



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 2<sup>nd</sup> March 2013

### **PASTA WITH GREEN BEANS, POTATOES AND PESTO**

*This is a perfect pasta for this time of the year! Serves 4-6*

#### **PESTO** (Makes 1 Cup)

3 tbsp pine nuts	2 cups fresh basil leaves
1 clove garlic, peeled	pinch of salt
½ cup extra-virgin olive oil	¼ cup freshly grated parmesan cheese

#### **PASTA**

6 new potatoes or small red potatoes  
500 g linguine or spaghetti  
Sea salt flakes  
Freshly grated parmesan cheese for serving  
1 cup trimmed young green beans or Haricots Verts

#### **Method**

**TO MAKE PESTO** - Combine the pine nuts, basil, garlic, and salt in a large stone mortar and grind with the pestle until the mixture forms a paste. Slowly drizzle in the olive oil, beating all the while with a wooden spoon. Add the Parmesan 1 tablespoon at a time, beating until the mixture forms a thick paste. The pesto can also be made in a food processor. The pesto can be stored in a jar, topped with a thin layer of extra-virgin olive oil, for several weeks in the refrigerator.

**TO MAKE PASTA** - Cook potatoes in large pot of boiling salted water until just tender, about 3 minutes. Using slotted spoon, transfer potatoes to large bowl. Add green beans to same pot and cook until crisp and tender, about 3 minutes. Using slotted spoon, transfer to bowl with potatoes. Cook pasta in same pot until tender but still firm to bite. Drain, reserving 1/2 cup cooking liquid. Transfer pasta to bowl with potatoes and green beans.

Whisk reserved ¼ cup cooking liquid into pesto. Add pesto to pasta mixture and toss thoroughly to coat. If the sauce looks to dry on the pasta add remaining cooking liquid. Toss to through and transfer pasta to large platter. Serve, adding extra parmesan separately as desired.

### **MOROCCAN SPICED CARROT AND BEETROOT SALAD**

#### **Ingredients**

2 cups of grated carrots (from about 3 carrots)	
1 cup of grated fresh beetroot (from about 1 medium sized peeled beet)	
½ cup raisins	½ tsp sweet paprika
¼ tsp ground cumin	¼ tsp cinnamon
Small pinch of salt	Small pinch of cayenne
2 Tbsp lemon juice	2 tsp honey
2 Tbsp sliced fresh mint leaves	

#### **Method**

Place the grated carrots in a medium sized serving bowl. Place the grated beets into a sieve and briefly rinse with cold water. This will rinse away a little of the excess beet juice that may otherwise color the whole salad beet red. Pat dry with a paper towel. Then add to the bowl with the carrots. Add the raisins. Stir to gently combine.

In a small bowl, whisk together the paprika, cumin, cinnamon, salt, and cayenne. Then add the lemon juice and honey and whisk until smooth. Drizzle over the carrots and beets, then gently fold until the carrots and beets are lightly coated. Let sit for an hour before serving, either chilled or at room temperature, for the dressing to seep into the carrots and beets.

#### **Serves 4**

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### **WILTED SPINACH WITH GARLIC AND CHILLI**

Remove the stalks of the spinach and wash well. Shake off as much excess moisture as possible. Heat a good size fry pan up to medium-high heat, add 1 clove of garlic sliced thinly and toast in the oil until it starts to go light golden colour, add a pinch dried chilli flakes and spinach, season with a little salt and freshly ground pepper. Toss to combine and allow the spinach to lightly wilt (about 1-2 minutes).

Serve immediately.

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## BEANS, ZUCCHINI (COURGETTE) AND TOMATOES SERVES 4

### Ingredients

2 Tbsp oil for cooking	1 onions, sliced thinly
4 medium tomatoes, cut roughly	500g green beans, top and tailed
4 medium sized zucchinis	2 cloves garlic
Handful fresh basil	flat leaf parsley
1 chilli	Sea salt flakes
freshly ground pepper	½ Tbsp red wine vinegar
Extra virgin olive oil for drizzling	

### Method

Heat a large fry pan up with two tablespoons of oil, add the onion and cook gently for a couple of minutes so that the onion softens, add the garlic and tomatoes and cook for 5 minutes. Slice the zucchini into 4cm rounds, and add the green beans and zucchinis, coat well in the tomato sauce. Add ¼ cup of water, 1 stem of basil and whole chilli, season lightly and cook over moderate heat for 20 minutes. Add the remaining basil and vinegar stir to combine. Taste and check for balance of flavour. Adjust if necessary. Finally add the chopped parsley and mix once again. Serve immediately or at room temperature with fresh bread and little extra virgin oil for drizzling.

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## SWEET PLUM PASTRY SLICE

serves 8-10

500g plums	50g sugar
1 Tbsp water	1 400g puff pastry
1 250g cream cheese	1/2 orange, zest only
4 Tbsp raw cane sugar	½ tsp vanilla extract or vanilla bean paste
1 large egg, separated	1 Tbsp plain flour

### Method

Add the halved plums in a heavy-based saucepan and add 50g sugar and 1 tablespoon water. Cook gently until the plums just start to soften (5-7minutes). Cool.

Roll the cold puff pastry out on a lightly floured bench so that it resembles a rectangle 30cm by 25cm and it should be about 3mm thick.

On a large baking sheet lined with greaseproof paper, a silicone baking mat or foil, lay out the puff pastry which should be cold but pliable.

In a small mixing bowl add together the cream cheese softened to room temperature, 1 tablespoon cane sugar, orange zest, vanilla, egg yolk and

flour and beat well to combine until thick and smooth. Scrape this mixture out onto the centre third portion of the puff pastry down the middle and spread it evenly, leaving the two outer thirds bare.

Spoon over the cooled, cooked plums and carefully spread this over the cream cheese layer.

This next step sounds more complicated than it is. Fold one side of the pastry over the cream cheese, plum mixture so that it covers it completely. Then fold the other half of the pastry over the pastry encrusted plums so that it goes right over the pastry pulling slightly to tuck the layer under the entire pastry. Press down on the ends of the long rectangular pastry to seal in the cream cheese and jam.

Whisk the egg white together with 1 teaspoon water just a little to combine. Brush this over the entire pastry. Sprinkle the remaining 3 tablespoons of sugar evenly and generously over the egg washed pastry. Use a thin, sharp knife to cut little vents along the dough.

When ready to bake, preheat the oven to 190C. Bake the pastry till puffed and golden for 15 minutes, then lower the temperature to 160C and continue cooking for a further 10-15minutes or until the pastry is cooked through.

Cut into slices and serve warm.

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## Thanks to the following vendors for their fantastic produce

**KAKANUI PRODUCE** – soil grown tomatoes and chillies

**PASTA D'ORO** – fresh and dried pasta

**WAIKOUAITI GARDENS** – organic zucchinis, tomatoes, beans

**BRYDONE ORGANICS** – organic spinach and garlic

**ROSEDALE ORCHARDS** – plums

**MCARTHURS BERRY FARM** – carrots and beetroots

**JANEFIELD HYDROPONICS** – fresh greens and herbs

**ETTRICK GARDENS** – green beans

**SUNRISE BAKERY** – fresh baked goods

**JUDGE ROCK WINES** – Central Otago Pinots

