

SPICED PARSNIP FRITTERS

Sweet parsnips combined with fragrant warming spice and fried until golden add a nice twist to this winter vegetable!

Makes 24 small or 12 large

Ingredients

2 cups grated parsnip	½ tsp cumin, ground
1 chilli, deseeded and finely diced	½ tsp coriander, ground
1 Small onion, sliced thinly	½ tsp garlic powder
3 Eggs	½ tsp ginger
3 Tbsp chickpea, rice, or plain flour	Cooking oil, as needed
3 Tbsp fresh coriander, chopped	Salt and freshly ground pepper
3 Tbsp fresh parsley, chopped	Pinch turmeric
Pinch cayenne pepper	

Natural unsweetened yoghurt and lemons to serve

Method

Whisk together eggs, flour, spices and fresh herbs. Add the grated parsnip and mix to combine. Season with salt and grind or two of pepper.

Coat bottom of a heavy-based large fry pan with oil, heat to shimmering, add a dessert spoon size of mixture into the hot oil and fry until golden (about 3 minutes), flip carefully and continue to cook until crispy. Remove from the pan and drain, sprinkle with a little sea salt flakes and serve with some zesty chutney (try some from Bouchee) a little yoghurt and squeeze of lemon.

GINGER AND CURD BAKED CHEESECAKE

This is a superb baked cheesecake with the delicious addition of Evansdale fresh curds and a hint of ginger.

Makes 12-15 slices

Ingredients

150g gingernuts
75g butter, melted, plus extra for greasing
500g cream cheese
500g fresh curds (Evansdale)
4 eggs
250g icing sugar
Finely grated zest of 2 lemons
1 tsp vanilla extract
1 Tbsp custard powder
Icing sugar for dusting

Method

Preheat oven to 170C – not fan bake

Grease a 24cm spring-clip cake tin and line the base with baking paper.

Crush the ginger biscuits in a food processor, or put them in a plastic bag and bash them with a rolling pin, and mix with the melted butter. Press the biscuits mixture into the base of the tin and cook in the preheated oven for 5 minutes.

Remove from the oven and leave to cool.

Put the cream cheese, curds, eggs, icing sugar, lemon zest, vanilla extract and custard powder into a large bowl and beat until well combined or you can pulse until smooth in a food processor if you want a smoother consistency.

Pour the mixture into the tin and cook for 40-45 minutes, until firm around the edge but slightly wobbly in the centre. Remove it from the oven and leave to cool in the tin, then chill for at least 2 hours until firm.

Remove the cheesecake from the tin and place it on a serving plate. Dredge with icing sugar and for some reason it works well with a generous spoonful of good berry jam!



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

LEEK AND PARSNIP SOUP

Ingredients

Serves 6

2 Tbsp butter	1-2 teaspoons salt
3 leeks, white and pale green parts only	4 cups chicken or vegetable stock
2 Tbsp olive oil	2 cups water
1kg parsnips, peeled and chopped	2 cups finely chopped fresh parsley
2 strips lemon zest	Pepper to taste

Method

Clean the leeks, slice lengthwise, then slice crosswise into 1cm slices
Heat butter in a large pot on medium heat. Add the chopped leeks, toss to coat with the butter. When the leeks are heated enough so they begin to sizzle in the pan, lower the heat to low and cover the pan. Cook until soft, but don't let the leeks brown.

Add the parsnips and olive oil, and toss to coat, return the lid and cook over low heat for a further 5 minutes. Sprinkle on the salt. Add the stock and water, add the strips of lemon zest.

Bring to a boil and reduce to a low simmer. Cover and cook until the parsnips are completely tender, at least 30 minutes.

Remove and discard the lemon zest. Add the parsley.

Purée the soup until smooth, either by using a hand-blender or food processor. Return the puréed soup to the pot.

Adjust the seasoning if necessary, reheat and serve.

ROASTED PUMPKIN AND CARDAMON SALAD

Ingredients

Serves 4

20g unsalted butter	¼ tsp ground turmeric
1 tbsp olive oil	4 cardamom pods, lightly crushed
1 large red onion,	1 cinnamon stick
1kg pumpkin	1 green chilli, halved lengthways
Salt	1 tbsp caster sugar
30g pumpkin seeds	200ml vegetable stock
½ tsp each ground cumin & coriander	100g Greek yoghurt
1 tbsp chopped fresh coriander	

Method

Heat the oven to 200C.

Peel and cut onion into 1cm thick slices. Peel and cut pumpkin into 3cm pieces. Put the butter and oil in a large sauté pan, and fry the onion for eight minutes over medium heat until soft. Add the pumpkin, turn the heat up to medium-high and cook for 10 minutes, stirring occasionally, until it starts to colour.

Remove from the heat and add half a teaspoon of salt, the seeds, spices, chilli and sugar. Mix and transfer to an ovenproof dish large enough to hold everything snugly. Pour in the stock and roast for 30 minutes, by which point the pumpkin should be tender and all the liquid absorbed or evaporated.

Serve warm with yoghurt spooned on top and a sprinkling of chopped coriander.

Recipes for July 21st 2012

Thanks to the following Vendors for generously supplying their produce for the demonstration

BOUCHEE – preserves, sauces and dressing

EVANSDALE CHEESE – fresh curds

ROSEDALE ORCHARDS – pumpkin

WAIRUNA ORGANICS – parsnips