



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday July 27<sup>th</sup>, 2013

### **GROPER STEAK WITH CHORIZO AND POTATOES**

Serves 4

4 fresh groper steaks

1 Tbsp vegetable oil

2 chorizo, sliced into 4mm rounds, casings removed

1 small onion, sliced thinly

500g potatoes cut into small dice

Pinch smoked paprika (or plain paprika)

2 fresh bay leaves

Sea salt and fresh ground black pepper

2 lemons

Handful fresh parsley, roughly chopped

#### **Method**

Heat the oil in a heavy large oven dish over medium-high heat. Add the chorizo and cook, breaking up the clumps, until dry and crisp, about 10 minutes. Add the onions and potatoes and sauté until brown, about 5 minutes and season with just a little salt and pepper.

Season the groper steaks with salt and pepper on each side and drizzle over a little oil. Place the fish on top of the potatoes and chorizo and squeeze over the juice of ½ a lemon. Bake for 15 minutes or until potatoes are tender and the fish is cooked. You will notice the flesh whitens up and the central bone if using steaks will easily move.

Scatter over the parsley and serve with wedge of lemon and I love to place a generous bowl of pungent aioli on the table.

*The Market Kitchen is powered by Nova LPG,  
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### **FENNEL AND APPLE SALAD**

Serves 4

2 cups cabbage

2 bulbs fennel, leaves reserved

1 granny smith apple

1 red skinned apple

1 small red onion

Dressing:

¼ cup natural yoghurt

2 Tbsp extra virgin olive oil

1-2 Tbsp lemon juice

2 tsp Dijon mustard

Couple pinches salt

Freshly ground black pepper (be generous)

#### **Method**

Combine dressing ingredients in a sealable container and shake to emulsify. Finely slice the cabbage, fennel, onion and apple - I used a mandolin but a food processor with a thin slicing blade or a sharp knife will do the same thin.

Combine sliced ingredients in a mixing bowl and toss. Add the dressing and toss the salad to combine well.

Serve immediately.

### **Thanks to the following vendors for their fantastic produce**

**EDMONDS FRESH FISH** – groper

**ROSEDALE ORCHARDS** – pumpkin

**LECKIES BUTCHER** – chorizo

**KAKANUI PRODUCE** – chilli sauce

**BRYDONE ORGANICS** – agria potatoes, fennel

**GILBERTS FINE FOODS** – freshly baked bread and pastries



## PUMPKIN TARTS

*These little tarts are velvety and fragrant and this is a great way to turn a savoury ingredient into a sweet* Makes 12 medium muffin tin size

### For the filling

300g raw pumpkin cut into even sized pieces  
¾ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp ginger  
2 Tbsp brown sugar  
Pinch of table salt  
1 egg  
1 Tbsp cream

### For the crusts

1-2 sheets ready made sweet pastry or 150g homemade sweet pastry  
12 medium-sized muffin pan

### Topping

4 Tbsp brown sugar  
2 Tbsp toasted hazelnuts or walnuts, lightly crushed

### Method

#### Heat oven to 170C

Carefully remove the skin and any seeds from the pumpkin. Cut into even sized chunks and place into a microwave proof bowl and add 1 Tbsp water, cover with cling film and microwave for 5-8 minutes or until the pumpkin is very tender. Or you can simply steam the pumpkin until tender.

Drain well and cool.

#### Filling

Puree the pumpkin, cinnamon, nutmeg, ginger, and salt together until smooth and velvety (I used a food processor). Add the egg and cream whisk until just blended.

Lightly grease 12 regular-sized muffin tins and line with the pastry which is rolled to about 4 mm thick. I used an 8cm round biscuit cutter. Working with one round at a time, use your finger to gently press the dough into a prepared muffin cup, making sure that the dough is pressed firmly and evenly up the sides and bottom.

Spoon the pumpkin mixture into the pastry moulds and bake for 20-25 minutes or until the filling slightly wobbles in the center.

Cool for 5 minutes in the tin and then gently remove and cool.

Sprinkle over the topping and enjoy!

## CHIPS

*One very important thing to note - to make a great chip you need a great potato!!!!*

Serves 4

4 large floury potatoes (agria, red rascal), peeled, cut into ½ - 1 cm thick chips

Vegetable oil for frying

sea salt flakes for serving

**Topping options:** Homemade Aioli or Mayonnaise

Homemade Tomato Ketchup or Kakanui chilli sauce

Garlic and parsley – 1 garlic clove, thinly sliced and a handful of chopped parsley

Grated parmesan

### Method

When frying safety comes first! Never leave the fryer unattended and keep children away from the oil.

Wash the potatoes to remove some of the starch. Drain well and pat dry. It is so important that there is no water on the chips as it can be very dangerous when mixed with hot oil.

To cook chips so they are light and crispy you need to cook them twice!

#### The first stage of cooking a great chip

- Put a deep large pot 2/3 full of vegetable oil on a medium heat (145 C) to check the oil, place one chip into the oil to test the temperature. It should bubble instantly and the chip should float. Remember that this stage is about pre-cooking the potato until they are just cooked and pale in colour (3-6 minutes). Carefully remove and drain the chips and place onto a tray layered with paper towels. Continue until all the chips are cooked.

#### The final stage of cooking your chips

- Turn the heat up on your stove and wait until the oil heats to 180 C. Once again to test the oil carefully put a chip in and if it fries and bubbles vigorously then it is ready to begin to fry off the chips.

- Cook the chips in batches so the pot doesn't get overcrowded and the oil doesn't cool down too much.

- Once the chips go golden and crisp, carefully remove from the oil. Drain well, sprinkle with good quality sea salt flakes and a little cracked pepper if desired. Toss to coat and serve immediately with your favourite dipping sauce.