



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Chard Omelette

4 portions, Ingredients:

350g chard	1 clove garlic
200g potato	2 tbsp cream cheese
200ml water	5 eggs
Salt	60ml milk
Pepper	Oil
2 tbsp lemon juice	

Peel and cut potatoes into small cubes, place in a pot with the water. Bring to the boil and remove the lid. Wash, and roughly chop the chard and add to the boiling potatoes. Finally chop the garlic and add to the pot. Continue to cook until the potatoes are tender and the water is evaporated. Stir through the cream cheese, lemon juice and season with salt and pepper. In a bowl whisk the eggs and add a little salt and pepper. Heat a fry pan on a high heat, once hot add a small amount of olive oil and then add a quarter of the whisked eggs. Swirl the pan so the egg covers the base of the fry pan and cook until the egg is set. Remove the pan from the heat, spread a quarter of the filling over half of the omelette and then fold the remaining half over the top. Slide the omelette onto a plate to serve. Repeat this process with the remainder of the egg mix and filling

Coffee and Walnut Cake

Cake, ingredients:

260g butter	1 double shot coffee
260g brown sugar	50g sugar
3 eggs	Filling:
260g self raising flour	200g mascarpone
2 ¼ tsp baking powder	2/3 cup greek yoghurt
1 double shot of coffee	3 tbsp icing sugar
2/3 cup chopped walnuts	1 double shot coffee

Recipes for Saturday, 2nd June 2018

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

Pre heat the oven to 150 degrees on bake. Line 2 9 inch round sandwich tins with baking paper. Soften the butter and place in a food processor with the brown sugar. Blend until well combined and then add the remaining cake ingredients and pulse until just combined. Divide the cake batter evenly between the two tins and bake in the oven for approx. 20-25 mins until cooked when tested with a skewer. While the cake is cooking make the coffee syrup, add the sugar to the warm coffee shot to dissolve. When the cake is out of the oven brush the syrup over the two cakes and leave to cool completely before assembling and filling. To make the filling, mix together the mascarpone, yoghurt, coffee and icing sugar. Spread half of the filling over the first layer of cake, sprinkle over ½ of the chopped walnuts, place the second layer of cake on top and then spread over the remaining filling and remaining walnuts. *gluten free self raising flour can be used to make it a gluten free cake. If you cannot use fresh ground coffee substitute the double shot for 1 tbsp of instant coffee with 30ml of boiling water

Pear butter

Ingredients:

1 kg pears	Juice of 2 mandarin + zest of one
1/3 cup water	2 tbsp coconut sugar
2 tsp vanilla extract	

Peel, core and chop the pear into chunks and add to a slow cooker with the rest of the ingredients. Cook on high setting for approx. 3 hours depending on the ripeness of the pears. Once the pears are cooked and there is minimal liquid left, using a slotted spoon remove the pears from the crock pot (leaving behind any remaining liquid) and either put through a mouli or blend in a food processor until smooth. The pears should be nice and thick (it will thicken a little more once cooled but not much). Place into a sterilised jar and allow to cool before storing in the fridge for up to a week or freeze until needed.

Can be used as a spread on bread, scones, cakes, pancakes etc

Cauliflower fried rice

Ingredients:

4 cups grated cauliflower	1 cup peas
1 small onion	1 cup cooked brown rice
2 cloves garlic	4 eggs
1 tbsp fresh ginger	3 tbsp soy sauce
1 carrot	Fish sauce
1 red capsicum	

Finely dice the onion and garlic. Grate the fresh ginger. Dice the carrot and capsicum. In a bowl whisk the eggs. Heat a fry pan to high heat and a dash of olive oil, add the eggs and cook like an omelette, once cooked remove from the pan, roughly chop and set aside. Re heat the pan to hot and add a little olive oil. Cook the onion, garlic and ginger for a couple of minutes before adding the carrot and capsicum. Continue to cook for 3-4 minutes before adding the cauliflower. Cook for a further 2 minutes and then add the cooked rice and peas, soy sauce and a dash of fish sauce. Cook for another 2 minutes and then add the cooked egg. Stir through and serve

*if desired add some protein, cooked chicken or prawns are delicious

Beef and stout stew with dumplings

Ingredients:

900g blade steak	Dumpling Ingredients:
2 tbsp flour	125g self raising flour
Olive oil	60g butter (or use suet which is traditional if you want to)
3 carrots	1 dessert spoon wholegrain mustard
4 shallots	Salt
4 cloves garlic	Pepper
Handful of fresh thyme	Water
Beef stock (approx. 500ml)	
250ml stout	
2 dessert spoons tomato paste	
Salt	
Pepper	

Pre heat the oven to 150 degrees

Cut the steak into chunks and dust with the flour, season with salt and pepper

Peel and cut the carrot into the same size as the beef, peel the shallots and if large cut in half otherwise leave whole. Peel the garlic and leave whole

Heat a pan on high heat and add a splash of olive oil

Brown the floured/seasoned beef, add the tomato paste and then de glaze the pan with the stout.

Put the beef and stout into an oven casserole dish with the carrots, shallots and garlic

Add enough beef stock to cover the meat and a handful of fresh thyme

Cover the casserole dish with a lid or tin foil and place in the oven for 2.5-3hours until the meat is tender

Make the dumplings by placing the self raising flour in a bowl, grate in the butter or add suet if using Rub the butter into the flour until it resembles fine bread crumbs.

Add a pinch of salt and pepper and the dessertspoon of mustard

Mix in enough cold water to bring the dough together. It should be soft but not so sticky you can't knead into a ball

Cut the dough into 8 portions and roll in to balls. Place the balls around the stew half submerged into the sauce (if the stew is already super thick you can add a little water because the dumplings will expand as they cook and suck up some of the sauce)

Cook in the oven for 20-30 minutes until the dough is cooked

Garnish the stew with parsley and enjoy

Thanks to the following vendors for their fantastic produce

Te Mahanga – Winter Nellies Pears

Leckies Butchery – Blade Steak

Agreeable Nature – Eggs

Gilberts Fine Foods – Surprise Bread

Fat Cat Coffee – Coffee

Brydone Growers – Cauliflower

Wairuna Organics – Rainbow Carrots & Chard