



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

Recipes for Saturday June 22nd, 2013

A potjie is a social activity, with guests generally engaging in fireside chitchat while the potjie cooks, typically three to six hours. Thanks to Paul from Judge Rock Winery and his trusty potjie pot I am making our version of a market boil up using Havoc Pork's bones, sausages and a touch of pancetta. When the meat is lightly browned, vegetables like potatoes are added, along with whatever spices are needed. Water or other liquids may or may not then be added, depending on the views of the potjie chef. The lid is then closed and the contents left to simmer slowly without stirring. This distinguishes a potjiekos from a stew that is stirred. The aim is that the flavours of the different ingredients mix as little as possible. Although some chefs may permit stirring from time to time (which is highly frowned upon), stirring does create a stew where all the ingredients tend to taste similar. Little sauce or water is used, so that cooking is by steam and not boiling in a sauce like a stew; thus the heat must be very low and constant.

MARKET STEW

Ingredients

2 Tbsp oil
Pork, lamb or beef bones
Southern sausage or something similar
Smoked bacon or ham hock
1 onion, roughly chopped
4-8 cloves garlic
2 sticks celery, roughly chopped
2 carrots, peeled and roughly chopped

4 potatoes (waxy), cut into large chunks
1 bottle red wine
1 bay leaf, sprig rosemary or thyme
Salt and plenty freshly ground pepper
Handful parsley, roughly chopped

Method

Place a large heavy based pot on the heat and add the oil, the bones and sausage and brown all over. Add the vegetable except the potato and get them mixed through all the oil and meat juices. Add the wine and stir to get any bits of the bottom of the pot, add the bacon or hock if using along with the herbs and season lightly. Put the lid on, reduce the heat and gently simmer for 2 hours. Add the potatoes and cook for further 30 minutes or until just tender. Adjust seasoning and finish with the parsley and enjoy.

Thanks to the following vendors for their fantastic produce

JUDGE ROCK WINES – central Otago wines

BRYDONE ORGANICS – cabbage, potatoes

HAVOC PORK – bones, sausages and pancetta

TE MAHANGA ORCHARD – garlic, pumpkin

ROSEDALE ORCHARDS – apples

SUNRISE BAKERY – fresh baked goods



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



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

CABBAGE GALETTE

I love dishes like this in winter and this ticks all the boxes! Sweet, wholesome cabbage encrusted with a savoury pastry and served like a pie! Need I say more...?

Serves 6

Ingredients

½ (500-600g) savoy cabbage, roughly chopped

1 leek, sliced thinly

2 Tbsp olive oil

200g bacon (smoked), sliced thinly

3 cloves garlic, minced

50g parmesan or cheddar cheese, finely grated

Salt and white pepper

Generous handful parsley, roughly chopped

3 eggs

2 cups flour

300ml milk

Method

Preheat the oven to 180C and lightly grease a 20-23 cm pie dish or heavy based fry pan and heat well in the oven. This will assist with the bottom of the galette to brown.

Place a pot of water on to boil and place a steamer on top. Steam the cabbage and leeks for 3 minutes, remove and add leaves to a bowl and season well with salt and pepper and a drizzle of oil.

In a bowl, mix together the bacon, garlic, parsley and cheese together. Add the eggs, flour and milk and mix to combine.

Remove the hot pie dish/pan from the oven. Spread half the dough over the base of the dish, pile on the seasoned cabbage and pack it down with your hands, cover with the remaining dough.

Bake for 35 minutes until golden and firm.

Great hot or room temperature

APPLE PARFAIT

Serves 4

Apple compote

500g apples, peeled, cored and chopped apples

¾ cup sugar

½ cup raisins

¾ cup water

¼ cup lemon juice

Pinch salt

Cinnamon crumbs

55g unsalted butter

2 Tbsp brown sugar

pinch of salt

generous pinch of cinnamon

1 cup stale bread, diced

400g natural or vanilla yoghurt

Method

Preheat the oven to 180C

For the cinnamon breadcrumbs – In a small pot melt the butter over moderate heat, stirring, until the butter is golden brown. Pour the melted butter into a bowl. Add the sugar, salt, cinnamon and bread, and toss.

Spread the bread on a baking sheet and bake for 15 minutes, stirring once or twice, until golden. Let cool.

Add the toasted bread to a food processor and pulse to coarse crumbs, or alternately smash lightly with a rolling pin.

For the apple compote – Place all the ingredients for the compote into a suitable sized pot. Cook over moderate heat until the apples are soft and mash easily. Cool, they can be refrigerated for up to five days.

To assemble – place some apple in the bottom of a glass, add some cinnamon crumbs, spoon over some yoghurt and repeat processor until almost full. Continue until all glasses are completed.