



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## SALMON BAKED IN FOIL

Serves 4

### Ingredients

4 x 180g -200g fillet salmon  
2 tsp olive oil plus 2 tablespoons  
Salt and freshly ground black pepper  
2 shallots, finely sliced  
2 tablespoons fresh lemon juice  
1 bulb fennel

### Method

#### Preheat the oven to 200C.

Slice the fennel thinly, and add it, with 1 Tablespoon of the leaves, to a bowl along with the shallots, 2 tablespoons of oil, lemon juice, fennel leaves, salt and pepper, mix to combine.

Place a salmon fillet, oiled side down, atop a sheet of foil. Spoon the fennel mixture over the salmon. Fold the sides of the foil over the fish and shallot mixture, covering completely; seal the packets closed like a parcel.

Place the foil packet on a baking tray. Repeat until all of the salmon has been individually wrapped in foil.

Bake until the salmon is just cooked through, about 15-20 minutes. Using a large metal spatula, transfer the foil packets to plates and serve wrapped in foil. This dish will go well with the potato salad recipe.

### Thank you to the following producers for their fantastic produce

**CORYDON GROVE** – hazelnuts  
**HARBOUR FISH** – fresh fish (salmon)  
**BUTLERS BERRIES** – raspberries  
**WAIRUNA ORGANICS** – chard  
**BRYDONE ORGANICS** – fennel  
**ROSEDALE ORCHARDS** – fruit juice

Recipes for Saturday 15th September 2012

## WARM GERMAN STYLE POTATO SALAD

Serves 4-6

### Ingredients

1 kg waxy potato, Nadine, frisia, draga work well  
1 small red onion, diced finely                      250g bacon, sliced finely  
1 Tbsp fresh or dried dill                                ¼ cup stock  
Large handful fresh parsley                            1 tsp grain mustard  
2 tsp salt    1 tsp freshly ground pepper  
1 tsp sugar    ¾ cup red wine vinegar  
1 cup good quality oil (not olive oil)

### Method

Place the potatoes into a suitable size pot and cover with water, season with a little salt and bring to the boil, reduce to a gentle boil and cook until tender (20-30 minutes)

Meanwhile fry the bacon in a fry pan until crispy and set aside, reserving bacon fat in pan for later use.

Add the finely diced onion, dill and bacon into a large bowl.

When the potatoes are cooked drain and cool slightly. I suggest when peeling the potatoes to hold a cloth around your potato as they get quite hot after a while. Carefully peel the skin off the potato with a sharp small knife and cut into 4mm thick slices. Add them to the bowl with the onions and bacon.

In the fry pan with the bacon fat, warm slightly and add the red wine vinegar, grain mustard and ½ the oil, season lightly with a little salt and pepper, swirl around to emulsify and pour over the warm potatoes, add the roughly chopped parsley and toss together gently. Add a little more oil if the salad looks dry. Taste and adjust the seasoning and balance of the overall salad – it should taste piquant with an even flavour of bacon and onion with a hint of freshness from the herbs.

It is delicious served warm on its own or as some Germans might favour, with pork.

*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas,  
<http://www.novaenergy.co.nz/>*





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## THAI INFUSED SALMON

Serves 2-4

### Ingredients

2-4 salmon

1-3 Tbsp. canola oil (or other vegetable oil) for frying

### MARINADE

1/2 cup rice vinegar (or substitute white vinegar or apple cider vinegar)

1 fresh red chili, finely sliced, OR substitute 1/2 to 1 tsp. cayenne pepper

1 Tbsp lemon grass or lemon zest

1 Tbsp fresh coriander (stalks and leaves)

1 Tbsp. fish sauce      1 Tbsp. soy sauce

1/4 cup honey      4 cloves garlic, crushed and minced

### Method

To make the marinade place all marinade ingredients together in a saucepan over medium-high heat. Stir as you bring the sauce to a boil.

Reduce heat to medium and simmer for 10 minutes, uncovered. The sauce will gradually thicken (the smell of the vinegar is rather pungent as it cooks). When marinade/sauce has thickened, place in the refrigerator or freezer to cool for 5 minutes.

Place salmon fillets in a flat-bottomed dish (so that fillets aren't piled on top of each other). When the marinade has cooled, spoon 2 tablespoon over each fillet, slathering it over the flesh (reserve the remaining sauce for later). Marinate in the refrigerator 10 minutes or up to 24 hours.

Place a heavy based frying pan onto a medium to high heat. Drizzle in two tablespoon oil and allow getting hot; placing the salmon carefully in the pan and cook for at least 2 minutes undisturbed before turning. **If you turn the fish too soon, it will stick. Instead, allow it to "sear", and it will come freely away from the bottom of the pan.**

Fry the fish 3-5 minutes per side, depending on the thickness of the fish. Salmon is always better pink in the center.

## CHARD BRUSCHETTA

Serves 4

### Ingredients

400g Swiss chard (silverbeet)

Salt and freshly ground pepper

Lemon wedges for serving

2 tablespoons extra virgin olive oil

4 thick slices good quality bread

2 garlic cloves, 1 sliced thinly, 1 cut in half

### Method

Stem the chard, and wash the leaves, drain well. Cut the stems in small slices and blanch the stalks in salted boiling water for one to two minutes until tender, add the leaves and cook for a further 1-2 minutes. Drain the chard and cool down on a tray lined with a clean cloth. Once cool squeeze out excess water.

Heat up a fry pan and add a drizzle of olive oil, add the thinly sliced garlic and cook gently until it goes a light golden brown and gives off a nutty aroma (about 30 seconds).

Add the cooked chard (stalks and leaves), and toss together for about a minute. Remove from the heat, season lightly with sea salt flakes and cracked pepper.

Lightly toast the bread, and rub with the cut garlic. Toss the chard with the lemon juice and extra virgin olive oil. Spread over toast and if desired add a little left over roasted salmon and a wedge of lemon.

## HAZELNUT AND RASPBERRY CAKE

Makes 16 small or 1 large cake

### Ingredients

220g whole hazelnuts or ground

6 large eggs

180g caster sugar

250ml cream to serve

150-200g raspberries (fresh or frozen)

### Method

Grease and flour 16 small muffin or friand tins or 24cm springform tin. Line the base with a circle of baking parchment. Preheat the oven at 170C/160C fan

Place the nuts in a dry frying pan and toast carefully over a low heat, shaking the pan. When they are lightly toasted, remove from the heat and allow to cool. Put the hazelnuts in a clean cloth and rub the skins off and discard. Grind the cooled nuts in a food processor until you get a coarse crumb texture.

Separate the eggs carefully. Whisk the yolks and sugar until pale, creamy and very thick. Stir in the nuts. Whisk the egg whites to firm peaks then gently fold them into the yolk mixture with a large spoon. Spoon into the small or large tins, sprinkle with raspberries and bake until the cake begins to shrink away from the sides of the tin – approximately 15-20 minutes for small or 45 minutes for large. Leave in the tin to cool for 10 minutes, then release the clip and turn out on to a rack. When completely cold, carefully cut the cake in half horizontally, fill with whipped cream and more raspberries.



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