



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Roasted chicken thigh with artichoke puree and gooseberry sauce

Ingredients:

4 x Chicken thigh, skin on and bone in

Olive oil

Salt

Pepper

Artichoke Puree Ingredients:

600g artichokes

Salt

Pepper

¼ cup cream

20g butter

Gooseberry sauce ingredients:

500g gooseberries (frozen)

500ml chicken stock

100ml water

65g sugar

Zest of 1 lemon

2 tsp honey

30g butter

Salt

pepper

Preheat the oven to 180 degrees. To make the sauce place a pot on the stove with the lemon zest, water and sugar. Bring to a boil and then add the gooseberries. Reduce the heat and simmer until for 5 minutes until the gooseberries are cooked but not breaking apart. Strain and discard the liquid off the gooseberries. Set the gooseberries aside. Place the chicken stock in the pot and bring to a boil. Cook until the stock is reduced by ½ and then add the gooseberries in. Add the honey and continue to cook for a few minutes until the sauce is a good consistency and the gooseberries are starting to break down before removing from the heat and whisking in the butter. Season the sauce with salt and pepper to taste. You can gently warm the sauce just before you want to serve it. Peel and chop the artichokes into similar size pieces. Place in a pot and cover with water. Add a generous pinch of salt and bring to the boil. Once boiling reduce to a simmer and cook until the artichokes are tender. Drain the water off the artichokes and add the cream and butter. Using a stick blender or food processor blend the puree until smooth. Season with salt and pepper to taste. Season the chicken thigh with salt and pepper. Heat a pan on moderate - high heat and add a good drizzle of olive oil. Place the chicken thigh in the pan skin side down and cook until golden brown

Recipes for Saturday, 8th September 2018

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

before turning over and then transferring to the oven to continue cooking. Cook the chicken thigh until the juices run clear when tested with a knife. Serve a chicken thigh with a generous spoonful of the puree and a couple spoonful of the gooseberry sauce. Steamed greens are a great accompaniment to this dish

Carrot & baby spinach terrine

Ingredients:

500g carrot

120g baby spinach

4 eggs

1 cup ricotta

1 clove garlic

Salt

Pepper

Pinch nutmeg

Preheat the oven to 170 degrees. Peel the carrots and slice lengthways on a mandolin or alternatively slice as thin as possible by hand. Place in a pot and cover with water. Season the water with a good pinch of salt. Bring the pot to the boil for approx. 3 minutes until the carrots are about 2/3 cooked. Drain off the water and place the carrots on kitchen paper or a clean tea towel to remove excess water. Make the spinach mix by placing the spinach, eggs, ricotta, nutmeg, garlic in a food processor. Blend until smooth and add a good pinch of salt and pepper. Line a loaf tin (approx. 23x13cm) with baking paper. Put a single layer of carrot across the bottom of the loaf tin and then pour over 1/3 of the spinach mix. Continue layering alternate carrots and spinach mix until you finish with a layer of carrots at the top. Cover the loaf tin with foil and place in a roasting dish. Pour boiling water 1/3 of the way up the loaf tin and carefully place in the oven. Bake for 45 minutes and then remove the foil. Check to see if the terrine is ready. It should be set when touched, if not continue to bake with the foil off until it is set. Leave the terrine to cool a little before slicing.

Parsley Root Soup

Ingredients:

3 parsley roots	Olive oil
1 onion	Salt & Pepper
2 cloves garlic	¾ cup milk (or water if dairy free)
500g potatoes	Handful of the parsley from top of the roots
750ml veg stock	

Dice the onion and the garlic. Peel the parsley roots (save the parsley root tops for later use) and potatoes and roughly chop. Heat a pot and add a drizzle of olive oil, add the onion and garlic. Cook for a couple of minutes before adding the parsley root and potatoes. Continue to cook for a few minutes before adding the stock. Bring to a boil then reduce to a simmer. Cook until the vegetables are tender. Allow the soup to cool slightly before blending in a food processor or with a stick blender. Add the milk (or water). Wash a handful of the parsley tops and place in the food processor, pulse until it is roughly chopped through and season to taste with salt and pepper. Warm gently before serving

Rose wine jelly, pistachio meringue and whipped white chocolate ganache

Jelly Ingredients:

1 ½ cups Judge Rock rose
18g gelatine
40g caster sugar

Meringue ingredients:

120g egg white
240g caster sugar
Pistachios

Ganache ingredients:

100g white chocolate
½ cup cream

Place ½ cup of rose in a bowl. Sprinkle over the gelatine and sugar. Gently warm in a microwave or alternatively stand in another bowl with boiling water. Stir until the sugar and gelatine are completely melted. Add the remaining cup of rose wine and stir well. Pour the jelly mixture in to silicone molds (I used chocolate molds) and refrigerate until set. Pre heat the oven to 120 degrees. Line a flat baking tray with baking paper. Grab a medium size pot and find a heat proof bowl that will sit across

the top of a pot as a double boiler. Remove the bowl and set aside. Fill the pot 1/3 full with water, place on the stove and bring to a boil

In the bowl place the egg whites and sugar. Once the pot is boiling turn off the heat. Place the bowl over the pot and stir continuously until the sugar has melted. Don't let the egg whites get too hot, you can take the pot off the heat if it is getting too hot.

Once the sugar is dissolved, transfer to the beater bowl and whip until the meringue is thick and glossy.

Spoon the meringue onto the oven tray. I did 6 large meringues from this quantity. Chop some pistachios up and sprinkle over the top. Place the tray in the oven and cook for 1-1 ½ hours until they are crispy on the outside and you can pick one up off the tray without it sticking. I like to turn the oven off after an hour and leave in the oven for 30 minutes.

To make the ganache warm the cream either in a microwave or in a pot and then pour over the white chocolate. Stir until the white chocolate is fully melted.

Refrigerate until needed

To plate the dessert, you can either place on a plate or in a glass. Crush the meringues and place pieces on the plate along with a couple of jellies and some ganache. Sprinkle over extra finely chopped pistachios as decoration if you want.

Thanks to the following vendors for their fantastic produce

Wairuna Organics - carrots, artichoke, parsley root

Judge Rock - Pinot Noir Rose

Butlers Fruit Farm - Gooseberries

Beanos Bakery - bread

Dunedin Poultry - Chicken thighs

Janefield Hydroponics - Baby spinach