



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Greek lamb shanks with orzo salad

Lamb shanks

Ingredients

4 lamb shanks	2 tsp ground cumin
6 cloves garlic	¼ tsp chilli flakes
1 onion	Juice of 2 lemons
Olive oil	½ cup water
Sea salt	2 tbsp chopped oregano (or 1 tbsp of dried)
Black pepper	

Pre heat the oven to 150 degrees. Heat a fry pan on high heat. Rub the lamb shanks all over with a little olive oil and then place into the hot pan and sear on all sides so they are nice and brown all over. Remove them from the heat and sprinkle over the cumin, sea salt, ground black pepper and chilli flakes. Peel the cloves of garlic and spread over the base of a roasting pan, roughly chop the onion and place in base of pan too. Place the browned/seasoned lamb shanks to the pan resting on the garlic and onion. Mix the chopped oregano with the lemon juice and water and pour over the lamb shanks, cover the roasting pan tightly with tin foil and place in the oven. Cook the lamb shanks for 2-3 hours until the meat is tender and coming away easily from the bone. Reserve a couple of pieces of cooked garlic for the dressing on the salad

Orzo Salad

Ingredients - Makes 4-6 portions

1 ½ cups orzo	70g black olives pitted
5 tomatoes	Juice of 1 lemon
1 large cucumber	Olive oil
½ red onion	Salt
handful of fresh flat leaf parsley chopped	pepper

Recipes for Saturday, 17th March 2018

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

Cook the orzo in salted water as per the instructions until al dente and then drain off water. Stir a tbsp of olive oil through the pasta to prevent it from sticking together as it cools. Set it aside to cool while preparing the other ingredients. Remove the core from the tomatoes and chop into 1cm pieces. Chop the cucumber into 1 cm pieces. Finely slice the red onion and roughly chop the olives. Crush two cloves of the cooked garlic from the lamb shanks and add to a bowl, whisk in the lemon juice, and then the olive oil. Season to taste. Add the prepared vegetables to the orzo with the dressing and check the salad for seasoning. Add more salt and pepper if needed to taste.

Tzatziki

Ingredients

½ cup unsweetened greek yoghurt	1 tbsp dill
1 medium sized cucumber	2 tbsp lemon juice
1 clove garlic	Salt and Pepper

Peel and deseed the cucumber, grate and squeeze out excess liquid. Take the grated cucumber and mix it with the yoghurt, finely diced garlic, lemon juice, chopped dill and season with salt and pepper to taste.

Flat breads

Ingredients

350g self-raising flour	Pinch salt
1 tsp baking powder	Olive oil
350g natural yoghurt	

Mix all of the ingredients together and knead just until it comes together in a ball. Place in a bowl, cover and leave to rest for 30mins. Cut the dough into 12 even sized pieces and on a floured work surface roll each ball out until it is approx. 12cm round and about 2-3 mm thick.

Heat a fry pan or a griddle pan if you have one until hot. Place the rolled dough one at a time into the hot pan, cook for 1-2 minutes on each side until puffed and cooked through. Once cooked brush with olive oil

To serve place the salad onto a platter, place the lamb shank meat pulled apart over the top and serve with the flat breads and tzatziki on the side

Quick Pickled Cabbage

Ingredients

½ green cabbage	2 cups cider vinegar
1 tsp cumin seeds	1 tbsp sugar
1 tbsp coriander seeds	½ tbsp black peppercorns
5 garlic cloves	1 tbsp salt

Heat a pot on the stove and then add the cumin seeds and coriander seeds and cook for about 30 seconds until fragrant. Add the vinegar, sugar, salt and pepper and whole peeled garlic cloves. Bring to a simmer and then turn off the heat. Leave to infuse for 15 minutes. Strain through a fine sieve and discard the spices

Finely slice the cabbage and place into a large bowl and pour the infused vinegar over, toss the cabbage to make sure it is all coated. Weight the cabbage down with a plate and leave for about 3 hours so the cabbage has time to soften.

Eat as a side with your meal (goes well with roasted meats) and keep in the fridge for up to 1 week.

Roasted Squash with Sage and Almonds

Ingredients

1 whole squash	12 sage leaves
6 cloves garlic	Salt & Pepper
40g whole almonds	Olive oil

Pre heat the oven to 200 degrees. Peel, scoop out seeds and slice the squash into long slices. Toss the squash with some olive oil and season with salt and pepper. Spread the squash out in a single layer on a baking tray and tuck the sage underneath. Spread the unpeeled garlic cloves over. Roast in the oven for 15-20 minutes until the squash is tender. Arrange on a platter and then roughly chop the almonds and sprinkle over. Serve as a side dish for a main meal

Boozy Dark Chocolate and Plum Brownie

Ingredients - Makes 12 generous pieces

150g dark chocolate melts	60g cocoa
95g Ocho chocolate (1 used Solomons 70%) roughly chopped	100g sour cream
150g butter	2 tsp baking powder
200g sugar	200g Omega plums
4 eggs	2 tbsp ximenez (or your favourite tiple)
55g flour	+ a couple of extra tbsps for after cooking

Wash, remove stones and cut plums into a 1cm dice and place in a bowl with the booze of your choice. Leave to marinate overnight

Pre heat the oven to 170 degrees. Line a 30 x 20cm baking tin with baking paper. Melt the butter and dark chocolate melts together and set aside

In a beater whip the eggs and sugar until light and fluffy. Add the chocolate and butter and continue to mix until just incorporated

Sieve together the flour, baking powder, cocoa and gently fold through the egg mix. Lastly fold in the sour cream, marinated plums (including the liquid) and Ocho chocolate. Pour the batter into the prepared tin. Bake the brownie for approx. 1 hour until it feels set. Allow to cool. Brush over extra ximenez and allow to soak in to brownie. Cut into 12 portions and then dust with cocoa

*gluten free flour can be substituted in place of plain flour to make the brownie gluten free

Thanks to the following vendors for their fantastic produce

Willowbrook Orchard – Omega Plums

Ettrick Gardens – Squash & Green Cabbage

Waikouiti Gardens – Cucumber & Heirloom Tomatoes

Indigo Bakeries – Multigrain Loaf

Cardrona Merino – Lamb Foreshanks

Ocho – 70% Cacao Solomons

