



# Otago Farmers Market

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

## Recipes for Saturday 18<sup>th</sup> May, 2013

### **WARM CABBAGE SALAD**

*This is just a nice alternative to serve the cabbage as a salad. Add your favourite spices, fresh herbs and ingredients to get this really interesting.*

Serves 4

#### **Ingredients**

1 medium sized cabbage finely shredded,  
1 tsp olive oil,  
2 tsp sesame seeds,  
1 capsicum, sliced thinly  
1 fresh or dried red chilli, finely chopped  
Handful fresh coriander, roughly chopped

#### **Buttermilk dressing**

1/4 cup well-shaken buttermilk	1 Tbsp mayonnaise
2 Tbsp cider vinegar	1/2 Tbsp sugar
Pinch salt	

#### **Method**

Add all the ingredients for the dressing together in a small bowl or jug and mix well to combine,  
Heat oil in a large wok or fry pan and put 1 tsp sesame seeds in to dry roast for about 15 seconds.

Add in capsicum, cabbage and salt and cook on high stirring intermittently for 7-8 mins or till cabbage is just cooked. Sprinkle through some of the coriander and remaining sesame seeds and drizzle over refreshing buttermilk dressing to serve!

#### **HOW TO MAKE BUTTERMILK**

Making a recipe that calls for buttermilk? Use this simple substitute, and you won't need to buy any:

Place a Tablespoon of white vinegar or lemon juice in a bowl. Add one cup milk (full fat or old cream)

Let stand for five minutes. Then, use as much as your recipe calls for.

### **BERRY PUDDING AND CREAM**

*This is a traditional Danish pudding and one that would be great with red or black currants. However I am using frozen Karaka berries today from Butlers and it works beautifully.*

#### **Ingredients**

500g red berries or fruit (red currants, black currants, raspberries, strawberries, rhubarb, karaka or a combination)  
2 1/2 cups water  
3/4 cup sugar  
1/4 cup cornflour, arrowroot or potato flour mixed with 1/4 cup water  
250 ml cream, plain or whipped with 1 Tbsp. vanilla sugar

#### **Method**

Add the fruit well into nonreactive saucepan and cover with 3 cups water; simmer over medium low heat until the fruit falls apart. Remove from heat and strain juice through cheesecloth or a fine-meshed sieve; dispose of berry seeds.

Return juice to heat, stir in sugar, and bring to a low boil; reduce heat to medium and add the dissolved cornflour etc to thicken. Stir the mixture constantly until it begins to gel to the consistency of a heavy syrup. Remove from heat, pour into individual serving bowls, cover with cling wrap, and refrigerate for at least two hours and up to two days.

Serve chilled with either plain or whipped cream.

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### **Thanks to the following vendors for their fantastic produce**

**WAITAKI BACON AND HAM** – bacon, pork and fennel sausages

**GODDARDS** – cabbage

**BRYDONE ORGANICS** – potatoes and leeks

**BUTLERS BERRIES** – fresh and frozen berries

**AQUARIUS GARDENS** – spinach and fresh herbs and leaves

**GILBERTS FINE FOODS** – fresh baked breads

**JUDGE ROCK WINES** – Central Otago wines



## SIMPLE COOKED SPINACH WITH GARLIC

*This is how I cook most of my greens – simple yet delicious!*

### Ingredients

2 large bunches of spinach,  
Olive oil, extra virgin  
3 cloves garlic, sliced  
Salt and freshly ground pepper to taste

### Method

Remove any thick stalks of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture or any method that works for you.

Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown. Add the spinach and be careful as it will spit a little. Season with salt and freshly ground pepper. Toss to combine and allow to wilt for a minute or two.

Serve immediately.

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## POTATO GNOCCHI WITH LEEKS AND BACON

*Now we are talking my language - this combination needs little explaining as it just works! Serves 4*

### Ingredients

1kg floury potatoes, agria or desiree	4 egg yolks
½ cup grated parmesan cheese	¼ tsp freshly grated nutmeg
¼ tsp freshly ground black pepper	1 tsp salt
1 ½ cups flour	30g butter
4-6 rashers bacon, sliced into strips	2 leeks, washed and finely sliced
2 cloves garlic, sliced thinly	4 sprigs fresh thyme
Freshly grated parmesan to serve	

### Method

You can either prick your washed potatoes all over and microwave until tender or you can place the whole unpeeled potatoes into a suitable size pot and cover generously with water and cook until tender (about 30-40 minutes).

In a small bowl mix together the parmesan, nutmeg, pepper and egg yolks, set aside.

Meanwhile place a large frypan onto heat, add the butter and bacon and allow to sizzle and lightly colour. Add the leeks, garlic and thyme and cook gently for 5 minutes or until the leeks are tender and the bacon is golden. Set aside.

Place a large pot of water on to the boil and season generously with salt. When the potatoes are cooked carefully remove their skins and place into a bowl. To get the best results push them through a ricer or mouli if you don't have either push them through a sieve. Place the potato directly onto your work surface and sprinkle over half teaspoon salt and lightly mix. Add the egg and cheese mixture and mix through. At this stage your mixture will quite sticky so don't worry. Sprinkle over ½ cup flour and knead through, check the mixture by rolling a little ball in your hands if the mixture is still very sticky add ¼ to ½ cup of flour and knead once again until you get a smooth, moist dough that can easily be handled.

Divide the dough into four and begin with one part. Roll this out into a thick rope shape length about 3cm in diameter. Now cut this into 2-3 cm lengths all the way to the end. Sprinkle a little flour on the bench and holding a fork with the prongs resting on the surface and the base is turned upwards, roll each gnocchi down the fork. This gives the gnocchi little indents that will allow the sauce to stick.

When you have finished one batch carefully place into your pot of boiling water and wait for them to rise to the surface, this only takes a few minutes. Scoop out with a sieve or something similar and drain well. At this stage they can be added directly to your pan with the leeks and bacon. Continue with the remaining dough until finished.

Toss through the leeks and bacon, season with salt and pepper and plenty of freshly grated parmesan cheese. Serve immediately.

Note – if you find you have too much gnocchi, cook it in the boiling water and drain well, toss lightly through olive oil and cool. This can simply be reheated by plunging it into boiling water once again and it freezes well.

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