



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Jerusalem artichoke, hazelnut and kale spelt risotto

Ingredients Serves 4.

300g Jerusalem artichokes, scrubbed and any 'hairy bits' removed	75 ml white wine
1 ½ tbsp. olive oil	800ml hot vegetable stock
1 tbsp. butter (or olive oil)	2 large handful of baby kale leaves
250g pearled spelt	50g (1/4 cup) quality blue or parmesan cheese (savoury yeast for vegan version)
1 onion, peeled and chopped	1 handful crushed roasted hazelnuts
1 fat clove garlic, peeled and minced	Extra cheese (or savoury yeast) to serve, optional
½ tsp freshly grated nutmeg	

Chop the artichokes into bite-sized pieces and rub with ½ tablespoon of olive oil. Place on a baking tray and roast in a 180°C oven for around 40 minutes. Remove from the oven when cooked through (test with a sharp knife or skewer if unsure). While the artichokes are roasting, heat the remaining oil with the butter (or oil) in an ovenproof lidded dish or pot and sauté the onion for about 5-6 minutes, until softened. Add the garlic and nutmeg and sauté a few more minutes.

When the onions are translucent add the pearled spelt and stir well. Pour in the wine and let it fully absorb, then pour in all the hot vegetable stock and bring back to the boil. When it boils, pop on the lid and place in the oven.

Bake the risotto for 30 minutes. Remove the pot from the oven and carefully stir in the artichokes, kale, hazelnuts and cheese. Replace the lid and bake for a further 10 minutes. If your oven is 'fast' the risotto may cook more quickly and need extra stock. If you like a wetter risotto, use 1 litre of hot stock rather than 800ml.

Serve warm with extra cheese, hazelnuts and sage crisps (fry sage leaves in a little butter until nice and crisp)



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

Recipes for Saturday, 30th September 2017

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

Five spice garlic yams

Ingredients

800g yams	½ tsp freshly ground black pepper
2 tbsp olive oil	6 big garlic cloves, minced
¼ tsp fine sea salt	2 tsp minced chive (or green onion) for garnish
½ tsp five spice powder	

Preheat the oven to 200°C.

Halve or quarter yams into even size pieces. Transfer into a big bowl. Add olive oil, salt, five spice powder, black pepper, and garlic. Toss until the yams are well coated.

Transfer onto a baking sheet, and shake gently to spread to a single layer. Roast in the oven for 40 minutes to 1 hour, until browned and crisp. Shake the pan and flip the yams after 30 minutes to ensure even browning.

Toss with chives and serve hot.

Spring Potato and Artichoke Salad with sautéed leeks

Ingredients Makes 10 servings

1kg Agria potatoes cut into quarters (or bite size pieces)	1/4 cup lemon juice
500g artichokes, scrubbed and any 'hairy bits' removed, chopped into bite- sized pieces	1/4 cup mint, finely chopped
4-5 leeks (white and light green parts only)	2 tablespoons minced shallots
3 tablespoons extra virgin olive oil, divided	2 teaspoons Dijon mustard
	Salt and pepper to taste
	6 cups baby arugula
	1 cup frozen and thawed or cooked fresh baby peas

Cook potatoes and artichokes in large pot of boiling salted water for 10 to 15 minutes or until tender. Drain and let cool.

Transfer to large bowl. Add 2 tablespoons oil and toss to coat.
 Grill potatoes and artichokes for 3 to 5 minutes or until lightly grill marked.
 For the leeks, heat a little olive oil in a large frying pan over a medium-high heat.
 Add the leeks, ½ teaspoon salt, and ¼ teaspoon pepper and cook, stirring occasionally, until soft and beginning to brown, 10 to 12 minutes.
 Whisk together remaining oil, lemon juice, mint, shallots and Dijon in a small bowl.
 Season with salt and pepper.
 Toss potatoes, arugula, peas, leeks and dressing together.

Mashed potato truffles

These chocolate truffles are gluten free and can be dairy free depending on the chocolate you choose to smother them in. Ocho Samoan 70% is a great choice.

Ingredients

1 cup mashed potatoes (don't use any with savoury ingredients like chives or garlic)	¼ teaspoon vanilla extract
1 Tablespoon butter + 1 Tablespoon milk (if not already in mashed potatoes)	200g Ocho Samoan 70% chocolate
2 Tablespoon honey	¼ cup each of chopped pistachios, chopped shaved almonds, shredded coconut, cocoa powder, Amazelnuts
1 Tablespoon cocoa powder	smashed hazelnuts (or whatever toppings suit your fancy)

If you're using freshly made, warm mashed potatoes, mix in butter and milk. If you're using leftovers that don't yet have butter or milk in them, melt the butter and mix it in, along with the milk.

Set a wire mesh sieve over a large bowl and, working in batches, push your potatoes through the sieve with a rubber spatula or spoon. This can seem a bit labour intensive, but it'll give you ultra-fine and fluffy mashed potatoes.
 Mix honey, cocoa, and vanilla into the potatoes, tasting and adding more honey or vanilla as needed.

Form potato dough into teaspoon sized balls and set on a large plate. Get your preparation station ready by putting your topping ingredients (pistachios, almonds, shredded coconut, cocoa powder and/or whatever else you'd like to roll your truffles in) in small bowls.

Using the double boiler method or the microwave, melt the dark chocolate until ¾ is melted, then stir to melt the rest.

Set a potato ball on a fork and dunk it in chocolate. Let the excess run off then plop it into one of your topping bowls. Spoon toppings over the chocolate then transfer back to your plate. Continue until the truffles are coated, then pop them in the freezer for 5 minutes to harden. Then scoff.

Leek and Kale Soup with Pasta

Ingredients

2 celery sticks, thinly sliced	100g small pasta shapes
1 tbsp. olive oil	200g kale, cut into narrow strips
1 tbsp. butter	Salt and pepper
2 medium leeks, thinly sliced	Dash of cream to serve (optional)
1 garlic clove, finely chopped	Grated parmesan, or other hard cheese
1 ½ litres of chicken or vegetable stock	(to serve)

Heat the oil and butter over a medium heat and gently fry the celery for 5 minutes, until softened. Add the leeks and continue to soften for a further 5 minutes. Stir in the garlic, cook for 1 more minute, then pour in the stock and bring to the boil. Add the pasta and continue to simmer for 6 minutes before adding the kale and cooking for 2 more minutes until the pasta is cooked and the kale is tender and still bright green.

Add some salt (if necessary) and pepper, and serve with the grated parmesan.

Thanks to the following vendors for their fantastic produce

Ettrick Gardens – Agria Spuds, Jerusalem artichokes, Kale
 Janefield Hydroponics - Rugula
 Wairuna Organics – Leeks, Yams
 Gilberts Fine Foods – Bread
 Amazelnuts – Roast Hazelnuts
 Wild Smokehouse – Smoked Fish
 Port Larder – Beetroot and orange chutney
 Ocho Chocolate – 70% Samoan
 The Crooked Spaghetti Co. – Cricket pasta

