



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Roasted lamb fillet with balsamic and honey reduction served on roasted crushed rosemary and garlic potatoes

1kg potatoes	Reduction ingredients:
Salt	½ onion
Olive oil	1 clove garlic
1 tbsp finely chopped rosemary	1/3 cup honey
1 clove finely diced garlic	½ cup red wine
1 lamb fillet	½ cup balsamic vinegar
	1 tsp yellow mustard seeds

Preheat the oven to 180 degrees

Peel, cut and boil potatoes with a little salt until just tender. Drain off the water and then lightly mash, leaving some big chunks

Drizzle over some olive oil, season with salt and pepper and roast in the oven until the potatoes are starting to brown up. Remove from the oven and sprinkle over the rosemary and garlic. Return the potatoes to the oven and continue to cook until they are crispy

To make the reduction, finely dice the onion and garlic. Heat a pot on a moderate heat. Add a drizzle of olive oil and sautee the onion and garlic until softened. Add the red wine, balsamic, honey and mustard seeds and bring to the boil. Reduce by ½, remove from the heat and set aside

To cook the lamb heat a fry pan on high heat. Season the lamb fillet with salt and pepper. Add some oil to the pan and brown the fillet all over and continue to cook until you have cooked to your liking ie medium rare. Spoon over the balsamic reduction. Rest the lamb for 5 minutes before slicing and serving on the roasted crushed potatoes. Pour over extra reduction and enjoy!

Recipes for Saturday, 15th September 2018

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

Leek, apple and turmeric soup

2 leeks	1 ½ tsp turmeric
2 potatoes (approx. 450g)	1 litre vegetable stock
2 granny smith apples	Salt
2 cloves garlic	Pepper
2 tbsp chopped fresh thyme	To serve: toasted walnuts and *natural yoghurt

Wash and roughly chop the leeks. Peel, core and chop apples. Peel and dice potatoes. Roughly chop garlic

Heat a pot on a moderate heat. Add a drizzle of olive oil and then add the leek and garlic. Cook for a few minutes until starting to soften and then add the thyme, potatoes, apple and turmeric. Add the vegetable stock and bring to a boil. Reduce to a simmer and cook until the potatoes and apples are cooked. Allow the soup to cool before blending until smooth. Check the seasoning and adjust if needed. Warm to serve and spoon over a little yoghurt and a sprinkle of chopped toasted walnuts
*leave the yoghurt off if you want the soup to be dairy free

Spiced Apple and honey bundt cake with cinnamon mascarpone

5 granny smith apples	1 tsp baking powder
Juice of 1 lemon	1 tsp cinnamon
2 tbsp coconut sugar	1 tsp mixed spice
¼ cup Greek yoghurt	Icing Ingredients:
150g butter	200g mascarpone
½ cup wildflower honey	¼ cup natural Greek yoghurt
4 eggs	½ tsp cinnamon
100g ground almond	1 tbsp wildflower honey
200g rice flour	

Pre heat the oven to 180 degrees

Grease a 24cm bundt tin

Peel, core and chop the apples into cubes

Toss the apples with the juice of the lemon and the coconut sugar. Spread in a single layer and roast in the oven for approx. 20 minutes until they are starting to soften but still hold their shape. Allow to cool and then place ½ cup of the cooked apples in a blender with the yoghurt. Blend until smooth.

Reduce the oven temp to 165 degrees

Soften the butter and beat with the honey in a mixer until light and fluffy. Add the eggs one at a time, beating well after each addition

Fold in the dry ingredients and lastly fold through the apple/yoghurt mix

Gently mix the remainder of the roasted apples through the cake batter and then place in the bundt tin. Bake for approx. 50minutes until the cake is cooked when tested with a skewer

Allow to cool for a while before removing the cake from a tin. Cool completely before icing

To make the icing:

Mix together the mascarpone, yoghurt, honey and cinnamon and spread over the top of the cake.

Simple Kale Salad

500g Kale (approx.)	Dressing:
1-2 Tbsp Olive Oil	1/4 c Olive Oil
1 small onion	2Tbsp Apple Cider Vinegar
Clove garlic	Thyme
Handful of Chopped Raw almonds	Salt & Pepper
Chilli Flakes (optional)	

Destem kale, roughly chop leaves and place in large bowl.

Finely chop onions, garlic and kale stems (discard the heavy, thicker ends). Heat oil in pan over medium heat, add onion, garlic, kale and sauté gently until tender. Add to kale while still warm to help soften kale slightly.

To make the dressing, add ingredients to bowl and whisk together well to thicken slightly (or can shake in jar).

Add dressing, almonds and chilli flakes to the kale and mix to coat well. It is suggested to leave to rest before serving.

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