



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 26<sup>th</sup> August 2017

This week's chef: **Sandra Kellian**

### Baked cauliflower risotto

400g cauliflower  
80g unsalted butter  
2 shallots, finely chopped  
1 garlic clove, chopped  
1½ cups (295g) Arborio rice  
850ml vegetable or chicken stock  
300ml thickened cream  
1/2 bunch sage leaves  
Toasted hazelnuts and grated parmesan (optional)

Preheat the oven to 180°C. Place the cauliflower in a food processor and whiz until it resembles rice.

Melt 40g butter in a deep flameproof casserole over low heat. Cook shallot and garlic, stirring, for 2 minutes or until softened.

Add the rice and cauliflower and stir to coat, then add stock and increase heat to high. Bring to the boil, then cover tightly with foil and bake in the oven for 25 minutes or until the rice is al dente. Remove from oven and rest for 10 minutes. Stir the cream through risotto and season.

Meanwhile, melt remaining 40g butter in a small saucepan over medium-high heat. Cook for 2-3 minutes until golden brown. Add sage and cook for 30 seconds or until crisp, then remove from heat.

Drizzle butter and sage over risotto. Scatter with nuts and parmesan to serve.

### Lentil and cauliflower pilaf

2 teaspoons canola oil	2 bay leaves
1 small onion, finely chopped	1 cinnamon quill
450g cauliflower, cut into florets	½ cup golden raisins
1 ¼ cups (250g) basmati rice	400g can lentils, drained, rinsed
2 tablespoons mild Indian curry paste (such as korma)	2 tablespoons finely chopped coriander leaves
3 cups (750ml) vegetable stock	Mango chutney, toasted almonds to serve (optional)

Heat the oil in a large frying pan over medium heat. Add onion and cook for 5 minutes stirring occasionally. Add the cauliflower and rice and cook, stirring, for 2 minutes.

Add curry paste and cook for a further minute. Add stock, bay leaves, raisins and cinnamon, then bring to the boil. Reduce heat to low, cover and cook for 15 minutes until rice is cooked and all liquid has been absorbed. Fluff rice with a fork, stir in lentils and heat through for 1 minute. Sprinkle over coriander and toasted almonds and serve with chutney.

### Bok choy, spinach and shitake mushroom with soba noodles

170-200g (or one packet) soba noodles	Miso Sauce
2 tablespoons coconut oil	2 tablespoons olive oil
4 cups shiitake mushrooms, soaked, rinsed and sliced	¼ cup tamari
1 clove garlic, minced	1 tablespoon rice wine vinegar
½ - 1 teaspoon ginger root, minced	1 tablespoon miso paste
3 head of bok choy, chopped	
2 large handfuls spinach	
2 spring onion, chopped	



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Prepare miso sauce by whisking together olive oil, tamari, rice wine vinegar and miso paste. Set aside.

In a large skillet or wok, heat coconut oil over medium heat and add mushrooms. Sauté until slightly caramelized. Add garlic and ginger and sauté until fragrant. Add bok choy and greens and sauté until just wilted. Remove from heat.

Meanwhile, prepare soba noodles according to package.

Combine sautéed vegetables, miso sauce and cooked noodles. Top with spring onions and toasted sesame seeds.

### **Cauliflower, earth gem and parsnip with tahini and nuts**

1 head of cauliflower, broken by hand into bite-sized florets	freshly ground black pepper, to taste
1kg cooked earth gems	2 tablespoons tahini
3-4 parsnips, peeled, cut into strips	1 tablespoon white miso
¼ cup olive oil	2 teaspoons red wine vinegar
2 teaspoons salt	1½ tablespoons water
1 teaspoon ground coriander	3 tablespoons Kiwi As savoury nut mix
1 teaspoon dried oregano	Port Larder dukkah, for serving

Get your oven hot, 200 - 210°C. Break the cauliflower apart using your hands. Place the cauliflower, cooked earth gems and parsnip in a large bowl and combine with the oil, salt, coriander, oregano, and pepper. Toss to combine.

Line a baking sheet with parchment paper and spread the seasoned vegetables over it. Roast for 20 minutes or so, turning the tray halfway through.

While the vegetables and cauliflower roast, whisk together the tahini, miso, vinegar, and 1½ tablespoons of water in a small bowl. Set aside.

When the vegetables have roasted and the cauliflower has a nice golden colour, move them to a large mixing bowl while it's still warm and toss with the sauce and nuts. Sprinkle with Port Larder dukkah and serve immediately. This will also keep well, covered and refrigerated, for up to three days.

### **'Kiwi As' Florentine with Ocho Chocolate**

50g butter or vegan butter substitute	250g Kiwi As straight up muesli
50g demerara sugar	25g dried cranberries, roughly chopped
50g golden syrup	50g candied peel (optional)
50g gluten-free flour mix	150g Ocho Solomons chocolate

Preheat the oven to 180°C. Line three baking trays with baking parchment. Place the butter, sugar and syrup into a pan and heat gently until the butter is melted.

Remove from the heat and add the flour, cranberries, candied peel and muesli to the pan. Stir well to combine ingredients.

Spoon teaspoonful's of the mixture well apart onto the baking trays as they will spread. Bake for 8-10 minutes, or until golden brown.

Leave the Florentine to cool for a few moments before lifting onto a cooling rack using a palette knife or spatula (If the Florentine become too hard to remove, pop them back into the oven for a few minutes to soften them).

Place a heatproof bowl over a pan of simmering water (don't let the bowl touch the water). Temper the chocolate by breaking half of the chocolate into the bowl; stir until the chocolate is just melted. Meanwhile, finely chop or grate the remaining chocolate.

Remove the bowl, add the rest of the chocolate and stir gently until the chocolate has cooled slightly (approx. 26°C).

Spread a little melted chocolate over the flat base of each Florentine and leave to cool slightly before marking a zigzag in the chocolate with a fork. Leave to set, chocolate side up on a cooling rack.

### **Thanks to the following vendors for their fantastic produce**

**Janefield Hydroponics** – Spinach, bok choy and coriander

**Brydone Growers** – Cauliflower

**Wairuna Organics** – Parsnips and earth gems

**Kiwi As** – Savory nut mix, muesli

**Ocho Chocolate** – Solomon 70% Chocolate

**The Port Larder** – Dukkah

**Lebanese Cuisine** - Tahini

