



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 30<sup>th</sup> March 2013

### **AUBERGINE WITH PARSLEY AND GARLIC**

*This is a dish where only a few ingredients put together bring one another alive. This dish is inspired by my life in Greece and also by the great chef Simon Hopkinson. Simplicity at its best!*

*Serves 2-4-6 (depending on how much you love garlic and aubergine)*

#### **Ingredients**

2 medium sized Aubergine/eggplant  
extra virgin olive oil  
2 cloves garlic, peeled and chopped finely  
handful parsley, chopped fine  
1 lemon  
sea salt and freshly cracked black pepper  
150g feta cheese

#### **Method**

##### **Heat the oven to 190C**

Run a the blade of a sharp knife around the top of the aubergine 1cm or so below the stalk, you only really want to lightly score the skin which when cooked will allow the skin to peel off. Now make four evenly spaced, shallow cuts down the length of the aubergine going right to the end.

Bake the aubergines for about 20 minutes, turning after 10 minutes or so, until evenly cooked with charred skin, and until the aubergine feels soft, but not too collapsed. Transfer to a large plate and cool slightly for a couple minutes or until you can comfortably hold them.

Peel away the aubergine skin in four long, narrow sheets using a small knife.

Without cutting right through the stalk end, cut the aubergines in half lengthways and gently prise apart until you have two horizontal halves remaining attached at the top end, it looks a little like a heart!

Mix the garlic and parsley with the olive oil until well combined and spoon the mixture generously over the aubergine. Season lightly with salt, although not too much as the cheese will add quite a lot of salt, I also like to be quite generous with the pepper. Crumble the feta cheese over the top and serve either warm or at room temperature with fresh lemon squeezed over.

### **GREEN BULLS HORN PEPPER, LENTIL AND CAERPHILLY SALAD**

*Kakanui Produce's array of capsicum are impressive and the bulls horn is an Italian heirloom variety with a sweet pepper taste and slightly hot. Can be eaten raw, sautéed, grilled or roasted*

Serves 5

#### **Ingredients**

400g puy lentils or brown  
4 bay leaves  
4 whole garlic cloves, peeled & bruised  
¼ teaspoon dried oregano  
1 red onion, diced  
1-2 peppers, depending on size, deseeded & finely diced  
3 tbsp fresh mint, chopped  
175g caerphilly cheese  
18 kalamata olives or any good quality olives, stoned  
Handful flat leaf parsley, roughly chopped

#### **for the vinaigrette:**

6 Tbsp extra virgin olive oil  
6 Tbsp red wine vinegar  
2 garlic cloves, crushed  
½ tsp cumin seeds

#### **Method**

Pick over the lentils and discard any stones.

Wash and place in a large saucepan with the bay leaves, bruised garlic (bash with a rolling pin or the handle of a knife), and oregano. Cover with 4cm of water, bring to the boil, turn down the heat and simmer, uncovered for 30 mins, until tender.

To make the vinaigrette, whisk together all the ingredients in a small bowl and season.

Drain off 90% of the water and add the vinaigrette whilst still hot this way the lentils. Toss with the lentils, onions, red pepper plus ½ tsp salt and pepper. Leave to sit for 20 mins, then taste and season as needed.

This salad can be prepared a few hours in advance up to this point. To serve, toss the lentil salad with the mint and place on a platter. Garnish with the crumbled feta and the olives

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## HAM AND CAERPHILLY FLATBREADS – makes 8

*This is one of those recipes you need to keep handy as it is so versatile. The dough will also keep overnight in the fridge; all you need to do is bring it back to room temp and use as desired.*

### DOUGH

250g plain white flour or wholemeal

250g strong white flour

1 ½ level teaspoons salt

1 teaspoon yeast

1 Tablespoon olive or rapeseed oil, plus extra for oiling and dressing

### TOPPING

1 clove garlic, crushed

¼ cup good quality oil

1 tsp Dijon mustard

12 sage leaves

250g ham of the bone, sliced

100g Caerphilly cheese, crumbled into large pieces

Sea salt flakes and freshly ground black pepper

### Method

Put the two flours into a large bowl with the salt and yeast. Mix well.

Add the oil and 325ml warm water and mix to a rough dough. I try to do as much of the messy stuff in the bowl and then tip out the mixture onto a lightly floured bench top. Knead for 5 minutes or so, if you aren't feeling energetic this can be done in your mixer with the dough hook and gently knead the dough for 5 minutes. This dough is quite sticky so don't be alarmed as it will produce a better textured bread.

Trickle a little oil into a clean bowl, add the kneaded dough and turn it in the oil so it is covered with a light film. Cover with a tea towel and leave in a warm place to double in size – at least an hour, probably closer to two.

### Preheat the oven to 200C

Whilst you are waiting for the dough to rise prepare the oil which will be brushed over the base of the flatbreads. Crush the garlic and mustard add to the oil, along with the fresh sage leaves and a little sprinkle of salt and pepper. Set aside until required.

When the dough is well risen and puffy, tip it out and 'knock it back' by gently pushing the dough in with your fingers or knuckle until it collapses to its former size. It's now ready to be shaped into 8 even sized rough rounds. Roll each round out to so that it is about 3mm thick, place onto lightly greased oven tray.

Brush over the sage and garlic oil onto each flatbread making sure you get a few leaves on each one. Scatter over the ham and Caerphilly cheese. Sprinkle over a little more salt and grind or two of cracked pepper.

Bake in preheated oven for 12 minutes or until base is crisp and the cheese is bubble and delicious.

**NB the toppings are endless so get adventurous and use this fabulous dough to the fullest!**

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## RHUBARB AND OATS

*This has got to be one of the easiest recipes and yet it makes such a delicious dessert. Simple is best!*

Serves 8

### Ingredients

400g rhubarb, cut into pieces

100g oats

5Tbsp cream

8 Tbsp soft brown sugar (you could use a mixture of dark and light muscavado)

### Method

Zest and juice of 1 orange Mix the rhubarb with 6 tablespoons of the sugar, orange zest and half the juice. Put the mixture into a medium sized dish.

Mix the oats with the rest of the sugar and the cream, and drop it in spoonfuls over the rhubarb.

Bake for 30 minutes until the top is brown.

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## Thanks to the following vendors for their fantastic produce

**WAITAKI BACON AND HAM – Easter Ham**

**KAKANUI PRODUCE – aubergine/eggplant, bulls horn capsicum**

**EVANSDALE CHEESE – Caerphilly cheese**

**MCARTHURS BERRY FARM – rhubarb**

**SUNRISE BAKERY – freshly baked goods – especially hot cross buns**



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