



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

CARROT, COUSCOUS AND CHICKPEA SALAD

Serves 4-6

Ingredients

- 2 cups couscous
- 2 cups water or stock
- 400g carrots, peeled and cut into finger size sticks
- 1 can chickpeas, drained and rinsed
- 2 lemons, zest and juice
- 5 cloves garlic, lightly smashed
- 1 tsp salt or to taste
- 1 tsp fennel seeds
- 1 tsp caraway seeds
- Generous pinch of chilli powder or smoked paprika
- Good handful of freshly parsley, coriander and fennel tips, roughly chopped

Method

Preheat oven 190C

To begin start by roasting the carrots by simply placing the carrots 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 10 minutes. Add the chickpeas to the carrots and toss to combine with all the juices on the tray, cook for a further 10-15 minutes or until carrots are tender.

While the carrots are roasting, prepare the couscous base. Put the couscous into a fry pan without any oil and heat gently over a moderate heat so that the couscous lightly toasts (this adds a nutty flavour). Once toasted add it to a large bowl, season with a little salt, lemon zest and juice from 1, 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 carrots are tender and the chickpeas are crunchy remove from the oven, add the carrots and any juices into the couscous, add the 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.

ROASTING A WHOLE FISH

Tips on roasting a whole fish – firstly check that it is fresh – eyes bright and full, fresh sea smell, firm to hold (not floppy), bright red gills.

Preheat oven 210C

Allow about 350g per person

Slash fish lightly on angle across belly a few times this allows even cooking and also it's a great way to impart flavour into the flesh.

Roughly chop herbs such as parsley, chervil, fennel, dill or thyme with a little lemon zest and fill the cavities where you have slashed, also rub inside the belly.

Drizzle either with oil or even better Bouchee's lemon drizzle; sprinkle the skin with sea salt flakes and a little cracked pepper.

Line a roasting tray with tin foil, rub over a little oil or butter and place whole fish side down. You can either encase the fish in a foil type bag so it roast- steams or leave it open so the fish gets a lovely crispy skin and golden colour (the choice is yours).

Allow about 15 minutes if fish is portion size of 350g or 20- 40 min depending on size and thickness of fish. To check if done lightly press on flesh it will start to give a little or take a little peek where you have slashed it.

Serve with fennel and potatoes roasted together with a few fennel tips torn and sprinkled over , or chop some rocket through a little homemade mayonnaise, rocket pesto, salsa Verdi or simply with plenty of fresh lemon and a sprinkling of salt.

Thank you to the following producers for their fantastic produce

- EDMONDS FRESH FISH – fresh fish
 - TERRACOTTA PLANTS – fantastic rocket
 - McARTHURS BERRY FARM – carrots (orange)
 - WAIRUNA ORGANICS – garlic and carrots (Belgium white)
 - BOUCHEE – lemon drizzle dressing
 - LIEVITO BAKERY – fresh baked goods
 - JANE FIELD HYDROPONICS – fresh coriander and greens
 - ROSEDALE ORCHARDS – fresh fruit juice
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ROCKET PESTO

Ingredients

- 2 cups of packed rocket leaves, stems removed
- ½ cup of shelled walnuts, hazelnuts or pinenuts
- ½ cup fresh Parmesan cheese
- ½ cup extra virgin olive oil
- 6 garlic cloves, unpeeled
- 1/2 garlic clove peeled and minced
- 1/2 teaspoon salt

Method

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins.

Toast the nuts in a pan over medium heat until lightly brown.

Food processor method (the fast way): Combine the rocket, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Mortar and pestle method: Combine the nuts, salt and garlic in a mortar. With the pestle, grind until smooth. Add the cheese and olive oil, grind again until smooth. Finely chop the rocket and add it to the mortar. Grind up with the other ingredients until smooth.

Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.

Serve with pasta, over freshly roasted potatoes, pizza, salads, grilled fish, or drizzled over bruschetta.

HAPPY 5th BIRTHDAY TO LIEVITO BAKERY (thank you ESTHER AND KEVIN for your passionate, dedication towards making the perfect loaf)

Recipes for Saturday 6th October 2012

RHUBARB SAUCE

I love this sauce served warm over vanilla ice cream or generously spooned over Greek yoghurt with a few toasted honey oats for a little crunch.

Makes about 500ml

Ingredients

- About 4 cups finely chopped fresh rhubarb
- ½ cup orange juice, preferably fresh-squeezed
- ½ cup sugar
- 2 cm piece vanilla bean, split lengthwise, vanilla paste or ¼ tsp vanilla extract
- Few grates fresh nutmeg

Method

Scrub rhubarb, trim ends, and cut lengthwise down center. Cut rhubarb into ½ slices.

Combine rhubarb, orange juice, sugar, vanilla, nutmeg in large, heavy-bottomed, non-reactive saucepan and place over medium-high heat. Stir, cover and bring to simmer, which will just take a few minutes. Remove lid, stir well and reduce heat to medium. Cover and cook 5 minutes. Remove lid and stir. Cover and let stand, sauce will continue to cook a little as it stands. The sauce should be about the consistency of thick soup. If you want it thicker, cook a few minutes more with lid off. Serve warm or at cool room temperature; it can be easily reheated.

BOUCHEE— today I am happily using their *lemon drizzle dressing* which will go perfectly tossed lightly through some rocket and perhaps a shaving or two of sharp cheese and served alongside fish, pork, lamb or asparagus. They also do a spicy version (chilli, lemon and garlic) which would go perfect drizzled over fish. The options are endless with their vast array of products and combinations and what I like is that all the hard work is done for you!

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

