



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 10th December, 2016

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

Tuscan Style Chicken & Beans

This dish combines bold flavours of lemon, rosemary, black olives, chicken and white beans. As far as stews go this is light and fresh, perfect with a slice of crusty bread, a few sharp greens and a glass of something fragrant. For a more substantial meal serve it with a side of creamy polenta.

Ingredients (serves 4)

1kg boneless chicken thighs	2 onions, diced
olive oil	2 cloves of garlic
zest & juice 1 lemon	half a preserved lemon, finely diced
3 sprigs of thyme, stripped	2 sprigs rosemary, stripped and chopped
salt and pepper	1 bunch radishes, chopped into wedges
	handful of olives, stones in
	2 tins white beans, rinsed and drained
	1L chicken or vegetable stock
	Flat leaf parsley or chives to serve

Cut chicken thighs into cubes, and toss in a little olive oil, lemon zest, lemon juice, thyme, salt and pepper and stand for at least an hour or, ideally, refrigerate overnight.

Heat a *good slug* of olive oil in a heavy pan and fry the diced onion, garlic and the sprigs of rosemary. Add the chicken, and brown evenly. Add the radish, olives, the preserved lemon, and the drained and rinsed beans. Add the stock, return to the boil, and then reduce to a simmer. Cover and simmer undisturbed for 20min. Avoid overcooking or unnecessary stirring as the beans will lose their shape and the dish will lose some of its visual appeal.

Check the seasoning and adjust as desired. Garnish with chives and/or Italian parsley. Serve with a crusty bread and a simple salad of sharp greens dressed with a basic lemon vinaigrette.

Thanks to the following vendors for their fantastic produce

Amazelnuts - Hazelnuts

Mc Arthurs Berry Farm - Rhubarb

Dunedin Poultry - Chicken thighs

Dunford Grove - Olive oil

Gilberts - Smoked bread

Janefields - Greens and herbs

Leckies - Black pudding

The Port Larder - Red Pesto

Whitestone - Award winning cheese

Anne Robertson – Free range eggs



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Black pudding and rhubarb on grilled polenta

In my family we enjoy rich black pudding with fried chunks of tart apple and spicy Worcester sauce. Rhubarb brings that same tartness with an added earthy complexity. While polenta is a great base for a range of hors d'oeuvres, or an alternative to toast or muffins under eggs at brunch.

Ingredients (makes ample polenta for several meals)

3 cups each of milk, and light stock or water, totalling 1.5L	1 black pudding, cut into ½ inch thick rounds
1 ½ cup fine polenta	Rhubarb, cut into 3cm lengths
½ cup (~75g) finely grated sharp cheese	1 tsp brown sugar
salt and pepper	Butter for frying
	Deep fried sage leaves for serving (optional)

Prepare your polenta ahead of time. Heat your milk and stock/water, with the rosemary sprig, until just boiling. Remove rosemary. Shake in the fine polenta, stirring continually for a minute over the heat. With all the polenta absorbed remove from heat and stir in the cheese, a few good twists of black pepper and salt to taste (beware the cheese is salty). Transfer to a shallow tray lined with greased baking paper. Spread polenta out evenly to a half-inch thickness. Allow to cool, cover, and then refrigerate for the day or overnight.

To grill polenta first stamp or cut out desired shapes according to finished dish. Heat a generous knob of butter in a well-seasoned skillet or heavy non-stick pan until foaming. Add polenta shapes and fry each side until golden. Remove and keep warm in a low heated oven.

Heat a little butter in the same pan. Add the sliced black pudding allowing room to turn each piece. Cook for 90sec or so on the first side, turn and finish cooking, then remove from pan and keep warm. Return the pan to a moderate heat and add another knob of butter and a tsp of brown sugar and a tsp of water. Place in the rhubarb. Cook only on one side for 1min before covering with a lid for 30sec. Remove to a dish immediately.

With a round of grilled polenta as your base, add a round of black pudding topped with a piece of rhubarb and secure with a cocktail stick. Sprinkle with deep fried

sage leaves and serve with drinks. For a brunch dish cut polenta into triangles, and loosely stack ingredients on individual plates. Serve with a little maple syrup.

Asian greens with soft poached eggs

Lean, colourful, and packed with flavour here's a seriously easy meal-in-a-bowl perfect for a busy weeknight supper or an impromptu weekend lunch with friends.

Ingredients

A large handful of crunchy greens per person, try asparagus, bok choy, beansprouts, chard/silver beet stalks, green beans and any leafy greens such as spinach or shredded Asian cabbage can be added 20sec from the end of steaming. Equal parts tamari, lemon juice and sesame oil

A thumb of grated ginger

A fresh chilli diced or a sprinkle of chilli seeds.

Toasted hazelnuts, roughly chopped

An egg per person

Poach eggs to your liking in plenty of salty boiling water. Remove with a slotted spoon and allow to drain, soft boiled eggs are equally as good. Wash your greens, and cut as is needed to facilitate even steaming. Steam for no longer than 2-3min, adding leafing greens only seconds from the end. Then plunge vegetables straight into plenty of iced water once cool drain, this arrests the cooking and preserves their brilliant green colouring. While steaming combine tamari, lemon juice, chilli, grated ginger and sesame oil in a small bowl.

Pile greens onto your choice of platter or individual plates. Top with poached eggs and scatter with toasted hazelnuts. Serve without delay.

This week's breadboard features the first of this seasons olive oil from Alexandra's Dunford Grove, award winning cheese from Oamaru based Whitestone, red pesto from the magical goings on at The Port Larder, and Pumpkin Focaccia and Smoked Bread from Gilbert's Fine Foods.