



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday October 26th, 2013

NEW SEASON'S POTATOES WITH FRESH MINT SAUCE

Nigel from Brydone is at the market, and we are blessed with their new potatoes.....

1 kg new season potatoes, washed well

Pinch salt

2 handfuls fresh mint

1 Tbsp red wine vinegar

1-2 Tbsp sugar

2 Tbsp olive oil

Method

Put the potatoes into a suitable size pot and cover with cold water, add the salt and bring to the boil. Reduce the heat to a gentle simmer and cook until the potatoes are tender (20 minutes), drain and return to pot.

Meanwhile remove stalks from the mint and place the leaves into a mortar and pestle, add a pinch of sugar and mash until you get a coarse paste, or alternately chop by hand until you get the same results. Add the red wine vinegar, pinch of salt and oil. Taste, you will more than likely have to get the balance of sweet/minty and vinegar right, adjust as necessary.

Pour the mint sauce over your potatoes and toss gently. Serve at once!

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



Follow Alison on face book
—Alison Lambert taste of my life—
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BRAN AND APPLE MUFFINS

Makes 6-10 large muffins or 12- 15 medium

2 cups flour

2 cup bran

¼ cup brown sugar

1 tsp cinnamon

1 tsp (heaped) baking soda

½ cup natural yoghurt

½ cup oil

2 eggs

¼ cup milk (approx.)

1 tsp vanilla essence

4 apples, either grated or chopped into small pieces

Method

Preheat oven to 190 degrees C. Grease a 12 cup muffin pan.

In a medium bowl, mix flour, baking soda and cinnamon.

In a large bowl, beat together oil, sugar and eggs until smooth. Mix in vanilla. Stir in apples, and gradually blend in the flour mixture. Spoon the mixture into the prepared muffin pan.

Bake 20 minutes in the preheated oven, or until a toothpick inserted in the centre of a muffin comes out clean. Allow to sit 5 minutes before removing muffins from pan. Cool on a wire rack.

Thanks to the following vendors for their fantastic produce

WAITAKI BACON AND HAM – ham

BOUCHE – home made preserves

BRYDONE ORGANICS – Jersey benne potatoes, fennel

JANEFIELD HYDROPONICS – selection of fresh leaves and herbs

ROSEDALE ORCHARD – apples

SUNRISE BAKERY – fresh baked goods

MCARTHURS BERRY FARM – leeks and carrots



WAITAKI HAM AND LEEK PIE

This recipe is my version of the perfect pie which is delicious with Waitaki's award winning ham. Serves 8-10

250-300g ham off the bone, sliced	2 tablespoons finely chopped parsley
Salt	150 g gruyere cheese, sliced thinly
Extra virgin olive oil	freshly ground pepper
1 tbsp dijon or grain mustard	olive oil pastry
¼ cup crème fraiche	200 g plain flour
1 tbsp oil	½ teaspoon salt
1 tbsp butter	1.5 tbsp extra virgin olive oil
2 leeks, finely sliced	½ cup cold water
¼ tsp fresh tarragon leaves	¼ tsp sea salt flakes for top of pie

Method

Begin by making the pastry, whiz flour and salt in a food processor. Drizzle in oil and then water.

Process for about 1 minute until mixture forms a ball.

Transfer to a floured work surface and knead for 2-3 minutes until supple and smooth.

Put into a bowl, cover with a clean cloth and refrigerate for at least 1 hour.

Add the butter and oil to a medium fry pan and add the leeks and finely chopped tarragon (if using) and cook gently without colouring for 5 minutes, season lightly with salt and cracked pepper. Cool, set aside.

Mix the crème fraiche with the mustard and set aside.

Preheat the oven to 200C

To Assemble:

Divide the pastry into two and roll one round of pastry about 25cm diameter (size of large dinner plate). Roll second half so that it is a little larger in size about 20cm diameter (this is the top).

Lightly oil a large baking sheet and place the smaller of the two rounds on the tray. Spread the crème fraiche mixture over the base allowing 2 cm from the edge. Scatter over the cooked leeks.

Place the sliced ham over the leeks and finally add the gruyere cheese.

Place the second round over the pie and allow the pastry to fall over the mixture.

Seal edges, then fold extra pastry from base to over sealed edges and press together.

Pierce top here and there with a fork and drizzle with 1 tablespoon oil.

Scatter with the sea salt and bake in preheat oven for 30-40 mins or until golden and pastry is cooked.

Remove from oven and cool for at least 10 minutes before cutting.

Enjoy!

BEAN, CHICKPEA AND CARROT SALAD

Adding pulses to salads adds wonderful texture and helps fill the tummy.

They are high in protein and great on the pocket. With regards to the vegetables added feel free to mix and match with what is available in your kitchen.

Serves 4

1 leek, sliced thinly and washed and drained

¼ cup olive oil

¼ tsp fennel seeds, crushed

2 carrots, grated

1 fennel bulb, sliced thinly

1 (390g) tin chickpeas, drained and rinsed

1 (390g) tin butter beans or cannellini, drained and rinsed

2 lemons, juice

1 tsp sumac

Handful rocket, parsley roughly chopped

Method

Heat a large fry pan over moderate heat, add the oil and cook the leeks until soft (about 3 minutes), add the fennel seeds and juice from the lemons, add the carrots and fennel and cook for a further 2-3 minutes. Season with salt and pepper and set aside.

Put the drained cooked beans into a large serving bowl and mash lightly with a fork or masher so some of the beans break up. Add the leek mixture and all the oil as this is your dressing, mix well. Add the rocket, parsley and fennel leaves, sprinkle in the sumac and season once again. Taste and adjust if necessary.

Best eaten at room temperature