



Recipes for Saturday 14th September, 2013

CHILLI CHOCOLATE BEEF Serves 4-6

600-800g minced beef
salt and freshly ground black pepper
2 medium onions, diced
5 garlic cloves, halved
3 tinned chipotle peppers in adobo, chopped (if possible) or 1 Tbsp good quality smoked paprika and 1 -2 tsp chilli powder
1 jalapeno, chopped (or green hot chilli) - jar variety will work also
1 425g can whole tomatoes
2 Tbsp ground coriander
1 Tbsp ground cumin
1 Tbsp sweet paprika
1 Tbsp dried oregano
1/4 tsp ground cinnamon
1 tsp sugar
2x 425g tins kidney beans, drained and rinsed
1 – 2 Tbsp grated unsweetened chocolate
3 cups grated Cheddar, for serving
12- crisp lettuce leaves
Sour cream (optional)

Method

Heat a large pot to hot and add the oil, add the minced beef breaking it up as you go. Allow to colour up and continue to mix it so that the minced meat breaks up. Add the onions, garlic, spices, chipotles, and jalapeno (if using). Crush the tomatoes and add to the pot along with the tomato paste. Simmer until the meat is tender and the flavour has deepened, about 30 minutes. As it cooks down, add more water if necessary. Add the next layer of flavour by stirring in the beans. Season with salt and pepper and simmer for another 15 minutes, stirring occasionally. Partially

cover the pot so the steam does not get trapped under the lid and drip down into the chili making it watery. In the last 5 minutes of cooking, stir in the grated chocolate.

Garnish each serving with grated Cheddar, crisp lettuce leaves and generous blob of sour cream. You can certainly add tortillas or tacos if desired.

SPICED CAULIFLOWER SOUP

1 onion, finely sliced
2cm piece ginger, grated
1 green chilli, sliced
1 garlic clove, crushed
large head cauliflower, broken into florets
1 tsp ground cumin
2 tsp ground coriander
4 cardamom pods, split and seeds crushed
1 tsp ground turmeric
450ml chicken or vegetable stock
4 Tbsp natural yogurt
2 Tbsp ground almonds
1 tsp garam masala

Method

Heat 2 tsp oil in a pan then cook the onions with a pinch of salt until really softened and golden, about 10 minutes. Add the ginger, chilli and garlic and cook for another few minutes until fragrant add the cauliflower, and spices then cook stirring for 2-3 minutes. Add the stock, cover then simmer for 20 minutes Blend until smooth. Stir together the yoghurt and almonds then add to the pan. Add the garam masala and simmer for 5 minutes before serving.



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LABNE WITH SEASONAL VEGETABLES

This is a great way to bring a bit of freshness and variety to your table or dinner party. Feel free to mix up the vegetables as you may have different vegetables on hand. Serves 6-8

3 carrots, peeled & cut into batons, great either raw or lightly cooked
12 yams, scrubbed and either roasted or boiled until tender
4 small waxy potatoes, boiled or baked whole until tender, cut into wedges or rounds
2 medium beetroot, roasted in foil, then peeled & cut into wedges
1 broccoli, blanched for 1 minute, refreshed
1 cup cauliflower, cut into florets

FOR THE LABNE

500 g plain unsweetened yogurt
big pinch of salt
2 Tbsp extra virgin olive oil
1 Tbsp chopped parsley
2 sprigs fresh thyme, finely chopped

Method

Firstly make the labne (strained yoghurt). 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 centre 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 or tie it to the shelves in your fridge.

Remove the strained cheese (labne), which will be thick, from the cloth, and put it into a bowl. Discard the whey liquid. Fold through the fresh herbs and drizzle with extra virgin olive oil and a pinch of sea salt. Set aside in the fridge until required.

To assemble: I use either a large platter or clean wooden board to present this vegetable medley.

Scatter the vegetables over the platter so that some are in clumps, some are scattered and some are placed so that they add bursts of colour (beetroot is great for this) and the flavour adds a wonderful contrast. Spoon the herbed

labne directly onto the vegetables so that you can easily access it around the platter, and a last sprinkle of sea salt flakes to finish it off.
Warm pitas make a lovely addition to this delightful platter.

BAKED EGGS Serves 4

2½ Tbsp butter
2 ½ tsp freshly chopped thyme leaves
8 eggs, preferably free-range or organic
4 Tbsp cream
sea salt flakes and freshly ground black pepper

Method

Preheat the oven to 180C

Rub the inside of 4 ramekins with the butter and then season with the thyme, distributing both equally amongst the ramekins. Add 2 eggs to each, season with salt and pepper. Place the ramekins in a baking dish, spoon over 1 Tbsp cream per ramekin and pour water into the baking dish until it is halfway up the sides of the ramekins. Carefully place the baking dish in the pre-heated oven. Bake eggs for 15 minutes, or until set and golden on top. Eat and enjoy!

Thanks to the following vendors for their fantastic produce

GILBERTS FINE FOODS – freshly baked goods

SPECKLED HEN – free-range eggs

GODDARDS – cauliflower and broccoli

ORGANICLAND – organic minced beef

OCHA – chocolate

KAKANUI TASTY TREATS – jersey benne potatoes

MCARTHURS – beetroot and carrots



*The Market Kitchen is powered by Nova LPG,
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