



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

Recipes for Saturday November 2nd, 2013

FRESH LEAF SALAD WITH APPLE, POTATO AND SPROUTS Serves 4

- 1 small lemon
- extra virgin olive oil
- sea salt
- freshly ground black pepper
- selection of fresh leaves -1 handful rocket, 1 bunch watercress, 1 cos (up to you)
- 1 small handful living shoots (Koau flowers)
- 2 apples, quartered, cored and finely sliced
- 6 cooked jersey benne or salad potatoes

Method

Squeeze the lemon juice into a small bowl, add three times the amount of extra virgin olive oil, season with salt and pepper, then mix well to emulsify.

Add the rocket, watercress, sprouts, apples and potatoes to a large bowl. Drizzle over enough dressing to completely coat the ingredients, add the herbs, toss again and serve.

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—
or at her blog www.tasteofmylife.com

WARM JERSEY BENNE SALAD

This warm salad is a great way to add a bit of a zing to your meal as the dressing is punchy and the leaves are peppery with the added twist of creamy new season potatoes.

Serves 2-4

- 500g Jersey Benne potatoes
- 1-2 spring onions, sliced thinly
- Handful of rocket and spinach
- 1 Tbsp flat leaf parsley leaves
- 1 Tbsp mint leaves
- 1 Tbsp chives, cut into long lengths
- Dressing
 - 1 tsp Dijon mustard
 - 1 tsp grain mustard
 - 2 Tbsp red wine vinegar
 - 6 Tbsp extra virgin olive oil
- Sea salt flakes and plenty freshly ground pepper

Method

Bring a medium sized pot 2/3 full of lightly salted water to the boil. Wash and scrape potatoes and add to the water and bring back to the boil. Reduce the temperature so that they are just on a gentle boil and cook until tender (about 15-20 minutes).

Whilst the potatoes are cooking put all the ingredients for the dressing together in a small bowl and mix to combine, season with a pinch of salt and set aside.

Pick through the herbs and leaves discarding any long stalks and discoloured leaves and place into a serving dish. When the potatoes are cooked drain and add to the leaves, drizzle over the dressing and add a generous grind or two of pepper. Toss gently to combine and to allow the greens to lightly wilt and for the dressing to soak into the potatoes.

Serve alongside almost anything.

TOMATO AND ONION SALAD

Serves 4

1 onion, thinly sliced
1 lemon, juice
½ tsp sugar
4 tomatoes, sliced
Pinch or two dried chilli flakes
2 garlic cloves, finely chopped
2 Tbsp malt or red wine vinegar
1 tsp caster sugar

Method

Squeeze the lemon juice over the onions, add ½ tsp sugar and pinch of salt and let sit for 5 minutes or so.

Arrange the tomatoes on a plate, then scatter over the drained onions. Mix the chilli and garlic with the vinegar and sugar, then season with salt. Drizzle over the salad just before serving.

This can be prepared and chilled up to 1 hour ahead, but dress just before serving

CARDRONA MERINO SAUSAGE PASTA

Using sausages in pasta makes life a lot easier and it saves considerable time as you don't have to worry about seasoning the meat, getting the right consistency etc as it is all done for you. It is also easy to do variations on this dish as there is a vast array of tasty sausages on the market. Tomatoes and greens can all be altered to suit your mood and season **Serves 4**

4 Cardrona merino lamb sausages
1 onion, thinly sliced
1 clove garlic
2-3 tomatoes, roughly cut
Olive oil for cooking
Handful fresh spinach, rocket or cavalo nero (optional)
Salt and freshly ground pepper
Freshly grated parmesan cheese
500g fresh or dried pasta, penne, orecchiette etc

Method

Start by 2/3 filling a large pot with heavily salted water and bring to a rolling boil.

Meanwhile heat a large fry pan up with a dash of oil, and remove the meat from the sausages by simply squeezing the meat out of one end so they form little meatballs. Add them to the fry pan and cook for a couple of minutes or until golden, add the onion and cook for a couple of minutes, add the garlic, and tomatoes and toss through with the sausage. Allow to fry for another minute so the tomato starts to colour and caramelises a little. Add ¼ cup water to loosen up the tomatoes and to get all the tasty bits off the bottom, reduce until thick and glossy.

Add the pasta to the boiling water and give a brief stir to ensure it doesn't stick. If using fresh pasta it will only take about 3-5 minutes (always check the packet for times), if using dried it will take considerably longer.

When your pasta is cooked drain away 90% of the cooking liquid and reserve the remaining. Add your spinach or greens to the sausage mixture and toss well to combine, add the pasta and a little of the cooking water this will loosen the sauce so that it clings comfortably to the pasta – add more liquid if needed. Season well with salt and fresh ground pepper and generously grate over plenty of parmesan cheese. Serve immediately.

Thanks to the following vendors for their fantastic produce

CARDRONA MERINO LAMB – Lamb, honey and mint sausages

AQUARIUS GARDENS – fresh herbs and leaves

WAIRUNA ORGANICS – new season onions (5 varieties)

BRYDONE ORGANICS – Jersey Benne potatoes

KAKANUI TASTY TREATS – tomatoes

KOAU FLOWERS – living sprouts

JUDGE ROCK WINES – Central Otago wines

