



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Mexican bean and kale soup

Ingredients:

Oil	½ tsp chilli flakes
2 leeks	1 tinned chopped tomatoes
2 carrots	1 tin kidney beans
3 cloves garlic	1 tin black beans
1 bunch kale	500ml vegetable stock
3 tsp oregano	Salt
2 tsp cumin	Pepper
2 tsp smoked paprika	4 tortillas
3 tbsp chipotle chilli in adobo sauce	Sour cream

Wash and cut the leek into small pieces, peel and chop the carrots into cubes. Cut the garlic cloves finely.

Heat a large pot on a medium heat and add a splash of oil, cook the leek and garlic until softened. Add the carrots, spices and chilli and continue to cook for about a minute before adding the chopped tomatoes, veg stock and drained/rinsed beans. Simmer the soup until the carrots are tender and then add the washed and chopped kale.

Season with salt and pepper

To make tortilla garnish, pre heat the oven to 180degrees

Cut the tortillas into strips, brush with oil, season with salt and spread out in a single layer on a flat tray. Cook for approx. 8-10 minutes until the tortillas are light golden brown.

Serve a bowl of soup with sour cream and crispy tortilla strips

Recipes for Saturday, 9th June 2018

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

Peanut butter & banana fudge

Makes 30 portions Ingredients:

1 cup peanut butter	2 tsp vanilla
2 tbsp honey	4 tbsp melted coconut oil
4 tbsp cacao	2 bananas (ripe is best)

Line a 23 x 23cm tin with baking paper

In a food processor blend all of the above ingredients above until they are super smooth and spread in the tin

Place in the freezer and once firm cut in to portions. Keep frozen until ready to eat and then remove 10 minutes prior to eating

Pumpkin pancakes with spiced maple yoghurt

Makes 8 pancakes Ingredients:

1 cup almond milk	¼ tsp nutmeg
½ cup pumpkin puree	½ tsp cinnamon
2 eggs	1 cup buckwheat flour
20g coconut oil	Maple yoghurt ingredients:
½ tsp vanilla extract	1 cup Greek unsweetened yoghurt
2 tbsp maple syrup	2 tbsp maple syrup
1 tsp baking powder	½ tsp vanilla
½ tsp baking soda	1 tsp cinnamon
Pinch salt	½ tsp grated fresh ginger

Peel, deseed and cut a piece of pumpkin in to cubes and steam until it is cooked. Leave to cool and then blend into a puree

In a bowl mix together the dry ingredients

In a separate bowl melt the oil, whisk in the eggs, vanilla, maple syrup and almond milk

Make a well in the dry ingredients and whisk in the wet ingredients. Whisk until it becomes a smooth batter

Heat a fry pan on a low-moderate heat, once heated add ½ tsp coconut oil and distribute evenly before pouring in enough batter for a pancake. Wait until the pancake is golden on the bottom and starting to set on the top before flipping and cooking on the other side

While the pancakes are cooking make the maple yoghurt. In a bowl mix together the yoghurt, maple syrup, vanilla, cinnamon and ginger

To serve the pancakes drizzle the yoghurt over the warm pancakes

Lamb meatballs with spicy capsicum sauce

Ingredients:

600g lamb mince	2 red capsicum
2 cloves garlic	3 cloves garlic
1 tsp dried mint	1 ½ tsp coriander seeds
1 tsp oregano	½ tsp chilli flakes
1 tsp cumin	2 tsp smoked paprika
Salt	2 tbsp tomato paste
Pepper	1 tin of chopped tomatoes
Sauce ingredients:	Salt
1 onion	Pepper

Start by making the sauce. Finely chop the onion and garlic and red capsicum. Sauté the onion and garlic on a moderate heat until softened and then add the red capsicum. Continue to cook for a few minutes before adding all of the spices and tomato paste. Cook for another 2 minutes until fragrant and then add the chopped tomatoes

Simmer for 20 minutes and season with salt and pepper to taste

While the sauce is cooking make the meatballs

Turn the oven on to fan grill

In a bowl place the mince, spices and finely chopped garlic. Season with salt and pepper and using hands work together to make sure everything is well combined

Roll the mince into balls and place on a lightly oiled baking tray

Put the tray in the oven and cook until starting to brown. Turn the meatballs over and cook until golden and cooked through in the middle

Mix the meatballs through the warm sauce and serve. This dish would be nice served with cous cous

*If the meatballs are too soft when rolling you can add a couple of tablespoons of breadcrumbs but it's not necessary if the mince rolls well without it.

Apple and peanut butter smoothie

Ingredients:

1 apple (peeled, cored and diced)	1 tsp vanilla
1 cup almond milk	¼ tsp cinnamon
2 tbsp peanut butter	

In a blender place all of the ingredients and blend until smooth and serve

*I used pacific rose apples which are lovely and sweet however if you don't find the smoothie sweet enough you can add some honey to taste

Thanks to the following vendors for their fantastic produce

Cardrona Merino – Lamb Leg Mince

Ettrick Gardens – Leeks, Kale

Bay Road – Smooth Peanut Butter

Rosedale Orchard – Pumpkin, Pacific Rose Apples

Beanos Bakery – Bread