



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Pumpkin and Chickpea Curry

Ingredients

- 1 pumpkin (roughly 900g)
- 4 cm piece of ginger
- 1 onion
- 4 cloves of garlic
- 1 fresh red chilli
- 1 bunch fresh coriander
- 2 tbsp Olive oil
- 1 teaspoon mustard seeds
- 1 teaspoon turmeric
- 1 x 400 g tin of chopped tomatoes
- 1 x 400 g tins of coconut milk
- 1 x 400 g tins of chickpeas

Pick the coriander leaves and reserve for later. Finely chop the coriander stems
Cut the skin off the pumpkin, remove the seeds and chop into large chunks (approx. 3cm) Peel the ginger and grate with a microplane or fine grater
Finely chop the garlic, chilli and onion
Heat the olive oil in a pot and add the onion, garlic and chilli. Fry for a couple of minutes on a med heat. Add the turmeric, ginger, mustard seeds and stalks from the coriander and continue to cook for a couple of minutes until it is fragrant
Add the chopped tomatoes and coconut milk. Bring to the boil and add the pumpkin pieces. Reduce heat to a simmer and cook until the pumpkin is just tender. Add the chickpeas and continue to cook for 10 minutes
If needed add some water during the cooking time if the liquid becomes too reduced
Roughly chop the coriander leaves and sprinkle on top of the curry, serve with rice and naan breads

Recipes for Saturday, 21st April 2018

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

Roasted chicken salad with mint yoghurt dressing

Ingredients:

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|------------------------------------|------------------|
| 400g Chicken thigh | 1 cup yoghurt |
| 1 x Granny smith apple | 1 clove garlic |
| 1 -2 Cos lettuce depending on size | Juice of ½ lemon |
| 2 stalks celery | Salt |
| 2 spring onion | Pepper |
| 2 tbsp chopped flat leaf parsley | Olive oil |
| ½ cup mint | |

Pre heat the oven to 200 degrees

Line a baking tray with baking paper. Season the chicken thighs with salt and pepper and drizzle with olive oil. Spread the chicken out in a single layer and roast in the oven for approx. 20 minutes or until the juices run clear when tested with a knife. Leave the chicken to cool while preparing the rest of the salad

To make the dressing, cut the mint up finely and mix together with the yoghurt, lemon juice and finely chopped garlic

Wash and pat dry the cos lettuce, roughly chop and place in a bowl. Finely slice the celery and spring onions add to the bowl with the chopped parsley

Wash the granny smith apples, cut in to quarters and thinly slice either by hand or using a mandolin, slice the chicken and add both to the salad

Dress the salad with the dressing and season with salt and pepper to taste

Potato Schiacciata

Ingredients:

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|--------------------------|-----------------------------|
| 1 kg onion | 4g active dry yeast |
| 5 small desiree potatoes | 200ml water |
| rosemary | 10ml extra virgin olive oil |
| Olive oil | 10ml milk |
| 300g strong flour | 7g sea salt |

Warm the milk and water and whisk in the yeast. Leave for 10 minutes to become active and bubbly

Place the flour and sea salt in a bowl, add the milk, water, yeast and 10ml of olive oil and mix then knead for 10 minutes. Rest for 10 minutes and then knead again for another 10 minutes. The dough should be coming away from the sides of the mixing bowl and have a silky appearance. Put the dough into a bowl that has been coated lightly with olive oil and cover with a tea towel. Place somewhere warm and bulk prove for 1 ½ hours. During the bulk prove knock back twice, once after 30 minutes and again after 1 hour. To knock back lightly flour the bench, turn dough out and press into a rectangle about 2 ½ cm thick fold one third back onto itself and then repeat with the other third. Turn the dough around 90 degrees and fold into thirds again. Place back into the oiled bowl, cover and continue to prove before repeating again

While the bread is proving make the caramelised onion, peel and thinly slice the onions and cook in a pot with a splash of olive oil on a medium heat. Stir every 10 minutes until they start to stick to the bottom of the pot and then stir more frequently. Cook until they are brown in colour. Set aside to cool

Prepare the potatoes by washing well and thinly slicing on a mandolin or use a food processor with the slicing attachment. The potatoes should be about 2mm thick. Cook the potatoes in salted water, once simmering cook for about 3 minutes, they should be still holding their shape

Drain off water and submerge into cold water to stop them from cooking any further. Drain off water ready to use on schiacciata

Once proved for 1 ½ hours divide the dough into two pieces and roll each one out in a rectangle shape measuring about 30cm x 15cm

Place the dough onto lined baking trays and leave in a warm humid place for 10 minutes

Pre heat the oven to 220 degrees

Spread a thin layer of the caramelised onion over the dough, leaving a 1 cm border around the edges, add the potato overlapping each piece slightly

Roughly chop some rosemary and sprinkle over the loaves, season with salt and pepper and drizzle over some extra virgin olive oil

Reduce the oven temp to 200 degrees and cook for 25 minutes or until it is golden brown around the edges and bottom of bread

Mulled Pears

Ingredients:

1.5kg pears	4 star anise
250g sugar	2 cinnamon sticks
500ml red wine	12 cloves

Pre heat the oven to 150 degrees

Wash and dry 2 medium size preserving jars

Heat the sugar, red wine and spices in a pot and bring to a simmer

Prepare the pears by peeling, coring and slicing into quarters, place into the simmering liquid

Put the washed and dried jars, and seals into the oven to sterilise

Once the pears are only just soft (don't cook too long) remove from the heat. Take the jars from the oven and using tongs put the pear pieces into the jars. Pack the pears in tightly with the spices

Pour the hot liquid into the jars until it is full to the very brim, using a skewer, push down the sides of the jar to make sure there are no air bubbles and if needed add more syrup. Place the seal onto the jar and screw the band down

Leave the jars to cool completely and once cold check they have sealed. The seal should be slightly concave. If a jar hasn't sealed place in the fridge and eat within a few days other wise if the seal is good then keep in a cool dark place until opened and then refrigerate

*Use the pears in desserts, baked items or on a cheeseboard with blue cheese

Thanks to the following vendors for their fantastic produce

Rosedale Orchard – Packham Pears, Granny Smith Apples

Waikouaiti Gardens – Desiree Potatoes, Jeresulem Artichokes

Janefield Hydroponics – Cos Lettuce, Spring Onions

Waitaki Orchards – Apricot Galette

Dunedin Poultry – Chicken Thighs

Beanoes Bakery – Bread

Ettrick Gardens - Pumpkin

Holy Cow – Cream

