



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Oxtail Soup

Ingredients:

600g oxtail	1 tin of chopped tomatoes
500ml beef stock	125ml red wine
Olive oil	1 tbsp fresh rosemary
1 onion	1 tsp fresh thyme
1 large carrot	¼ tsp ground cloves
1 stick celery	Salt
1 tbsp flour (gluten free is fine)	Pepper
1 tbsp tomato paste	2 tsp Worcestershire sauce

Heat a pan on high heat and brown the oxtail. Place the browned oxtail in a slow cooker on high and cover with beef stock. Cook until the meat is tender and coming away from the bone

Once cooked pull the meat apart and discard the bones. Strain the beef stock and allow to cool so the fat rises to the top. Once cool, skim the fat from the top of the stock and discard the fat.

To prepare the soup: Dice the onion and cut the celery and carrot in to cubes. Heat a pot on a moderate heat, add a splash of oil and sautee the carrot, onion and celery for a few minutes until the onion is starting to soften

Add the flour and tomato paste and continue to cook for a couple of minutes before adding the red wine and the beef stock

Add the chopped fresh herbs and ground cloves. Simmer the soup until the vegetables are tender. Add the shredded oxtail meat in to the soup and warm through.

Season with salt, cracked black pepper and Worcestershire sauce

Recipes for Saturday, 14th July 2018

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

Beetroot and smoked cheese tart

Ingredients makes 2 x 20cm round tarts:

600g beetroot	Pastry Ingredients:
Olive oil	1 ½ cups buckwheat flour
6 egg yolks	½ cup almond meal
2 whole eggs (plus one for egg wash)	¼ cup chia seeds
500ml cream	½ tsp salt
150g Evansdale Tania	1 egg
Salt	6 tbsp coconut oil
Pepper	½ cup water
Fresh rosemary	

Pre heat the oven to 200 degrees. Wash and place beetroot in a roasting dish, drizzle with a little olive oil. Cover with tin foil and roast the beetroot until they are tender when tested with a knife

Once the beetroot is cooked remove from the oven and set aside to cool

To make the pastry, in a bowl mix together the buckwheat flour, almond meal, salt and chia seeds. Melt the coconut oil and add to the flour mix with the whole egg. Start mixing together and gradually add the water until the dough comes together. Lightly oil two 20cm fluted loose bottom tart tins. Divide the pastry dough in to two even pieces. Press the dough in to the tins, taking time to make sure that the dough is evenly spread across the base and up the sides of the tins with no gaps. Once this is done place in the fridge for 1 hour to rest and chill

Turn the oven to 180 degrees

In a bowl mix together the egg yolks, whole eggs, cream and a generous pinch of salt. Set aside in the fridge until needed

Remove the skins from the cooked and cooled beetroot and slice in to wedges and slice the cheese.

Press tin foil in to the pastry cases to line for blind baking, making sure that it is pressed in well around the edges

Blind bake the pastry for 10 minutes, remove the foil and bake for a further 5 minutes until light golden brown. Brush with egg wash as they come out of the oven

Place the beetroot wedges into the base of the tart, pour over the egg & cream mix. Place the slices of cheese on top and sprinkle with small sprigs of fresh rosemary. Add a little cracked black pepper to the top and bake in the oven for 20-30 minutes until the egg mix is completely set and the pastry is golden brown. Allow to cool slightly before removing the tart from the tin and cutting in to wedges to serve

Apple & potato gratin

Ingredients makes 6 portions:

50g butter	4 cups milk
50g flour (gluten free works)	800g potatoes (I used Agria)
1 onion	3 granny smith apples
2 cloves garlic	70g cheddar cheese
1 tsp dried tarragon	

Preheat oven to 180 degrees

Finely slice the onion and finely chop the garlic. Heat a pot on a moderate heat, add the butter and then cook the onion and the garlic until softened without colouring. Add the tarragon.

Add the flour and continue to cook for one minute. Whisk in the milk 1 cup at a time, allowing it to thicken each time before adding the next.

Peel and slice the potatoes about 2mm thick (I like to use a mandolin or a food processor if possible). Wash, quarter and remove the core from the apples (leaving the skin on is fine) and then slice the same thickness as the potatoes

Place a layer of the potato in the bottom of a baking dish approx. 20 x 30 cm.

Lightly season with salt and pepper and then add a layer of the apples. Pour over 1/3 of the sauce and continue this process until you layered all of the potato and apple, finishing with a layer of the sauce.

Grate the cheddar and sprinkle over the top of the gratin. Cover with foil and bake in the oven for 1 ½ hours or until the potato is tender. Remove the foil and continue to cook for another 5-10 minutes to brown the top of the gratin. Enjoy as a side dish with a main meal.

Parsnip & orange loaf

Ingredients makes 1 x loaf :

½ cup fresh orange juice	½ cup ground almonds
½ cup coconut oil	½ cup buckwheat flour
½ cup natural yoghurt	1 cup coconut sugar
3 eggs	1 ½ tsp baking powder
2 tsp vanilla	1 tsp baking soda
Zest one orange	2 cups finely shredded parsnip
2 cups gluten free flour	

Pre heat the oven to 170 degrees

Line a loaf tin with baking paper

In a bowl mix together the melted coconut oil, orange zest, orange juice, yoghurt and eggs. Add the vanilla and the coconut sugar.

Sieve in the dry ingredients and add the finely grated parsnip before gently mixing together until just combined

Put the mix into the loaf tin and bake for 45mins-1 hour. Check with a skewer to make sure it is done. Allow to cool slightly before removing from the tin. Slice the loaf as you want to enjoy it and keep in an airtight container.

Thanks to the following vendors for their fantastic produce

Wairuna Organics – Parsnip and Beetroot

Agreeable Nature – Eggs

Willowbrook Orchard – Grannie Smith apples

Leckies Butchery – Ox Tail

Evansdale Cheese – Tania Smoked Farmhouse