



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

CARROT AND BEETROOT CAKE Serves 6-8

This cake can be made with either carrot or beetroot or as I have done here combined them so I get not only a fantastic flavoured cake but a fabulous looking one also.

Ingredients

250g self-raising flour	100g carrots, grated
100g sultanas	100g beetroot, grated
2 tsp baking powder	150g soft brown sugar
150ml vegetable or sunflower oil	2 medium eggs, lightly beaten

Method

Preheat oven 160C. Grease and line a 20cm cake tin (preferably one with removable bottom).

Sift the flour and baking powder into a bowl and stir in the soft brown sugar. Add the sultanas and grated vegetables. Beat in the oil and eggs together and add to the bowl. Combine with either a wooden spoon or an electric mixer.

Spoon mixture into prepared tin and bake for 1- 1 ¼ hours or until a skewer inserted in the centre comes out clean. Cool in tin for 10 minutes and then turn out on to a wire rack to cool completely.

Thank you to the following producers for their fantastic produce

BRYDONE ORGANICS – yams

LECKIES BUTCHERY – venison mince

JANEFIELD HYDROPONICS – pak choi

ETTRICK GARDENS – baby beetroot

WAIRUNA ORGANICS – carrots

ROSEDALE ORCHARDS – pumpkin

LEIVITO BAKERY – freshly baked goods

JUDGE ROCK WINES – wine

PAK CHOI WITH SESAME

Ingredients

1 large garlic clove, crushed and finely chopped
6 pak choi
1 mild green chilli, seeded and finely chopped
2 Tbs oil
2 Tbsp toasted sesame oil
1 Tbsp Thai fish sauce (optional)

Method

Cut a thick slice from the pak choi root to separate the leaves. Rinse & drain. Heat the oil in a large wok over a medium heat and add 1 tablespoon of the sesame oil, the garlic, chilli, fish sauce (if using) and pak choi.

Toss until coated and clamp a pan lid over them.

Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp).

Add the rest of the sesame oil and salt. Toss the leaves and serve immediately.

MUSTARD ROASTED YAMS

Ingredients

2 Tbsp cup whole grain mustard	
2 Tbsp apple cider vinegar or fresh lemon juice	
3 garlic cloves, minced	1 Tbsp Dijon mustard
1 Tbsp dried oregano	2 Tbsp olive oil
1 tsp salt	2 Tbsp butter
1kg yams, washed	1 Tbsp honey

Method

Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 200C

Whisk mustard, olive oil, butter, honey, vinegar/lemon juice, garlic, oregano, and salt in large bowl to blend.

Add yams; sprinkle generously with freshly ground black pepper and toss to coat. Spread yams in a single layer over a preheated baking tray. Roast yams for 20 minutes or until the yams are crusty on the outside and tender inside, turning occasionally. (you may need to cook them a little longer).

Recipes for Saturday 30th June 2012

VENISON, CRACKED WHEAT AND BEETROOT

BURGERS Serves 4

Ingredients

500g minced venison 2-3 beetroot, grated
½ medium onion, grated Salt and freshly ground pepper
½ cup cracked wheat 1 free-range egg
1 sprig fresh rosemary, leaves removed and finely chopped

Method

Soak the cracked wheat in cold water for 20 minutes.

In a large bowl add the mince, grated beetroot, onion and rosemary.

Using your hands squeeze out any excess moisture from the cracked wheat, add to your beetroot mixture season well with salt and pepper. Using your hand mix the ingredients together really well. If the mixture needs some binding, add the egg and mix well.

Using slightly damp hands mould four even size patties and put onto a plate and chill until required. When ready to cook, heat up a fry pan with enough oil to just cover the base of the pan. When almost smoking add the patties and turn the heat down to medium. Cook on both sides so they are golden brown and ruby red - they should take around 5 minutes either side (depending on the thickness). Serve immediately. They are great wrapped in a crunchy lettuce leaf with perhaps a little tangy relish or yoghurt dressing.

MOROCCAN PUMPKIN AND CHICKPEA SOUP

Serves 4

Ingredients

500 g fresh pumpkin, bite sized pieces 2 -3 tsp honey
1 ½ cup cooked chickpeas 1 cinnamon stick
Fresh grate of nutmeg 2 Tbps oil
1 tsp ground coriander 1 tsp ground cumin
1 medium onion, sliced thinly 1 litre vegetable or chicken stock
1 leek, washed and sliced thinly ¼ tsp ginger
2 cloves of garlic, finely chopped salt and freshly ground pepper
¼ tsp turmeric
several small sprigs of fresh coriander, tied into a bouquet

Method

In a medium to large pot, cook the onion and garlic in the olive oil over medium-low heat until tender, about 2 to 3 minutes. Add the spices and cook for further minute or two, add the pumpkin, chickpeas, coriander stalks, stock, honey, and salt and pepper to taste.

Simmer for about 20 minutes, until the pumpkin is just tender. Remove the cinnamon stick.

To add a little natural thickening simply use a potato masher and mash the ingredients together a few times to slightly amalgamate the soup.

Serve the soup with a sprinkling of fresh coriander leaves and a grind or two of pepper.

Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



Follow Alison on face book
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