



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Yoghurt Panna Cotta w/ roasted plums

Serves 6

For the Panna Cotta

- 1 cup cream
- 1 cup caster sugar
- 1 ½ cups milk
- 1 ½ cups natural yoghurt
- 8 g gelatine leaf
- 1 vanilla bean,

For the plums

- 500g red plums, I used torwick
- 100g brown sugar

Preheat the oven to 180.

For the panna cotta, combine the sugar, cream, yoghurt and milk in a saucepan and gently heat until the sugar dissolves. Cut the vanilla bean down the middle, scrape out the seeds and add both the seeds and the pod to the mixture. Meanwhile, soak the gelatine in a little water until it softens, then add that too. Leave to cool slightly before straining into either glasses or moulds.

For the plums, cut into quarters and remove the stone. Sprinkle with the brown sugar and roast in the oven until they soften but hold their shape, leave to cool. If you have set your panna cotta in moulds then turn them out onto a bowl or plate by dipping the mould into hot water for a few seconds to melt the edge. Serve with the panna cotta with the roasted plums for a subtle and delicious dessert.

Recipes for Saturday, 26th May 2018

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

Roasted cauliflower risotto with hazelnuts

Serves 4

- 100ml extra virgin olive oil
- 1 knob of butter
- 1 cauliflower
- 1 litre vegetable stock
- 1 onion
- 2 cloves of garlic
- 100 g Parmesan cheese
- 2 tablespoons olive oil
- unsalted butter
- 400 g risotto rice
- 250ml of dry white wine

Preheat the oven to 180.

Trim the cauliflower into of equal size small florets. Keep the best-looking ones (about 6 per person) and put on a baking tray with some olive oil, set aside.

With the remaining cauliflower trim what you can from the stalk and combine with any other off-cuts. Boil about 1 cup of stock and add the chopped cauliflower off-cuts, cook for 5 minutes and then puree using a hand blender or liquidizer, set aside. To start the risotto, cook the onions and garlic slowly until soft. Add the rice and coat with the oil, be generous with the olive oil so all the rice is lightly covered. Turn up the heat and keep stirring the rice until the grains become translucent. Add your wine and reduce to a syrup. Add the vegetable stock slowly always stirring the mixture, this process ensures the starch comes out of the rice and the risotto is creamy.

Meanwhile, put cauliflower florets in the oven and roast them until cooked. Once the rice is nearly ready add the cauliflower puree, parmesan cheese and a knob of butter. Test the rice it should be al dente but not crunchy, and the mixture should

be quite runny, don't be afraid to add more stock if you think it needs it, this is just a guideline. Serve on plates with the roasted cauliflower, chopped hazelnuts and a drizzle of olive oil for a garnish.

English' onion soup

50g butter
50g oil
6 brown onions, sliced
1 leek, sliced
6 cloves of garlic chopped
1 tablespoon fresh thyme leaves
500ml good quality ale, I used Steamer Wharf's 'Plum Brown'
1 ltr beef stock
1 ltr chicken stock
100g Cheddar cheese
Fresh parsley (optional)

Put the butter, oil, onions, garlic, leek and thyme in a big pot and cook slowly with the lid on until soft. Add the beer and reduce by two thirds, then add the stock and cook for about 2 hrs on a low heat.

To finish, put in bowls and garnish with chopped parsley (optional) and cheddar cheese. Alternatively grill the cheese on some good bread and serve on the side.

Braised cabbage with havoc bacon

Serves 4 as a side dish

100ml extra virgin olive oil
½ a savoy cabbage, shredded
2 onions, sliced
2 cloves of garlic
125g havoc bacon, cut in strips
2 cups of vegetable stock

Sweat the oil, onions, garlic and bacon together in a pot. Add the cabbage and vegetable stock and simmer with the lid on for about 10-15 minutes. Try to keep the cabbage as green as possible. Serve as a side dish.

Thanks to the following vendors for their fantastic produce

Havoc Pork – Bacon

Ettrick Gardens – Leeks, Savoy Cabbage and Cauliflower

Earnsclough Coop – Torwick Plums

Steamer Basin Brewery – Plum Brown Ale

Amazelnuts – Hazelnuts