



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

Recipes for Saturday, 10th November 2012

ASPARAGUS AND POTATO FLATBREAD

Local asparagus and the first of Jersey Benne potatoes have arrived and these little flatbreads combined offer a different twist to this classic partnership.

Serves 8

Flatbreads

2 cups whole wheat flour 1 teaspoon salt
½ tsp baking powder ¾ cup warm water
3 Tbsp extra-virgin olive oil

Topping

15-20 spears fresh asparagus 8 sprigs of fresh thyme
4 garlic cloves, sliced thinly Sea salt flakes
Cracked pepper Extra virgin olive oil, for drizzling
30g fresh parmesan cheese, vintage cheddar, or fresh curds
300g Jersey Benne, Agria or Desiree potatoes, cook whole until tender, drain and cool.

Method

MAKE THE FLATBREADS In a large bowl, combine the flour, salt and baking powder. Stir in the water and olive oil and knead to form moist dough. Cover with a kitchen towel and let rest for 30 minutes.

Bring a medium size pot to the boil.

Snap off the ends of the asparagus (it will snap where most tender) reserve the tender tip and stalk and use the tough stalks for stock. When the water is boiling cook the asparagus for 2 minutes, drain immediately and refresh under cold running water, drain and set aside.

Slice the cooked potatoes (left overs are great for this) into half centimeter slices

Preheat the oven 220C

Divide the dough into 8 balls. On a lightly floured work surface, roll out each ball until it is half a centimeter thick all over, place onto baking tray.

Drizzle a little olive oil over the top of each flatbread, place about 3-5 rounds of potato, some of asparagus and a scattering of fresh thyme leaves and garlic slivers, season with salt and pepper. Using a peeler, peel thin long strips of cheese and once again scatter over the flatbreads. Finish with a light drizzle of oil and bake at the top of your oven until golden and crispy. Continue until all flatbreads are done. To serve, add a little more freshly shaved cheese, sprinkle of sea salt and drizzle of extra virgin olive oil. Cut into wedges and eat immediately!

ASPARAGUS WITH LEMON AND PARMESAN

Serves 4

1 bunch of medium sized asparagus
2 Tbsp extra virgin olive oil
2 Tbsp freshly grated Parmesan cheese
1 tsp lemon zest - freshly grated lemon rind
Salt and freshly ground black pepper

Method

Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 2-4cm sections, slicing the asparagus at a slight diagonal.

Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality.



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

FRESH PASTA WITH LEMON, PARSLEY AND NUTS

This is a dish I remember from my time at the River Café - it is fresh, simple and perfectly balanced. For a dish so simple you need to use great quality pasta and that is where Mia Pasta comes in; all handmade and then rolled and cut with bronze dyes which gives the pasta a rougher texture which adheres the sauce to the pasta resulting in a more flavoursome dish.

Serves 4

115g pinenuts or hazelnuts

juice and zest of 2 lemons

a large bunch of fresh flat-leaf parsley, leaves picked, half finely chopped and half left whole

215ml extra virgin olive oil

150g Parmesan cheese, freshly grated, plus extra for shaving

50g pecorino cheese, freshly grated

sea salt and freshly ground black pepper

500g good quality tagliarini, tagliatelle or spaghetti – (Mia's Pasta)

Method

Smash up half of the pinenuts to a paste, then put it into a big heatproof bowl with the rest of the whole pinenuts, the lemon juice and zest, the finely chopped parsley and the extra virgin olive oil. Stir and add the Parmesan and pecorino. What you should have now is a reasonably thick sauce, which you should think of more as a dressing, so taste it and think about how the different flavours are coming through. I want you to balance the flavours so you end up with something quite zingy because, as the sauce heats up and the cheese melts, the flavour of the lemon will calm down a lot. Season with some freshly ground black pepper. Taste it and if you think you haven't got the balance right, simply add a little more oil and Parmesan. Put a large pot of salted water on to boil for your pasta. Sit the sauce bowl on top of the pan while the water's heating up – this will take the chill out of the sauce and warm it through slightly. When the water starts to boil, remove the bowl and add your pasta to the water. Cook it according to the packet instructions then drain in a colander, reserving a little of the cooking water. Toss the pasta with the sauce and a little of the reserved cooking water to help loosen it up a bit. The heat from the pasta will melt the cheese, allowing all the lovely sauce to coat it. If you find the sauce is too thick then add a little more water. It's not supposed to be claggy, thick and miserable, but incredibly silky, fresh and fragrant. Have one last taste to

balance the flavours, and serve with a little extra Parmesan shaved over the top and a sprinkle of parsley leaves. Eat immediately.

BOWERBIRD TEAS – organic botanics

Located up on the platform of the train station you will find these truly delectable teas! The variety alone leaves you mesmerised; Black rose, Turkish orange, Man showing his heart to a Peony, Earl grey and that's just a start. If possible ask to stick your nose in the bags and inhale deeply, you will be transported.

HOW TO MAKE THE PERFECT CUP....

After a little research into perfecting the perfect pour I realised it could get quite complex with filtered water brought to the boil and cooled slightly, infused for approximately 4-6 minutes and stirred three times to the right!!!

Actually like anything in life it all depends on the quality of the product and Bowerbird teas are of the highest quality – their instructions are pretty straight forward

Bring water to the boil, and pour over desired amount of tea leaves and leave to brew for 4-5 minutes. Pour and enjoy!

What is really fantastic with their tea is that you not only get one pot of great tea but many as you can - simply add more water and get another and yes another if desired!

Thanks to the following vendors for their fantastic produce

BRYDONE ORGANICS – jersey benne potatoes (outdoor grown)

BOWERBIRD TEAS – high grade loose leaf tea

MIA PASTA – freshly made pasta, dough and antipasta delights

JUDGE ROCK WINES – Central Otago wines

RODD PHILLIPS ASPARAGUS FARM – fresh local asparagus

LIEVITO BAKERY – freshly baked goods



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



