



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 31<sup>st</sup> August, 2013

### **SEARED SALMON, SAVOY CABBAGE AND LEMON DRESSING** Serves 4

#### **For the dressing**

lemon, zest and juice only

3 Tbsp olive oil

2 spring onions, thinly sliced

2 Tbsp chopped flatleaf parsley

Sea salt flakes and cracked pepper

#### **For the wilted vegetables**

1 Tbsp olive oil

300g savoy cabbage, finely sliced

1 tsp dill, chopped roughly

1 Tbsp butter

#### **For the salmon**

1 Tbsp olive oil

4 x salmon fillets, skin-on

1 lemon, zest and juice only

1 Tbsp butter

#### **Method**

**For the dressing:** Place half the lemon zest and all the juice into a bowl, gradually whisk in the olive oil, whisking continuously. Stir in the spring onions and parsley, season with salt and black pepper and set aside.

**For the cabbage:** Melt the butter in suitable sized pot or pan, add the sliced cabbage, season with generous amount of pepper and salt, and add the fresh dill, mix through and lightly cover with lid. Cook for 3-5 minutes or until cabbage has just wilted, yet still has vibrant colour and still crispy.

**For the salmon:** Heat a frying pan over a medium-high heat. Rub the olive oil into the salmon skin then place the salmon into the hot pan, skin-side down. Season the salmon with salt and black pepper. Cook for 2-3 minutes, until the skin is crisp and golden brown, then turn the salmon. Add the butter, lemon juice and zest to the pan and cook for a further 1-2 minutes, or until cooked to your liking.

Serve the salmon with the cabbage and spoon a little dressing over the fish.

### **AWARD WINNING BASECAMP REDWINE VENISON SALAMI WITH CABBAGE AND BEANS**

*Basecamps salami are best eaten natural, but when the weather still has that nip in the air you want a little more comfort in your diet then this is where this dish comes in. It can double as a thick hearty soup or stew. The combination of simple yet outstanding ingredients makes this dish truly memorable. Serves 6-8*

#### **Ingredients**

2 Tbsp olive oil

1 onion, sliced thinly

200-300g salami (Basecamp red wine and cracked pepper smoked venison salami)

2 garlic cloves, minced

1 ½ cups white wine

1 425g can of white beans (cannellini or haricot), drained

2 litres vegetable or chicken stock

1 litre water (approx.)

1 tsp salt, more to taste

300-500g savoy cabbage, quartered, then sliced into 4mm thick slices

2 bay leaves

#### **To serve**

1 cup chopped parsley, loosely packed

½ cup, freshly grated Parmesan cheese

#### **Method**

Heat the olive oil on medium-high heat in a large thick-bottomed pot. Add the salami, cutting it up into pieces as you put it into the pot in a single layer. When the salami has nicely browned, remove it with a slotted spoon and set aside.

Add the onion and sauté for 3-4 minutes, stirring often. Add the garlic and cook for another 1-2 minutes.

Add the white wine and the beans and bring to a rolling boil. Reduce to a simmer. Cover and cook for 10 minutes. If you want, for a thicker base, use an blender or potato masher to blend some (or all) of the beans and onions.

Add the water, stock, salt, cabbage, bay leaves and browned salami. Bring to a boil, reduce heat to a simmer. Cover and simmer for 10 minutes, then uncover and continue cooking until the cabbage is tender, about another 10-20 minutes.

To serve, sprinkle on chopped parsley and grated cheese.

## BEETROOT CAKE

*This cake is ruby red in colour and deep and rich in flavour. It is similar to a carrot cake in technique but more like a syrup cake in texture. Serves 6-8*

### Ingredients

50g butter  
100ml oil  
200g soft brown sugar  
200g self-raising flour  
1 tsp baking powder  
2 eggs  
300g grated raw beetroot  
1 medium apple (75g) grated  
½ tsp mixed spice  
75g toasted walnuts or hazelnuts (optional)  
Zest of one orange

### Glaze

200ml water  
150g caster sugar

### Method

Pre heat the oven to 180C

Heat the butter in a small pot until it browns and smells nutty. Add the oil, mix and leave to cool.

Whisk the eggs and sugar until pale and thick. Continue whisking and gradually pour in the oil and butter mixture so that it thickens up and emulsifies.

Sift the flour, baking powder and spice together and fold through the egg mixture.

Add the grated carrot and apple and remaining ingredients and mix gently together until just combined. Pour into a greased and lined tin. Bake for 40 minutes – 1 hour (or until a skewer comes out clean).

To make the syrup - heat the sugar and water in a small pot until the sugar dissolves.

Prick the cake all over with a skewer or fork and douse with the syrup so that the cake soaks it all up, this will add not only flavour but moisture.

Serve simply with natural yoghurt.

It will keep for at least 4 days.

## QUICK CARROT SALAD

*It is always great to have a few quick ideas up your sleeve and carrots are great for this. This simple little salad can be served with most things, and it's a great platform for adding other tasty ingredients. Serves 4-6*

### Ingredients

500g carrots, coarsely grated  
3 tablespoons rice vinegar  
1 Tbsp caster sugar  
salt to taste  
a thumb of ginger, peeled and finely grated

### Method

Combine rice vinegar, sugar and ginger. Pour over the grated carrot and add salt to taste. Stir to combine and serve.

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## Thanks to the following vendors for their fantastic produce

**BASECAMP SALALMI** – award winning red wine and cracked pepper smoked venison salami

**HARBOUR FISH** – salmon

**MCARTHUR BERRIES** – beetroot

**BRYDONE ORGANICS** – savoy cabbage

**GILBERTS FINE FOODS** – freshly baked bread

**WAIRUNA ORGANICS** - carrots



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