



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday September 7th, 2013

### **MIXED LEAF, APPLE AND FENNEL SALAD WITH BLUE CHEESE SAUCE**

*This salad is using up a bit of this and a bit of that from the growers and also utilising some great sauces and combinations from the menu. Easy! Serves 4*

#### **Ingredients**

200g chard, rocket, spinach leaves (or whatever combination you desire)  
1 apple, sliced into wedges  
½ red onion or 2 spring onions sliced thinly  
Sea salt flakes

#### **For the blue cheese sauce**

100g Greek yogurt  
50g sour cream  
50-100g blue cheese  
2 garlic cloves, crushed  
2 tbsp lemon juice  
3 tbsp olive oil  
½ tsp salt  
Small handful, finely chopped flat-leaf parsley leaves  
1 tsp finely chopped dill leaves

#### **Method**

Begin by making the sauce which is taken from the sauce used for the fritters and set aside. Wash and dry the lettuce well, place onto a large platter. Scatter over the sliced apple and onion, season lightly with salt and a light squeeze of lemon juice. Toss lightly to combine. Generously drizzle over blue cheese sauce and enjoy!

### **ROASTED PUMPKIN WITH HERBS**

*Pumpkins are coming to an end so one last easy recipe to celebrate this mighty vegetable. Pumpkins love a bit of spice and they love a cooling sauce - both complement the velvety sweet flesh of pumpkins. Serves 4*

#### **Roasted Pumpkin**

800g pumpkin, de-seeded and skin removed  
4 Tbsp olive oil  
2 red onions, sliced into thick wedges  
8 cloves garlic, left in skin, slightly squashed  
Generous pinch dried chilli flakes, or 2 whole dried chillies  
1 tsp cumin seeds  
½ tsp coriander seeds, lightly crushed  
4 gratings fresh nutmeg  
Sea salt and freshly cracked black pepper

#### **Tahini sauce**

100 ml greek yoghurt  
2 Tbsp sour cream or crème fraiche  
1 lemon, juice of ½  
2 Tbsp tahini paste  
2 Tbsp parsley, roughly chopped  
  
1 Tbsp coriander, roughly chopped  
Salt  
2 Tbsp extra virgin olive oil

#### **Method**

Preheat oven to 190C and place a large roasting pan in the oven to heat up. Cut the pumpkin into 8 even sized wedges and place into a large bowl. Add the garlic, onion, oil, spices and seasoning, toss together to coat the pumpkin well. Place a large piece of baking paper onto the tray and pour the contents including all the seeds onto it spreading the pumpkin out so it evenly bakes. Cook the pumpkin for about 20 minutes or until it is golden brown and caramelised and the flesh is tender.

Whilst the pumpkin is cooking make the refreshing sauce. Add the yoghurt and sour cream into a bowl, add the tahini, lemon juice and season lightly, mix well to combine. Add the herbs and half the amount of olive oil and stir to combine. Taste and adjust if necessary. Put into a clean serving bowl and drizzle over the remaining oil. Chill until required.

To assemble: When the pumpkin is cooked place onto a large platter, ensuring all the toasted seeds, roasted garlic and sweet onions are scattered over the pumpkin. Drizzle any fragrant oil over as well and serve with the creamy yoghurt herb sauce.

*The Market Kitchen is powered by Nova LPG,  
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## LEEK AND BLUE CHEESE FRITTERS

Serves 4

### For the sauce

100g Greek yogurt  
50g sour cream  
50g blue cheese  
2 garlic cloves, crushed  
2 Tbsp lemon juice  
3 Tbsp olive oil  
½ tsp salt  
handful flat-leaf parsley, finely chopped  
1 tsp finely chopped dill leaves

### For the fritters

3 leeks (450g trimmed weight)  
1 small onion, diced finely  
140ml olive oil  
25g parsley, finely chopped  
1 tsp ground cumin  
½ tsp ground turmeric  
1 tsp sugar  
½ tsp salt  
1 egg white  
120g self-raising flour  
1 tbsp baking powder  
1 egg  
150ml milk  
55g unsalted butter, melted

### Method

To begin start with the sauce. Put all the sauce ingredients into the bowl of a food processor, blitz the mixture until it is well combined and almost smooth, set aside. Cut the leeks into thickish rounds, rinse and dry. Over medium heat, sauté the leeks and onion in a pan with a generous glug or two of oil until soft - about 10-15 minutes (remember you are trying to soften them not colour them) - then transfer to a bowl and add the parsley, dill, spices and salt. Leave to cool.

In a large bowl, mix the flour, baking powder, egg, milk and butter to form a batter, mix through the cooked leeks and onion.

Whisk the egg whites until stiff and gently fold through leek mixture.

Put two tablespoons of oil in a frying pan over medium heat. Spoon the mixture into the pan to make fritters, large (8) or small (16) and fry for two to three minutes a side, until golden and crisp. Transfer to kitchen towel and repeat, adding oil as needed, until the mixture is used up.

These are definitely best served warm with the creamy sauce generously served with these. I also like to add a peppery green salad as this contrasts well.

## PORK AND FENNEL SAUSAGES WITH APPLE AND FENNEL SALAD

*Now that the evenings are getting lighter and the sun higher we are thinking BBQ's and Havoc's plump sausages work a treat, but let's mix it up with a fresh, crisp salad like the one below.* **Serves 4**

### Ingredients

4-8 pork and fennel sausages  
**Apple and fennel salad**  
30 ml olive oil  
1/3 cup cider vinegar  
2 tsp sugar  
1 clove garlic, finely chopped  
2 tsp yellow mustard seeds  
2 shallots, or 1 medium red onion, finely diced  
1 bulb fennel, finely sliced  
2 tsp fennel leaves, roughly chopped  
2 tart apples, cored and cut into wedges

### Method

Preheat the BBQ or Grill in the oven to medium-hot.

Place the plump sausage directly onto the grill and cook, rotating often so that they are golden all over and cooked through (12-15 minutes).

Whilst they are cooking make the salad: Begin by making the dressing, adding the oil, vinegar, sugar, mustard seeds and garlic together in a medium sized bowl. Stir to combine and set aside.

As soon as you cut the apples place directly into the dressing and toss to coat (this will help discolouration). Continue by adding the finely sliced fennel, shallots or red onion and fennel leaves. Season lightly with sea salt flakes and stir gently.

To serve, place the cooked pork and fennel sausages onto a platter and serve with the crisp, fragrant salad alongside. As simple as that!

## Thanks to the following vendors for their fantastic produce

**Sunrise Bakery** – fresh baked goods

**Havoc Pork** – pork and fennel sausages

**Janefield Hydroponics** – mixed bags of greens (chard, rocket, spinach)

**McArthurs Berry Farm** – leeks

**Evandsale Cheese** – bay blue cheese

**Brydone Organics** – fennel

**Harwarden Organics** – apples and pears

