



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Greengages with Nutty Maple Granola

Granola Ingredients

2 cups whole rolled oats	150g coconut oil
2 tbsp linseed	½ cup maple syrup
2 tbsp sesame seeds	1 ½ tsp vanilla extract
1 cup whole rolled oats	1 cup mixed toasted nuts
½ cup sunflower seeds	

Pre heat the oven to 150 degrees. Place 2 cups oats, linseed and sesame seeds in the food processor and blend until coarse crumb. Melt together the maple syrup, coconut oil and vanilla extract. Mix together in a bowl, coarse ground oats/seeds, 1 cup whole oats, sunflower seeds and the maple syrup mix. Spread out in a thin layer on a baking tray or two lined with baking paper and bake in the oven for 15-20mins until golden brown. Allow to cool. Roughly chop the toasted mixed nuts and then mix into the granola. Store in an airtight container until ready to eat

*I used a mixture of walnuts and almonds for my toasted nuts but you can use any of your favourite nuts and/or seeds

Greengages Ingredients

500g washed greengages with stones removed	1 tbsp water 1tbsp honey
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Place the greengages (stones removed) in a pot with the honey and the water. Cook on a med heat until the greengages are broken down and there is no excess liquid left.

To serve, Place the granola in a bowl with some greengages and some natural yoghurt (or just whatever your fav yoghurt is). If you want to be a bit fancy, layer the ingredients up in a glass!

Recipes for Saturday, 17th February 2018

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

Sweet corn and Potato salad with creamy blue cheese dressing

1kg potatoes	220g mayonnaise – see corn dip recipe
5 corn cobs	100g blue cheese (plus extra for garnish)
Flat leaf parsley	2 tbsp sour cream
Salt	2 tsp horseradish
Pepper	Salt & Pepper

Scrub the potatoes really well and then cut into cubes. Place into a large pot and cover with water. Add a good pinch of salt to the water and then bring to the boil. Reduce to a simmer and cook the potatoes until they are only just tender when tested with a knife. Drain the potatoes and then spread out in a thin layer so they cool quicker. Remove the husk from the corn and cook in boiling salted water for a couple of minutes. Drain off the water and make the dressing while waiting for the potatoes and corn to cool. Whisk together the sour cream, mayonnaise and finely grated horseradish. Crumble in the blue cheese and mix again. Add a generous amount of cracked black pepper and a little salt to taste (depending on the blue cheese you may need little or no extra salt). Using a sharp knife remove the corn from the cob and then mix together with the cooled potatoes and the blue cheese dressing. Finely chop a handful of flat leaf parsley and mix through salad and check the seasoning. Crumble the extra blue cheese over the top as a garnish and then serve

Corn Dip

3 cobs cooked corn	1/4tsp smoked paprika
½ cup cream cheese	½ tsp chilli flakes
½ cup finely grated cheddar cheese	Salt & Pepper
¼ cup mayonnaise (see recipe below)	1 tbsp chives

Remove the cooked corn from the cob and place in a food processor with the cream cheese (alternatively roughly chop corn and mix by hand) and blitz until well

combined. Add the mayonnaise, spices, cheese and chives. Season with salt and pepper to taste and then chill before serving. This dip is delicious with corn chips

Mayonnaise

4 egg yolks	600ml extra light olive oil
25ml white wine vinegar	1 tbsp Dijon mustard

In a food processor add the egg yolks, mustard and vinegar and whiz until well combined. With the processor running, slowly drizzle the olive oil in until it is all added. Season with salt and pepper

Chicken rice noodle salad with lime chilli dressing

Dressing Ingredients	Salad Ingredients
75ml lime juice	500g boneless, skinless chicken thigh
2 tbsp coconut sugar	50g peanuts
2 tbsp fish sauce	400g rice noodles
½-1 red chilli (use as much as you want depending on your heat tolerance)	2 tbsp fresh thai basil
1 tbsp finely grated fresh ginger	2 tbsp fresh coriander
	250g bean shoots
	1 x 400g tin coconut cream

Warm the lime juice and coconut sugar and stir to combine until the sugar has dissolved. Finely chop the red chilli and add to the lime juice with the ginger and fish sauce. Refrigerate until ready to use.

Place the chicken in a pot with the coconut cream. If the coconut cream doesn't cover the chicken top up with water. Bring to the boil and then reduce to a simmer. Cook the chicken until it is cooked through. Remove from the coconut cream, shred with two forks and cool down before refrigerating. Cook the rice noodles as per instructions on packet and drain of water. Refrigerate until needed. Roast and roughly chop the peanuts. Roughly chop the coriander and thai basil. Toss all the ingredients together with the dressing and serve

Poached Pear Gingerbread Loaf

Poached Pear Ingredients

½ cup honey	1 cinnamon stick
3-4 pears	1 knob fresh ginger
2 cloves	

Peel the pears, cut in half and core and then place into a pot with the honey, cloves, cinnamon and ginger. Top up with water so the pears are just covered Bring to the boil and then reduce to a simmer. Cook until the pear is just tender when tested with a knife. Allow to cool before using in the loaf recipe below and with any leftover keep in the fridge and enjoy with granola for brekkie

Gingerbread loaf Ingredients

1-2 pears	½ cup of coconut oil (melted)
1 ½ cups of gluten free flour	½ cup rice malt syrup
2 tsp gluten free baking powder	2 eggs
1 tsp baking soda	½ cup almond milk
1 heaped tbsp of fresh grated ginger	1 tsp vanilla extract
	½ cup dates

Preheat oven to 180°F. Line a loaf tin with baking paper. Warm the rice malt syrup, coconut oil and almond milk in a pot and once simmering add the dates and turn off the heat. Mash the dates in the liquid and add the baking soda, grated ginger and vanilla. Sieve the gluten free flour and baking powder. Add the eggs to the wet ingredients and then mix through the flour. Pour into the prepared loaf tin, slice the pears and arrange on top of the loaf and then bake in the oven for 45mins-1 hour until it is cooked when tested with a skewer. Allow to cool in the tin before removing

Thanks to the following vendors for their fantastic produce

Beanos Bakery – Focaccia
Ettrick Gardens – Star Crimson Pears & Greengages
Dunedin Poultry – Chicken Thighs
Janefield Hydroponics – Thai Basil & Coriander
Te Mahanga – Corn & Heather potatoes
Evansdale Cheese – Bay Blue

