



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

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## Nectarine, Fennel & Watercress Salad

### Ingredients

1 Tbsp Dijon Mustard  
Juice of 1 lemon  
2Tbsp chives  
1 tsp honey  
½ cup light olive oil  
1/3 clove garlic  
Sea salt  
Black pepper  
2 nectarine  
1 fennel bulb  
1 bunch watercress  
Cooked White Quinoa (cook ¾ cup quinoa using instructions on packet)

For the dressing: Finely dice the garlic and place in a bowl with the honey, mustard and lemon juice. Whisk in the olive oil and season with salt and pepper to taste.

Finely chop the chives and add to the dressing

For the salad: Cook the quinoa following the instructions on the packet, once cooked set aside to cool while preparing the rest of the salad.

Finely slice the fennel (a mandolin is a great tool to get it nice and fine). Pick the watercress leaves, just discarding the thick bit of stem the rest of the stem with leaves is fine.

Remove the stones from the nectarine and slice into thin wedges

To assemble the salad, toss together the fennel, cooked Quinoa, watercress and nectarine with the some of the dressing

## Recipes for Saturday, 20<sup>th</sup> January 2018

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

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## Pulled Pork, Beetroot and Hazelnut Salad

### Ingredients

600g pork shoulder, skin on, boneless  
2 cloves garlic  
1 Tbsp Dijon mustard  
5 Tbsp maple syrup  
2 sprigs rosemary  
Sea salt  
Pepper  
1 bunch kale  
2 golden beetroot  
1 red beetroot  
4 Tbsp balsamic vinegar (good quality)  
Juice of 1 lemon  
1/3 cup light olive oil  
100g toasted hazelnuts

Finely chop the rosemary and garlic and mix together the mustard, 3Tbsp maple syrup and a good pinch of sea salt and pepper. Pour all over the pork and then place the pork into a slow cooker on high for approx 4 hours or until the pork is tender and is pulling apart easily

Once the pork is done remove from the slow cooker and allow to cool while preparing the rest of the salad

Peel the beetroot and thinly slice (or grate if preferred)

Pick the kale leaves and discard stalks. Roughly chop the hazelnuts

Make the dressing by mixing together the balsamic vinegar, lemon juice, rest of the maple syrup and then whisking in the olive oil

Toss together the sliced beetroot, kale leaves, pulled pork and hazelnuts with some dressing. Add salt and pepper to taste and serve.

## Apricot Frangipane Tart

### Ingredients

<i>Pastry</i>	<i>Frangipane</i>
110g butter	110g ground almond
Pinch salt	125g sugar
210g flour	75ml cream
3 Tbsp iced water	2 large egg yolks
	2 Tbsp flour
	6 apricots

Using a food processor pulse together the flour, butter and salt until it resembles coarse breadcrumbs. Add the iced water 1 tbsp at a time, pulsing each time until it just starts to clump together. Add more water if needed but it shouldn't be wet just enough so that it holds when pressed together

Lightly grease a 23cm loose bottom tart tin with butter

Evenly press the dough into the tin and chill for at least 30 minutes

Preheat the oven to 180 degrees

To make the frangipane:

Place the ground almonds, sugar, cream, egg yolks and flour in the food processor and pulse until it all comes together

Spread the frangipane filling over the chilled base. Cut and remove stones from the apricots and then place the halves on top of the frangipane

Bake in the oven until the frangipane is slightly puffed and set in the middle. It should be deep golden in colour. If it starts to get too much colour before it is fully cooked you can cover it with tin foil

Once cooked, allow the tart to cool for approx. 30mins before removing from the tin. It can be served warm or cold with cream or ice-cream if desired.

## Zucchini Fritters with Lemon and Basil Labneh

### Lemon & Basil Labneh

#### Ingredients

500g greek unsweetened yoghurt	3tbsp basil
½ tsp salt	Salt
1 tbsp lemon zest	Pepper

Place a piece of muslin in a sieve and put the sieve over a bowl

Mix together the yoghurt and salt and then put into the muslin

Place in a refrigerator for 24-48 hours. It will become a soft cheese consistency and can then be eaten as is or in this recipe flavoured and used as a dip for the fritters.

Keep the whey for future use, it is a good alternative to buttermilk

Flavour the labneh by adding salt and pepper to taste, lemon zest and chopped basil

## Zucchini Fritters

### Ingredients

4 cups grated zucchini	Pinch salt
2 eggs	Pinch pepper
1/3 cup flour	2 tbsp chopped basil leaves
Pinch of chilli flakes	Olive oil
½ clove garlic	

Grate the zucchini and place into a clean tea towel. Squeeze as much liquid out of the zucchini as possible

Put the zucchini, finely diced garlic and egg in a bowl and whisk together with a fork. Add the flour, salt, pepper and basil

Heat a fry pan on a moderate heat with some olive oil, drop spoonfuls of the fritter mix in and cook until starting to brown on the bottom and set on the top before flipping over and cooking till brown on the other side.

Serve warm or cold with the labneh dipping sauce

## Thanks to the following vendors for their fantastic produce

**Havoc Pork** – Pork Shoulder

**Ettrick Gardens** – Beetroot & Fennel

**Gilberts Fine Foods** – Ciabatta

**Rosedale Orchard** – Nectarines & Moorpark Apricots

**Amazelnuts** – Roasted Hazelnuts

**Janefield Hydroponics** – Kale, Basil & Watercress

**Te Mahanga** - Courgettes

