



Otago Farmers Market

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

Recipes for Saturday December 21st 2013

TASTY BARBECUE SUMMER SALAD

Barbequing vegetables and turning them into a smoky dressed salad adds a new dimension to our vibrant summer produce. Serves 4-6

2 medium sized yellow courgettes	Sea salt flakes
2 medium sized green courgettes	Freshly cracked black pepper
500g cherry tomatoes	Handful fresh mint leaves,
4 Tbsp sherry or red wine vinegar	2 lovage leaves finely shredded (if available)
1 clove garlic, crushed finely	75g feta cheese
¼ cup extra virgin olive oil	

Method

Begin by heating up your barbecue to hot. This is essential so that your vegetables char and cook fast as you still want them to have texture.

Prepare your courgettes by removing the end and slicing them into 1cm diagonal disc, continue until all cut. Set aside.

Make your dressing by adding the vinegar, garlic and oil into a large platter, mix to combine and season well with sea salt flakes and cracked pepper.

Place the courgettes in a single layer on the bars of the barbecue and cook for 1-2 minutes or until black char line occurs, turn and cook for a further minute. You want to keep the courgettes firm, yet tender. For this salad you don't want them over cooked.

As soon as they cook take them off and plunge them directly into the dressing, continue this process until all the courgettes are cooked.

Now cook the tomatoes by placing them onto the barbecue and cook for about 1-2 minutes or until the skin blisters and blackens and the tomatoes are on the verge of bursting. Remove from and add the salad.

To finish the salad add the herbs and crumble over the feta cheese, toss lightly so that all the flavours mingle. Check the seasoning and serve.

ROSE PETAL MERINGUES WITH SUMMER BERRIES AND CREAM

The sweet fragrance and pretty rose petals speckled through these delectable meringues make for the perfect festive dessert. They can be made into large cloud shapes, perfectly piped nests or as I did for a little "thank you" gift, piped into petite drops! Makes 30-40 small meringues

6 large egg whites

140g raw cane sugar

250g caster sugar blended in a food processor with 2 Tbsp of dried organic rose petals until you get pink coloured sugar

1 Tbsp dried rose petals

1 tsp rose petal water

Few drops of red food colouring (optional)

Selection of summer berries

300 ml freshly whipped cream

1 vanilla pod (optional) or 2 drops of vanilla extract

Method

Preheat oven to 110C.

Place a medium saucepan of water over gentle heat and bring to a simmer. Place egg whites, cane sugar and rose petal sugar in a heatproof bowl over the saucepan, ensuring the bowl doesn't come in contact with the water. Loosen up the egg whites and mix in sugar and heat for approximately five minutes, until a digital thermometer reaches 40C.

Place in a bowl of an electric mixer and whisk on high speed until the mixture has cooled (10 minutes approximately). When the mixture has cooled it will have taken on a deliciously light and silky appearance, add a few drops of food colouring and a scattering of rose petals. Fold through so that you get a marbled look.

Line two baking trays with greaseproof paper. Using a dessert spoon place large upright dollops on to the tray allowing room in between for expanding! Bake for 1 ½ hours.

Or if you are wanting little ones

Using a small nozzle inserted into your piping bag pipe small 10cent piece size on lined baking trays, allowing room for the meringues to expand.

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



CHRISTMAS MARKET PLATE

This is a time to celebrate being with family and friends. But it also gives us a great excuse to splash out and enjoy all the outstanding goodies our fantastic farmers market has to offer.

Once you have the main meal planned then you need to think about simple, relaxing ideas to keep you going through the holidays. This is where the market is fantastic as with over 60 stalls all selling something different, yet all prepared with so much passion and dedication and hard work, you get inspired to create.

My advice is to get products that you can mix and match or add to so that you can easily bring together an impromptu meal, platter or picnic.

Store away preserves, chutneys and dips. Gourmet pies will easily freeze and cheese will age nicely in your fridge.

Quick meal ideas and especially BBQ can be brought to life with gourmet sausages from Cardrona Merino Lamb, Havoc, Organicland and many more exceptional meat producers. I always like to lighten the meals with fresh fish and perhaps a simple salad and a pot of new potatoes. It really is that simple.

Not that I need to say much with regards to our world class fruit and vegetables. With regards to both, keep it simple and fresh and enjoy the sweet, juicy flavours of summer. This is one of my favourite left over dishes which I created for Award Winning Waitaki Bacon and Ham and one that will be used many times through the holidays.

HAM AND TOMATO PIE Serves 8-10

250-300g ham off the bone, sliced

Salt

Extra Virgin Olive Oil

1 Tbsp Dijon or grain mustard

¼ cup crème fraiche

1 Tbsp oil

¼ tsp fresh chives finely chopped

2 tablespoons finely chopped Parsley

Freshly ground Pepper

½ teaspoon Salt

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.

Olive oil Pastry

200 g Plain Flour

½ teaspoon Salt

1.5 Tbsp Extra Virgin Olive Oil

½ cup cold Water

¼ tsp sea salt flakes for top of pie

75g feta or fresh curds, crumbled

Mix the crème fraiche with the mustard and set aside.

Slice the tomatoes.

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. Place the sliced ham over the crème fraiche then layer over the tomatoes and finally add the 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!

I WOULD LIKE TO SAY A VERY BIG THANK YOU TO ALL THE ENTHUSIASTIC AND FOOD LOVING MARKET GOERS WHO REALLY DO MAKE EVERY SATURDAY THERE MEMORABLE.

I WOULD ALSO LIKE TO THANK ALL THE HARD WORKING AND PASSIONATE PRODUCERS WHO MAKE MY DAY AT THE MARKET SO MAGICAL. I REALLY AM THE LUCKIEST CHEF IN THE COUNTRY AS I GET TO CREATE, COOK AND EAT THE FRESHEST, LOCALLY PROUCED SEASONAL PROUDCTS.

AND JUST ONE MORE THANK YOU AND THAT IS TO THE OTAGO FARMERS MARKET TRUST WHO KEEP THE WHEELS TURNING SO SMOOTHLY BEHIND THE SCENES.

HAVE A VERY MERRY AND HAPPY FESTIVE SEASON EVERYONE, AND ENJOY ALL THIS GLORIOUS SUMMER FOOD!

THANK YOU, ALISON