



# Otago Farmers Market

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

## Recipes for Saturday April 6<sup>th</sup>, 2013

### **KOFTE – Turkish style**

#### **Ingredients**

500g beef, lamb or half and half  
2 slices stale white bread, crusts removed, soaked in water (use gluten free bread if needed)  
1 medium onion, grated  
1 egg, beaten  
½ cup parsley, finely chopped (optional)  
Salt and pepper  
½ - 1 tsp powdered cumin  
½ cup plain or gluten-free flour  
Sunflower oil for frying

#### **Method**

Put the slices of bread in a shallow bowl filled with cold water to soak. Remove and squeeze dry before crumbling. Place along with all the other ingredients in a mixing bowl and knead well for a couple of minutes. Wet your hands (to avoid the mixture sticking) and take a piece the size of a walnut. Roll between your palms into a long finger-like shape. Continue till all the mince mixture has been used. Sprinkle the flour onto a plate and roll the koftes in it. Fry in a little sunflower oil or cover with clingfilm and store in the fridge. They freeze beautifully too. Serve with warmed pita bread, minted or tahini infused yoghurt, grilled capsicums and fresh tomatoes.

### **BROCCOLI SOUP**

Serves 4

#### **Ingredients**

2 cups broccoli  
2 cups chicken or vegetable stock  
1 cup milk, yoghurt or cream  
80g good quality blue cheese or freshly grated parmesan (optional) for serving  
1 tsp fresh dill (optional)  
1 clove of garlic, sliced thinly  
Salt and cracked pepper

#### **Method**

Start by pouring the stock into a suitable size pot and bring to the boil. Cut broccoli into even sized florets, peel and cut the stalk into smallish pieces. Add to the boiling water and cook gently until the broccoli is just tender. Add the garlic and fresh dill and cook for a further 10 minutes so that the broccoli is very tender but not so that it goes very pale green. Remove from the heat and blend until smooth, add the milk, yoghurt or cream and adjust the seasoning to suit. Bring to the boil again and reduce immediately. Serve in warm bowls with plenty of cheese and fresh bread.

---

### **GRILLED TOMATOES WITH CAERPHILLY CHEESE**

Serves 4

#### **Ingredients**

4 – 8 fresh heirloom tomatoes  
1Tbsp balsamic vinegar  
100g Caerphilly cheese  
Freshly cracked pepper  
Few sprigs fresh thyme  
Drizzle extra virgin olive oil  
Sea salt flakes

#### **Method**

Warm the grill up to hot. Cut tomatoes in half, and place cut side up on a baking tray. Season each tomato lightly with salt and pepper and scatter over the thyme leaves. Crumble the cheese over each tomato and finish with a little oil. Place under the grill and grill until the cheese bubbles and melts and the tomato starts to burst and collapse. Remove from the oven drizzle over the balsamic and a touch more oil and serve with plenty of good quality bread.

## BERRY AND RICOTTA PUDDING

*This is my take on bread and butter pudding only this is lighter and fresher with the added beauty of berries.* Serves 4

### Ingredients

30g butter  
4 large eggs  
3 Tbsp sugar  
½ orange, zested  
300g fresh or frozen mixed berries, if using frozen defrost and drain

3 Tbsp honey  
125ml ricotta  
250ml milk  
4 slices of bread, cut or torn into 2cm pieces

### Method

Melt the butter in a small saucepan over low heat. Turn off the heat, add the honey, and stir to combine.

Meanwhile, in a large bowl combine the eggs, ricotta, and sugar. Using a fork, mix to combine and beat the eggs. Add the milk, orange zest, butter, honey mixture, and bread. Stir to combine. Gently fold in the berries.

Place the ingredients in a 25-cm baking dish. Cover with plastic wrap and place in the refrigerator for at least 2 hours and up to 12 hours. This stage is vital to a light and airy pudding as the milk and egg mixture soaks gently into the bread and the bread swells.

Preheat the oven to 160C. Bake the pudding until golden on top and baked through, about 40 minutes.

Let stand for 5 minutes before serving.

---

## Thanks to the following vendors for their fantastic produce

ORGANICLAND – beef minc

BRYDONE ORGANICS – broccoli

JANEFIELD HYDROPONICS – fresh dill

ROSEDALE ORCHARD – fresh corn

WAIKOUAITI GARDENS – organic heirloom tomatoes

MCARTHURS BERRY FARM – fresh and frozen berries

EVANSDALE CHEESE – Caerphilly cheese



## CORN ON THE COB WITH LIME SALT

*This combination has changed my life – corn with lime salt, where have I been hiding? This is one of those simple combinations that works so well.*

Serves 4

### Ingredients

4 cobs of fresh corn, shucked – peeled  
4 Tbsp butter, cut into pieces at room temperature  
¼ cup salt flakes  
Grated zest of 1 lime (use a microplane)  
2 Tbsp fresh chives

### Method

Bring a large pot of well-salted water to the boil.

Cut the corn in half or desired size and add to boiling water, cook for 5-7 minutes or until the corn is tender.

**To make lime salt** -If you have a mortar and pestle add the salt to the bowl and grate in the lime zest and mash until the salt turns a wonderful, fragrant green. If you don't have mortar and pestle add the lime juice and zest to a bowl and blend carefully with the end of a rolling pin something similar so that the salt blends and turns green and fragrant like above. Set aside.

Meanwhile, take 2 tablespoons of the cooking water out of the pot and add to a heatproof bowl. Add the butter and swirl the bowl over the heat to emulsify. Add lime salt to taste, swirling the bowl to maintain the emulsification (thickening effect). Set aside in a warm place until corn is cooked.

Drain the corn well and add to the butter. Sprinkle in the chives. Swirl the bowl to coat the corn evenly and sprinkle with a little more lime salt, and serve the remaining salt on the side.

---

*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas,  
<http://www.novaenergy.co.nz/>*

