



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday February 8th, 2014

GREEN BEANS AND LOVAGE

Lovage has been the herb of choice this summer as the fresh celery like flavour naturally lifts any green vegetable. If you haven't any handy try sage, basil or parsley. **Serves 4**

2 Tbsp extra-virgin olive oil
6 spring/ new season onions, thinly sliced
2 garlic cloves, thinly sliced
1 tsp lovage leaves
500 g green beans, trimmed
Sea salt flakes and freshly ground pepper

Method

Heat the olive oil in a large fry pan, add the onion and garlic and sauté for 30 seconds, add the beans and lovage (or herb of your choice), season lightly with a little salt and continue to cook so that the beans are lightly colouring up, add 75-100ml water and continue to cook so that the beans are tender and the liquid has reduced. Adjust seasoning and add plenty of freshly cracked black pepper, serve immediately.

ZUCCHINI, PASTA AND BEEF BACON SALAD

Pasta salads and I don't usually go hand in hand but this combination works a treat and the addition of Origin Meats beef bacon adds a wonderful smoky flavour

Serves 4-6

250g pasta, penne, campanelle, orecchiette
1/2 cup plain low-fat yogurt
150g beef bacon, sliced into ribbons
1 small zucchini (6 ounces), thinly sliced on the bias
1/2 cup thinly sliced scallions
2 Tbsp fresh mint, sliced finely
2 Tbsp parsley, roughly chopped
Coarse salt and freshly ground pepper
1 Tbsp extra-virgin olive oil
2 tsp fresh lemon juice

Method

Bring a large pot of water to a boil. Cook pasta according to package instructions until al dente. Refresh and drain.
Meanwhile heat a fry pan and add 1 tablespoon oil, add the beef bacon and fry for 1 minute add the zucchinis and cook for a further 2-3 minutes, season lightly with pepper and a little salt. Set aside.
Toss pasta with yogurt, add beef bacon and zucchini along with all the delicious oil, spring onions, herbs, 1/2 teaspoon salt, and some pepper. Drizzle with oil and lemon. Serve.

*The Market Kitchen is powered by Nova PG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*



Thanks to the following vendors for their fantastic produce

FRUIT GARDEN – black Dorris plums

KAKANUI PRODUCE – selection of chillies

BEANOS BREAD – freshly baked bread

WAIKOUAITI GARDENS – fresh beans

ORIGIN MEATS – beef bacon

ETTRICK GARDENS – courgettes

MCARTHURS BERRY FARM - cabbage



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

CABBAGE SALAD

This salad has endless possibilities the addition of kale, carrots, sprouts and herbs can add yet another direction to the humble cabbage. Serves 4-6

1Tbsp olive oil
1 Tbsp Dijon mustard
1 tsp apple-cider vinegar
Sea salt and pepper
3 cups cabbage, finely shredded
¼ cup fresh parsley leaves
½ red onion, sliced thinly
2 Tbsp sunflower seeds
2 Tbsp pumpkin seeds

Method

In a small bowl, whisk olive oil, mustard, and apple-cider vinegar. Season with salt and pepper.

In another bowl, cabbage, parsley, red onion, sunflower and pumpkin seeds. Season with salt and pepper, drizzle with dressing, and toss to coat.

EASY BLACK DORRIS PLUM CAKE

This cake is very rustic looking - it's actually made in a heavy based skillet or fry pan. However you could use a cake tin as well. Serves 6-8

4 Tbsp butter, room temperature, plus more for skillet/tin
1 orange zest
1 cup plain flour, plus more for skillet/tin
½ tsp baking powder
¼ tsp baking soda
Pinch salt
¾ cup plus 2 tablespoons sugar
1 large egg
½ cup buttermilk
3 ripe medium black Dorris plums, thinly sliced

Method

Preheat oven to 180C

Butter an 18cm ovenproof skillet (preferably cast-iron) or cake tin dust with flour, tapping out excess.

Whisk together flour, baking powder, baking soda, and salt.

Beat butter and 3/4 cup sugar with a mixer on medium speed until pale and fluffy. Beat in egg. And orange zest. Add flour mixture in 3 additions, alternating with buttermilk.

Pour batter into prepared skillet/tin, and smooth top with an offset spatula. Fan plums on top, and sprinkle with remaining 2 tablespoons sugar. Bake until golden brown and a toothpick inserted into the center comes out clean, 35 to 40 minutes. Let cool slightly.

CHILLI SALSA

Chillies need not be all hot, they have intense flavour as well as different degrees of heat. Ask Vivienne and Scott (Kakanui Produce) for advice on them and do try them out in different ways. You will be amazed at the variety of dishes you will be making. Makes 1 generous cup

1 red capsicum - blackened, peeled, seeds removed
1 green capsicum - blackened, peeled, seeds removed
1 Jalapeno chilli
1 Hungarian wax chilli
1 red onion - sliced thinly
Good handful fresh coriander and mint roughly chopped
1 lime- juice or red wine vinegar
Good glug of olive oil
Salt and cracked pepper
Sprinkle of sugar

Method

Blacken the capsicum either over a naked flame on stove if using gas or under a hot grill, rotate the capsicum until it is all black. Put it into a bowl and cover with glad wrap and seal tightly. It helps loosen the skin to make peeling easier. Remove the seeds and as much of the black skin as possible, but do not worry about it if there is still some left on as it adds a smoky flavour. Slice into strips, add to a good size bowl and add sliced onion, and finely chopped chillies - remove seeds if concerned about it being too hot. Also if you only want a little heat don't add all the chilli.

Add the roughly chopped coriander and mint, lime juice and oil. Season with salt and pepper. Mix well and taste if you need to adjust the balance of heat or lime juice then do so to your taste. A little sprinkle of sugar also helps to add a balance. It is great with a steak sliced thinly, some lettuce and plenty of mixed chilli salsa