



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 17th November 2012

JERSEY BENNE POTATOES WITH FRESH MINT SAUCE

Serves 4 as a side

Ingredients

500g jersey benne potatoes
Sea salt flakes
100g fresh mint leaves
1-2 Tbsp red wine vinegar
1 tsp sugar
Pinch of salt
Fresh ground black pepper
Extra virgin olive oil

Method

Scrape clean or scrub potatoes. Cover the potatoes with cold water and add a little salt. Bring to the boil and then reduce the heat to a gentle simmer. Simmer for 5-8 minutes depending on size and then turn off the heat and let the potatoes sit in the hot water until tender (about 10 minutes).

Whilst the potatoes are cooking add the mint leaves along with the sugar and a pinch of salt to a mortar and pestle, mash the mint until it becomes a thick green, fragrant paste, add the vinegar and enough oil to loosen to the mint to form a thick pasty sauce. Taste and adjust seasoning and balance of sweet/sour flavours.

Drain the potatoes and drizzle over the fresh mint sauce and serve immediately

FISH WITH HAZELNUTS, ASPARAGUS AND WATERCRESS SALAD

Serves 4

Ingredients

4 fillets fresh fish
25g butter
2 Tbsp oil (for cooking)
2 bunches asparagus, tough ends removed
1 shallot or small red onion, diced finely
250g fresh watercress
100g hazelnuts, roasted and lightly crushed
2 tsp hazelnut oil
1 Tbsp apple cider vinegar, lemon juice or white wine vinegar
1 Tbsp olive oil
Sea salt flakes and freshly ground pepper

Method

Bring a medium size pot of lightly salted water to the boil.

Pick over the watercress by removing any tough, stringy stalks. Place the watercress into a suitable size bowl, add the finely diced shallot or onion and hazelnuts leaving a few behind for later, set aside.

Make the dressing – in a small bowl add the vinegar and oil, add a pinch of salt and a little pepper, stir to combine, taste and adjust balance of vinegar etc if needed, set aside.

Place the asparagus into the pot of boiling water and cook for 2-4 minutes depending on size.

Place a large heavy based frypan on the heat, add the butter and oil and heat until the butter goes frothy, place fish skin side down if using salmon or presentation side down first into pan, continue with all the fillets, season lightly with salt and pepper, turn the fillets after 2 minutes. Squeeze the juice from half a lemon over the fish and cook for a further 2 minutes or longer if fish is thicker.

Drain the asparagus when tender and add a little of the dressing, toss to combine, add to the watercress salad and add a touch more dressing. Toss gently but quickly and divide evenly onto 4 plates, carefully place the fillets of fish on top, scatter over a few more lightly crushed hazelnuts and a drizzle of dressing. Serve immediately with perhaps a bowl of Jersey Benne potatoes.



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog www.alisonmarketchef.blogspot.com

APPLE-FILLED BUNS

Ingredients

For the dough

300g self-raising flour
175g butter, diced and chilled
3-4 Tbsp plain yoghurt
Icing sugar for dusting
Butter for greasing

For the filling

4 large apples, peeled and coarsely grated
2 Tbsp fresh lemon juice
4 Tbsp sugar
½ tsp cinnamon, plus extra for dusting
¼ tsp freshly grated nutmeg
1 cup walnuts or hazelnuts (optional)

Method

Sift the flour into a large bowl. Add the diced butter and rub it in with your fingertips (this can be done in the food processor). Add the yoghurt and mix lightly until the dough just begins to come together. It should feel crumbly. Do not be tempted to knead it, just gather all the crumbs from the side of the bowl into a ball, pressing them together with your hands.

Cover and chill in the refrigerator for 30 minutes.

Meanwhile, make the filling. Put the grated apples, lemon juice and sugar into a small pan and cook over a low heat, stirring constantly, until all the liquid has evaporated, remove from the heat and add the spice and nuts if using. Stir to evenly mix and set aside.

Preheat the oven to 180C

Lightly grease two baking tray with a little butter.

Divide the dough into 20 even sized balls. Roll each piece into a ball, then press your thumb into the ball for a large hollow, spoon the filling into the hollows and press the dough over it to seal. Pat them down very gently. Put the balls seam side down, on the prepared trays and bake for about 35 minutes, or until lightly golden. Remove from the oven and sift over icing sugar and little cinnamon, let cool.

They can be kept for 2-3 days or frozen

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

nova
energy

BOK CHOY Serves 4

Ingredients

2 Tbsp oil
5 cloves garlic, sliced thinly
about 1cm fresh ginger, sliced
pinch dried chilli flakes (or to taste)
2 bunches bok choy, cut in half and washed well, drain
2 Tbsp soy sauce
3 Tbsp rice vinegar

Method

Heat two tablespoons oil in a big wok or large fry pan, add the garlic, ginger and crushed dried chilli, and toss until the garlic is lightly browned, about 1 minutes. Remove from the pan and set aside - you'll be using it again later. Make sure the bok choy is rinsed and dry, and toss in the wok until the leaves are wilted, about 2 minutes.

Add the soy sauce and rice vinegar into the pan, along with the garlic and ginger. Allow to simmer for about 2-4 minutes, or until the stems become more tender. It is important not to let it cook too long, or the soy sauce will be absorbed into the stems and the dish will become bitter.

Thanks to the following vendors for their fantastic produce



HARBOUR FISH – fresh fish

BRYDONE ORGANICS – potatoes

ISLAND STREAM HAZELS – hazelnuts and hazelnut products

JANEFIELD HYDROPONICS AND PAEONIES – watercress

ROSEDALE ORCHARDS – fresh fruit juice and apples

ETTRICK GARDENS – fresh bok choy

SUNRISE BAKERY – freshly baked goods

JUDGE ROCK WINES – Central Otago wines