



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Persian Squash Stew

Olive oil

1 kg pumpkin or squash (cut into 2cm cubes)

2 brown onions (diced)

2 tins of whole tomatoes (squished by hand)

2 cloves of garlic

1 whole green chilli split down the middle

2 tsp turmeric

2 tsp coriander

1 tsp dried tarragon

3 limes zested and juiced

1 bag Baby spinach

Pre-heat oven to 180 c. In a pan cook the onions with the olive oil on low until soft and glassy. Add the garlic, lime zest and spices and turn up the heat a little. After 2-3 minutes add pumpkin and cook for another 5 minutes stirring regularly. Add the tomatoes and transfer to a casserole dish. Roast in the oven (uncovered) until pumpkin is just cooked and has a little colour. Depending on the time of year and the sweetness of the squash you may need to add a teaspoon of sugar to balance out the acidity from the other ingredients. Stir in the spinach and lime juice to taste and then serve. Garnish with yogurt and zhoug (recipe provided).

Recipes for Saturday, 31st March 2018

This week's chef: **Jack Gould**

Zhoug

1 green chilli

1 clove garlic

2 cardamom pods (husks removed)

½ a bunch parsley

½ a bunch mint

½ a bunch coriander

Lemon juice to taste

Dash of water

Blitz all ingredients in a food processor and use as a condiment for any Middle-Eastern cuisine.

Raw courgette salad with green chilli, mint and feta

4 courgettes

½ green chilli (seeds removed and cut very fine)

1 red onion

½ bunch of mint

2-3 tablespoons of extra virgin olive oil

Juice of 1 lemon

200g feta

Slice courgettes, chilli and red onion finely in whatever direction you want. Squeeze over lemon juice and olive oil then leave for 5-10 minutes. Roughly chop your mint and run it through your salad. Season with salt and pepper then arrange nicely on a plate or bowl. Crumble over the feta, and an extra glug of olive oil.

This salad can be bulked up with spinach or rocket if you want.

Beetroot soup

2-3 tablespoons olive oil

1 kg Beetroot

1 potato

2 onions

2 sticks celery

1 carrot

2 cloves garlic

300 ml apple juice

500ml veg or chicken stock

Dollop of Crème fraiche to serve

Slowly cook the onions for about 10 minutes until soft. Add the rest of the veggies and cook for another 10 minutes. Once everything is nice and soft add your liquids and cook for another 45 minutes. Blend with a hand blender and serve with a dollop of crème fraiche.

Bruschetta of ricotta hazelnuts and honey

200g ricotta

Good bread

Honey

20g roasted hazelnuts (skins removed)

Extra virgin olive oil

Mix the ricotta with the zest of 1 lemon and leave in a strainer overnight to get rid of any excess moisture. Drizzle the bread with a little olive oil and then place under the grill. Once out generously spoon on the ricotta to the bread drizzle with the honey and sprinkle over your hazelnuts. This makes for a decadent breakfast that is much healthier than it tastes!

Thanks to the following vendors for their fantastic produce

Kakanui Produce – Green Chili

Ettrick Gardens – Butternut Squash, Orange Squash, Italian Parsley and Onions

Wairuna Organics – Beetroot

Te Mahanga – Courgettes

Janefield Hydroponics – Mint

Blueskin Bay - Honey

