

RHUBARB AND GINGER MUFFINS

Ingredients

1 cup of oats
¾ cup of white flour
1 cup of diced rhubarb
1 1/2 teaspoons of baking powder
½ teaspoon of salt
½ cup of honey.
½ cup of skim milk
1 large egg
1 tbsp grated ginger root
1 tablespoon of canola oil
Paper liners or cooking spray

Method

Preheat your oven to 190°C.
Line 12 muffin cups with paper liners or spray with oil.
In a bowl, combine the oats, flour, diced rhubarb, baking powder and salt.
In another bowl, stir together the honey, milk, egg, grated ginger and canola oil.
Form a well in the dry ingredients and pour the milk mixture into the well.
Stir just until the dry ingredients are moistened.
Divide the batter among prepared muffin cups and bake for about 18 minutes or until the tops are golden and spring back when touched.

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



CROQUE MONSIEUR SNACKS

Makes 12

Ingredients

250g good melting cheese, gruyere works well
100ml crème fraiche
3 slices ham
6 slices bread (this is one of those occasions where white is great)
Dijon mustard, spring onions or chives are a wonderful tasty addition.

Method

Preheat the grill.
Mix together the cheese and crème fraiche in a bowl.
Divide the ham between 3 slices of bread, cover with some of the cheese mixture and top with the remaining slices of bread.
Spoon over the remaining cheese mixture and grill until golden and bubbling.
Cut each into quarters before serving.

Thank you to the following producers for their fantastic produce

SUNRISE BAKERY – fresh baked goods
WAITAKI BACON AND HAM – pork products
WAIRUNA ORGANICS – amazing mescalun mix
ETTRICK GARDENS – raddichio
ROSEDALE ORCHARDS – fresh fruit juice and apples
BUTLERS BERRIES – fresh rhubarb

Radio Dunedin supports the
Otago Farmers Market Kitchen.



SPRING SALAD

Serves 4

Ingredients

300g salad leaves – rocket, mizuna, raddichio, baby kale leaves, chard etc
2 bulbs of fennel, tops removed and reserved for later
6 radishes, sliced thinly
50g toasted hazelnuts, lightly crushed
Sea salt flakes and cracked pepper

Dressing

1 garlic clove, (or smoked garlic clove) sliced finely
2 shallots, diced finely
Juice of 2 lemons
Splash apple cider vinegar
1 Tbsp runny honey

Method

Pick through the leaves removing any that are wilted, tough looking or discoloured.

Wash the lettuce gently in cold water and drain well to remove as much water as possible or the dressing won't adhere to the leaves.

Prepare the fennel bulb by removing leaves and tough outer shell of the bulb, slice the fennel very thin and add to the salad leaves.

Add a few of the fennel leaves along with the sliced radish and hazelnuts.

Make the dressing by adding all the ingredients into a small bowl and mix well to combine, add a pinch of salt and taste – adjust if necessary.

To assemble the salad sprinkle over a little sea salt and grind or two of pepper, drizzle over the dressing and toss with lightly with your fingertips so that every ingredient in the salad is coated lightly with dressing.

This is the difference between a nice salad and a fantastic salad.

CURRIED APPLE SOUP

Serves 4

Ingredients

1 Tbsp butter
2 shallots or 1 medium onion, finely diced
2 tsp freshly grated ginger
1 ½ Tbsp curry powder
2 Granny Smith apples,
1 handful red lentils
1 tsp salt, plus more for seasoning
3 ¾ cups chicken or vegetable stock
1/2 cup heavy cream or milk
Freshly ground pepper
Sour cream, for garnish (optional)

Method

Peel, core, and cut the apples into 2cm pieces.

Melt butter in a medium saucepan over medium heat. Add shallots; cook until soft and translucent, about 2 minutes. Add ginger and curry powder; cook, stirring, 1 minute. Add the apples, lentils, salt, and chicken stock. Bring to a simmer over medium-high heat, and cook until lentils are tender, about 25 minutes. Remove from heat, and let cool slightly.

Use a hand blender, food processor or masher, working in batches if necessary so as not to fill more than halfway; puree just until smooth (do not overprocess). Return soup to pan; stir in cream, and season with salt and pepper.

Place over medium heat until soup is just heated through; do not let it boil. Divide soup among serving bowls, and garnish with sour cream.



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