



Otago Farmers Market

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

Welcome back to the Otago Farmers Market and 2013. I am looking forward to working with our valued customers once again. Below is the first set of recipes for the year. Bon Appetit!

CARROT SALAD

Serves 4 as a side

Ingredients

700g sweet young carrots	1 large onion, sliced thinly
1 Tbsp oil	½ tsp cumin seeds
½ tsp caraway seeds	½ tsp fennel seeds
Pinch of dried chilli flakes	50g flat leaf parsley or rocket leaves
½ tsp sugar	3 Tbsp cider or white wine vinegar
Sea salt flakes	2 Tbsp extra virgin oil for drizzling

Method

Wash and peel carrots if necessary. Slice the carrots on the angle and cut into 5mm ovals, place into suitable size pot and just cover with water and a pinch of salt. Bring to the boil and simmer until tender.

Meanwhile add the sliced onion to a small fry pan along with one tablespoon of oil, cook over moderate heat until the onion softens and lightly colours (about 5 minutes) add the cumin, caraway, fennel seeds and chilli flakes. Cook for a further two minutes or until the seeds give off a wonderful aroma.

Tip the softened onion into a large bowl, add salt, sugar, vinegar and one tablespoon of extra virgin olive oil. Mix to combine. Once the carrots are tender, drain and add immediately to the onion mixture so that the carrots start to soak up the wonderful pickling flavours. Toss to combine and let sit for at least 30 minutes to mature. When cold add the roughly cut or torn parsley or rocket, toss lightly and serve with a little more extra virgin olive oil.

Recipes for Saturday, 12th January 2013

GRILLED BROAD BEANS

Ingredients

2-4 broad beans per person (or as many as you like)
sea salt
Barbecue or griddle pan

Method

Heat the barbecue until very hot.
Place fresh broad beans in pod onto grill and cook for 1-2 minutes depending on size of bean, turn and cook for a further 1-2 minutes or until the pod has slightly puffed up, the colour turns to a vibrant green and char marks will appear on the skin. Remove and carefully open (I did this with a sharp small knife) - beware of trapped steam!
Eat them straight out of the pod with a sprinkling of sea salt flakes.

PICKLED SWEET BANANA PEPPERS *Makes 2 x 300 ml jar*

Ingredients

250g sweet banana or a combination with Hungarian hot peppers, seeded and sliced crossways into rings

Pickling Juice

2 cups white vinegar	2/3 cup white sugar
½ tsp mustard seeds	½ tsp celery seeds

Method

Sterilise 2x 300ml jars

Pickling brine: Bring the vinegar, sugar, mustard seed and celery seed to a rolling boil.

Place peppers in the sterilised jars.

Pour on the hot pickling juice and bring liquid to within 1cm of the top.

Be sure the edge of the jar has no juice on it.

Place lids on as tightly as possible, wipe the jars with a clean cloth, label with a date and content and leave for 2 weeks in cool, dark place.

SIMPLE SALAD *serves 4*

Ingredients

4 generous handfuls freshly washed and dried lettuce
Selection of fresh soft herbs, such as basil, flat leaf parsley,
4 radish, sliced paper thin
1/2 cucumber, slice thin
handful sun-ripened tomatoes, cut in half

Dressing

2 Tbsp apple-cider vinegar or your favourite
1 clove garlic, lightly squashed
6Tbsp extra virgin olive oil
sea salt and freshly ground pepper

Method

Place all the ingredients into a large bowl, sprinkle with a little sea salt flakes. Toss gently.
Mix all the ingredients together for your dressing and drizzle over the salad.
Toss everything together so that every ingredient is lightly coated in dressing.
Remember to only dress your salad just before eating as it will wilt very fast.
Serve immediately.

Thanks to the following vendors for their fantastic produce

Kakanui Produce - soil grown tomatoes and sweet banana peppers

Butlers Berries - summer berries

Rosedale Orchards - apricots

Sunrise Bakery - breads

Brydone Organics - carrots

Kutash Organics - garlic

Janefield Peonies and Hydroponics - seasonal salad greens and herbs



FRESH APRICOT CLAFOUTI *serves 4*

Ingredients

350g apricots or any other soft or stone fruit
80g sugar
50g plain flour
50g ground almonds
A pinch of salt
3 eggs
1/2 tsp vanilla extract
3 Tbsp Amaretto or brandy
125ml milk
A handful of flaked almonds

Method

Preheat the oven to 180°C/350°F/gas mark 4. Butter a baking dish or pan about 25cm. Halve and pit the apricots and pack them closely into the bottom of the pan, curved side up, with half the sugar. Put into the oven for 5-ish minutes so that they start to soften.
Mix the rest of the sugar with the flour, almonds and salt. Beat the eggs with the vanilla, booze and milk, then pour gradually into the dry ingredients, stirring all the time, to make a thin batter. When the apricots come out of the oven, give them a little shuffle and pour in the batter.
Cook for about 25–30 minutes, scattering on the flaked almonds halfway through, until the batter is puffed up, golden and caramelizing a bit around the edge.
Enjoy straight away with ice cream, cream or crème fraîche.



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