



Otago Farmers Market

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

Recipes for Saturday November 23rd, 2013

PORK RIBS

I have made this recipe many times and it always pulls through. If you have the time put the rub on the raw bones and let sit for at least 2-6 hours and bake covered for about 2 hours on 150C or otherwise do my faster version below. Serves 4

1.5 -2kg (At least 4-6 ribs each)

Rub

1 cup packed brown sugar

2 Tbsp salt

2 tsp sweet smoked paprika

2 tsp cayenne pepper (reduce if using for children)

2 tsp garlic powder

1 tsp ground allspice

¼ tsp chilli flakes (omit if for children)

Method

Place the bones into a large pot suitable to hold the bones, cover with cold water and bring to the boil. Cook for 10 minutes and then drain and cool.

Meanwhile combine all of the rub ingredients in a medium bowl.

Line a baking tray with greaseproof paper or tin foil (it will make it a lot easier to clean).

Rub the spareribs on all sides with the spice rub. Put on the baking sheet and wrap in cling film. Refrigerate for at least 2 hours or ideally as long as possible.

Preheat either your BBQ or grill on your oven to medium- hot as you are wanting to get that wonderful grilled, smoky caramelized look and taste. Place the ribs onto or under the hottest part of the grill and cook for 2 minutes, turn the ribs cook for another 2 minutes.

Now turn the oven to 190C on bake for at least 30 minutes to 1 hour, you want the bones to be tender almost to the point where the meat is about to fall from the bones.

Serve and enjoy!

ASPARAGUS, BROCCOLI AND BUCKWHEAT SALAD

I adore salads like this full of seasonal flavour, textures and nutrients. If you can't easily obtain buckwheat it works beautifully well with cracked wheat or couscous.

Serves 4

250g raw buckwheat groats

3 Tbsp red wine vinegar mixed with 6 Tbsp olive oil

Extra virgin olive oil

1 head broccoli, separated into small even sized florets

500g asparagus spears, woody ends removed

Sea salt and freshly ground pepper

Olive oil, for cooking

Zest of 1 lemon and juice

2 spring onions (white and green parts), thinly sliced

Handful of fresh parsley and dill leaves, finely chopped.

Method

Cook the buckwheat in salted water until al dente (about 20-30 minutes). Drain.

Pour over red wine mixture and allow the buckwheat to absorb this, whilst cooling.

Season lightly with salt.

Put a medium sized pot on with plenty of salted water and bring to the boil. When boiling, add the prepared broccoli and cook for 1 minute. Drain immediately and refresh under cold water. Drain.

Preheat the oven to 200C and prepare the asparagus for roasting. Toss the asparagus in a little oil and salt and pepper and place onto a baking tray.

Roast for 10 minutes, until the asparagus is cooked through and lightly browned.

Add the cooked broccoli and roasted asparagus to the buckwheat, add the spring onions, herbs and lemon zest and juice. Add enough olive oil to moisten the buckwheat. Season with salt and freshly ground pepper. Mix to combine and serve.

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



STRAWBERRIES AND CREAM MILLE FEUILLE

It's a time to celebrate as the first of the strawberries are here and this dessert is an easy way to impress. **Serves 8**

400g butter puff pastry

For brushing: eggwash

For dusting: pure icing sugar

500g (2 punnets) fresh strawberries

4 Tbsp icing sugar

250g mascarpone

250 ml cream, lightly whipped

1 orange, zest and 1 tsp juice

Method

Preheat the oven to 200C.

Roll pastry into a 20cm x 28cm rectangle, then cut into 8 even rectangles. Transfer to a lined baking tray, put into the fridge for at least 15 minutes. Brush with eggwash and bake until golden and puffed (15-17 minutes), then cool.

Slice the strawberries into 3-4 mm thick slices and place into bowl along with 2 tablespoons icing sugar and orange juice. Let the strawberries macerate for at least 30 minutes – 1 hour this will allow the natural juices to seep.

Put the mascarpone into a suitable sized bowl and mix with the orange zest and 1-2 tablespoons of icing sugar. Gently fold through the whipped cream and if not using immediately store covered in the fridge.

Split each pastry rectangle into 3 layers. Pipe or spoon the mascarpone cream onto base and middle layers, top with the juicy strawberries, then stack on one another, sandwich with tops, dust with icing sugar and serve



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

CHOCOLATE AND HAZELNUT TRUFFLES

When you combine locally artisan made Ocho Chocolate with velvety smooth and aromatic Corydon Hazelnut oil you create quite a show-stopper!

MAKES 250g

75ml cream

200g Ocho 66% chocolate

1 Tbsp hazelnut oil

Best quality unsweetened cocoa powder – to coat

Or crushed toasted hazelnuts - to coat

Method

In a saucepan boil the cream until it reduces to tablespoons. Remove from the heat and stir in the chocolate until melted. Add the oil and stir gently to combine, then pour into a large plate or serving dish. Put into the fridge for approximately 45 minutes until chilled and set.

With a teaspoon scrape across the chocolate so that it forms a rough truffle shape, in large curls, not round balls!

Roll them in cocoa, nibs, or crushed hazelnuts.

Store in the fridge for at least half an hour before serving.

Thanks to the following vendors for their fantastic produce

BUTLERS BERRIES – fresh strawberries

ARDROSS FARM – fresh asparagus

JANEFIELD PEONIES AND HYDROPONICS – fresh dill, parsley and spring onions

OCHO CHOCOLATE – locally made chocolate

CORYDON GROVE– hazelnut oil, toasted hazelnuts

BRYDONE ORGANICS – broccoli

HAVOC PORK – spare ribs

