concert with an adjustment to the acidity. Your food will sing and your arteries will love you!

Method

Wash out your leeks to remove any grit. Cut into rings 3-4mm wide. Heat oil gently and add leeks. Sweat on the lowest possible heat for as long as is practical – ideally 90mins or more. Stir very occasionally. Prepare your pizza bases, and preheat your tray or stone with your oven at max temp. Top your bases with the confit leeks, and add a twist of pepper. Transfer to your preheated tray / stone and bake until base is crispy at edges – raw handmade bases will take longer than ready-to-go options. Remove from oven, scatter over a few sage leaves, cut and share.

By all means crumble a little of your favourite cheese on top if you have some at hand.

Crostini with hot-smoked salmon and horseradish cream.

Ingredients

Ciabatta baguette or similar

Hot smoked salmon

Cream cheese

Horseradish sauce

Dill

Salt, pepper, and lemon juice to taste.

Method

Slice your baguette on a slight bias, to give 3-4mm thick slices. Brush with a quality olive oil and a little salt. Toast in the oven, or use a griddle, until golden and crunchy on both sides.

Meanwhile gently pull your salmon into small bitesize chunks. In a bowl whip your cream cheese and horseradish sauce until smooth. Adjust the seasoning with lemon juice, salt, and freshly cracked pepper. Top each crostini with a dollop of horseradish cream and a bite of salmon. Finish with a little dill frond. Serve.

Sesame tempura asparagus with dipping sauce

Ingredients

Handful of asparagus spears

A cup of ice-cold soda water

A cup of plain flour

An egg

Salt and pepper

2T of sesame seeds

Flavourless oil for frying

(rice flour gives you a gluten-free dish, but will take less water)

Method

Put your oil on a moderate flame or element to heat – keep an eye on it at regular intervals.

Make your dressing by combining all ingredients in a non-metallic bowl and set aside.

Wash asparagus and cut thicker spears in half down their length.

Get your batter ingredients ready but mix only when your oil is at temp (180.C).

Mix your flour, salt, egg, sesame seeds, and soda water together. Don't over work it - it should have a few lumps. Toss your spears in a little flour, then dunk 3-6 (depending on the size of your frying pot) at a time in the icy batter. Allow any excess to drip off then drop spears (away from you) into the oil. This sputters a bit, so take care. I think these need only a minute, if that, but try one of the first batch and adjust your timing to preference. Do not over burden your pot or it will lose temperature and you'll have a greasy dish. Let it come back to temp between batches and add fewer spears next round. Use a slotted spoon or spider (a long handled mesh scoop) to remove spears from the oil, and to clear any shrapnel between batches, which will keep your oil clean. Avoid tongs if you can, as first-hand experience has it that these can capture oil and send this running up your arm (nasty!).

Drain spears on a cake rack or paper towel. Salt lightly and serve with the dipping sauce.



The Market Kitchen is powered by Nova LPG,

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Thanks to the following vendors for their fantastic produce

Port Larder Ceylon Sauce

Etrick Gardens cauliflower

Ocho chocolate

Quick Brown Fox liqueur

Palmerston Asparagus asparagus

Waitaki Bacon and Ham pork mince

Evansdale Cheese cheese

Gilberts Fine Foods bread varieties

Have fun - the finer you cut your asparagus lengths the more it will curl in the hot oil – this can look really effective for a topping on steamed fish or a beautifully cooked steak, adding height and texture to plated meals. Once you have the tempura process down try any firm vegetables you have at hand. Even humble cabbage works if you cut it chunky planks. Whatever you use the cut needs to facilitate a very short cooking time.

No-fuss tiramisu

Ingredients

A dab of soft butter
A good quality cocoa powder
1 packet of ladyfingers sponge biscuits
1 cup cold strong coffee
½ cup Quick Brown Fox Liqueur
1 cup custard-in-a-carton
300ml of fresh cream, soft whipped.
1 block **Ocho Chocolate** of your choosing

