



Otago Farmers Market

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

Recipes for Saturday, 2013

QUICK PICKLED PEARS

Pickled pears add a lovely surprise and they especially go well with a sharp cheddar or blue cheese. Today I will be pairing it up with some of Evansdale fine cheeses.

Ingredients

- 5 Tbsp cider vinegar
- 2 Tbsp olive oil
- 1 Tbsp walnut oil
- 1 tsp yellow mustard seeds
- 4 fresh sage leaves, finely shredded
- 1 spring onion, thinly sliced
- 2 tsp good quality honey
- Pinch sea salt flakes
- Grind of black pepper
- 4 firm pears, peeled, cored and thinly sliced

Method

Place all the ingredients (except the pears) into a bowl, give a light mix and taste, adjust the balance of sweet verses tart but do take into consideration the pears will add a lovely natural sweetness.
Peel and halve the pears, removing any core. Place the pears into the pickling mix and coat gently so that they don't discolour.
Allow at least 30 minute to marinade. The pears will last overnight, but they are best eaten within the day

SWEDE WITH BUTTER AND NUTMEG

Serves 4-6 as a side

Ingredients

- 1 swede (500g), peeled and cut into 2cm cubes
- 30g butter
- 1 Tbsp oil
- White pepper
- Freshly ground nutmeg
- Salt

Method

Put a suitable sized pot on with plenty of water and a pinch of salt and bring to the boil.
When boiling, add the cubed swede and cook until just tender (8-10 minutes), drain immediately.
Place the butter and oil in a large fry pan and heat over medium heat until the butter starts to froth, add the swede and cook so that the swede starts to go golden. Add the pepper, nutmeg and salt and continue cooking until the swede cubes have become caramelised and golden.
Serve as a side alongside almost anything.

Thanks to the following vendors for their fantastic produce

GODDARDS – swede

SUNRISE BAKERY – fresh baked goods

BUTLERS BERRIES – frozen raspberries

WAIRUNA ORGANICS – carrots and parsnips

EVANSDALE CHEESE – selection of cheeses

ROSEDALE ORCHARD – pears



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CARROT, PARSNIP AND LENTIL SOUP

This is one of my favourite soups - it combines the sweetness of the veges, a touch of spice and is finished with soothing creamy coconut milk.

Serves 6.

Ingredients

1 cup / 200g yellow split peas

1 cup/ 200g red split lentils

1.6 litres water

1 medium carrot,

1 medium parsnip, diced

2 tablespoons fresh ginger, peeled and grated finely

2 tablespoons curry powder

2 tablespoons butter

8 spring onions, thinly sliced

¼ cup tomato paste

1 can coconut milk

2 tsp salt

one small handful coriander, chopped

Method

Give the split peas and lentils a good rinse - until they no longer put off murky water. Place them in an extra-large pot, cover with the water, and bring to a boil. Reduce heat to a simmer and add the carrot and parsnip and quarter of the ginger. Cover and simmer for about 30 minutes, or until the split peas are soft.

In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside. Place the butter in a pan over medium heat, add half of the spring onions, the remaining ginger. Sauté for two minutes stirring constantly, then add the tomato paste and sauté for another minute or two more.

Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up, but you can play around with the consistency if you like by adding more water, a bit at a time, if you like. Or simmer longer for a thicker consistency. The thicker this soup gets, the more I like it.

Sprinkle each bowl generously with coriander and the remaining spring onions.

RASPBERRY AND BUTTERMILK MUFFINS

I am aware berries aren't in season but Butlers frozen berries are the next best thing and sometimes in these dark colder months you want a little colour. These little muffins can be substituted with any berries but today I am going with raspberry.

Makes 12 – 16 depending on size of tin.

Ingredients

1 ¼ cups / 160 g wholemeal flour

2 ¼ cups / 295 g plain white flour

½ cup / 100 g firmly packed brown sugar

¾ tsp salt

1/2 tsp baking soda

2 tsp baking powder

2 medium mashed, ripe banana

240 ml buttermilk

3 large eggs

1 tsp vanilla extract

115 g unsalted butter, barely melted

1 cup / 125 g berries, plus more for topping

1 Tbsp sugar and 1 tsp cinnamon for topping

Method

Preheat the oven to 200C, with a rack in the center. Line a muffin tin with papers or grease well.

In a large bowl, combine the flours, sugar, salt, baking soda, and baking powder.

In another bowl combine the banana, buttermilk, eggs, vanilla, and butter. Stir until blended.

Gently stir the berries into the dry ingredients. Pour the wet ingredients over dry, and mix until just combined. For tender muffins, do your best to avoid over-blending.

Fill the muffin tins 2/3 full, sprinkle with more berries and a generous dusting of cinnamon sugar.

Bake for 25-40 minutes (larger muffins on the long side), or until golden-topped, and a tester/toothpick comes out just clean.