



Recipes for Saturday, January 11th 2014

HOMEMADE TOMATO SAUCE

This sauce has so many uses - a quick pasta sauce; smothered over some grilled bread rubbed with garlic; or simply added to a sauce or stew to add a fresh, rich flavour.

- 80 ml (1/3 cup) extra-virgin olive oil
- 1 onion, finely chopped
- 1 fresh bay leaf
- 500 gm vine-ripened tomatoes, core removed, coarsely chopped
- 2 garlic cloves, finely chopped
- 8 basil sprigs

Method

Tomato sauce, heat oil in a large frying pan over medium heat. Add onion and bay leaf, cover and stir occasionally until onion is tender but not coloured (4-5 minutes). Uncover, add tomato, garlic and basil, stir occasionally until tomato is tender and thickened (8-10 minutes). Season to taste and set aside to cool slightly. Process through a food processor or a mouli. Season to taste and set aside until cool



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GREEN CHILLI RELISH

- 50 ml olive oil
- 30 ml lime juice
- 2 green or jalapeno chillies
- 1 spring onion, thinly sliced
- ½ garlic clove, finely chopped
- 2 Tbsp coarsely chopped coriander

Method

Combine all ingredients in a bowl, season to taste and serve alongside almost anything.

POTATO AND HERB FRITTATA

Serves 4

- 250 ml (1 cup) olive oil
- 4 (about 500g) Desirée potatoes, coarsely chopped
- 1 onion, thinly sliced
- 8 eggs, lightly beaten
- 2 spring onions, sliced thinly
- 2 Tbsp each of finely chopped mint and flat-leaf parsley leaves
- 80 g baby salad leaves

Method

Heat olive oil in a 20cm frying pan over high heat and fry potatoes, turning occasionally, for 10 minutes or until golden, add onion during last minute of cooking and cook until tender. Line a colander with absorbent paper. Drain potatoes, reserving oil.

Preheat grill to high. Whisk together eggs, herbs and season to taste with sea salt and freshly ground black pepper. Using the same frying pan, heat 1 Tbsp of reserved oil over medium heat, add potato and onions, then pour over egg mixture and cook for 5 minutes, shaking pan occasionally to prevent sticking. When almost set, place under grill and cook for 3 minutes or until golden and set. Slide onto a cutting board and cut into wedges.

This would go great with the fresh *homemade tomato sauce* recipe above.

FRESH BASIL SOUP WITH PASTA

Serves 4

1 Tbsp olive oil

1 each onion, carrot, celery stalk, finely chopped

2 garlic cloves, finely chopped

500 gm finely chopped mixed greens, such as spinach, silver beet or cos lettuce

1.5 litres (6 cups) chicken stock or vegetable stock

200g fresh lasagna sheets, torn roughly

250g fresh basil

2 garlic cloves, peeled

100ml extra virgin olive oil

75g freshly grated parmesan cheese

Pinch salt and freshly ground pepper

To serve: fresh basil paste

finely grated parmesan and extra-virgin olive oil, squeeze fresh lemon juice

Method

Heat oil in a large saucepan over medium-high heat, add onion, carrot, celery and garlic and stir occasionally until very tender (6-8 minutes).

Add greens and stir occasionally until just tender (4-5 minutes), then add stock and bring to the boil.

Season to taste, add pasta and cook until al dente (1-4 minutes).

Serve hot, drizzled with basil paste and scattered with plenty of parmesan and drizzled with extra-virgin olive oil and last but not least a little squeeze of lemon juice to liven it up.

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KARAKA BERRIES WITH CREAM

Serves 4

2 punnets, 500g berries

1 Tbsp fresh orange juice

1 Tbsp icing sugar

150g mascarpone

100 ml cream

1 Tbsp icing sugar

1 orange, zest

Method

Place the berries, orange juice and 1 tablespoon of the icing sugar in a bowl, lightly combine and let macerate for 30 minutes if possible.

Add the mascarpone, cream, icing sugar and zest together in a bowl and mix with a wooden spoon until the creams combine and thicken.

To serve, place a generous dollop of cream either in a glass or bowl and spoon over the macerated berries, drizzle over any remaining juice and serve. I also like to serve a crisp buttery biscuit such as shortbread with this dessert to soak up a little juice and add a delightful crunch.

Thanks to the following vendors for their fantastic produce

JANEFIELD HYDROPONICS AND PEONIES – fresh basil

BRYDONE GROWERS– potatoes and spinach

KAKANUI PRODUCE – soil ripened tomatoes and chillies

TE MAHANGA – new season onions and garlic

BUTLERS BERRIES – Karaka berries

SPECKLED HEN EGGS – free-range eggs

JUDGE ROCK WINES – Central Otago Wines

