



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

Recipes for Saturday January 25th, 2014

TOMATO, BASIL AND ZUCCHINI SOUP

If like me you have an abundance of ripe tomatoes and zucchinis blossoming, then this soup works a treat. Serves 4

2 Tbsp olive oil
1 Tbsp butter
1 onion, finely chopped
3 garlic cloves, crushed
1.5 kg small green or yellow zucchini, diced
500g fresh tomatoes, ripe
1 litre vegetable stock
¾ cup basil, coarsely ripped or chopped
Salt and freshly ground pepper
Fresh parmesan, grated to serve (optional)

Method

Lightly score the skin of the tomato with a sharp knife and place in a heat proof bowl. Bring the kettle to the boil and pour over the boiling water and leave the tomatoes submerged for 1 minute or until the skin starts to split. Remove from the water and peel off the skin, roughly chop.

Heat the butter and oil together in a large saucepan. Add the onion and cook for 2-3 minutes without colouring, add the garlic and zucchinis and cook for further 5 minutes. Add the tomatoes and stock, stir to combine and season lightly with salt and pepper. Cook for 10 minutes or until the zucchini are tender. Add the basil and heat through, mash coarsely if wanting a chunky soup or puree with hand-held blender if wanting more of a smooth pureed consistency.

Serve hot or cold with a little more fresh basil and a grating of fresh parmesan.

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

nova
energy

ZUCCHINI LATKES

Latkes are a lot like fritters. This recipe is great as a little goes a long way.

Makes 8 large fritters

2 x medium (250g) zucchini
½ onion, grated
1 potato, grated
2 tsp salt
½ tsp fresh rosemary
2 sprigs fresh mint and basil
2 eggs
½ cup panko, bread or gf crumbs
Freshly ground pepper
Oil for cooking

Method

Coarsely grate the zucchini, onion and potato and place in a sieve or colander over a bowl, sprinkle with salt and let sit for 30 minutes to remove as much liquid as possible.

Meanwhile make the fresh tomato salsa by cutting the tomato into fours and removing the seeds, slice the flesh of the tomato into strips and add to a bowl along with the remaining ingredients, stir to combine and set aside until required.

~~After 30 minutes using your hands squeeze handfuls of the grated vegetables as tightly as possible to remove as much liquid as you can. Place vegetables into a clean bowl and discard any liquid, continue until all the vegetables have been done.~~
Add the finely chopped herbs, eggs, pepper and crumbs and mix to combine. The mix should hold together well and not be too dry.

Add ¼ cup oil to a heavy based fry pan and moderately heat. Carefully add a generous spoonful of mixture and repeat so that you have (depending on size of pan) 4 fritters about 5cm in diameter. Cook for 2-3 minutes each side or until golden brown, keep warm and repeat until all the mixture has been used. Serve immediately with tomato salsa and a little Greek yoghurt



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

SIMPLY COOKED FISH IN A BAG

Serves 4

4 large fillets of fish, grouper, gurnard or whatever tickles your fancy
2 lemons
4 spring onions, sliced into 2cm long pieces (use the green end as well)
4 potatoes, cooked and sliced into ½ cm slices
handful sweet cherry tomatoes
Sprig fresh thyme, basil, dill or parsley
Sea salt and cracked black pepper
White wine
Extra virgin olive oil
Tin foil for wrapping

Method

Preheat the oven 200C

Lay four large sheets of tin foil on your work surface. Divide the cooked potatoes between each parcel and place in the centre of one half of each piece of tinfoil. (it will be folded over). Now place the fish fillets on top of each pile of potatoes, and season lightly with salt and pepper. Drizzle over a little oil, and scatter over the spring onions add little leaf or two of herbs and garnish with a thin round of lemon. Fold over the remaining tin foil so it neatly reaches the other side (try not to squash the fish). Tightly fold the edges together starting from one side and working to the other. When almost complete add a splash of wine and seal tightly. Continue until all the parcels are completed (this can be done ahead of time and stored in the fridge).

Place carefully onto a preheated oven tray. Bake for 8-12 minutes or until the parcel puffs up like a pillow. Carefully remove from the oven and serve straight away. Any sort of fish can be cooked like this and it marries to many flavours. Try a dash of soy sauce, spring onions, chilli and ginger. The options are endless.

Thanks to the following vendors for their fantastic produce

ROSEDALE ORCHARDS – fresh juicy apricots

BEANOS BAKERY – freshly baked breads

EDMONDS FRESH FISH – fresh catch of the day

KAKANUI PRODUCE – soil grown tomatoes and chillies

BRYDONE ORGANICS – organic zucchinis

JUDGE ROCK WINES – Central Otago Pinots and Riesling

JANEFIELD HYDROPONICS – fresh basil



POACHED APRICOTS

Poaching is such an easy and versatile method to learn. Poached apricots are always a favourite and will keep well in the fridge for up to 4-7 days. Makes 10 halves

750ml fruity white wine (or substitute water)
3 cups water
1/4 cup sugar
1 vanilla bean, split and scraped
4 green cardamom pods, slightly split open
2 star-anise pods
5 apricots, halved and pitted

Method

Bring wine, water, sugar, vanilla bean and seeds, and spices to a simmer in a medium pot, stirring until sugar has dissolved. Add apricots, pushing down gently so fruit is submerged. Cover surface with a parchment round and simmer just until apricots are tender when pierced with a knife, 6 to 8 minutes. Transfer as done to a dish, using a slotted spoon, and cover with another piece of parchment. Bring poaching liquid to a boil and cook until reduced to 1 1/2 cups, about 40 minutes; strain. Let apricots and reduced liquid cool.

A QUICK APRICOT YOGHURT PARFAIT

This is fantastic little recipe that you can make with almost any poached fruit. It is great for breakfast or a quick pudding! Serves 4

Apricots cooked as in the above recipe
500g Greek yoghurt unsweetened
1 Tbsp good quality runny honey
4 Tbsp sliver almonds, hazelnuts or pistachios

Method

Divide compote among seven small glass jars or airtight containers. Refrigerate, uncovered, until cool, 10 minutes. Stir 1 tablespoon honey into each of the containers of yogurt; divide yogurt among jars.
Serve with toasted nuts if desired.