



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Sautéed Jerusalem artichokes with ginger and spring onions

One bag of Jerusalem artichokes, scrubbed and tidied  
3 spring onions, shredded  
1 thumb of root ginger, peeled and grated  
2T olive oil  
salt and pepper

Using a mandolin, slice the artichokes into 3mm rounds. Heat the oil in a heavy non-stick pan and add the onions and ginger, stirring quickly for just a few seconds before add the artichoke slices and tossing. Sauté until the artichoke is just tender. Serve as a side or base for grilled fish, meat, tofu or fried eggs.

## Poached eggs

There are a few tips for the perfect poached egg. The key one is to be organised and methodical and to use beautifully fresh free range eggs with thick whites.

Use a pot with good depth; this helps the egg take shape as it drops through the water. If you have to use a shallow pan then create a little gentle vortex into which you can crack each egg; this helps create a nice compact shape.

Bring the water to the boil then reduce to barely a simmering so as not to tumble fragile eggs about. Once the eggs are in increase the heat to keep a little shimmer in the water.

Don't overcrowd your pot as the water will lose temperature. Acidulating the water with a little white vinegar helps the white firm up quickly.

Take your eggs out when they are a little under cooked for your liking, as they will continue to firm up as they drain and are plated.

Serve them without delay.



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)*

## Recipes for Saturday, 14<sup>th</sup> October 2017

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

## Breakfast hash

Here's a fabulous rustic combo to start the day. Use it as a base for your perfect poached egg!

3 potatoes, peeled, diced 15mm, and boiled until barely tender, drained well and left uncovered to dry out  
2 granny smith apples, peeled, cored, and diced 15mm  
1 black pudding, peeled, diced  
2T olive oil  
1T Worcester sauce  
1tsp thyme honey  
2 sprigs of fresh thyme or rosemary  
salt and pepper

Heat the oil in the pan and add the black pudding. Sauté until just crispy, but still soft in the centre. Remove to a paper towel. Add the herb, potatoes and apple and sauté until both are starting to go golden. Add the honey and Worcester sauce and return the black pudding to the pan. Season with salt and pepper. Serve with eggs and with grilled tomatoes and asparagus as they come into season.

## On the tasting plater this week

Evansdale Bay Yellow and Mt Cargill cheeses, Dunford Grove 2017 Extra Virgin Olive Oil, Indigo Bakery Multigrain loaf, Revival Food Co. My darling lemon-thyme cakes

## Thanks to the following vendors for their fantastic produce

**Wairuna Organics** - Jerusalem artichokes  
**Anne Robertson** – Free range eggs  
**Evansdale Cheese** - Bay Yellow and Mt Cargill  
**Earnsclough Coop** - Thyme honey  
**Ettrick Gardens** - Granny Smith, Highlander potatoes  
**Indigo Bakery** - Multigrain loaf  
**Leckies Butchery** - Black pudding  
**Dunford Grove** - 2017 Extra virgin olive oil  
**Revival Food Company** - My darling lemon-thyme

