



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Crooked Spaghetti Co. lemon pasta with garlic & parsley

Ingredients, 2-3 serves

1 pkt Crooked Spaghetti Co. lemon pasta

Extra virgin olive oil

2 cloves garlic

½ bunch flat leaf parsley

1 lemon, zest and juice

3 anchovies

Salt & Pepper

Bring a pot of water to the boil with a generous pinch of salt. Finely dice the garlic and anchovies. Roughly chop the parsley. Zest and juice the lemon. Cook the pasta in the boiling water for 4-6 minutes. While the pasta is cooking heat a pan on high heat. Drain the pasta, add a good glug of olive oil to the hot pan. Add the garlic, lemon zest, parsley, anchovies and pasta. Keep the pan moving and add everything in quick succession so the garlic doesn't burn. Toss to coat the pasta evenly. Add the lemon juice and season with black pepper and salt to taste.

## Spinach, banana and coconut smoothie

1 serve

Ingredients:

1 banana

½ apple

Juice of 1 lemon

½ cup coconut water

½ cup baby spinach

Blend all of the ingredients together in a blender until completely smooth and enjoy

## Recipes for Saturday, 18<sup>th</sup> August 2018

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

## Roast pork ribeye with smoked apple sauce and polenta chips

Ingredients:

1 piece of pork ribeye

Salt

Pepper

Olive oil

Polenta ingredients:

150g quick cook polenta

500ml vegetable stock

50g grated parmesan + extra for sprinkling

30g butter

Olive oil

Sea salt

Black pepper

Sauce ingredients:

Juice of 1 lemon

4 apples

1 tbsp brown sugar

¼ tsp cinnamon

½ tsp all spice

¾ cup water

Line a baking dish 13 x 25cm (ie large loaf tin) with baking paper

Make the polenta by bringing the stock to the boil in a pot. Slowly pour in the polenta while whisking continuously. Reduce the heat to low and cook the polenta for a few minutes, stirring often to avoid it sticking

Stir in the butter and parmesan and mix until melted through. Spread the polenta in the baking dish and cool to room temp before refrigerating for 1 hour

To make the apple sauce, peel and lightly smoke the apples in a smoker for approx. 10 minutes (don't over smoke the apples... trust me when I say it will result in a very unpleasant sauce!)

Core and dice the apples and place in a pot with the brown sugar, cinnamon, allspice and water. Bring to the boil and reduce to a simmer. Cook until the apples are softened. Cool and then blend until smooth

\*if you don't have access to a smoker then skip the smoking part and continue on with the apples it will still taste delicious with the pork

Once the polenta is chilled, cut in to chips. Brush the chips lightly with olive oil and sprinkle over a little extra finely grated parmesan and season with sea salt and ground black pepper

Pre heat the oven to 180 degrees, it is best to put the polenta chips and the pork in the oven around the same time as depending on the size of the piece of pork you are cooking they will have similar cooking times

Bake the polenta chips on a flat baking tray in the oven for approx. 30 minutes until golden and crispy

To cook the pork, heat a pan on high heat, season the pork with salt and pepper. Add a drizzle of oil to the pan and sear the pork with on all sides getting a nice brown crust

Place the pork in a roasting pan and roast for approx. 25-30 minutes per 500g.

When you remove the pork from the oven cover and leave somewhere warm to rest for a good 10 minutes before slicing.

## **Broccoli and quinoa salad with buttermilk dressing**

4 – 5 serves

Ingredients:

½ cup quinoa

1 head broccoli

1 cup mixed toasted nuts & or seeds

¼ cup flat leaf parsley

Dressing ingredients:

½ cup buttermilk

4 tbsp light olive oil

Zest of 1 lemon

Juice ½ lemon

1 tsp rice vinegar

½ tsp salt

Pepper

Make the salad dressing by mixing all of the dressing ingredients together and add pepper to taste

Cook the quinoa according to instructions on packet and set aside to cool

Cut the broccoli in to bite size florets and lightly steam, cool in iced water immediately and then drain off water

Mix together the quinoa, broccoli, toasted mixed nuts or seeds and dress with 4-6 tbsp of the dressing. Check the seasoning and add more salt and pepper to taste if needed

## **Thanks to the following vendors for their fantastic produce**

**Wairuna Organics** – Garlic

**Brydone Growers** – Broccoli

**Janefield Hydroponics** – Baby Spinach and Parsley

**Beanos Bakery** – Bread

**Rosedale Orchard** – Golden Delicious Apples

**Waitaki Bacon and Ham** – Pork Ribeye

**Crooked Spaghetti Co.** – Lemon Pasta