



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Baked ginger and chilli fish with Miso and garlic glazed artichokes

Ingredients:

2 fillets of fish

1 red chilli

7g fresh finely grated ginger

1 tbsp tamari

Salt

Pepper

Artichoke ingredients:

60g butter

2 tbsp miso

1 clove garlic

1 tbsp sesame seeds

500g Jerusalem artichokes

Olive oil

Salt & Pepper

Pre heat the oven to 180 degrees

Wash the artichokes and scrub well to remove any dirt. Slice the artichokes into pieces about 1cm thick

Soften the butter and mix with the finely diced garlic and miso paste and set aside for later

Heat a pan on high heat (preferably one that can go in the oven) add a dash of olive oil and then add the artichokes. Season lightly with salt and pepper

After cooking for a few minutes and place the pan in the oven (or transfer to a roasting dish). Roast until the artichokes are only just tender

When the artichokes have gone in the oven, prepare the fish. Cut a large piece of baking paper and lie it flat on the bench

Finely slice the red chilli. In a bowl mix together the tamari and finely grated ginger

Place the fish fillets on the baking paper at one end. Pour over the tamari/ginger mix. Season lightly with salt and pepper and lastly sprinkle over the sliced red chilli.

Fold the paper over the top of the fish and roll the edges of the paper together to create a parcel that will keep everything inside

The fish will take approx. 15 minutes to cook depending on the size of the fillets so pop the parcel in the oven about 5 minutes into the artichoke cooking time

Recipes for Saturday, 18th August 2018

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

Once the artichokes are just tender, place the pan back on the stove top on moderate-high heat and add the butter mix and sesame seeds. Toss through the artichokes and cook for a couple of minutes until they are sticky and browning. Remove the fish from the oven and carefully open the parcel to check the fish is cooked. Be careful of the steam that will escape when you open the parcel

Serve the fish straight away with the artichokes and steamed greens for a delicious dinner

Curried yam soup

Ingredients:

1 onion

2 cloves garlic

2 tsp curry powder

400g yams

500ml vegetable stock

Olive oil

¼ cup cream

Salt

Pepper

Roughly chop the onion and garlic. Wash and roughly chop the yams to a similar size.

Heat a pot on a moderate heat and add a drizzle of olive oil. Sauté the onion and garlic until softened and without colour, add the yams and continue to cook for a minute before adding the curry powder. Keep cooking for a further minute until the curry powder is fragrant and then add the vegetable stock

Bring the pot to a boil and then reduce to a simmer. Cook until the yams are soft. Allow the soup to cool to room temperature before blending till smooth and add the cream.

Warm gently and check seasoning. Add salt and pepper to taste and then serve

Date and walnut loaf

Ingredients:

1 banana	1 tsp cinnamon
170g dates	1 tsp baking powder
1 cup walnuts	2 cups ground almonds
3 tbsp peanut butter	3 eggs
1 tsp vanilla	

Pre heat oven to 180 degrees on bake

Line a loaf tin approx. 19x9 cm with baking paper

In a food processor place the banana and the dates and process until there are small chunks of date. Add the walnuts and pulse a couple of times until the walnuts are small chunky pieces

Add the remainder of the ingredients to the processor and pulse until everything is just mixed together. Don't mix for longer than necessary!

Place the batter in to the loaf tin and bake for approx. 30 minutes or until the loaf is set and cooked when tested with a skewer

Allow the loaf to cool for about 5 minutes before removing from the tin to cool completely on a wire rack

Slice the loaf as you want to eat it and enjoy!

Beetroot and Nigella seed bread French toast with walnut & parsley oil

French toast ingredients:

4 slices beetroot and nigella seed bread
2 eggs
½ cup cream
½ cup finely grated Whitestone Mt
Kyeburn cheese
1 tsp Dijon mustard
Salt
Pepper
Butter
Olive oil

Walnut & parsley oil ingredients:

1 cup parsley
¼ cup toasted walnuts
1 small clove garlic
1 tsp lemon zest
½ cup olive oil
1 tbsp lemon juice

In a blender put all of the walnut & parsley oil ingredients and blend until smooth.

Season with salt and pepper to taste and set aside

To make the French toast, mix together in a shallow dish the eggs, cream, Dijon mustard, finely grated cheese and a pinch of salt and pepper

Heat a pan on a moderate heat

Soak both sides of the slices of bread in the egg/cream mix

Put a tablespoon of butter and a drizzle of oil in the pan. Place the slices of soaked bread in the pan and fry until golden brown before turning and cooking the other side

Once golden on both sides, serve with a couple of spoons of the walnut & parsley oil

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