



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday June 8th, 2013

PUMPKIN AND BLACK BEAN SOUP Serves 4-5

The addition of beans and a little spice really brings this soup to life!

Ingredients

1 kg fresh pumpkin, skinned and cut into even sized pieces
390g cooked and drained black or kidney beans
1 cup drained tinned tomatoes, chopped
1 onion, diced
4 garlic cloves, minced
1 Tbsp ground coriander
½ tsp freshly ground black pepper
4 cups beef stock or vegetable stock
To serve - sour cream

1 leek, washed and sliced thinly
1 ½ Tbsp ground cumin
Pinch dried chilli flakes
50g butter
2-3 Tbsp red wine or sherry vinegar

Method

In a food processor coarsely puree beans and tomatoes.
In a large heavy-based pot, add the butter and cook the onion, leek, garlic, chilli flakes and cumin, coriander over moderate heat, stirring until onion has softened and beginning to brown. Add the pumpkin and broth and season lightly. Cook until the pumpkin is very soft about 20 – 30 minutes. Using a masher lightly mash the pumpkin so it becomes more of a puree and has thickened the soup. Stir in coarse bean puree and simmer, uncovered for 25 minutes, or until thick enough to coat the back of a spoon.
Just before serving, add vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper and a generous blob of sour cream.



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

RAW CARROT SALAD Serves 4

Ingredients

500g, carrots coarsely grated (about 4 cups)
¼ cup vegetable oil or extra-virgin olive oil
3 – 4 Tbsp fresh lemon juice
¼ cup chopped fresh coriander, mint or parsley
2 - 4 cloves garlic, minced
1 tsp ground cumin
1 tsp sweet paprika
Pinch of salt
About ½ tsp *harissa* (Northwest African chili paste) or any good chilli sauce

Method

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 30 mins to 1 hour!
Great with natural yoghurt with garlic and tahini with a squeeze of lemon juice and some flatbreads!

SOLE FILLETS WITH LEEKS Serves 2

Ingredients

2 fillets sole, skinned
1 Tbsp white wine
1 lemon, sliced

2 leeks, very finely sliced
30g butter
salt and freshly ground black pepper

Method

Preheat the oven to 200C
Place the leeks with a knob of butter in a small pot and cook until the leeks are tender (about 3-5 minutes). Set aside.
Place each sole fillet onto a large sheet of greaseproof paper. Sprinkle over the cooked leeks, drizzle with white wine and dot with butter. Place the lemon slices onto the fish, sprinkle over the chives and season with salt and freshly ground black pepper.
Bring the greaseproof paper up around the fish and seal the edges to make two parcels. Place onto a baking tray and bake in the oven for 10 minutes, or until the fish is cooked! You will notice the paper parcels will puff up and fill with steam, this is an indication that the fish is cooked.
Serve the fish parcels in the paper parcels directly onto the plates. Be careful when opening as the steam is very hot!

WARM YAM SALAD WITH MUSTARD AND HONEY DRESSING

Serves 4-6

1 kg yams
2 red onions, sliced into wedges
4 sprigs fresh thyme or rosemary
2 Tbsp oil

Dressing

1 tsp grain mustard
1 tsp honey
1 Tbsp red wine or cider vinegar
3 Tbsp extra virgin olive oil
Salt and freshly ground pepper

Method

Preheat oven 200C

Place the yams, thyme and onions on a baking tray and drizzle over 2 tablespoons of oil, season with salt and pepper and bake for 20 minutes or until tender.

Meanwhile mix all the ingredients together for dressing, taste and adjust if necessary.

When the yams are cooked place into large bowl, drizzle over dressing and toss gently to combine.

Serve at hot or at room temperature.

This salad also works well with the addition of spinach leaves added to the warm salad and allow to lightly wilt, add a handful of feta cheese.

PEAR AND LEMON TART

Warm pears, a little lemon surrounded by flaky pastry and of course a generous dollop of cream would make this pretty much perfect!

Makes 4 tarts

Ingredients

6-8 pears or apples	60 g butter
¼ cup sugar	½ tsp grated fresh nutmeg
Zest of 1 lemon	1 tsp cornflour
1 Tbsp lemon juice	4 sheets puff pastry
1 egg, beaten	Sugar for sprinkling

To serve

Icing sugar

Whipped cream or vanilla icecream to serve

Method

Preheat oven 180C

Peel, quarter and core the pears then slice into 1 cm thick wedges.

Heat the butter in a large fry pan or pot and add the sugar, nutmeg and the pears. Cook over high heat for 10 minutes or until the pears are tender but still holding their shape. Combine the cornflour and lemon juice until smooth then tip onto the pears and stir to combine. Cook for 1 minute to thicken the juice. Set aside.

To assemble: Cut out 4x 16 cm circles of pasty (side plate) and place on a lined baking tray. Divide the pears with their thickened syrup between the circles, leaving a 2cm boarder around the edge. Brush the border with the beaten egg then fold the pastry to pleat. Brush with the beaten egg and sprinkle with the sugar. If time place the tarts in the fridge to harden the pastry for 30 minutes. If you haven't got the time then bake in preheated oven for 25 minutes or until the pastry is well cooked and puffed and golden.

Serve warm with plenty of cream or ice cream.

Thanks to the following vendors for their fantastic produce

ROSEDALE ORCHARDS – pumpkin and apples

BRYDONE ORGANICS – yams and onions

HARBOUR FISH – sole fillets

TE MAHANGA – leeks

HARWARDEN ORGANICS – pears

SUNRISE BAKERY – fresh baked goods

JUDGE ROCK WINES – Central Otago wines



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

