



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Lamb loaded eggplant

500g lamb mince	½ teaspoon ras el hanout (Moroccan Seasoning)
4-6 long eggplant, depending on size	3 large handfuls baby spinach leaves
2 tablespoons olive oil	pomegranate seeds (optional)
5 cloves garlic (minced)	pinenuts
About 8 fresh large tomatoes, finely diced	fresh oregano
½ teaspoon salt	fresh parsley
1 teaspoon red chili flakes	

Preheat the oven to 170°C

Set a large frying pan over medium-high heat. When it is hot, add the lamb. Leave the lamb undisturbed for 2 minutes on that side, let the hot dry skillet sear it.

While the lamb begins to cook, slice the eggplant in half lengthwise. Score the eggplant with a cross-hatch pattern, then drizzle 1 tablespoon of olive oil slowly over each half, allowing the eggplant to absorb it. Bake in the preheated oven for 25-30, until tender but not mushy. When the eggplant has finished baking, remove it from the oven and allow to cool enough to handle. Scrape out a bit of the eggplant to make a cavity to fill with the lamb mixture. The eggplant should be barely soft enough to scrape out. Set aside the scraped-out eggplant.

Break the lamb up into pieces with a spoon, stirring infrequently to allow the flavourful sear to happen on as many sides as possible. After 5 minutes, add the minced garlic. Stir the garlic into the lamb for thirty seconds, then add the tomatoes and reserved eggplant.

Add the salt, ras el hanout spice mix, and chilli. Stir. Allow the lamb and tomato filling to cook, stirring infrequently until the tomato juice has cooked off and the mixture is thick. Stir in the spinach just until it is beginning to wilt, then remove the skillet from the heat.

Load the filling into the eggplant halves, and top with pomegranate seeds, pine nuts, oregano, and parsley, if desired. Serve warm.

Recipes for Saturday, 10th February 2018

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

Eggplant and mushroom stuffed kumi kumi

1 kumi kumi squash, large	200g Eggplant, chopped
4 tablespoons olive oil	150g feta, crumbled
Fresh herbs, marjoram, oregano, rosemary, chopped	100g pine nuts (optional)
1 onion, finely chopped	1 bunch spinach, washed and torn into small pieces
3 garlic cloves, finely chopped	salt and pepper
3 mushrooms, diced	150g breadcrumbs or gluten free

Cut kumi kumi in half, scoop out the flesh and set aside. Rub the 2 halves with olive oil and fresh herbs. Bake 10 minutes at 180°C. Sauté the flesh of the squash in 4 tbsp of olive oil, with the onion, garlic, mushrooms and aubergine until softened. Remove from heat and stir through the feta and spinach. Season with salt and pepper. Stuff the kumi kumi halves with the mixture, sprinkle with breadcrumbs which have a little olive oil poured over them and bake at 180°C for about 30 minutes or until the kumi kumi is cooked and the shell soft. Serve on a bed of brown rice with a fresh green salad if desired.

Kumi kumi lemon curd

800g peeled, seeded kumi kumi	600g sugar
2 large lemons, seeded and roughly cut	100g butter

Cook the kumi kumi a small amount of water, covered. When soft, drain thoroughly, using a sieve to extract as much water as possible. In a food processor, combine the cooked kumi kumi and lemons. Process to a uniform mush with tiny pieces of lemon rind all through it. In a heavy bottomed pot, combine the processed mush, sugar and butter. Stir constantly over a low heat until the butter and sugar are melted. Bring to the boil and simmer until nicely thickened. This shouldn't take very long but the cooking temperature will depend on the juiciness

of the lemons and how much water was extracted from the kumi kumi. Watch closely while boiling as you don't want the mixture to colour or burn. Remove from the heat, skim if necessary and put into sterilised jars.

Blackberry and lemon curd tartlets

For the crust

½ cup coconut flour

½ cup ground hazelnuts

¼ teaspoon fine sea salt

2 large eggs **OR** 2 flax eggs (see recipe notes)

¼ cup coconut oil or butter, melted and cooled slightly

For the filling

Kumi kumi lemon curd

Fresh blackberries

Preheat oven to 180°C. In a medium bowl, whisk together coconut flour, ground hazelnut and salt, breaking up any lumps. Add the eggs and oil to bowl, stirring until completely combined. Press dough evenly in bottom and sides of an 20-22 cm pie pan or tart tin. Use smaller tins for individual serves. Prick the bottom of crust 2 or 3 times with fork (to release steam). Bake in preheated oven for 23 to 27 minutes until light golden brown. Cool on a wire rack. When cool, fill with kumi kumi lemon curd, arrange fresh blackberries on top and serve with generous amounts of whipped cream

Note Flax Eggs: To replace the 2 large eggs, combine ½ cup water with 4 teaspoons flaxseed meal. Let stand for 5 to 10 minutes to thicken/gel before using.

Blackberry & Lavender Jam

The jam will need to be refrigerated and consumed within a month.

680g fresh blackberries

½ lemon, zested and juiced

227g honey

1 tablespoon of fresh lavender buds

Before you start, put a couple of small glass or ceramic bowls in the freezer to use for testing your jam for setting point. Grind the lavender buds in a mortar and pestle. Set aside. Add the blackberries, honey, lemon juice and zest in a large, wide pan. As the blackberries cook down, mash them with the back of a large spoon.

This step is optional; it depends on how chunky you prefer your jams. As the jam cooks, it will start to foam. Scrape the foam off as it continues to cook. The foam doesn't affect the integrity of the jam, but it does make the jam less attractive. Jam

sets at around 105°C If you do not have a candy thermometer, you can use the "freezer test" to see if your jam has set. As your jam starts to thicken, remove a bowl from the freezer and place a spoonful of jam on it. Put it back into the freezer for two or three minutes. Pull the dish out and gently nudge the jam with the tip of your finger. If it wrinkles a bit when pushed, it is done. If not, continue cooking the jam a few minutes more and test again. While you are testing, remove the jam from the heat so you don't accidentally overcook it. Once the jam has set, turn off the heat, add the lavender and mix. Pour the jam into jars, let them cool to room temperature, then refrigerate.

Baked zucchini and sweetcorn mini frittatas

2 corn ears, shucked

2 tbsp chopped parsley

1-2 zucchini, finely diced or run through food processor

1 tsp salt

½ med. onion, diced

2 eggs, beaten

2 cloves garlic, minced

½ cup almond meal

2 spring onions, chopped

optional topping: plain Greek yogurt, parsley, micro greens

Preheat oven to 180-200°C. Place cut corn kernels in large mixing bowl. Finely dice zucchini or run through food processor. Squeeze out water. Add to bowl. Add onion, garlic, spring onions, parsley, & salt to bowl. Mix well. Taste for seasoning. Mix in eggs and almond meal. Scoop into mini muffin tins. Bake for 22-25 mins until golden on the edges. Top with dollop of Greek yogurt, chopped parsley, and/or micro greens.

Thanks to the following vendors for their fantastic produce

Brydone Growers – Zucchini

Ettrick Gardens – Blackberries & Kumi Kumi

Rosedale Orchard – Sweetcorn

Cardrona Merino – Lamb Mince

Hammerhead Foods – Ras al Hanout Spice Mix

Kakanui Produce – Tomatoes & Eggplants

