



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 25th August 2012

ROAST SPICED PARSIP COUSCOUS Serves 4-6

Ingredients

2 cups couscous	2 cups water or stock
3 parsnips	½ can chickpeas, drained and rinsed
2 lemons, zest and juice	5 cloves garlic, lightly smashed
1 tsp salt or to taste	1 tsp ground ginger
2 tsp cumin and coriander	Generous pinch of chilli powder

Good handful of freshly parsley and coriander, roughly chopped

Method

Preheat oven to 190C

To begin start by roasting the parsnip peeled and cut into bite sized chunks by simply placing the parsnips in a bowl with a little drizzle of oil, and the dried spices, season lightly with salt and pepper and toss to combine, pour out onto a suitable baking tray and roast for about 15 minutes. Add the chickpeas to the parsnips and toss to combine with all the juices on the tray, cook for a further 10 minutes or until parsnips are tender.

While the parsnips are roasting, prepare the couscous base. Put the couscous into a large bowl, season with a little salt, pepper, lemon zest and add the water or stock it can be either hot or cold the main thing is that the couscous has time to absorb the liquid which can take up to 30 minutes. Fluff up with a fork and set aside.

Check the parsnips and if tender remove from the oven, add the cooked parsnips and any juices into the couscous, add the fresh herbs, juice from 1 lemon and drizzle over the extra virgin olive oil. Toss to combine and taste, adjust if necessary serve on its own or with fish, lamb or pork

Thank you to the following producers for their fantastic produce

ORGANICLANDS – gluten free sausages

JANEFIELD HYDROPONICS – coriander

BRYDONE ORGANICS – cauliflower

McARTHURS BERRY FARM – leeks

EVANSDALE CHEESE – fresh cheese

WAIRUNA ORGANICS – parsnips

HARWARDEN ORGANICS – apples

ROSEDALE ORCHARDS – fruit juice

TOAD IN THE HOLE

Ingredients

8 Organicland sausages
25ml oil or dripping
225g flour
3 free-range eggs
275ml milk
½ tsp salt and plenty freshly ground pepper

Method

Preheat oven 200C with a deep-sided 30x20x6cm oven dish

Firstly make the batter – add the flour, salt, eggs and milk into suitable size bowl and whisk together until lump-free and has the consistency of lightly whipped cream. Let the batter sit for at least 30 minutes to 1 hour.

Add the oil to the hot oven dish and add the sausages, give a gentle shake and place back into oven and cook the sausages for 10 minutes so they start to become golden in colour.

Remove from the oven and pour over the batter, return immediately back to the oven (it is vital that the oven dish doesn't cool down) and cook for 30-40 minutes or until the batter has risen well, gone a lovely golden colour and crispy texture.

Remove from the oven and cut into generous serves which must include a sausage or two and I would recommend good quality onion or leek gravy drizzled over.

Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



APPLE GINGERBREAD

This is a recipe handed down from my mother. Apples and ginger, with a hint of golden syrup - it certainly is a combination hard to resist! Serves 8-12

Ingredients

250g cooking apples,
2-4 Tbsp sugar or to taste
90g raw cane sugar
115g or 1/3 cup golden syrup
90g butter
200g self-raising flour
1 tsp ground ginger
¼ tsp ground cloves
1 egg

Method

Preheat oven 180C
Grease and line a 20 cm by 20cm square tin.
Peel, core and thinly slice the apples. Cook the apples with a little water and sugar. Stew gently until tender, then mash and cool.
In a separate pan gently melt the butter, syrup and raw cane sugar together until dissolved. Leave to cool.
Sift the flour, ginger and cloves into a bowl and make a well in the centre. Add the egg to the syrup mixture and beat well into the flour. Stir in the mashed apples and continue to beat until just combined.
Pour into prepared tin and bake for 25-30 minutes or until firm.
Leave to stand in the tin for 5 minutes before turning out to cool on a wire rack; cut into slices.

LEEK GRATIN

Now we're talking; sweet tender leeks smothered in a creamy cheese sauce and baked until golden and bubbly. Need I say more? Serves 4

Ingredients

8 medium size leeks
100g gruyere or any tasty melting cheese
For the white sauce
25g butter 2 Tbsp flour
2 cups milk 1 Tbsp grain mustard
1 tsp salt 1-2 grates freshly grated nutmeg

Method

To make the white sauce - In a medium saucepan, heat the butter over medium-low heat until melted. Add the flour and stir until smooth. Over medium heat, cook until the mixture turns a light, golden sandy colour, about 6 to 7 minutes.

Meanwhile, heat the milk in a separate pan until it almost boiling. Add the hot milk to the butter mixture ½ cup at a time, whisking continuously until very smooth. Cook 10 minutes over a low heat, stirring constantly, then remove from heat. Season with salt, mustard and nutmeg, set aside until ready to use. Preheat the oven to 200C

Half fill a suitable size pot with water and season with salt. Bring to the boil whilst you prepare the leeks.

Trim off most of the dark green of the leek and tidy the other ends if need be, but remember to keep the root end together. Wash the leeks well under running cold water and drain. Cook in the boiling water until tender (5-8 minutes) remove carefully as you want to keep the leeks whole. Drain well on a clean cloth, gently squeezing out excess moisture.

Lay the leeks either in one large oven proof dish or in individual ones. Coat with the white sauce and sprinkle generously with the cheese and a little cracked pepper. Bake in preheat hot oven 180-200C for 20 minutes or until the cheese is bubbly and golden. Serve hot.