



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

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## Fennel, Potato and Lemon Soup

### Ingredients

Extra virgin olive oil

2 onions

2 stalks celery

2 cloves garlic

3 bulbs fennel

3 potatoes (peeled)

1 litre veg stock

Juice from 1 lemon (to taste)

Crème fraiche (optional)

Roughly chop all the vegetables then add the onions, celery and garlic to a heavy based pan. Cook slowly with the lid on for about ten minutes. Once they're nice and soft add the fennel and continue cooking for a few more minutes. Add the vegetable stock and potatoes and simmer for about 45 minutes. Use a stick blender or a liquidizer to make the soup smooth. Check the seasoning and add the lemon juice to your taste. Garnish with fresh herbs and a dollop of crème fraiche.

## Roasted Vegetables with Dukkah

### Ingredients

Jerusalem artichokes

Mixed baby beetroot

Extra virgin olive oil

Salt

*For the Dukkah*

50g hazelnuts

155g sesame seeds

80g coriander seeds

60g cumin seeds

## Recipes for Saturday, 28<sup>th</sup> April 2018

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

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For the dukkah, roast all the ingredients in the oven separately. Be careful not to burn them as this will make them go bitter. Use a mortar and pestle or food processor to grind them separately. The hazelnuts and sesame seeds should be left pretty coarse, whilst the spices can be ground much smoother. Once combined seal in a jar and this will keep for weeks.

This week I used some lovely golden and red beetroots from Ettrick gardens and delicious Jerusalem artichokes from Waikouaiti gardens. Cut the vegetables into equal sizes, season with salt and a drizzle of extra virgin oil. Roast in the oven until the edges start to caramelize a little.

Once out of the oven sprinkle over some dukkah for a lovely side dish.

## Pear, Blue Cheese and Walnut Salad

Ingredients - Serves 4

2 pears

100g blue cheese

50g walnuts

300g watercress or Roquette

Juice of 1 lemon

Extra virgin olive oil

Salt and pepper

Toast the walnuts so they are golden brown. Slice the pear and remove the core. Crumble the cheese and start to combine the ingredients in a mixing bowl, adding just the right amount of oil so that the leaves are coated but not drenched. Mix carefully and arrange on a bowl or plate.

## **Pan-Fried Gurnard fillet with Humitas and Pico de Gallo**

Ingredients - Serves 4

600g gurnard or similar white fish

Flour for dusting

### **For the Humitas**

4 corn cobs

1 brown onion

1 green chilli

Salt and pepper

Olive oil



### **For the Pico de Gallo**

4 tomatoes

½ red onion

1 tablespoon chopped jalapeños

Juice from 1 lime

Handful of coriander

To make the humitas dice the onion and chilli, removing the seeds. Sweat them down slowly in a heavy based pan. To remove the corn kernels from their cobs run your knife down the cob from top to bottom. Put these in the pan and cook for a few minutes. Add about 500ml water and the corn cobs and cook slowly for about 20 minutes. Discard the corn cobs and blend the puree until smooth, check the seasoning.

For the Pico de Gallo finely dice the onion and jalapeños and put in a mixing bowl. Cut the tomatoes into quarters and remove the seeds, then dice them finely. Mix together with the onion chilli then add the lime juice and some chopped coriander. Don't put salt into this until the last minute as the tomatoes this will create excess water in the mix.

To pan fry the gurnard, get a non-stick pan really hot, when it starts to smoke a little bit turn down the heat to medium and add a dash of oil. Dust the gurnard in a little bit of seasoned flour and add straight to the pan. It's important to maintain the temperature of the pan otherwise the fish will stick. Cook for a few minutes on each side or until a skewer pokes through with no resistance.

To serve put a dollop of the humitas on the plate and place the fish on top followed by a spoon of the Pico de Gallo. You can garnish with any left-over coriander leaves.

## **Thanks to the following vendors for their fantastic produce**

**Indigo Bakery – Ciabatta**

**Ettrick Gardens – Baby Beets**

**Waikouaiti Gardens – Jerusalem Artichokes**

**Brydone Growers – Fennel, Agria Potatoes**

**Janefield Hydroponics - Italian Parsley**

**Harbour Fish – Gurnard**

**Rosedale Orchard – Bosc Pears, Corn Cobs**

**Evansdale Cheese – Bay Blue**