



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Sweet and sour red cabbage soup

Ingredients:

1 carrot
1 onion
1 apple
Olive oil
650g red cabbage
¼ tsp nutmeg
Black pepper
¼ cup cider vinegar
2 tbsp brown sugar
6 cups vegetable stock
8 juniper berries
6 whole cloves
1 cinnamon stick
Peel of 1 orange

In a muslin place the juniper berries, whole cloves, cinnamon stick and orange peel and tie up with kitchen string

Finely dice the onion. Peel and finely dice the carrot and apple

Finely slice the red cabbage

Heat a pot on a moderate heat and add a drizzle of olive oil, sautee the onion, carrot and apple for a few minutes until the onion is starting to soften. Add the red cabbage and cook for a further 5 minutes, stirring regularly

Add the nutmeg and a good pinch of black pepper

Place the muslin spice bag in the pot and then the vinegar, brown sugar and vegetable stock. Bring the soup to a boil and then reduce to a simmer for approx. 1 hour until the cabbage is softened and the liquid is reduced a little
Remove the muslin spice bag, season with salt to taste and serve

Recipes for Saturday, 11th August 2018

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

Stir fry vegetables with peanut sauce and rice noodles

Serves 3-4 people, Ingredients:

Olive oil
½ red onion
1 carrot
1 bag of stir fry greens from Wairuna Organics
150g rice noodles
Juice of 1 lime
1 tbsp toasted sesame seeds to garnish
Sauce ingredients:
1/3 cup peanut butter
½ cup water
2 tbsp tamari
1 ½ tbsp fish sauce
1 tbsp fresh ginger finely grated
2 tsp cornflour
2 tsp coconut sugar
1 red chilli finely chopped
2 cloves garlic finely chopped

Mix the sauce ingredients together. Peel and julienne the carrot. Finely slice the red onion. Roughly chop the stir fry greens.

Cook the rice noodles in boiling water according to the instructions on the packet

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

Add the carrot and onion and cook for a couple of minutes before adding the stir fry greens. Cook for a further minute before adding the peanut sauce and cooked noodles.

Stir everything together, squeeze over the lime juice and check seasoning. Add a pinch of salt if needed. Sprinkle over toasted sesame seeds and serve immediately

Parsnip, parsley and cheddar waffles served with tomato Kasundi

2-3 waffles, Ingredients:

450g grated parsnip (approx. 2 parsnips depending on size)

¼ tsp garlic powder

2 eggs

Olive oil

2 tbsps chopped parsley

½ cup cheddar cheese

½ cup milk

¼ cup rice flour

Salt

Pepper

Port Larders tomato kasundi to serve

Heat a pan on a moderate – high heat and add a little olive oil. Cook the grated parsnip until it is slightly coloured and softened. Add the garlic powder and stir through. Take off the heat and allow to cool

In a bowl whisk the eggs, milk, chopped parsley

Grate the cheddar and add to the bowl along with the rice flour and the cooled parsnip. Stir together and season with salt and pepper

Heat a waffle iron on high, cook the waffles

Serve the hot waffles with a side salad and the tomato kasundi

Beetroot and roasted cocoa flake brownie

Ingredients:

95g butter

125g dark chocolate

¼ cup honey

½ cup coconut sugar

4 eggs

1 ¼ tsp vanilla

¾ cup finely grated beetroot

½ cup ground almond

½ cup rice flour

½ cup Ocho roasted cocoa flakes

1 ½ tsp baking powder

Line a 23cm square tin with baking paper

Pre heat the oven on bake to 180 degrees

Melt the butter and dark chocolate together in a bowl

In a separate bowl mix whisk together the eggs, vanilla, honey and sugar. Add the melted chocolate and butter and then the finely grated beetroot

Mix in the cocoa flakes, ground almonds, baking powder and rice flour. Pour the batter into the lined baking dish and bake for 25-30 minutes. Test with a skewer, it is done when the skewer has a little bit of sticky mix still on it but it isn't runny

Allow to cooling before slicing

Thanks to the following vendors for their fantastic produce

Wairuna Organics – Stirfry Mix Greens, Beetroot

Bay Road – Smooth Peanut Butter

Ocho Chocolate – Cocoa Flakes

Ettrick Gardens – Parsnip, Red Cabbage

Gilberts Fine Foods – Bread

Port Larder – Tomato Kasundi