



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

CRISP BRUSSELS SPROUT AND HAZELNUT SALAD

This salad is a fantastic addition to the table in winter as it turns an often overlooked vegetable into a fresh beginning.

Serves 4 -6

Ingredients

- 1 kg Brussels sprout, discolored leaves discarded and stems left intact
- 1 red onion, sliced thinly
- 1 handful fresh parsley, roughly chopped
- 1 cup hazelnuts, lightly toasted
- 2 Tbsp finely grated Pecorino Romano, Parmesan or any strong, hard cheese
- ¼ cup olive oil
- 3 Tbsp apple cider vinegar
- Sea salt flakes
- Freshly ground pepper

Method

Holding each Brussels sprout by stem end, cut into very thin slices using a mandolin or by slicing as thin as possible with a knife, add to a suitable size bowl. Slice the onion to the same thickness as the Brussels sprouts. With your fingers toss Brussels sprouts and onions to separate layers. Lightly crush the hazelnuts and add to Brussels sprouts along with cheese. In another bowl add the vinegar and oil and mix well to combine. Season with a little salt and pepper, taste and adjust if necessary. Drizzle the dressing over the Brussels sprouts and toss to combine. Allow the dressing to mingle into the salad for a few minutes before serving.

Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.alisonmarketchef.blogspot.com

Thank you to the following producers
for their fantastic produce

BOUCHEE – selection of preserves

KAKANUI PRODUCE – Brussels sprouts

ISLAND STREAM HAZELNUTS – fresh hazelnuts

HAVOC PORK – shoulder of pork

ROSEDALE ORCHARDS – apples

LIEVITO BAKERY – freshly baked goods

Eggs are a rich source of nutrients, including vitamins, iron and sulphur. They do need to be eaten very fresh and it is wise to take the eggs out of the fridge 1-2 hours before using.

PLAIN OMELETTE

Ingredients

- 2-3 eggs per person
- Salt and pepper
- 1 Tbsp butter

Method

Beat the eggs with the salt and pepper in a bowl. Heat a non-stick fry or omelette pan and melt the butter. When the butter is very hot and nut-coloured, pour the eggs into the pan. When the eggs are setting and small bubbles are forming, bring the edges of the omelette towards the centre with a fork while shaking the frying pan. Fold the edge of the omelette nearest to the handle of the pan towards the outside edge and quickly slide on to a hot dish. A good omelette should be slightly runny!

Variations for omelettes

Herb omelette – chop handful fresh herbs such as flat-leaf parsley, chervil, chives and tarragon

Cheese omelette – a few seconds before folding the omelette, add 50g grated cheese

Bacon, ham or onion omelette- dice the meat or onion and fry in hot butter, then add the beaten egg mixture and cook as usual.

Recipes for the Cooking Demonstration held on
Saturday, 28th July 2012

ROAST SHOULDER OF PORK

It is hard to resist juicy roast pork with crackling and to be honest there really is very little to do when you have such fantastic quality pork. The few herbs are only to enhance the pork, not to take away the natural flavour! Serves 6

Ingredients

1 tsp fennel seeds
Flaky sea salt and freshly ground black pepper
2 Tbsp oil
2-3 bay leaves
1 boned shoulder of pork (about 2.5kg) – score the skin about 1cm apart (or get the butcher to do it)

Method

Heat the oven to 220C.
With a pestle and mortar, roughly bash the fennel seeds, a tablespoon of flaky sea salt and two teaspoons of black pepper. Mix into a paste with the oil.
Rub the paste all over the flesh and skin of the pork.
Lay the bay leaves in a roasting tray (use one that's not too big, so the juices don't burn), put the pork on top skin side-up, and roast for 30 minutes, until the skin has started to puff up and begun to look like crackling.
Turn the heat to 160C, and roast for a further 2 ½ hours until the meat is very tender and the juices run clear.
Turn the oven up to 190C, and cook for a further 20 minutes or so, until the crackling crisps up.
Transfer to a warm dish, rest for 20 minutes, then carve.

APPLE SAGO

Serves 4

Ingredients

500g apples, peeled, cored and cut into slices
¼ - ½ cup sugar (will vary depending on variety of apple)
1 cup water
1 lemon, zest only
¾ cup sago
Cream for serving

Method

In a medium heavy based pot place the apples, sugar, lemon zest and water. Bring to the boil then reduce the temperature so the apples gently simmer until almost tender.

Add the sago and stir well so that it doesn't clump together, cook for 15-20 minutes or until the sago goes transparent and tender.

The apple should be a puree and the sago melts together and slightly thickens the pudding.

Serve warm or cold with pouring cream!

All of the recipes demonstrated by Alison today are available on line, at www.otagofarmersmarket.org.nz.

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*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas,
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