



Otago Farmers Market

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

Recipes for Saturday 16th March, 2013

ARNOLD BENNET – smoked fish omelette

*This is one of those dishes which reminds me of Britain and one that we can easily do here with freshly smoked fish from The Boat Shed and fresh free-range eggs
Serves 4 – simply halve recipe to make an omelette for 2 or 1 greedy person!*

Ingredients

200g natural, smoked white fleshed fish, skinned and boned
1 large shallot, or ½ small onion peeled and finely chopped
150ml cream
Good knob of butter
8 large free range or organic eggs, beaten, plus 1 extra egg yolk
1 tablespoon chopped parsley
Salt and freshly ground black pepper

Method

Put the fish in a pan with the shallots/onion and just cover with water. Bring to the boil and simmer, covered with a lid, for 2 minutes. Remove the fish with a slotted spoon and drain on some kitchen paper.

Continue to simmer the cooking liquid until it has almost completely reduced, then add the cream, bring back to the boil and continue to simmer until it has reduced by two-thirds and has thickened. Remove from the heat and leave to cool a little. Flake the flesh into the sauce, add the egg yolk and parsley, stir well and season with salt and freshly ground white pepper. Preheat the grill to its maximum temperature.

Heat a little butter over a low heat in a large 25cm non-stick fry pan. Season the beaten eggs and pour over the egg mix into the pan, or enough to fill two-thirds of the pan. Over a low heat, stir the eggs with a wooden spoon or plastic spatula, until the mixture begins to set but the eggs are still soft. Stop stirring.

Spoon the fish mixture over the omelette, spreading it evenly with the back of the spoon until covered. Put it under the grill for a minute or two until evenly browned. Serve immediately with a simple fresh green salad.

GRILLED TOMATOES

With a just a little grilling these tomatoes burst out with their sweet juices and their flavour intensifies. They add a nice twist to any dish. Serves 4

Ingredients

6 assorted tomatoes, cut in half
2 Tbsp olive oil
¼ tsp sea salt flakes
¼ tsp freshly ground pepper
3 Tbsp or handful basil
1 tsp red wine, balsamic or sherry vinegar
2-3 Tbsp extra virgin olive oil

Method

Cut tomatoes in half and drizzle with a little oil and sprinkle over a little sea salt flakes and cracked pepper

Place onto baking tray lined with greaseproof paper and grill for 6-10 minutes, or until the tomato skins are blistering and the juices are flowing. Do try not to overcook them as they will collapse!

Whilst they are cooking, add basil to a mortar and pestle if possible as this will produce a better sauce. Or you can simply cut by hand. Add a sprinkle of salt to the basil and pound to form a thick green, fragrant paste, add the vinegar and stir to mix. Continue to stir whilst drizzling in the extra virgin olive oil.

Arrange the juicy tomatoes on a plate, drizzle over the basil oil and serve with grilled bread, juicy steak, fish or lamb or add to any salad.

BOWERBIRD TEAS – organic botanics

Located up on the platform of the train station you will find these truly delectable teas! The variety alone leaves you mesmerised; Black rose, Turkish orange, Man showing his heart to a Peony, Earl grey and that's just a start. If possible ask to stick your nose in the bags and inhale deeply, you will be transported.

HOW TO MAKE THE PERFECT CUP....

After a little research into perfecting the perfect pour I realised it could get quite complex with filtered water brought to the boil and cooled slightly, infused for approximately 4-6 minutes and stirred three times to the right!!!

Actually like anything in life it all depends on the quality of the product and Bowerbird teas are of the highest quality – their instructions are pretty straight forward

Bring water to the boil, and pour over desired amount of tea leaves and leave to brew for 4-5 minutes. Pour and enjoy!

BLACK CHAI POACHED PLUMS WITH CHAI PANCAKES

This is definitely worth a try as the plums mingle deliciously with this amazing

Bowerbird Tea

Serves 4

FOR THE POACHED PLUMS

6-10 firm medium-sized plums

3 Tbspn Darjeeling tea

3 cups water

1 vanilla bean, split, optional

Method

Cut the plums in half and remove the seeds. If you would like to remove the skins, lightly score the plum skin to make them easier to remove after poaching. (I'm lazy, so I left my skins on with no ill effect.)

In a pot with a tight-fitting lid, combine the tea leaves, vanilla bean, and water and bring to a boil with the lid on.

Poach the plums in the tea for 3-5 minutes until fork-tender, then remove from the poaching liquid.

If you want the poaching liquid to be more of a syrup, simply reduce over high heat until you get the desired consistency.

FOR THE PANCAKES

2 cups milk

2 eggs

½ tsp vanilla

2 Tbsp sugar

½ tsp salt

1 dessertspoon tea

55g stick butter, melted

1 cup flour

2 tsp baking powder

Makes 8

Method

Warm the milk with the tea and bring to the boil, remove immediately from the heat and cool. Strain the milk and discard the tea.

Combine spice-infused milk, eggs, melted butter, and vanilla extract in a bowl and whisk thoroughly.

Add the flour, sugar, baking powder, and salt and mix until smooth. Batter should be thick and fluffy, but if it is too thick and difficult to stir, thin it with a tiny dash of milk.

Oil lightly a medium hot skillet. Cook the pancakes slowly over medium heat, making sure that your skillet is always well-greased.

Serve pancakes with poached plums.

BAKED MARROW WITH BUTTER

1kg marrow

50g butter

1/2 tsp dried oregano, or fresh thyme or rosemary

1 tsp coriander seeds, crushed

1Tbsp caster sugar

Method

Heat the oven to 170°C.

Peel the marrow, halve and scoop out the seeds, then cut into 2.5cm chunks. Use about a third of the butter to grease an ovenproof dish that will take the marrow in a tight single layer.

Spread out the marrow chunks in the dish, sprinkle with oregano, coriander, sugar, salt and pepper and then dot with the remaining butter. Cover the dish with foil, and bake for 35 minutes. Remove foil, turn the marrow in its own juices and return to the oven for a final 10-15 minutes until just cooked.

Thanks to the following vendors for their fantastic produce

WAIKOUAITI GARDENS – organic tomatoes, vegetables and plants

THE BOAT SHED – freshly smoked array of fish

BROUGHAM EGGS – fresh eggs

BOWERBIRD TEA – organic loose leaf tea

AQUARIUS GARDENS – fresh herbs, tomatoes and lettuce

SUNRISE BAKERY – fresh baked goods

WAIRUNA ORGANICS – vast array of organic produce and marrow

HARWARDEN ORGANICS – plums and peaches



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog www.tasteofmylife.com

*The Market Kitchen is powered by Nova LPG,
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<http://www.novaenergy.co.nz/>*

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