



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Cauliflower Broccoli Rice Salad

### Ingredients

|                                    |  |
|------------------------------------|--|
| 250g cauliflower florets           | 1/4 cup rice vinegar                   |
| 250g broccoli florets              | 1/2 tsp black pepper (start with less) |
| 1/2 cup toasted hazelnuts, crushed | 1/4 tsp salt (or more to taste)        |
| 2 tbsp minced/grated onion         | Blue cheese crumbed to taste           |
| 1/4 cup chopped parsley            | Zest from 1 lemon                      |
| 1/3 cup avocado or olive oil       |  |

Preheat the oven to 180°C. Spread the hazelnuts on a cookie sheet and bake 10-15 minutes until fragrant and toasted. Remove the nuts to a tea towel to cool. When cool, rub together gently but vigorously in the towel to remove the bitter skins.

Roughly crush or chop and set aside

Meanwhile, mince or grate the onions. Chop the parsley. Pour the oil and vinegar together in a small bowl and add the onions to mellow.

Place the cauliflower florets in a food processor and pulse until they resemble rice grains. Scrape with a silicone spatula into a serving bowl. Repeat the process with the broccoli and add to the cauliflower. Stir to thoroughly blend the riced broccoli and cauliflower. You can cook in either microwave or pan:

Microwave instructions: Cover the bowl (microwavable) with cling film and microwave for 3 - 3 1/3 minutes. Remove cling film and stir.

Pan instructions: Place a medium pan over medium heat. When hot, add enough oil to swirl and coat the bottom of the pan. Add the broccoli mixture and stir. Let cook for 30 seconds and stir again. Let cook for another 30 - 60 seconds. Remove from heat and let cool.

Add the chopped parsley and hazelnuts to the riced broccoli and mix. Add the lemon zest, oil and vinegar, stir to thoroughly coat the ingredients and taste.

Season with cheese, salt and pepper, adjusting to your liking. Serve immediately.

## Recipes for Saturday, 2<sup>nd</sup> December 2017

This week's chef: **Kate Woodhouse**

## Paddle crab pasta

Serves 6 as an entrée.

### Ingredients

|   |                                     |
|---|-------------------------------------|
| 350g dried linguini or angel hair pasta | Sea salt                            |
| 120g butter                             | 60g parmesan, finely grated         |
| Zest of 1 lemon                         | Flat leaf parsley, for garnish      |
| Six cloves of garlic                    | Finely chopped red chilli, optional |
| 300g fresh crab meat                    |                                     |

Fill a large pot with water and bring to the boil. Add the dried pasta and cook al dente. Remove the pasta and rinse in cold water to stop the cooking. Reserve 100ml of the pasta water. In a large sauté pan over medium heat, cook the butter, zest, garlic and crab until the garlic starts to sizzle. Add the pasta to the pan and toss a few times. Add the pasta water and a little sea salt to taste. As the pasta starts to heat through, add a small handful of the parmesan. Toss a few more times. Divide the pasta into bowls and top with the remainder of the cheese. Garnish with chopped parsley and chilli if using.

## **Bulgurlu Lahana Kapuska (Cabbage with bulgur and ground meat)**

Kapuska is a popular, easy to prepare, hearty stew from Turkey. Note: For a vegetarian version of Kapuska, simply omit the meat.

### Ingredients

|   |  |
|---|--|
| ½ head of medium cabbage (remove the hard stalk in the middle), roughly chopped | 2 tsp. dried mint  |
| 1 onion, finely chopped   | 1 tsp. chilli pepper flakes (or more, if you like spicier) |
| 225g/ 1 cup coarse bulgur   | 2 cups hot water   |
| 225g minced hogget  | 30 ml / 2 tbsp. olive oil                                  |
| 2 tbsp. concentrated tomato paste   | Salt and ground black pepper to taste                      |
| Juice of ½ lemon  | Plain yoghurt to serve                                     |

Heat the olive oil in a large pan and stir in the minced meat. Sauté for 2-3 minutes over medium heat.

Add the onions and coarsely chopped cabbage to the pan and sauté for another 4 - 5 minutes (their volume will shrink as they cook).

Stir in the bulgur, tomato paste and water. Combine well.

Add the lemon juice, red pepper flakes and dried mint and season with salt and ground black pepper.

Bring to the boil then cover and cook over low heat for 15 - 20 minutes or until all cooked.

Serve hot, with sprinkles of dried mint and chilli flakes over top and a dollop of plain yoghurt by the side.

### **Japanese Cucumber Salad**

#### **Ingredients**

2 medium cucumbers, or 1 large telegraph cucumber

¼ cup rice vinegar

1 teaspoon sugar

¼ teaspoon salt

2 tablespoons sesame seeds, toasted (see Tip)

Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

Tip: To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

### **Rustic cherry tarts**

#### **Ingredients**

##### **For the Crust**

1 ½ cups all-purpose flour

¾ tsp salt

2 Tbls sugar

½ cup cold butter, cut into small pieces

¼ cup ice cold water

##### **For the filling**

4 cups pitted sweet cherries

3 Tlbs sugar

1 ½ tsp cornflower

1 egg, beaten

In a medium bowl, mix together the flour, salt and sugar. Cut in butter with a pastry blender until pea sized crumbs.

Sprinkle the cold water over the mixture, lightly stirring with a fork until dough forms into a ball. Chill the dough for at least an hour. This makes it much easier to handle.

Preheat oven to 200°C. Mix the cherries with the sugar and cornflower.

Divide the dough into fourths. Roll out each fourth into a 8 in round circle. Trim the edges a bit with a knife, if necessary.

Spoon a cup of the cherries into the middle of each circle, leaving about an inch and a half of crust around the edges.

Gently fold the edge of the crust over the cherries, pleating as you go. Brush the crust with a beaten egg. Bake for 25-30 minutes or until the crust is golden brown and the cherries are tender.

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

**Kakanui Produce** – Telegraph Cucumber

**Gilberts Fine Food** – Olive and Herb bread

**Organicland** – Hogget Mince

**Brydone Growers** – Spring Cabbage & Broccoli

**The Port Larder** – Antipasto Mix

**Whitestone** – Lindis Pass Camembert & Vintage Blue

**Janefield Hydroponics** – Herbs

**Earnsclough CoOp** – Samba Cherries

**Harbour Fish** – Paddle Crabs

