



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Zucchini flowers stuffed with crab and fish- gluten free

Filling	Batter
150g cooked crab meat (about 2-3 large crabs)	1 cup white rice flour
150g cooked white fish meat	½ teaspoon salt
1/3 cup Caerphilly cheese	¼ teaspoon baking soda
2 Tbsp. finely chopped chives	1 large egg yolk, room temp
	¾ cups cold soda water
	10 zucchini blossoms
	1 1/2 cups of vegetable or canola oil

Flake the cooked fish and add it to the crab meat. Next, add the softened Caerphilly cheese and chives and mix well. Keep mixing until the cheese forms a smooth consistency. Cover mixture and refrigerate until needed. Just before you stuff the flowers, place the mixture into a piping bag. If you don't have one, use a freezer bag and then cut a corner off and use it as a make-shift piper. To prepare the flowers, start by slicing the stems off the male flowers. If you need to clean the flowers, gently wipe them with a damp paper towel. Slice the baby zucchinis into strips ensuring the head is still attached to the flower.

Gently open the petals. It may take a few tries as they can be entwined. Remove the pistil by snipping it off with some scissors. Gently pipe about 2 tables of filling into the flowers. They will swell up as you fill them. Twist the top of the petals together to close the flowers. Set the flowers aside. Whisk together white rice flour, salt, and baking soda in a medium or large mixing bowl.

In a small mixing bowl, whisk together egg yolk and soda water until smooth and fizzy. Pour the egg and water into the flour and mix gently with a fork until just combined. Don't over mix - It is okay if there are still some dry clumps, but just make sure to mix in the flour from the bottom of the bowl.

Heat the oil in a medium saucepan. Turn on the oven to a very low heat to keep the cooked zucchini blossoms warm.

Recipes for Saturday, 16th December 2017

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

Dip each flower one by one into the batter. Hold it over the bowl to let the excess batter drip off.

Test the oil to see if it's ready by dropping a little batter in. It's ready if the batter sizzles to the top. Place the coated flower on a slotted spoon and gently lower it into the hot oil. Cook the flowers until they are lightly crispy for about 2-3 minutes. Remove flowers from oil with slotted spoon and place on a baking sheet in the oven while you cook the remaining flowers. Once all the flowers have been cooked, serve immediately.

Zucchini and broad bean salad on Hussey & Laredo bagels

200 g fresh zucchini	200 g soft Caerphilly cheese
150g shelled broad beans	to serve:
2 tablespoons lemon juice	warm sliced toasted bagels
1 tablespoon olive oil	microgreens
salt & pepper to taste	shaved parmesan

Thinly slice the zucchini (use a potato peeler or a Mandolin) and place in a bowl.

Blanch the beans, lightly mash and add to the zucchini.

Add the lemon juice, olive oil and season to taste. Mix well.

Soften/mash the cheese in a bowl with a fork.

Spread on the toasted sourdough and top with the marinated broad beans and zucchini ribbons. Garnish with microgreens and serve immediately.

Courgette, basil and Caerphilly tart

500g ready-made shortcrust pastry	3-4 courgettes
Flour, for dusting	2 handfuls of purple or green basil
200g ricotta	leaves
Olive oil	50g Caerphilly

Preheat the oven to 200°C. On a lightly floured surface, roll out the pastry and line a 22cm loose-bottomed tart tin (you won't need all the pastry). Place in the freezer for 15 minutes until just frozen, then place in the oven for 15 minutes to blind bake. Leave to cool.

Combine the ricotta with 1 tablespoon of olive oil and season well with salt and pepper. Spread a layer of the ricotta over the pastry base.

Slice the courgettes into 2-3mm-thick pieces on the diagonal and place in bowl. Rip in the basil leaves, season with salt and pepper, and add a good splash of oil. Mix well to combine, then prettily sit on top of the ricotta. Crumble the Caerphilly into small bits with your hands and scatter it over the courgette. Drizzle in a little extra oil, then place in the oven for 10-15 minutes, until the cheese is melted and slightly bubbling. Serve warm.

Brown-butter apricots on brioche with basil ice-cream

About 5 ripe apricots, halved, pitted, and sliced into roughly 2-3cm thick wedges	4 slices brioche (each about 2cm thick)
	10 tablespoons butter, divided
1/2 cup sugar, divided	1 tablespoon water

Gently toss apricots with 3 tablespoons of sugar. Place remaining 5 tablespoons sugar on a rimmed plate and dip both sides of each brioche slice in sugar, coating well. Meanwhile, melt 2 tablespoons butter in a large sauté pan over medium heat until foaming. Add 2 brioche slices to pan and cook until golden brown on bottoms, 2 to 3 minutes. Flip slices, add 1 tablespoon butter, and cook until other sides are golden brown. Transfer to a plate and repeat with remaining 2 slices.

Wipe out pan and increase heat to medium-high. Add remaining 4 tablespoons butter and cook, swirling pan occasionally, until butter is golden brown and fragrant, about 3 minutes. Add apricots and cook, swirling pan to coat apricots in butter, until heated through, about 1 minute more.

Remove pan from heat, add water, and swirl to create a smooth sauce. Divide brioche among 4 plates. Top each with apricots, sauce, and a scoop of basil ice-cream. Serve immediately.

Easy Basil Ice Cream

3/4 cup basil leaves	1 cup sweetened condensed milk
1 cup full fat milk	300 ml cream

In a saucepan, heat milk and basil leaves until it comes to a rolling boil. Once the milk boils, switch off, cover the saucepan with a lid and let it rest for 30 minutes. Once rested, put the milk mix into a blender with the basil leaves and condensed milk. Blend everything well. Whip the cream until stiff peaks form then fold in your blended mixture. Transfer to a freezer safe container and freeze for a minimum of 4 hours or until the ice-cream is set, preferably overnight.

Kombucha Jellies

Gelatine is super healing for the gut and kombucha is a fermented probiotic drink so combining these ingredients with no added sugar is about as perfect a healthy treat as you can get.

1 cup Dragonfly Unbakery lemon, ginger, black pepper, turmeric	1 cup water
kombucha – or any flavour that tickles your fancy.	2 tablespoons gelatine

Mix gelatine into the water and then warm in a small saucepan to heat until the gelatine has completely dissolved. The gelatine mixture only needs to be warmed slightly for it to dissolve. If it has heated up too much, then let it cool before adding the kombucha to preserve the probiotics. Remove from heat and stir in the kombucha. Pour into a square baking tin lined with baking paper or into moulds. Set in the fridge. When set, cut into small squares or any shape you like! Store in the fridge.

Thanks to the following vendors for their fantastic produce

Kakanui Produce – Chillies

Wairuna Organics – Zucchini, Zucchini Flowers, Basil & Sugar Snap Peas

Hussey & Laredo - Bagels

Wild Dispensary – Anti-inflammatory tonic

Rosedale Orchard - Apricots

Ettrick Gardens – Broad Beans & Spring Carrots

Beanos Bakery – Xmas Brioche

Evansdale Cheese – Caperphilly

Dragonfly Unbakery - Kombucha

Harbour Fish – Paddle Crabs

