



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday August 3rd, 2013

SILVER BEET WITH POTATOES

Two humble ingredients combine to create a versatile and delicious accompaniment. Serves 6

500g potatoes, waxy variety work best such as Liseta or Maris anchor, cut into wedges

1 onion or leek sliced thinly

Generous pinch chilli flakes

Method

Wash the silver beet and separate the leaves from the stalks.

Bring a large pot of salted water to a boil then add the potatoes and cook until just almost tender, about 15 minutes.

Add the stems from the silver beet and cook another 4 minutes, then add the leaves and cook until wilted (2-3 minutes)

Drain the potatoes and silver beet very well in a colander.

In a large heavy-based frypan, heat the oil over medium heat and add the leek or onion and cook gently for 5 minutes, now add the garlic and chilli flakes. Add the silver beet and potatoes and cook over medium heat, stirring often, and colouring the potatoes gently as they cook. Season with salt and plenty of freshly ground pepper.

This is great simply with a good piece of toasted bread or it works beautifully with steak or fish.

STICKY ASIAN PORK NECK

Havoc Pork gave me a huge piece of neck pork and asked me to create an irresistible dish so I came up with this recipe which is sticky and sweet with a hint of spice. It's a winner!

Serves 4-6

1.5-2kg pork neck

50g piece ginger, sliced

4 cloves garlic

1 long red chilli, halved

2 star anise

½ cup brown sugar

1 cup (250ml) Shaoxing (Chinese cooking wine)

½ cup oyster sauce

1 teaspoon Chinese five-spice

Method

Preheat oven to 200°C. Place the pork, ginger, garlic, chilli and star anise in a deep, heavy-based pan with a lid. Place the sugar, Shaoxing, oyster sauce and five-spice in a bowl and stir until the sugar has dissolved. Pour over the pork and place into a snug oven dish with tight fitting lid or cover tightly with tin foil. Cook for 30 minutes then reduce the temperature to 180C and continue to cook for further 1 ½ to 2 hours or until meltingly tender.

Remove the centre bone and slice, pour over any juices and serve with a refreshing fennel and apple slaw.

Thanks to the following vendors for their fantastic produce

QUICK BROWN FOX – coffee liqueur

SUNRISE BAKERY – sponge pieces

KAKANUI PRODUCE – silverbeet

HAVOC PORK – pork neck

EDMONDS FRESH FISH – groper

BUTLERS BERRIES – karaka berries



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



GROPER WITH FENNEL

Serves 4

¼ cup olive oil

2 heads fennel and leaves

4 potatoes, washed

2 lemons

4 cloves garlic

Sea salt flakes and freshly ground pepper

4 groper steaks

To serve homemade mayonnaise or aioli (optional but delicious)

Method

Heat oven to 200C, and place a roasting dish or something similar in the oven to heat up.

Cut fennel and potatoes into even sized wedges (about 1cm thick), place them in a bowl, squeeze over juice from 1 lemon, lightly squash the garlic cloves and add to potatoes. Season with salt and pepper and add 2 Tbsp olive oil. Toss to combine and tip onto the hot baking dish and spread out. Return immediately to the oven and bake for 10 minutes.

Season the groper steaks with sea salt and freshly ground pepper, drizzle over a little oil and rub in on both sides of fish.

Place on top of the potatoes and continue to bake until the potatoes are golden and tender and the fish is white and juicy (about 15 minutes).

Remove from the oven and serve the potatoes with the fennel and fish on top. Pick off little bits of the fennel leaves and scatter over the fish, drizzle over a little more oil and serve with a wedge of lemon and if using plenty of homemade mayonnaise.

QUICK BROWN FOX, KARAKA BERRY AND SPONGE PUDD!

This is a quick irresistible dessert showcasing some fantastic products at the market. Serves 4

300g karaka berries or any dark berry (black berry, black currants, boysenberry)

75g sugar

1 Tbsp cornflour

400g Sunrise bought sponge cake, sliced and torn

½ cup (80ml) espresso coffee, cooled

½ cup (80ml) coffee-flavoured liqueur (Quick Brown Fox coffee liqueur)

2 cups (500g) mascarpone cream

¼ cup icing sugar, sifted

finely grated dark chocolate, to serve

Method

Put the karaka berries and sugar into a suitable sized pot and gently warm through until the juices seep from these plump berries and the sugar has dissolved. Remove 2 tablespoons of the syrup and set aside.

Add the cornflour to the karaka berry syrup and mix well so no lumps are visible. Add the cornflour paste to the berries in the pot and stir constantly so the mixture thickens. Cook gently for another 2-3 minutes then remove from the heat. Cool slightly.

Press the sponge pieces into the bases of 4 x 1½ cup-capacity (375ml) glasses. Combine the coffee and liqueur and pour over the sponge pieces. Spoon over the thickened cooled berries.

Place the mascarpone, cream and icing sugar in a bowl and whisk until thick and spoon into the glasses.

Refrigerate for at least 30 minutes. Sprinkle with chocolate to serve.



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