



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Pork, fennel and egg terrine

Ingredients:

4 hard boiled free range eggs	2 tsp oregano
700g pork mince	1 tsp salt
300g streaky bacon	1 heaped teaspoon Dijon mustard
1 free range egg	2 tsp toasted fennel seeds

Hard boil eggs, cool, peel and set aside. Pre heat the oven to 170 degrees
Line a 22x12cm loaf tin with baking paper, leaving an overhang on each side
In a bowl mix together the pork mince, toasted fennel seed, oregano, 1 egg, mustard and salt. Mix until well combined. Line the loaf tin with the steak bacon, leaving it to overhang the tin. Press ½ of the mince into the tin and then place the 4 hard boiled eggs down the length of the tin before pressing in the remainder of the mince around them and over the top. Make sure the mince is packed in tightly
Cover the top of the terrine with the overhanging bacon and then cover with the baking paper. Place tin foil over the top of the tin securely and place into a deep roasting dish. Fill the roasting dish with boiling water half way up the loaf tin. Place in the oven and bake for 2 hours until it is firm and cooked through. Remove from the roasting dish and place a heavy tray over the top of the loaf tin to weight the terrine down overnight in the fridge. The next day remove from the tin, slice and serve with your favourite crusty bread and relish, chutney or pickles!

Potato croquettes with aioli dipping sauce

Ingredients:

1 kg red fantasy potatoes	For crumbing:
½ cup parmesan	Free range egg
1 large, free range egg	Milk
Salt & Pepper	Cornflour
To fry:	Panko breadcrumbs
Oil (eg vegetable, canola, rice bran)	

Recipes for Saturday, 23rd June 2018

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

Pre heat the oven to 200 degrees and roast the potatoes in a dish covered in foil until they are soft (approx. 1-1.5 hours depending on the size of potatoes) when tested with a knife

Remove from the oven and cut in half, while still hot scoop the potato out of the skins (discard skins or crisp up and enjoy as a snack!!) and place in a bowl

Mash the potatoes until they are soft and fluffy, allow to cool

Add the egg and grated parmesan to the potato and season well with salt and pepper

Divide the mix into pieces about 25g each and roll in to croquette shapes

Organise 3 separate containers for the crumbing process. Place an egg and a splash of milk in one and whisk well, in another place ¼ cup cornflour and finally in the last dish add 1 cup panko breadcrumbs

Take the rolled croquettes and dip into the cornflour, dust off any excess and then place in the egg mix before rolling in the bread crumbs. I like to double crumb my croquettes and therefore place each one back into the egg mix and the crumb again, however this isn't essential but does give a really good crispy crumb coat. Lay the croquettes on a flat baking paper lined tray in a single layer

Repeat the process until all of the croquettes are crumbed. You may need more panko crumbs or egg etc added to your bowls depending on whether you are double crumbing or not.

Place the croquettes into the fridge whilst you are heating up the oil

Heat the oil up in a deep pot on a moderate heat. Once the oil has heated up test one of the croquettes and if it bubbles and starts to turn golden over a few minutes the temperature is most likely perfect. If they brown too quickly before the heat has a chance to get to the middle turn the temp down and if they are taking too long to brown up try heating the oil up a little hotter (better still if you have one, use a thermometer and heat the oil to approx. 180 degrees)

Once the croquettes are cooked, remove from the oil and place on a paper towel
Sprinkle over a little extra salt and serve with the aioli

Aioli

Ingredients:

4 free range egg yolks	1 tbsp Dijon mustard
25ml white wine vinegar	6 cloves roasted garlic
600ml extra light olive oil	

In a food processor add the egg yolks, garlic, mustard and vinegar and whiz until well combined. With the processor running, slowly drizzle the olive oil in until it is all added. Season with salt and pepper to taste

Lettuce soup

Ingredients:

500g leek	2 heads of cos lettuce
50g butter	1 litre vegetable stock
½ tsp nutmeg	To garnish: cream
Zest one lemon	

Wash, and slice the leeks. Heat a pan on a moderate heat and add the butter. Cook the leeks until softened and then add the nutmeg and lemon zest

Wash and roughly chop the lettuce before adding to the pot with the veg stock.

Bring the soup up to the boil and then turn off. Allow the soup to cool before blending in a food processor or upright blender until super smooth (this will need to be done in batches). Serve warm with a drizzle of fresh cream and a sprinkle of nutmeg. If you need to reheat do not boil the soup, just gently warm on a low heat

Chocolate mousse and hazelnut meringue roulade

Ingredients:

95g dark chocolate (I used Ocho 75% Cacao Fiji)	For the meringue roulade:
1 ¼ cups cream	4 free range egg whites (approx. 130g)
100g roasted peeled AmazeInuts	1 tsp vinegar
hazelnuts	1 tsp cornflour
	1 tsp vanilla extract
	1 cup caster sugar

To make the mousse, melt together gently the Ocho chocolate and ¼ cup of cream until the chocolate is completely melted and it is smooth and silky. Set aside to cool a little. In a separate bowl, lightly whip the 1 cup of cream. Gently fold the cream in to the melted chocolate in 3 additions. Gently mixing in each addition before adding the next. Place the mousse in to the fridge to chill while making the roulade

To make the roulade, pre heat the oven to 160 degrees on fan forced

Line a 25x35cm x 2cm deep baking tray with baking paper. Take the time to cut the baking paper in at the corners neatly. Place the 4 egg whites in the bowl of mixer.

In a separate bowl mix together the cornflour, vanilla and vinegar

Start beating the egg whites with a whisk attachment until they are frothy and then add the cornflour mix

Once the egg whites reach soft peak stage start adding the caster sugar in gradually about 1/3 of the cup at a time

Keep whisking the egg whites until you have a silky, smooth mix

Spread the meringue out evenly over the base of the tray and place in the oven

Bake for 18-20 minutes until set and light golden brown. Remove from the oven and allow to cool before inverting it on a piece of baking paper that is bigger than the size of the meringue. Roughly chop the hazelnuts

Spread the dark chocolate mousse over the meringue and then sprinkle over the roasted hazelnuts

Roll the roulade up from the shortest side using the baking paper to help roll it

Carefully slide on to a platter/plate and refrigerate until required

Slice in to portions and serve

Thanks to the following vendors for their fantastic produce

Janefield Hydroponics – Cos Lettuce

Ettrick Gardens – Red Fantasy Potatoes, Leek

AmazeInuts – Hazelnuts

Havoc Pork – Pork mince, Streaky Bacon

Ann Robertsons – Free Range Eggs

Ocho Chocolate – Cacao Fuji 75%

Gilberts Fine Food – Surprise Bread