



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday July 13th, 2013

BAKED POTATOES

My mum use to do stuffed baked potatoes and we loved them and now I do them for my children. The options are endless as you could add almost any combination that suits you! Serves 4

Ingredients

- 4 large agria or desiree potatoes (floury)
- 1 Tbsp oil
- 2 Tbsp butter, softened
- ½ cup sour cream
- 2 Tbsp butter, softened
- 1 Tbsp cream or milk

Cheddar, leek and bacon

- 1 cup grated cheddar cheese
- 4 slices bacon
- 1 leek, sliced thinly
- ¼ cup spring onions, finely diced

Melted onion, wilted greens and blue cheese

- 1 onion, sliced thinly
- Knob of butter
- Pinch dried chilli flakes (optional)
- 1 clove garlic, sliced thinly
- 300g winter greens – silver beet, cavolo nero, spinach or kale
- 1 cup crumbled blue cheese or feta
- Salt and freshly ground pepper

Method - To bake the potato. Preheat the oven to 200C.

Wash the potato and prick all over with a fork to avoid exploding potatoes in the oven. Rub lightly with a little oil and place directly onto the oven rack just above the middle of the oven. Bake for about 1 hour or until cooked all

the way through. This stage can be sped up in the microwave and then finished in the oven to crisp up the skin.

Whilst the potatoes are cooking, prepare your fillings. If using bacon fry gently along with the leeks until the bacon is golden and the leeks are soft. Set aside.

To melt the onions, add 1 tsp oil to a small pan or pot and add the sliced onions, cook over moderate heat for 10 minutes so that the onions become soft and sweet.

If using greens add 1 Tbsp oil to warm fry pan with garlic and add a pinch of chilli flakes to the greens, season lightly with salt and pepper and cook until wilted and tender.

When the potatoes have cooled enough to handle, cut in half lengthways and scoop out the potato flesh. Be careful with the skins, as you need to put the potato mix back into them.. Put flesh into a large bowl along with the butter, sour cream, cream or milk and seasoning. Mash well until desired texture.

Add your fillings to the potato and mix through. Carefully spoon the potato filling back into the skins and place in a roasting dish.

Bake in oven 180C for 15 – 20 minutes or until the potatoes are heated through and the top has gone golden!

Thanks to the following vendors for their fantastic produce

KAKANUI PRODUCE – chilli sauce

BRYDONE ORGANICS – potatoes

SPECKLED HEN – free range eggs

GILBERTS FINE FOODS – fresh baked goods

ORGIN BEEF – chuck steak

HARWARDEN ORGANICS – apples

JUDGE ROCK WINES – central Otago pinots



BEEF AND BARLEY STEW

This time of year is all about comfort and a stew ticks all the boxes. Origin Beef's range of stewing beef is perfect for this recipe, add a gathering of market veg and simmer gently until tender. Serves 4

Ingredients

1 Tbsp butter
1 Tbsp oil
1kg chuck steak or any good quality stewing beef, cut into chunks
Salt
2 onions, sliced
1 litre beef stock
3 cups water (approx.)
1 tsp chopped rosemary
1 cup pearl barley
4 carrots, roughly chopped
500g waxy potatoes, liseta, desiree
Plenty freshly ground black pepper
¼ cup freshly chopped flat leaf parsley

Method

You need a large heavy based oven dish preferably with a lid for this method. Add the butter and oil and melt the butter over medium-high heat. Add enough pieces of the beef to sear in the pot without crowding. You will need to brown the meat in several batches. Salt the beef as it cooks, and set aside browned pieces in a bowl.

When all the beef has browned, add the onions. As the onions release some of their water, use a wooden spoon to scrape any browned bits off the bottom of the pot. Sprinkle a little salt over the onions as they cook. Lower the heat to medium and cook the onions until they begin to brown, 5-6 minutes.

Add the beef back to the pot and sprinkle with rosemary. Add 1 cup of the stock and use the wooden spoon to scrape any browned bits off the bottom of the pot. Add the rest of the stock and water and bring to a simmer. Cover the pot, lower the heat to low and simmer very gently for 1 hour.

Add the barley and remaining vegetables and cook for a further 40-60 minutes. Taste for seasoning and adjust if necessary. Serve in deep bowls sprinkled with parsley. This is great alongside creamy mashed potatoes!

KAKANUI CHILLI SCRAMBLED EGGS Serves 2

Ingredients

1 Tbsp vegetable oil
1 Tbsp butter
1 spring onion (roughly chopped)
4 large eggs (beaten)
1 Tbsp fresh coriander, roughly chopped
Kakanui chilli sauce
Pinch salt

Method

Add the oil and butter to a heavy based pan and allow to melt. Add the lightly beaten egg and allow to settle before attempting to stir.

Add the spring onion and turn everything gently for about for a minute or so with a wooden spoon.

Once the eggs are setting, remove the pan from the heat, and continue stirring the eggs until they are done to your liking.

Sprinkle with coriander and drizzle to your liking with Kakanui's chilli sauce. Serve with a good piece of buttered toast or some warm tortillas.

*The Market Kitchen is powered by Nova LPG,
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