



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 19th October, 2013

WARM VENSION, BEETROOT AND SILVERBEET SALAD Serves 4

- 1 Tbsp fresh rosemary leaves, chopped finely
- 1 tsp cracked black pepper
- 450 g venison fillet
- 1 Tbsp butter
- 1 Tbsp oil
- 250 g silver beet or baby spinach, washed and drained well
- Handful flat leaf parsley, leaves only
- 1 large beetroot, boiled or roasted, peeled and diced
- 1 red onion, sliced thinly
- 2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- Sea salt flakes and cracked black pepper

Method

Begin by separating the leaves from the stalks from the silver beet. Bring a medium sized pot with salted water to the boil. When boiling add the silver beet stalks and cook for 2 minutes, then add the leaves and cook for 1 minute further. Drain immediately and cool. Rub all the chopped rosemary over the venison fillet with sea salt and freshly ground black pepper. Place butter and oil in a frying pan over high heat, add the venison and sear for about 4-5 minutes each side. Remove from heat and cover with foil, rest for 5 minutes. In a bowl add the silver beet leaves and stalks, beetroot, onion and season lightly with salt and cracked pepper, drizzle over a little dressing and toss lightly to combine. Place onto a warm plate, and slice the venison thinly across the fillet. Place onto the warmed silver beet salad and mix a teaspoon or two of Bouche's Cherry Pinot sauce with two tablespoons of the balsamic dressing, mix well and drizzle over venison and serve immediately.

OMELETTE– THIN AND FULL OF GOODIES Serves 1-2

This is a great idea to add a healthy (gluten free) option for lunch or a light fresh dinner.

- 2 large (preferably organic) eggs
- Pinch salt, and cracked pepper
- a few tablespoons of chopped chives
- a dollop of pesto, scattering of olives or a fresh chopped tomatoes (when in season)
- feta cheese, parmesan or your favourite variety
- a small handful of mixed salad greens, herbs etc

Method

Use a fork to beat the eggs and salt in a small bowl. Beat well, until the eggs are well combined but not frothy. In your largest non-stick fry pan over medium heat and pour the egg mixture and give it a good swirl so that they spread out thinly across the entire pan. Sprinkle the eggs with some of the chives and let them set, this happens quickly depending on the heat of your pan - 15 seconds to one minute. Run a spatula underneath the omelet and slide it out of the pan (flat) onto a chopping board. Spread the pesto across the surface of the omelet, and then sprinkle with the cheese and salad greens. Starting with one end, roll the omelette away from you (as if you are rolling a wrap) Cut in half on a deep diagonal. Season with a bit more salt if needed and a grind or two of pepper. *Fillings are completely up to you, I have even used cooked prawns, ham or grated carrot and sprouts.

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



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HOW TO POACH RHUBARB

Rhubarb is back and getting comfortable with this technique is a great asset as you will be able to turn this into so many great dishes.

450g rhubarb

110g caster or soft brown sugar

Method

150C

Slice the rhubarb into 2.5cm lengths and lay in an ovenproof dish (one that will fit the rhubarb in a fairly tight single layer).

Scatter over the sugar.

Bake the rhubarb for 15-20 minutes, until it is almost (but not quite) cooked through.

Take the dish out of the oven, turn the rhubarb pieces and leave to cool. The rhubarb will finish cooking as it cools.

This will keep in the fridge for up to 3 days.

Thanks to the following vendors for their fantastic produce

RED TUSSOCK VENISON – wild venison

GILBERTS FINE FOODS – fresh baked goods

BOUCHE – cherry pinot sauce and many more

WAIKOUAITI GARDENS – organic eggs and outstanding plants

GODDARDS – silverbeet

MCARTHURS BERRY FARM – carrots

BUTLERS BERRIES - rhubarb



CARROT AND CARDAMON CAKE WITH ORANGE CREAM

Serves 8-10

This cakes works well with the end of season carrots, with the addition of fresh orange it lifts the flavour and adds moisture to this golden cake.

150g light brown soft sugar

250ml sunflower oil

3 eggs (medium) beaten

1 tsp cardamom

¼ tsp ground ginger

Pinch of freshly grated nutmeg

¼ tsp ground cinnamon

1 orange, zest and juice

¼ cup golden sultanas (optional)

300g flour

2 tsp baking powder

3 carrots (about 250g) grated

Method

Preheat the oven to 180C

Lightly grease a 23cm spring form cake tin and line with baking paper.

Beat the sugar, oil and eggs together in a large bowl. Add the orange zest and juice from one orange, add the sultanas (if using) along with the carrots. Sift the flour and spices together and add to the carrot and orange mixture, combine gently and do not over mix.

Pour into the prepared cake tin and bake for 45 mins – 1 hour or until a skewer comes out clean. Remove from the oven and cool in the tin for 10 minutes before carefully turning out on to a wire cooling rack to cool.

To make the icing, for this cake I really like the creamy taste and texture of mascarpone, if using mascarpone I don't use a mixer I mix it by hand. Place the mascarpone, orange zest and icing sugar together and whip well with a spatula until lump free and combined.

Generously spread over the top of the cooled carrot cake.

If not eating it will keep covered in the fridge for 2 days.

Icing

250g mascarpone (or cream cheese)

1 orange, zest

Pinch nutmeg

1 tsp orange juice

50g icing sugar