



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 15th June, 2013

WARM YAM AND ONION SALAD

I love roasted yams and when combined with sweet onions and a sprinkling of cheese this will lift any meal in winter! **Serves 4-6**

Ingredients

1 kg yams,
2 red onions, cut into wedges

2 Tbsp oil
2 Tbsp honey
Salt and freshly ground pepper
1 sprig rosemary or thyme

Dressing

1 tsp grain mustard
3 tsp red wine, cider or balsamic
vinegar
2 Tbsp extra virgin olive oil
100g feta cheese

Method

Preheat the oven to 190C

Place a roasting tray in to heat up. This will get the yams and onions cooking immediately!

Toss the yams and onions with 2 tablespoons of oil, honey and sprig of herbs. Season with salt and pepper and mix. Carefully remove the hot roasting dish and tip the yams and all juices onto the tray. Bake for 20 minutes or until tender and caramelised, you may need to turn them throughout cooking to evenly cook.

Meanwhile mix together the mustard, vinegar and extra virgin olive oil, season lightly and pour over the hot yams. Combine lightly, crumble over the cheese and serve on a platter in the middle of the table.



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

CALDO VERDE – Portuguese soup Serves 4

Ingredients

2 fat onions, finely chopped
4 cloves garlic, crushed
60ml olive oil
1 chorizo sausage or chilli salami (Base Camp Salami)
6 large potatoes
1.5 litres good vegetable or chicken stock
salt and freshly ground black pepper, to taste
2 bay leaves
large bunch of greens or cabbage

Method

Gently fry the onions and garlic in the olive oil until softened and translucent.

Chop the chorizo or chilli salami into small chunks and add to the pan with the onion.

Fry the onions and sausage for a few more minutes and then add the diced potatoes. They will absorb all the flavour from the sausage.

Add the stock, seasoning and bay leaves, and cook until the potatoes are soft.

Meanwhile, very finely chop the cabbage

When the potatoes are ready, mash them into the broth to make a thick base, add the greens/ cabbage to the simmering broth.

Add as much cabbage as the broth will support - if you want heavy soup add loads of greens, if lighter, add less.

Simmer for a few minutes. The soup will go the colour of jade.

Serve drizzled with extra virgin olive oil.

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



BASECAMP SALAMI WITH CABBAGE Serves 4-6

Ingredients

½ (500g) new season cabbage
2-4 slices venison salami
Sea salt flakes and freshly ground black pepper
3 Tbsp good quality balsamic vinegar
Extra virgin olive oil
Juice of 1 lemon
150g Danseys pass cheese from Whitestone or Parmesan

Method

Remove the outer leaves of the cabbage. Cut the firm pale heart of the cabbage in half. Shave the cabbage as finely as you can. Place in a bowl and season with salt and pepper. Shake over the balsamic vinegar and drizzle with extra virgin olive oil.

Lightly flatten the slices of salami with the palm of your hand and cut the venison into 1cm shreds and add to the cabbage. The proportion of salami should almost be equal to the cabbage. Squeeze over the lemon juice, shave on the cheese and mix with the salad.

POACHED PEARS Serves 4

Ingredients

1 litre water
1 1/3 cup (265 g) sugar
4 pears, peeled, cored, and quartered
Additions: One cinnamon stick, 2 teaspoons whole cloves, black peppercorns or allspice berries, one lemon half, one split vanilla bean, 2-3 star anise, 6-8 fresh ginger slices

Method

In a large saucepan, heat the water and sugar until warm and the sugar is dissolved. Add any of the additions that you wish.

Slide in the pears and cover with a round of greaseproof paper, with a small hole cut in the center.

Keep the liquid at a very low boil and simmer the pears until cooked through, 15 to 25 minutes, depending on the pears.

HAZELNUT MERINGUE TORTE WITH POACHED PEARS

Serves 6-8

For the meringue

6 eggs, whites
375 g caster sugar
1 tsp white wine vinegar
1 tsp cornflour
175 g hazelnuts, lightly crushed, with skin if possible

For the filling

4 poached pears, all juice drained and roughly mashed
300 ml cream

Method

Preheat the oven to 150C.

Draw two circles with a 25cm diameter, on separate sheets of greaseproof/baking paper.

To make the meringues, whisk the egg whites in a large bowl until stiff. Gradually whisk in the sugar, a teaspoon at a time.

Mix the vinegar and corn flour to a smooth paste, then fold the mixture into the meringue with 150g of the hazelnuts.

Divide the mixture in half and spread it onto the two silicone paper circles, each on a baking sheet. Sprinkle the remaining hazelnuts over the top of one of the circles.

Bake the meringues for an hour, turn the oven off and leave the meringues to rest in the oven for another hour. Remove and cool.

Whisk the cream until soft peaks form, then fold in the pears. Spread the filling on one meringue and put the other meringue, right side up, on top. Dust with icing sugar and serve with the poached pears.

Thanks to the following vendors for their fantastic produce

ISLAND STREAM HAZELS – hazelnuts and hazelnut products

GODDARDS – yams

ROSEDALE ORCHARDS – pears

BASECAMP SALAMI – venison salami

KAKANUI PRODUCE – cabbage

MARTHUR BERRY FARM – potatoes

GILBERTS FINE FOODS/LIEVITO – fresh baked goods

