



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## FIRST OF THE SEASON BABY TURNIPS COOKED IN PAPER

### Ingredients

4 small turnips per person. Keep their green tops  
1 garlic cloves, lightly crushed  
2 sprigs of fresh thyme  
1 Tbsp extra virgin olive oil  
1 tsp butter  
1 tsp balsamic vinegar  
Pinch sugar (optional)  
Sea salt and freshly ground black pepper

### Method

#### Preheat the oven to 200C

Place the turnips and the greens together with the garlic, thyme, oil, vinegar, sugar and seasoning. Toss lightly to combine.

Cut a square of baking paper large enough to hold the turnips comfortably (up to 2 servings per bag) and fold in half to make a crease. Unfold it and lay the turnips on one half along with the oil and herbs etc. Bring the other half of the paper over the turnips so both ends meet. Fold the edges tightly to form a pillow like shape. Make sure that the package is well sealed.

Place onto a tray and bake for 20-30 minutes depending on size of turnips. The package will puff up like a pillow. Serve immediately and open carefully at the table.

*I love this simple, rustic method of cookery – to cook in paper (en paupiette) resulting in succulent, tender and juicy turnips*

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



## Recipes for Saturday, 24<sup>th</sup> November 2012

### CAERPHELLY CHEESE – COOKED GREEK STYLE

#### Ingredients

550g caerphilly cheese (Evansdale) 1/2 cup of olive oil  
2/3 cup of flour for dredging 2-3 lemons, quartered  
Sea salt flakes

#### Preparation:

Cut the cheese into slices or wedges 4mm thick. Moisten each slice with cold water and dredge in the flour. Heat a small heavy-bottomed frying pan over medium-high heat, with the half the olive oil, and sear each slice until golden-brown on both sides. Serve hot with a last-minute squeeze of fresh lemon juice and light sprinkle of sea salt flakes.

Serves 2-4 depending on appetite

*Caerphilly is a light-coloured (almost white), crumbly cheese made from cow's milk. It has a mild taste and can be eaten in its natural state, or crumbled through salads. It also is a fantastic cooking cheese as it can be barbecued, fried or baked.*

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### BOK CHOY SOUP

Serves 4

#### Ingredients

3 cups chicken or vegetable stock  
10 leaves and stalks bok choy, thinly sliced  
2 tsp soy sauce  
2 tsp Asian sesame oil  
Pinch red pepper flakes  
1 garlic clove, peeled, finely chopped  
Sprinkle fresh coriander

#### Method

Bring the stock to the boil in a medium saucepan, stir in the seasonings (the red pepper flakes, soy sauce, Asian sesame oil), and the chopped garlic. Add the bok choy and simmer for up to 10 minutes, until the bok choy leaves turn dark green and are wilted and tender.

## GOOSEBERRY AND ELDERFLOWER FOOL

*This is a classic dessert with a little twist on the cream. I like using Greek yoghurt which takes away some of the richness.*

### Serves 4-6

800g gooseberries, topped and tailed (you can use frozen)  
275g Greek yoghurt  
150g raw cane sugar  
1 elderflower (optional)  
100g rolled oats  
3 Tbsp raw cane sugar

### Method

You can either cook the gooseberries in a pot with the sugar, elderflower and a splash of water or you can pre heat your oven 190C and bake them by placing the elderflower on the base and scattering the gooseberries on top, add the sugar. Bake them in the oven, uncovered for 20 minutes or until tender when gently squeezed. Meanwhile place the rolled oats with 3 tablespoons raw cane sugar and bake until the oats lightly toast and the sugar caramelises a little. Cool and set aside

When the gooseberries are tender remove from oven and tip them into a sieve set over a bowl to drain off the excess liquid.

Remove the elderflower and discard and gently mash 2/3 of the gooseberries with a few tablespoons of liquid until you get a thick pulpy consistency (you can do this in the food processor). Leave to get cold.

In a large bowl empty the Greek yoghurt with ½ the gooseberry pulp and fold together.

Spoon this mixture into serving glasses and then finish off with the remaining pulp on top. Scatter over a little of the toasted oats and serve.



Follow Alison on face book  
—Alison Lambert taste of my life—  
or at her blog [www.alisonmarketchef.blogspot.com](http://www.alisonmarketchef.blogspot.com)

Thanks to the following vendors for their fantastic produce

**ETTRICK GARDENS** – snowball turnips

**MCARTHURS BERRY FARM** – gooseberries

**ARDROSS FARM** – asparagus

**EVANSDALE CHEESE** – Caerphilly cheese

**LIEVITO BAKERY** – fresh baked goods

**JUDGE ROCK WINES** – Central Otago wines

**ROSEDALE ORCHARDS** – fresh fruit juice



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## FRESH ASPARAGUS ROLLS WITH CAERPHILLY CHEESE

### Ingredients

300g fresh asparagus                      1 loaf white or wholemeal sliced bread  
1 cup Caerphilly cheese, crumbled or grated  
Cracked pepper and a pinch of salt

### Method

Break off tough ends of the asparagus leaving just the tender tips. Steam for 2-4 minutes until tender. Heat oven to 200 deg

Remove the crusts from the bread. Place one slice down on your work bench and place one spear of asparagus across on the diagonal, sprinkle some cheese and a little seasoning, roll up and place the end of the bread under the asparagus roll, as this will stop it unfurling.

Continue until all the asparagus is used up and then place the rolls onto a baking tray and cook in the top half of the oven and bake until the bread has gone golden and toast like and the cheese is starting to ooze out from the ends.

Serve immediately with a little drizzle of extra virgin olive oil or even a spread of butter.

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