



Otago Farmers Market

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

APRICOT SLICE

Apricots are only getting better and better and this slice is a great example of how they love to be cooked. This slice is sweet, moist and gorgeous all in one! Makes 20-24 squares

Deep slice tin 26x20cm (approx)

350g apricots	50g sugar
2 Tbsp water	Pastry
250g butter, softened	175g sugar
3 eggs	250g plain flour
100g ground almonds	1 tsp baking powder
Zest of 1 lemon & 1 orange	30g ground almonds for dusting

Method

Heat oven to 170C

To begin you need to cook the apricots; add the halved apricots (stones removed) to a suitable sized pot along with the sugar and water and cook gently until the apricots soften and release their natural juices (about 5 -7 minutes). Cool to room temperature.

To make the pastry - If possible do this with an electric mixer. Cream the butter and sugar until very pale and fluffy (about 5 minutes). Add the zest of the orange and lemons and beat to combine, add the eggs one at a time, beating well between each addition.

Add the sifted flour, baking powder and ground almonds and lightly mix to just combine.

Spread two-thirds of the mixture evenly on the base of your prepared tin. Carefully place the apricots evenly over the pastry mixture ensuring you don't add too much liquid as this will make it soggy. With the remaining pastry, using a teaspoon place small spoonfuls across the surface allowing room for the mixture to spread and rise. Sprinkle over the remaining ground almonds and bake in preheated oven for 40-45 minutes.

Cool and cut into desired amounts.

Recipes for Saturday, 9th February, 2013

SMOKED FISH SALAD Serves 2

200g smoked fish	½ cucumber, thinly sliced
1 small red onion, finely chopped	1 bunch of chives, finely chopped
1 Tbsp capers, rinsed and drained	1 hard-boiled egg, finely chopped
100g mixed leaves	salt and freshly ground pepper
Handful living sprouts (pea, broccoli, mustard leaf etc)	

To serve:

2 slices of rye bread
5-6 radishes, chopped

Method

Carefully remove and discard all bones and skin from the fish and break the meat into small pieces.

Mix the fish, cucumber, onion, chives, capers, egg and mixed leaves in a bowl. Season to taste with salt and pepper.

Serve the mixture on rye bread, topped with chopped radishes.

BEETROOT SALAD Serves 4

400g beetroot
4 Tbsp grated fresh horseradish or bottled
2 Tbsp lemon or red wine vinegar
200ml natural yoghurt
Salt and freshly ground pepper
1 tsp fresh dill, roughly chopped

Method

Begin by cooking the beetroot. Remove the tops of the beetroot but leave about a couple of centimetres to prevent them bleeding. Wash thoroughly and place into a large enough pot to completely submerge the beetroots with cold water. Add a little salt and cook until tender (approx. 30 minutes). Drain and cool, when cool enough to handle peel away the skin and cut into 2cm dice. Mix with horseradish, lemon or vinegar and yoghurt. Season to taste and add the dill.

This would be great served with the smoked fish salad.

FRIED ONION RINGS

2 large onions, peeled, sliced into 4mm thick ringed slices
2 cups buttermilk, or 1 cup plain yogurt mixed with 1 cup milk
Salt
Freshly ground black pepper
1 1/4 cup plain flour and 1/4 cup cornmeal
2 or 3 cups of canola, grape seed or peanut oil
Sea salt flakes

Method

Combine the buttermilk (or yogurt and milk) with 1 ½ teaspoon salt and 1 teaspoon black pepper in a large bowl. Separate the onion rings and add them to the buttermilk mixture and coat thoroughly. Let sit for at least 15 minutes.

In a separate bowl combine the flour and cornmeal, 1 teaspoon of salt and 1/2 teaspoon of pepper. Set aside.

Add the oil to a largish deep sided heavy-based pot. Make sure that the pan is absolutely dry inside before you add the oil. Any water droplets in the pan will cause the oil to splatter violently as it heats up. The oil should create a layer anywhere from 2-4cm deep. Use more oil if necessary. Heat the oil to 180C. Use a cookery thermometer to measure the heat of the oil is more accurate by you can test it also by adding a small cube of bread and if it fries immediately it is ready to go.

Be very careful whenever handling hot oil. No running kids in the kitchen. No distractions. Do not answer the phone if it rings.

Pay attention. Have the pan's lid close by.

Working in batches, lift some onion rings out of the buttermilk and coat them in the flour mixture. Use tongs to place them one by one in the hot oil. Fry for a minute on each side, until golden brown. Do not crowd them. Place finished onion rings on a baking tray lined with paper towels to absorb the excess oil. Keep the complete onion rings warm in a 100C oven while you fry the rest. Between batches, if you end up needing more oil, add some. Let the temp get back up to 180C before starting the next batch.

Sprinkle with a little sea salt flakes and serve hot.

HOT CHILLI POTATOES serves 4

2 hot chillies, cayenne, jalapeno, ancho, (keep whole)
1 chipotle (if possible)
3 Tbsp olive oil
1.5kg new potatoes or very small waxy potatoes
4 cloves garlic, peeled
2 tsp flaky salt
1/2 tsp sweet smoked paprika
1 red capsicum (pepper) deseeded, roughly cut
1 green capsicum (pepper) deseeded, roughly cut
2 Tbsp sherry or cider vinegar
handful flat-leaf parsley or coriander leaves, roughly chopped

Method

Heat a large heavy-based fry pan or casserole dish over medium heat add the oil and potatoes and one tablespoon salt, cook for 5 minutes allowing the skins to go golden, add the garlic, smoked paprika, chillies and roughly cut capsicums. Reduce the heat and cover with a lid and cook for about 40 minutes or until the potatoes are tender. Remove lid and sprinkle with herbs and salt, toss to combine and serve immediately.

Thanks to the following vendors for their fantastic produce

LIEVTO BAKERY – fresh baked goods

CAITHNESS ORCHARD – fresh succulent apricots

KAKANUI PRODUCE – chillies

THE BOATSHED SMOKEHOUSE – smoked fish

WAIRUNA ORGANICS – organic mixed leaves

ETTRICK GARDENS – white onions

MCARTHURS BERRY FARM – beetroot

KOAU SPROUTS – living sprouts

ROSEDALE ORCHARDS – fresh fruit and potatoes

JANEFIELD PAEONIES AND HYDROPONICS – living sprouts and flowers

JUDGE ROCK WINES – central Otago wines