Method

You can make this in one large dish or individual dishes provided whatever you decide on is sufficiently deep to accommodate at least three layers. If they are narrow, such as say wine flutes, simply do away with the outer circle of ladyfingers and just build your dessert in layers. Use glass vessels so you get the visual impact on serving. Ready the serving dishes by smearing the insides with an invisibly thin film of butter and dusting with a good quality cocoa powder. Shake out any excess, and reserve for the top. If you haven't already done so whip the fresh cream to soft peaks. Pour custard into a second larger mixing bowl and add a third of the cream, mixing well into the custard. Now gently fold in the remaining whipped cream, until only just blended. With your coffee and Quick Brown Fox combine in a shallow bowl, dip each lady finger (or halves if you're using smaller glasses) for a second or two on each side. Line the bottom and side of your serving dish in single layer of these dipped fingers. It's easiest to dip as you go, or the ladyfingers becoming difficult to handle. Now add a good spoon of the custard cream mix to the bottom of the dish and, using the back of a spoon, spread some around the fingers lining your dish, so that it takes up the spaces between them. Add another layer of fingers to the top of your custard, and then more custard, another layer of lady fingers and so on, finishing with custard, or if you prefer, plain whipped cream. Cover well (dairy captures other unwanted food aromas!) and refrigerate for at least 3-4 hours, but preferably the full day. Take out of the fridge half an hour before serving to allow the flavours to speak. Serve with a generous dusting of finely grated Ocho chocolate over the top

Cheesy, crunchy, cauliflower fritters

Ingredients

1 large cauliflower	A half dozen twists of black pepper
1 large onion	1T cumin seeds
1 ½ cups of plain flour	1T nigella seeds (optional)
½ cup fine polenta	2-3 large free range eggs
1 tsp baking soda	a handful of fresh coriander,
½ tsp salt	a bottle of Port Larder's Ceylon Sauce
1 cup of cheese, grated or crumbled.	

Method

Place a large pot of salted water on to boil, once boiling season liberally with salt. Place a deep skillet with oil on a moderate heat and checking regularly bring to 180C. Wash cauliflower and break down into small florets. With the water boiling add the cauliflower, rapidly return it to the boil and blanch for no more than 4min. You're looking to lose the raw taste and crunch without compromising the finished texture. Peel and cut onion into a fine dice. Combine flour, polenta, baking powder, salt and pepper in a large mixing bowl. In a cup whisk your eggs with a fork. Sauté your onion, garlic, and cumin seeds (and nigella seeds if using) until onion is glossy and translucent, stir in coriander stems (leaves plucked, and stems cut fine) and set aside. Drain cauliflower well. With a large knife run over half the florets so they are the size of currants, leaving the other half the size of small marbles. Once cool add the cauliflower to the dry ingredients and toss (this helps stop any coarse ingredients from sinking in a batter). Add the eggs and onion mix, and, using a large spoon and a light hand, mix batter until just combined. Don't be tempted to mix in every last bit of flour or you'll end up with tough fritters. Using a pair of oiled dessert spoons carefully drop rounded dollops of batter into the pot. If you work clockwise you can take them out in the same order resulting in uniformly cooked fritters. Don't mind slightly shaggy fritters - provided your oil isn't too hot this will make for wonderful texture. Using a small sieve or long handled slotted spoon remove any shrapnel from the pot between batches. This keeps your oil clean and avoids acrid notes developing. If necessary keep the fritters warm in a low oven, with the door ajar (so they don't sweat) but they really are so much better dished up immediately, batch by batch. Tickle with a grind of salt and pepper, and a handful of chopped coriander leaves. Serve with Port Larder's Ceylon Sauce .

Thai-inspired porkballs in broth (serves 4-6)

This is a super easy, gluten-free meal. It's light and fresh and great as the evenings get longer and warmer, and dinner falls later. Taking the time to make a quick but quality stock brings out the natural sweetness in pork.

Ingredients

Chicken frame (from a roast is fine – but avoid the skin as it makes for an oily broth)
500g pork mince
Sesame oil
Fish sauce
3-4 spring onions
A handful of mushrooms
A thumb of ginger, sliced, no need to peel.
A handful of bean sprouts
A couple of deseeded chillies – one cut fine dice, the other in rounds.
Soaked rice noodles

Method

Prepare your stock – cover the chicken frame/bones with water and rapidly bring to a boil. Immediately reduce the heat so as to barely maintain a simmer. Add green onion tops, a few sliced mushrooms, and a couple of slices of ginger. Check the stock every 5min and skim off any impurities rising to the surface. After 30 min pass stock through a fine sieve, ideally lined with muslin. For a truly elegant stock pass it a second time, through a paper coffee filter. While the stock is simmering prepare your meat balls by combining pork mince, finely diced spring onion whites, coriander stalks and a chilli (keep the seeds if you want the serious heat) a splash of fish sauce and a trickle of sesame oil. Roll into marble sized balls. Drop these into your simmering broth. Add soaked rice noodles, freshly sliced mushrooms, and a handful of beansprouts, and if seasoning is necessary a tsp of gluten-free tamari. Ladle immediately into bowls and top with fresh coriander leaves, chilli, and shredded spring onion.