



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Beans with venison and thyme sausages and baked eggs

Ingredients

Olive oil	1 x 400g chopped tomatoes
1 carrot	1 x 400g cannellini beans
1 onion	$\frac{3}{4}$ cup water
1 red pepper	Salt
2 garlic cloves	Pepper
1 heaped tsp tomato paste	4 sausages
1 tsp ground cumin	4 eggs
Pinch cayenne	1 tbsp chopped thyme
$\frac{1}{2}$ tsp chilli flakes	

Pre heat the oven to 180 degrees

Brown the sausages and cook through. Set aside

Finely dice onions, garlic, carrot and red pepper. Heat a fry pan and add a splash of olive oil. Sauté the onions, carrot, red pepper and garlic until softened

Add the spices, thyme and tomato paste and continue to cook for another minute until the spices are fragrant

Add the tinned tomatoes and the water. Continue to cook for 5 minutes

Drain and rinse the cannellini beans and add to the pan. Cut the sausages into 4 pieces and mix through the beans

Spread the beans out in a baking dish. Crack the eggs onto the top of the beans and bake in the oven for 10-15 minutes until the eggs are cooked, serve with crusty bread

Recipes for Saturday, 24th February 2018

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

Beet and Berry Smoothie

Ingredients - Makes 2 portions

1 cup almond milk	$\frac{1}{2}$ cup peeled & grated beetroot
1 small peeled frozen zucchini	1 tbsp honey
1 cup berries of choice (fresh or frozen)	

Place all of the above ingredients into a blender and blend until smooth and then enjoy!

*frozen zucchini adds creaminess to smoothie without changing the flavour. If preferred use banana and leave out the honey

Beetroot, chickpea and green bean salad

4 – 6 portions

Dressing Ingredients

1 tsp honey
$\frac{1}{2}$ tsp cumin
Juice of $\frac{1}{2}$ lemon
1 clove garlic
2 tbsp oil
1 tbsp water
Pepper
Salt

Salad Ingredients

3 cups raw grated beetroot
1 x 400g tin chickpeas
200g green beans
3 tbsp sunflower seeds
3 tbsp sliced almonds
2 tbsp chopped chives
2 tbsp chopped flat leaf parsley

Blend all of the dressing ingredients together and season to taste with salt and pepper. Wash and trim green beans and then cook for 2-3 mins in boiling salted water, drain and rinse under cold water

Toast the almonds and the sunflower seeds in the oven

Drain and rinse the chickpeas

Mix the grated beetroot, chickpeas, green beans, seeds/nuts, herbs with the dressing and serve

Cucumber and Mint Relish

Ingredients

600g peeled, deseeded and cubed cucumber	1 red chilli
1 onion	½ cup packed mint leaves
2 cloves garlic	1 red pepper
270g white sugar	2tbsp cornflour
375ml white wine vinegar	2tbsp vinegar
9g salt	

Finely slice the onion and finely dice the garlic and red chilli

Dice the red pepper and place all of the ingredients (except the mint and 2tbsp cornflour and 2 tbsp vinegar) in a pot. Bring to the boil and then reduce to a simmer until the vegetables are softened

Finely chop the mint. Mix the vinegar with the cornflour and then add to the relish with the chopped mint. Bring the relish back to the boil to thicken and then place the relish into sterilised jars using a slotted spoon.

Brioche French Toast with Grilled Apricots and a Honey and Thyme Syrup

French toast Ingredients

1 loaf of brioche
4 eggs
1 cup cream
1 tsp vanilla
Butter
Oil
Honey and thyme syrup
6 apricots
Mascarpone to serve
Thyme flowers for garnish

Honey and Thyme Syrup Ingredients

1 cup water
½ cup honey
½ cup sugar
8 sprigs of thyme

Put the water, honey and sugar in a pot and bring to the boil

Add the thyme and continue to boil for another 5 minutes. Turn the syrup off and leave the thyme to steep in the syrup for ½ an hour

Strain the syrup through a fine sieve to remove the thyme stalks and leaves

Refrigerate the syrup until ready to use

In a bowl whisk the cream and eggs. Add the vanilla and transfer mix to a shallow dish to make dipping brioche easier

Slice the brioche into thick slices. Wash, cut in half and remove stones from apricots

Preheat the oven to 120 degrees

Warm the pre-prepared syrup in a pot on the stove

Heat a pan on a moderate to high heat. Add a splash of oil and a knob of butter and then add the apricots cut side down in the pan. Cook until they have a good bit of colour and then turn over. Place the apricots onto a baking tray and place in the oven to continue to cook slowly while cooking the French toast

Dip the slices of brioche into the egg mix, coating both sides. Lower the heat of the pan to a moderate heat. Add a couple of knobs of butter to the pan before adding slices of the egg dipped brioche

Cook the brioche until golden brown and then flip over and do the same on the other side. Place in the oven on a tray if you are doing more than what will fit in the pan at once

Once all of the brioche is cooked. Place 1-2 slices on a plate with 2-3 grilled apricots. Drizzle over some of the syrup and finish with a dollop of mascarpone and some thyme flowers to garnish

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

