



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Vegetarian Gyoza

Dumpling ingredients:

210g flour

100ml boiling water

Pinch salt

Dipping Sauce Ingredients:

4 tbsp rice wine vinegar

4 tbsp soy sauce

1 clove garlic

1 tsp fresh grated ginger

1 spring onion

¼ tsp chilli flakes

Filling ingredients:

2 cloves garlic

1 tbsp finely grated fresh ginger

1 onion finely diced

2 small bok choy

1 ½ cups finely grated carrot

20g dried shitake mushrooms

2tsp sesame oil

2 tbsp soy sauce

1 tbsp rice wine vinegar

Rehydrate the shitake mushrooms by placing in a bowl and covering with boiling water.

Start making the gyoza dough, place the flour in a bowl with a pinch salt. Add the boiling water and bring together to form a dough. Knead the dough until it comes together and then put back into the bowl and cover. Set aside for 1 hour

To make the filling, strain the water off the mushrooms and then finely dice. Heat a fry pan on a moderate heat. Add the sesame oil and cook the onion, ginger and garlic until softened

Add the carrot, bok choy and mushrooms. Cook until the vegetables are softened and then add the soy sauce and rice wine vinegar. Once the liquid is absorbed remove the vegetables from the heat. Set the filling aside to cool .

Portion the dough in to 28 pieces and roll in to balls. On a floured bench roll each ball in to a circle about 1mm thick. Keep the wrappers in a tea towel covered until they are all rolled

To fill the gyoza place about a teaspoon of the filling in the middle of the wrapper. Lightly brush a little water on one half edge of the wrapper. Fold the wrapper in half and pleat the edge as you seal it together

Recipes for Saturday, 9th June 2018

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

Place the made gyoza on a lightly floured tray. Continue the process until all of the gyoza are made. Cook the gyoza straight away or they can be frozen to cook at a later stage. Heat a fry pan (use a pan that has a lid) on a moderate heat and add a little sesame oil, place the gyoza in the pan bottom side down. Brown the gyoza before adding about ¼ cup water and placing a lid over the top to steam the gyoza. Once the gyoza are steamed remove the lid from the pan and reduce any remaining liquid

Mix all of the dipping sauce ingredients together and serve with the hot gyozas

Chicken noodle soup

Ingredients:

750ml chicken stock

330ml coconut water

500g chicken thigh

1 cup corn

1 large carrot finely sliced

1 cup finely sliced cabbage

2 tbsp grated fresh ginger

2 cloves garlic

2 spring onion sliced

1 tbsp fish sauce

1 tbsp tamari

Juice of 1 lime

100g dry vermicelli rice noodles

To garnish:

Lime wedges

Fresh coriander

Chilli

In a pot add the chicken stock, finely grated garlic and ginger. Bring to a simmer on a medium heat, add the chicken thigh. Simmer until the chicken is cooked through. Remove the chicken from the pot, shred and set aside

Add the carrot, cabbage and corn to the chicken stock and simmer until the vegetables are just tender. Add the coconut water, spring onions, tamari, fish sauce and lime juice

Add the shredded chicken back to the soup and bring the soup back to a simmer. Cook the rice noodles as per instructions on packet

To serve the soup place some noodles in the bottom of the bowl and then ladle the soup over. Garnish with roughly chopped coriander, chilli and lime wedges

Hazelnut praline roasted pears

Ingredients:

4 pears	Praline ingredients:
½ tsp cinnamon	1 cup peeled and roasted hazelnuts
¼ tsp nutmeg	½ cup sugar
1 tbsp honey	2 tbsp water
50g butter	Sea salt
	Whipped cream to serve

Make the praline, line a baking tray with paper and set aside

Place the sugar and water in a pot on high heat. Dissolve the sugar in the water and bring to a boil. Do not stir the pot once the sugar and water boils or the sugar will crystalize. Keep boiling until the sugar turns golden brown. Working quickly add the hazelnuts and pour onto the baking tray. Sprinkle over a little sea salt

Allow the praline to cool completely before breaking up and placing in a food processor. Blend until it is a medium-fine crumb texture

Pre heat the oven to 180 degrees

Wash the pears and cut in half lengthways. Remove the core and make a small cavity. Place the pears in a baking tray skin side down and fill the pears with the praline crumb. Mix together the cinnamon and nutmeg and sprinkle over the pears. Drizzle over the honey and dot over the butter

Cover the baking dish with foil and bake for approx. 40 minutes until the pears are tender

Remove the foil and bake for another 5-10 minutes until golden

Serve warm with whipped cream

Leek and blue cheese risotto

Ingredients:

Olive oil	5 cups vegetable stock
2 leeks	100g blue cheese
2 cloves garlic	20g grated parmesan
2 tbsp fresh thyme	Juice of ½ lemon
2 cups arborio rice	Salt
½ cup white wine	Pepper

Wash and cut leeks in half lengthways and then dice. Finely chop the garlic and thyme

Heat a pot on a moderate heat, add a splash of olive oil and add the leeks, thyme and garlic. Cook until softened

Add the rice and continue to cook for about 1 minute before adding the white wine. Cook until the white wine is absorbed and then start to add the vegetable stock one cup at a time, waiting until it is absorbed each time before adding the next cup

Cook the rice until it is al dente and then crumble in the blue cheese and add the parmesan, stir through to melt

Add the lemon juice and check the seasoning and add salt and pepper to taste

Serve immediately and garnish with a little extra blue cheese crumbled over the top and some chopped fresh thyme

Thanks to the following vendors for their fantastic produce

Janefield Hydroponics – Bok Choy, Spring Onions

Dunedin Poultry – Chicken Thigh

Ettrick Gardens – Carrot, Leek and Taylors Gold Pears

Amazelnuts – Hazelnuts

Evansdale Cheese – Bay Blue