



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 7th December, 2013

STEAK WITH PERSILLADE

Persillade is a simple mixture of parsley, shallots and garlic which is a classic French finishing touch to many a dish! Serves 4

4 x 225g porterhouse steak, 2cm thick
2 pinches of salt
1 Tbsp coarsely ground black pepper
2 Tbsp olive oil
65g butter

Persillade

1 handful of fresh parsley
½ medium shallot
1 garlic clove

Method

Prepare the steaks by seasoning them with salt and pepper and oil, pressing it firmly into the steaks on each side.

Prepare the persillade by finely chopping the parsley, shallot and garlic and mix them together. Set aside.

Heat a large heavy-based pan on a medium-high heat. Place the steak into the hot pan and cook without touching it for 1 ½ minutes on each side for rare, 3 minutes for medium rare or 4 minutes for medium. Add the butter and let it go foamy and the aroma goes nutty. Spoon over the steak and remove the steak when cooked and put onto a warm plate and keep warm so you can finish off the sauce.

Quickly add the persillade to the pan. Then add the water and lemon juice and simmer for 10 seconds. Pour over the persillade and meat juices over the steak and serve right away

QUICK CUCUMBER SALAD

Serves 4

60 ml (¼ cup) extra-virgin olive oil, plus extra to serve

1 lemon, juice only

1 tbsp thick plain natural yoghurt

1 garlic clove, finely chopped

1 cucumber, semi-peeled, halved lengthways, seeds removed

¼ onion, thinly sliced

½ cup each of coarsely chopped mint and dill

Method

Combine olive oil, lemon juice, yoghurt and garlic in a large bowl, season to taste and set aside. Coarsely chop cucumber, add to bowl with onion and herbs, toss to combine and serve.

NEW SEASON'S POTATOES AND CARROTS COOKED IN PAPER

Per person - 4-6 small new season carrots, scrubbed and ends removed

4 small potatoes, washed

2 garlic cloves, crushed

2 sprigs of fresh thyme

1 Tbsp extra virgin olive oil

Sea salt and freshly ground black pepper

Method

Preheat the oven to 200C

Place the carrots, potatoes garlic, thyme and oil in a bowl, season well and toss to coat.

Cut a square of baking paper large enough to hold the carrots comfortably (up to 4 servings per bag) and fold in half to make a crease. Unfold it and lay the carrots and potatoes on one half along with the oil and herbs etc. Bring the other half of the paper over the carrots so both ends meet. Fold the edges tightly to form a pillow like shape. Make sure that the package is well sealed.

Place onto a tray and bake for 30-40 minutes. The package will puff up like a pillow. Serve immediately and open at the table.

*The Market Kitchen is powered by Nova LPG,
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RHUBARB YOGHURT CAKE

This cake is light and fluffy and will work so well with the oncoming array of summer fruits. serves 6-8

150g (2 stalks) rhubarb	½ cup milk
¼ cup sugar	2 cups plain flour
Zest 1 orange and juice	1 cup white sugar
75g butter, melted	1 ½ tsp baking powder
2 eggs	2 Tbsp white sugar for dusting
½ cup unsweetened natural	yoghurt

Method

Preheat oven to 180C

Begin by roasting the rhubarb - cut into finger length size, place in a suitable sized oven dish, sprinkle with the sugar and squeeze over the orange juice. Cover with foil and bake for 15-20 minutes or until the rhubarb is just tender. Cool.

Grease and flour a 35cm by 13 rectangular tart in or 18cm round tin with removable bottom.

To make the yoghurt cake; place the melted butter, eggs, yoghurt, milk and orange zest together in a bowl and mix to combine.

In another bowl add the dry ingredients and mix through.

Add the wet ingredients to the dry and just combine, do not over mix.

Pour into prepared tin and place the cooked rhubarb fingers lying widthways across the cake, sprinkle with sugar and bake for 20-25 minutes or until the cake is golden and a skewer comes out clean when inserted.

Cool in tin for 5 minutes before removing.

Serve with more yoghurt and syrup from rhubarb.

GRILLED BROADBEANS

serves as many as you like

2-4 broad beans per person (or as many as you like)

sea salt

Barbecue or griddle pan

Method

Heat the barbecue up to very hot.

Place fresh broad beans in pod onto grill and cook for 1-2 minutes depending on size of bean, turn and cook for a further 1-2 minutes or until the pod has slightly puffed up, the colour turns to a vibrant green and char marks will appear on the skin. Remove and carefully open (I did this with a sharp small knife) beware of trapped steam!

Eat them straight out of the pod with a sprinkling of sea salt flakes.

NEW SEASON'S CARROTS WITH LOVAGE

Carrots have arrived and they are sweet and tender. They work beautifully with the herb lovage and will work wonderfully hot as a side or at room temperature as a salad. Serves 4-6

2 Tbsp olive oil
1 bunch (1kg) new season carrots, tops removed
2 cloves garlic, skin on
4-6 leaves lovage
4-6 leaves sage
Sea salt flakes and freshly ground black pepper
1 Tbsp pomegranate molasses

Method

Wash the carrots and cut in half lengthways.

Lightly squash the garlic to release the oils (but keep skin on).

Place a heavy based fry pan or shallow dish on a moderate heat. Add the oil and garlic, when hot add the carrots and get them sizzling and allow them to get lightly coloured. Add the lovage, sage leaves and season with salt and pepper, put a lid on and turn down the heat so the carrots cook through (about 8-10 minutes).

Remove the carrots and put onto a serving plate, add the pomegranate molasses into the remaining oil and juices in the pan and mix to combine, drizzle over the warm carrots and serve either hot or at room temperature.

Thanks to the following vendors for their fantastic produce

KAKANUI PRODUCE – broad beans, tomatoes and cucumbers

LECKIES BUTCHERS– steak and South African sausage

MCARTHURS BERRY FARM – rhubarb and new season carrots

BRYDONE ORGANICS – Jersey Benne potatoes

GILBERTS FINE FOODS – freshly baked goods

JUDGE ROCK WINES – central Otago wines

JANEFIELD PEONIES AND HYDROPONICS – fresh leaves, herbs and flowers

