



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Carrot and Cashew Spread

Ingredients:

- 400g carrot
- 1 tsp cumin
- 1 tsp coriander
- ½ cup cashew nuts
- Juice of ½ lemon
- 2 tbsp tahini
- Salt
- Pepper

Preheat the oven to 180 degrees. Soak the cashew nuts in water for an hour
Peel and cut the carrots and season with salt, pepper, cumin and coriander. Drizzle with olive oil and spread out on a baking tray. Roast until the carrots are tender.
Leave to cool. Drain the water off the cashews and blend in a food processor until smooth. Add the cooled carrots, tahini and lemon juice.
Check seasoning and add salt and pepper to taste if needed

Sweet Potato Squash and Ginger Soup

Ingredients:

- 3 medium carrots
- 1 sweet potato squash
- 2 onions
- 3 cloves garlic
- 2 tbsp fresh grated ginger
- 1L vegetable stock
- 400ml coconut cream
- Salt
- Pepper
- Olive oil

Recipes for Saturday, 14th April 2018

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

Preheat the oven to 180 degrees

Remove the skin and seeds from the squash, cut into chunks. Peel and dice the carrots, drizzle the squash and carrots with olive oil and spread on a roasting tray. Roast until the squash and carrots are tender

Roughly cut the onion and garlic and sautee in a pot with a little olive oil until softened. Add the cooked carrots and squash and the fresh grated ginger
Cover the vegetables with the stock and bring to a simmer for 15-20 minutes
Add the coconut cream

Remove from the heat and cool before blending smooth

Check the seasoning and add more salt and pepper if needed

Baked apples with chestnuts and brandy custard

Ingredients:

- 6 apples
- 80g butter
- 130g roasted chopped chestnuts
- 80g raisins
- 50g brown sugar
- 50g LSA linseed sunflower seed and almond meal
- 1 tsp cinnamon
- ½ tsp nutmeg

Preheat the oven to 150 degrees

Core the apples and remove some of the apple flesh to leave a cavity for the stuffing

Melt the butter, add the cinnamon, nutmeg, brown sugar, raisins, chopped chestnuts and LSA. Mix together and stuff into the apples

Place the apples in a roasting dish and add a couple of knobs of butter to the dish.
Cover with foil and roast for approx. 35-40minutes until the apples are tender

*to roast the chestnuts: preheat the oven to 200 degrees, score a cross on the skin of the chestnuts with a sharp knife and place on a roasting tray. Roast for approx. 30 minutes until the skins have started to open. Peel away the skin while still warm

Brandy Custard

Ingredients:

6 egg yolks

¼ cup sugar

2 tbsp cornflour

2/3 cup milk

3 cups cream

1 tsp vanilla

¼ cup brandy

Whisk together the egg yolks, sugar, cornflour, vanilla and brandy

Heat the cream and milk in a pot on a moderate heat until hot

Pour the hot cream onto the egg yolk mixture while continuously whisking. Put the custard back into the pot and cook on a low heat while whisking until it is thickened

Enjoy with the apples while still warm

Pan fried Salmon with burnt butter and Kohlrabi Remoulade

Remoulade Ingredients:

1 Kohlrabi

1 red onion

2 tbsp capers

¼ cup chopped parsley

½ cup aioli

Juice ½ lemon

Salt & pepper

Peel the kohlrabi and grate using a mandolin or grater. Finely slice the red onion, roughly chop the capers

Mix together in a bowl the kohlrabi, onion, capers, parsley, aioli, lemon juice and season to taste with salt and pepper

To cook the salmon

Pat the salmon skin dry with a paper towel and then season the fillets with salt and pepper

Heat a pan on high heat, add a small drizzle of olive oil. Add the salmon to the pan with the skin side down. Apply gentle pressure to the fillet using a palette knife so the skin has good contact with the pan for a minute

Turn the heat down to medium and continue to cook, keeping an eye that the skin doesn't get too dark in colour

Once the salmon is 2/3 cooked add a couple of knobs of butter to the pan and baste the salmon. Turn the salmon over and colour on the other side, add a squeeze of lemon juice from ½ a lemon whilst shaking the pan

Remove from the salmon from the pan and allow to rest

To serve: Put the salmon on the plate with a serving of the remoulade and pour over a little burnt butter over the salmon

Thanks to the following vendors for their fantastic produce

Ettrick Gardens – Carrots, Golden Delicious Apples

Wairuna Organics – Kohlrabi, Sweet potato squash

Gilberts Fine Food – Otaki Sourdough

Harbour Fish – Salmon

Agreeable Nature – Eggs

NZ Nuts - Chestnuts

