



CABBAGE WITH LENTIL, CHILLI AND CORIANDER serves 4

Ingredients

For the lentils

100g puy or brown lentils
2 garlic cloves, peeled
parsley stalks and dill stalks if using
1 Tbsp red wine vinegar
1 Tbsp olive oil

Cabbage

3 Tbsp olive oil
1 large onion, chopped
2 garlic cloves, crushed
1 chilli chopped
500g cabbage, shredded finely
juice of 1/2 lemon
1 Tbsp chopped coriander or dill
sea salt and ground black pepper

Method

First cook the lentils. Put them in a pan with the garlic and herb stalks and add enough water to cover. Bring to the boil, then reduce the heat and simmer for about 20-30 minutes until tender, topping up with water if necessary. Drain, then season well with salt and pepper, add 1 Tbsp red wine vinegar and olive oil and mix well for the flavours to mingle. For the cabbage, heat the olive oil in a large saucepan, add the onion, garlic and chilli, then cover and sweat for about 5 minutes, until softened. Add the shredded cabbage and season well. Cook, stirring over a high heat until wilted. Stir in the lemon juice, lentils and coriander or dill and adjust the seasoning.

Thanks to the following vendors for their fantastic produce

KAKANUI TASTY TREATS - tomatoes
BRYDONE ORGANICS - agria potatoes
MCARTHUR BERRY FARM - cabbage
LECKIES BUTCHER - rump steak
ETTRICK GARDENS - Karaka berries
JANEFIELD PAEONIES AND HYDROPONICS - dill
GREEN MAN BEER - beer and cider



YOGHURT MOUSSE WITH KARAKA BLACKBERRIES

Ingredients

200g karaka black berries
1-2 Tbsp water
2 Tbsp sugar

Mousse

3 gelatine leaves, immersed in cold water for about 5 minutes or until soft
400ml Greek yoghurt
100ml cream
3 Tbsp honey (runny)

Method

Place the berries in a small sauce pan and add water and sugar. Warm gently to dissolve sugar and to lightly soften the berries and for a syrup to form. Cool.

Add the yoghurt to a bowl and stir to remove any lumps.

Lift the gelatine out of the water and squeeze out excess moisture.

Warm the cream and honey in a small saucepan and add the gelatine.

Remove from the heat and whisk the gelatine until completely dissolved. Let it sit for 2 minutes, then slowly pour the gelatine into the yoghurt, stirring constantly to prevent lumps forming. Let the yoghurt mixture thicken so that it the consistency is back to thick creamy Greek yoghurt looking. This will hold the berries better.

I like to layer this dessert as it looks fabulous and it evens out the fruit, yoghurt combination. To do this I pour even amount of yoghurt into 4 serving glasses, spoon over a little fruit and repeat once again finishing with a layer of berries and any syrup.

Chill for at least four hours or overnight.

They can be made a day in advance.



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HERB BUTTER Makes 300g

250g unsalted butter, at room temperature
1 Tbsp smoked paprika (pimento)
1 tsp cayenne pepper
1 Tbsp chopped coriander or dill
1 Tbsp chopped flat-leaf parsley

Method

Beat the butter in an electric mixer for 10 minutes until very pale and fluffy. Add remaining ingredients with 1 teaspoon salt and 1/2 tsp freshly ground black pepper, then mix well to combine.

Tip the flavoured butter onto a large piece of plastic wrap and roll to form a log. Twist the ends securely and chill for at least 4 hours or until required.

This butter will keep in the fridge for 2 weeks or up to 3 months in the freezer.

PROVENÇAL TOMATOES Serves six as a side dish.

Ingredients

40g fine white breadcrumbs
40g parmesan, finely grated
2 tsp thyme leaves, finely chopped
2 garlic cloves, minced
Salt and freshly ground black pepper
6 medium-sized tomatoes
2 tbs olive oil

Method

Heat the oven to 180C.

In a small bowl, mix the breadcrumbs, parmesan, thyme and garlic, and season well. Cut the tomatoes in half horizontally. Heat the oil in a large frying pan over medium-high heat and put in the tomatoes cut-side down. Fry for five minutes, until the tops of the toms start to caramelize a bit. Remove from the pan and place cut-side up in a roasting tin; spoon any pan juices into the tomatoes. Sprinkle the breadcrumb mix evenly over the top of the tomatoes and bake for 25-30 minutes, until the tomatoes are softened and the tops golden.

THE PERFECT STEAK

When cooking the perfect steak, you should buy the best quality meat you can afford and choose the right cut for you – for instance, if you like your steak butter-soft, try eye-fillet, but if you want super-tasty and don't mind a bit of a chew, go for rump or skirt. It's also vital you rest the steak properly. As a rule of thumb, rest it for up to as long as you cooked it – you can always warm it through again before serving.

Ingredients

2X rump steak
2 tbs extra virgin olive oil
Roast potatoes, watercress and herby butter (recipe below), to serve

Method

Remove the steaks from the fridge at least 30 minutes before serving.

Preheat a barbecue or chargrill pan to medium-high.

Lightly rub steaks all over with oil and season generously with sea salt and freshly ground black pepper.

For medium-rare, cook the steaks for 2 minutes on one side, then turn at a 90° angle and cook for a further 2 minutes – this will create a cross-hatch pattern on the steaks. Turn the steaks and repeat the process on the other side. To test if the steak is done to your liking, see Note below.

Transfer the steaks to a warm plate and cover loosely with foil. Leave to rest for 4 minutes.

Serve with potatoes and watercress, topped with some herby butter.

Note: Many chefs warn against cutting steak to check if it's done, as you lose some of the juices, but it's an easy approach if you're a novice. Rest the steak for 2-3 minutes, then make a small cut in the thickest part. You could also press the steak with your finger (the more yielding, the rarer it is). For sure-fire results, check the internal temperature on a meat thermometer: 35°C is rare, 45°C medium-rare, 55°C medium, 65°C medium-well and 75°C is well done

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