



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday August 24<sup>th</sup>, 2013

### **BEETROOT RISsoles**

*I like to serve these with some refreshing Greek yoghurt mixed with a little garlic, lemon and chopped dill Serves 4*

#### **Ingredients**

200g fresh beetroot, cooked, peeled and coarsely grated  
2 spring onions, finely chopped  
3 Tbsp parmesan, grated  
240g feta cheese, crumbled or try a curd or goats cheese  
1 egg, beaten  
2 Tbsp dill, finely chopped  
2 Tbsp mint or parsley, finely chopped  
220g breadcrumbs/ gluten free crumbs  
60g plain flour/gluten free flour  
vegetable oil, for frying  
1 lemon  
Salt and black pepper

#### **Method**

Mix the beetroot, spring onions, cheese, egg and herbs together. Season, then mix in enough breadcrumbs to bind the mixture. Cover and refrigerate for 1 hour. Shape the mixture into small pieces, about the size of a mandarin, adding a little flour if the mixture is too wet. Season the flour and coat the balls in it. Heat the oil until hot, but not smoking, and fry the rissoles in batches for 2-3 minutes until golden all over. Remove with a slotted spoon and drain on paper towels. Serve hot with a squeeze of lemon and yoghurt sauce.

### **WATERCRESS, BEETROOT AND BEEF BACON SALAD**

*Yes I did say 'beef bacon' this is a new product from Origin Beef. It was originally inspired by the Jewish in America who of course cannot consume bacon as we know it! Serves 4*

#### **Ingredients**

150g beetroot, cooked until tender and peeled

#### **Dressing**

4 Tbsp extra-virgin olive oil  
1 Tbsp balsamic vinegar  
1 tsp Dijon mustard

#### **Salad**

100g watercress  
1 red onion, sliced into thin rounds (if possible)  
50g chopped walnuts  
100g Origin Beef-Bacon  
50g crème fraiche or soured cream  
½ - 1 tsp wild west wasabi (grated fresh horseradish available from Kutash organics)  
Sea salt and freshly ground black pepper

#### **Method**

Cover the beetroot well with cold water and bring to the boil, cook until the beetroot is tender right through (depending size about 30-40 minutes). Drain and cool, peel off outer skin with your hands. Cut the beetroot into thin rounds and place into large serving platter.

Make dressing and pour over beetroot whilst assembling remainder of salad. Set aside.

Heat a large fry pan up to hot, drizzle a little oil over the beef-bacon and fry quickly for a minute and then turn, season lightly with sea salt and remove from the heat and rest until you have assembled the salad.

For the salad, gently wash the watercress in cold water, removing excess stalks. Scatter the watercress over the beetroot and then place the beef bacon slices on top, add the red onion, walnuts and season lightly with sea salt and freshly ground pepper. Add small blobs of crème fraiche mixed with the horseradish. Serve immediately.



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

## CRUSTED SWEDE AND PUMPKIN

*This is a great way to liven up these hardy vegetables, and they make a fantastic vegetarian option.* Serves 4

### Ingredients

300g pumpkin, skin removed	Grated zest of 2 large lemons
300g swede, skin removed	2 cloves garlic
½ cup grated Parmesan	Salt and white pepper
3 Tbsp dried white breadcrumbs	¼ cup olive oil
6 Tbsp finely chopped parsley	½ cup sour cream
2 ½ tsp finely chopped thyme	1 Tbsp chopped dill
handful of watercress	

### Method

Preheat the oven to 180C. Cut the pumpkin and swede into ½ cm thick slices and lay them flat, cut-side down, on a baking sheet that has been lined with parchment paper.

Mix together in a small bowl the Parmesan, breadcrumbs, parsley, thyme, half the lemon zest, the garlic, a tiny amount of salt (remember, the Parmesan is salty) and some pepper.

Brush the swede and pumpkin generously with olive oil and sprinkle with the crust mix, making sure the slices are covered with a nice, thick coating. Gently pat the mix down a little.

Place the pan in the oven and roast for about 30 minutes, or until the swede and pumpkin are tender: stick a little knife in one wedge to make sure it has softened and is cooked through. If the topping starts to darken too much during cooking, cover loosely with foil.

Mix the sour cream with the dill and some salt and pepper. Serve the wedges warm, sprinkled with the remaining lemon zest, with the sour cream on the side.

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## Thanks to the following vendors for their fantastic produce

**JANEFIELD HYDROPONICS** – fresh dill

**GODDARDS** – swede

**ORIGIN BEEF** – beef bacon

**KUSTASH ORGANICS** – wild west wasabi (freshly grated horseradish)

**AQUARIUS GARDENS** – watercress

**WAIRUNA ORGANICS** – beetroot

**ROSEDALE ORCHARDS** – pears

**SUNRISE BAKERY** – fresh baked goods

**BRYDONE ORGANICS** – pumpkin



## PEAR FRITTERS, STRAINED YOGHURT AND HONEY

*Pears seem to be extra sweet and extra juicy this season. Try them served alongside strained yoghurt as it adds a luxurious note to this already divine pudding (it does however work just as beautifully with Greek yoghurt).*

350g Greek yoghurt

Pinch of salt

For the batter

65g plain white flour (or gluten free)

65g cornflour

200ml cold soda water

Sunflower oil, for frying

3 medium firm pears, peeled and cut into wedges (1cm)

4 tsp runny honey

1 lemon, juice

### Method

I allow a good day in advance to strain yoghurt. The idea behind this is to remove any excess moisture and to create a thick creamy paste which holds together. Place the yoghurt in a bowl and add a pinch of salt. Stir to combine and place in the center of clean piece of muslin or a suitable cloth which will allow the liquid to filter through, wrap into a ball and secure tightly with string. This now needs to hang – I used a chopstick, which fitted over a deep bowl.

The next day divide the strained yoghurt into four balls (about 50g each).

To make the batter - Put the cornflour and flour in a large bowl. Whisk in the soda water, stirring constantly, until the mix is smooth and runny, then sit the bowl in the fridge and leave for at least 10 minutes.

Pour enough oil into a medium saucepan so that it comes 5cm up the sides, and place over a medium-high heat. To test that the oil is the right temperature, put in a few drops of batter: if they sink to the bottom, then bounce straight back up with large bubbles, it's ready. Dip a couple of wedges of pears into the batter and then lower carefully into the oil. Fry for two to three minutes, until crisp, remove with a slotted spoon and transfer to a kitchen paper-lined plate. Repeat with the remaining pears. Serve the fritters with the yoghurt balls, a squeeze of lemon, and a drizzle of honey.

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*The Market Kitchen is powered by Nova LPG,  
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<http://www.novaenergy.co.nz/>*

