



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Sprout and Pear Salad

500g brussel sprouts	3 tbsp cider vinegar
1 cup toasted walnuts	¼ cup light olive oil
½ red onion	Salt & Pepper
2 x Winter Nellis pears	1 tsp Dijon mustard
Dressing	1/3 cup shaved parmesan
1 ½ tbsp maple syrup	

Make the dressing by mixing together the maple syrup, cider vinegar, Dijon mustard and olive oil. Season with a little salt and pepper to taste. Wash the sprouts and then shred (you can do this by hand or if you have a slicing function on food processor it will make the job very easy!). Thinly slice the red onion. Wash and cut the pear in to quarters, remove the core and slice into thin slices. Roughly chop the walnuts. Mix the pear in to the dressing and then mix everything together. Check the seasoning and add salt and pepper to taste if needed

## Devilled Sausages

1 pkt Wild Smokehouse Horipito Sausages	1 ½ tbsp Dijon mustard
Olive oil	2 tbsp Worcestershire
2 onions	2 cups beef stock
1 garlic clove	1 tsp tarragon
2 tbsp tomato paste	1 Winter Nellis Pear
3 tbsp chutney	Salt & Pepper

Preheat the oven to 180 degrees. Bake the sausages on a tray in the oven for approx. 20 minutes until brown and cooked through. While the sausages are baking, finely slice the onions and garlic. Heat a pan on a moderate heat and add a drizzle of olive oil. Cook the onions and garlic in the pan until the onions are softened and starting to brown, add the tomato paste, chutney, Dijon mustard, Worcestershire and beef stock. Bring to the boil and then reduce to a simmer

## Recipes for Saturday, 15<sup>th</sup> September 2018

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

Wash and core the pear and finely slice and add to the sauce with the tarragon, continue to simmer and then add the sausages. Serve with mash potato and greens for a delicious dinner

## Twice Baked Cauliflower and Evansdale Bay Yellow Soufflé

Cauliflower Puree Ingredients:	4 eggs separated
Olive oil	80g grated Bay Yellow Cheese
200g cauliflower	Salt
150ml cream	Pepper
Soufflé Mix Ingredients:	To finish:
300ml milk	¼ cup white wine
25g butter	1 cup cream
45g rice flour	Grated Bay Yellow Cheese

Heat a pan on a moderate heat and add a little oil. Cook the cauliflower without colouring for a few minutes and then add the cream. Turn the heat down low and continue to cook until the cauliflower is completely softened and the cream is reduced. Allow to cool and then blend to a smooth puree and set aside. Grease and place baking paper in the bottom of 6 large ramekins. Place the ramekins in to a large roasting dish. Heat the milk. In a pot melt the butter and add the rice flour, cook for a minute. Whisk in 1/3 of the warm milk and cook until it is thickened add the next 1/3 and thicken before adding the final quantity of milk. Add the 80g of grated cheese, whisking until fully melted and then add the egg yolks one at a time. Finally add the cauliflower puree and allow to cool. Preheat the oven to 180 degrees. In a bowl whisk the egg whites until stiff peaks. Fold 1/3 at a time in to the cooled cauliflower mix until all the egg white is mixed in. Spoon the soufflé mix in to the ramekins. Pour hot water half way up the ramekins and then carefully place in the oven. Bake until golden brown and risen. Allow to cool and then carefully run a knife around the edge and turn the soufflé out. Place in a baking dish. Preheat the oven to 200 degrees. Heat a pot on a high

heat and add the white wine and cream Reduce by about ½. Spoon the cream reduction over the souffle and sprinkle over a little of the extra cheese. Place in the oven and bake until the souffle is golden brown and bubbling. Enjoy with a side salad. \*if you don't want to bake again with the cream reduction and extra cheese you can eat straight away after the first bake, just leave the baking paper out of the bottom of the ramekin when greasing the dish. Also if you are baking twice you can pre prepare the day before and just complete the second bake when you are ready to serve

### **Duck Egg Sponge with Jam & Cream**

110g cornflour	4 duck eggs separated
15g custard powder	180g caster sugar
¾ tsp cream of tartar	Cream
¾ tsp baking soda	Jam

Preheat the oven to 180 degrees. Line the bottom of two 23cm round sandwich tins with baking paper. Grease the sides of the tin with either an oil spray or melted butter and then dust with cornflour, gently tapping out any excess flour. Triple sift together the cornflour, custard powder, cream of tartar and baking soda and set aside. In the bowl of a stand mixer place the egg whites, begin to whip them with the whisk attachment. When they reach soft peak stage start to add the sugar about ¼ at a time, whisking for a couple of minutes between each addition. Once the whites are glossy and all of the sugar has been added, add the yolks back in one at a time while the mixer is running on a medium speed. Fold the dry ingredients in to the egg mixture, 1/3 at a time. Taking care not to knock too much air out of the eggs. Carefully divide the cake mix between the two cake tins evenly. Spread out across the top and place in the oven. Bake for approx. 20 minutes. Check the sponges once they are puffed up and golden brown. Don't be tempted to open the oven before around the 20 minute mark. Once the sponges are golden and cooked, remove from the oven and leave to cool in the tin for 10 minutes before carefully turning out. Allow to cool completely before filling. Whip some cream. Spread one half of the cake with jam, followed by whipped cream and then top with the second sponge. Finish by dusting with icing sugar and then enjoy!

### **Oyster Mushroom Fritters served with Lemon and Thyme Aioli**

Fritter Ingredients:

20g dried oyster mushrooms  
2 eggs  
1 spring onion  
2 tbsp rice flour  
Salt  
Pepper

Aioli Ingredients:

2 egg yolks  
½ tbsp dijon mustard  
300ml light olive oil  
10ml white wine vinegar  
3 cloves roasted garlic  
Zest of 1 lemon  
1 tbsp finely chopped thyme  
Salt & Pepper

Rehydrate the mushrooms by pouring boiling water over them and allowing them to soak for about 20 minutes. To make the dressing: squish the roasted garlic into a paste and put into a bowl with the egg yolks, add the mustard and white wine vinegar. Drizzle in the olive oil in a slow steady stream whilst whisking continuously until it is all added and the aioli is thickened. Add the thyme and lemon zest and season with salt and pepper to taste. Drain the water off the mushrooms. Finely slice the mushrooms and spring onion. Whisk the eggs in a bowl and add the mushrooms, spring onion and rice flour. Heat a pan on moderate heat, add a drizzle of olive oil. Place spoonfuls of the fritter mix in the pan and cook until light golden brown before turning and cooking on the other side. Repeat until all of the batter is cooked. Serve with the aioli

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

**Rosedale Orchard** - Winter Nellis Pears

**Coastal Caps** - Dried Oyster Mushrooms

**Ettrick Gardens** - Cauliflower, Brussel Sprouts

**Evansdale Cheese** - Bay Yellow Cheese

**Ann Robertson** - Duck Eggs

**Holy Cow** - Cream

**Wild Smokehouse** - Horipito Sausages