



Otago Farmers Market

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

Recipes for Saturday December 14th, 2013

CARROT AND ORANGE SALAD

Serves 2

2 oranges
24 small carrots
50-60g mixed pumpkin, sunflower and sesame seeds
A few sprigs of chervil or tender parsley

For the dressing

1 Tbsp lemon juice or cider vinegar
1 Tbsp sunflower oil
2 Tbsp extra-virgin olive oil
Sea salt and freshly ground black pepper

Method

Cut the top and bottom off one of the oranges, so that you can stand it on a chopping board. Using a small, sharp knife, work your way around the orange, cutting off the peel and pith in strips so the juicy flesh is exposed. Then, holding the peeled orange in the palm of your hand and working over a bowl to catch the juice, slice down as close as you can to the sides of each membrane, and release the fruit segments. Drop these into the bowl as you go. Repeat with the other orange. Peel the carrots and, using a sharp knife or a mandolin, cut into matchsticks. Add these and the seeds to the orange segments, and toss to mix. To make the dressing, whisk together all the ingredients, along with any juice you've collected from peeling the oranges. Add the chervil or parsley to the salad along with the dressing, toss and serve at once.



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

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SPINACH PANCAKES

I love to make these for the family. The children don't seem to mind that they are kind of green in colour! **Serves 4**

175g flour
175g plain flour
1 tsp baking powder
260 ml buttermilk, unsweetened natural yoghurt or milk
25g butter, melted and cooled
100g spinach, wilted and excess water squeezed out
4 tsp olive oil

1 tsp sugar
1 tsp sugar
¼ tsp bicarb. of soda
1 medium egg

Method

Combine the flour, sugar, baking powder and bicarbonate of soda in a bowl. In another bowl, whisk together the buttermilk, egg and melted butter. Place the egg mixture in a food processor with the spinach and purée until smooth. Mix into the dry ingredients until just combined. If the batter is too thick, add a dash of water to thin.

Heat 1 tsp olive oil in a large frying pan over a medium heat. Drop spoonfuls of the batter into the pan, spreading to make 4 pancakes about 7.5cm in diameter. Cook the pancakes until bubbles form on the surface – about 2 minutes – then flip over and cook on the other side for another 2 minutes or until golden. Repeat to use up the remaining oil and batter, keeping the cooked pancakes warm between layers of baking parchment until you're ready to serve.

ROAST NEW SEASONS GARLIC WITH TOAST

Serves 2-4

2 bulbs new season's garlic
4 sprigs fresh thyme leaves
4 slices white sourdough bread or ciabatta
Extra virgin olive oil for drizzling
Sea salt flakes for sprinkling

Method

Heat the oven to 200C.
Slice the long stalk from the garlic, then lay each of the heads on a square of foil, add a few sprigs of thyme to each and wrap loosely, crushing the edges of the foil together to seal. Place on a baking tray and bake for 45 minutes or until the garlic is tender and fragrant.
Open up the foil parcels, remove the garlic and pop each clove out of its skin. Toast the bread and serve alongside the warm, gooey roast garlic. Drizzle over plenty of extra virgin olive oil, a sprinkle of sea salt and enjoy

BACON AND BREAD SAVOURIES

I remember my mum whipping up similar 'bread' savouries for an impromptu but very appreciated lunch. With regards to fillings you can pretty much put whatever you like in these little delights. Today I am using two favourites – asparagus and bacon! **Makes 12**

12 slices of bread	3 rashers bacon (rind removed and chopped)
4 eggs	3 Tbsp spring onion (finely chopped)
400 ml milk	6 Tbsp cheese (grated)
Salt & pepper	4 spears asparagus, cut into thin rounds
Parsley (finely chopped)	

Method

cut the crusts off the bread.

Roll out the bread with a rolling pin. Butter one side and place butter side down into muffin pan.

Mix together in a jug the eggs, milk, salt and pepper, and parsley. Place this to one side.

Into the bread cases divide up the following and place in the muffin trays: bacon, spring onion, cheese, and asparagus.

Pour the egg custard over the filling and bake 160C for 25 mins or until golden.

REAL STRAWBERRY CAKES

These pretty strawberry pink cakes will put a smile on all faces this festive season.

Makes 12 medium sized cakes

2 cups plain flour
2 tsp baking powder
100g butter, room temperature, plus more for pans
1 cup sugar,
1 egg, plus 2 egg whites
1 tsp vanilla extract
¼ cup milk
300g strawberries, hulled and cut in half, plus more for garnish
1 Tbsp icing sugar

Icing

1/3 cup strawberry puree
100g butter, softened, cut into small pieces
100g mascarpone cheese
2 cups icing sugar

Method

Preheat oven to 180C. Line 12-cup medium sized muffin tins with papers or grease well with butter and flour lightly; set aside.

Place the strawberries and icing sugar into a food processor and blitz until a coarse puree occurs. Remove 1/3 cup of the puree as this will be used in your icing. With the remaining strawberry puree add the milk and mix.

In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and sugar until light and fluffy, 4-5 minutes, scraping down the sides of the bowl if needed.

Beat in whole egg until well incorporated and then add the whites beating well then add vanilla.

With the mixer on low speed, add the flour mixture in three parts, alternating with the milk and strawberry mixture; beat until combined just combined after each addition as you don't want to over mix this mixture.

Divide the batter evenly among the prepared tins so that each is about two-thirds full. Bake until the cupcakes are golden in colour and a skewer comes out clean (about 20 minutes). Cool then remove from tins.

Meanwhile make the icing by beating the softened butter until very light and creamy, add the icing sugar and beat once again until light in colour. Add the mascarpone and combine. Lastly beat in the strawberry puree.

Chill until required.

Once the cup cakes are completely cool either generously apply the pink icing on top of each cake or if you are feeling fancy pipe it on and decorate with a little more strawberry.

Thanks to the following vendors for their fantastic produce

WAITAKI BACON AND HAM – bacon

BUTLERS BERRIES – sun-ripened strawberries

BEANOS BAKERY – fresh baked goods

WAIKOUAITI GARDENS – NZ organic spinach

TE MAHANGA – new season's garlic

FROG ROCK ORCHARD – cherries

WAIRUNA ORGANICS – new season's organic carrots

BOUCHEÉ – preserves and condiments (Cumberland sauce)

ADROSS FARM – asparagus

JUDGE ROCK WINES – Central Otago Wines

