



**Recipes for Saturday February 22<sup>nd</sup>, 2014**

**PLUM SALSA**

*Plums work great in salsas as they are sharp, juicy and have great texture. You can certainly mix it up with a variety of plums. Makes 250ml*

4 to 6 firm but ripe red plums), cut into wedges

1 small cucumber, peeled, seeded, and coarsely chopped

2 Tbsp finely chopped fresh coriander

1 Tbsp fresh lime juice, plus more if needed

1-2 tsp sugar, plus more if needed

1 tsp finely grated peeled fresh ginger

½ jalapeno chilli (seeded if desired), finely diced

Coarse salt and freshly ground pepper

**Method**

Stir together plums, cucumber, coriander, mint, lime juice, sugar, garlic, ginger, jalapeno, pinch or two of salt, and a generous grind of pepper in a bowl.

Adjust flavor with lime juice and sugar if needed.

Let sit for at least 10-20 minutes for the flavours to mingle.

Can be stored in the fridge for up to 1 day.

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**BRYDONE GROWERS – HOT ORGANIC BAKED POTATO AND SLAW**

(all grown organically by them)

This dish doesn't require a recipe but well worthy of a mention. I will be giving out samples of Nigel's hot baked potatoes with his own grown slaw.

This makes perfect sense that a grower who loves to produce outstanding produce and who loves to cook, combines the two and ends up with such an outstanding, homely dish! Well done.

**FRIED FISH WITH SMOKED GARLIC MASH**

*This combination of fresh panfried fish served with garlicky, lemony mash is quite irresistible and one that is on the menu almost all year. Serves 4*

**For the fish**

2 Tbsp olive oil

1 garlic clove, bashed

1-2 bay leaves (optional)

1 sprig fresh thyme (optional)

Sea salt

freshly ground black pepper

4 fillets fish

1 large knob butter

Finely grated zest of 1 lemon

**For the garlic mashed potatoes**

500g floury potatoes, such as Maris Anchor

1 garlic clove, peeled and left whole

Sea salt and freshly ground black pepper

100ml extra-virgin olive oil, plus extra for frying

3 cloves smoked garlic, removed from skin

Juice and finely grated zest of 1 lemon

juice of 1 lemon

**Method**

For the mash, put the peeled, cubed potatoes and garlic clove in a pan, cover with water and add salt. Bring to a boil, then lower the heat and simmer until tender: 15-20 minutes. Drain, reserving the cooking water, and leave to dry in a colander for five to 10 minutes.

Pass the potatoes and the soft garlic clove through a ricer (or press through a fine sieve). Use a wooden spoon to combine the hot mash and smoked garlic with the oil and some salt and pepper, then add the lemon zest and the juice of one lemon. Taste, and add more lemon juice, if you like, and enough of the cooking water to give the mash a loose, creamy consistency. Keep warm.

Heat the oil for the fish in a large frying pan over a medium heat. Add the bashed garlic clove and the bay and/or thyme if using. When the garlic is sizzling, season the fish generously and lay skin side down in the pan. Cook for two to three minutes, then add a large knob of butter and the lemon zest. Turn down the heat a fraction and cook the fish for three to four minutes more, basting it with the pan juices.

Spoon a big dollop of the lemony potato on to four warm plates, lay the fish on top and spoon over any pan juices.

## SMOKED GARLIC AIOLI

*Perfect accompaniment with so much – potatoes (any way), fish, pork, seafood, salads and alongside almost everything!*

**makes 300ml**

2 cloves smoked garlic  
sea salt  
freshly ground pepper  
2 large free-range egg yolk  
1 tsp Dijon mustard  
285 ml extra virgin olive oil  
285 ml olive oil  
lemon juice, to taste

### Method

Place the egg yolk and mustard in a bowl and whisk together, then start to add your oils bit by bit. Once you've blended in a quarter of the oil, you can start to add the rest in larger amounts. When the mixture thickens, add lemon juice. When all the oil has gone in, add the garlic.

To finish off, season to taste with salt, pepper and a bit more lemon juice, if needed.

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## Thanks to the following vendors for their fantastic produce

**CAITHNESS ORCHARD – black Doris plums**

**WAIRUNA ORGANICS – smoked garlic**

**HARBOUR FISH – fresh fish**

**JANEFIELD HYDROPONICS – fresh coriander**

**BEANOS BREAD – fresh baked goods**

**BRYDONE GROWERS – hot baked potatoes with coleslaw (all grown organically by them)**

**STONEHURST MUSHROOMS – dried and fresh oyster mushrooms**



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## OYSTER MUSHROOM, BLANCO PIZZA

*Any pizza is great but when scattered with oyster mushrooms, garlic and parmesan it becomes a match made in heaven!*

**Makes 4 medium pizzas**

### Pizza dough

15 g dried yeast  
400 g strong plain flour  
2 Tbsp extra-virgin olive oil

### Topping

50g parmesan or pecorino cheese, shaved thinly  
150g oyster mushrooms (fresh or dried)  
2 cloves of garlic, crushed  
1 Tbsp lemon zest finely grated  
1 Tbsp fresh thyme leaves  
2 Tbsp extra virgin olive oil

### Method

Combine yeast and 40ml water in a small bowl and stir until yeast dissolves. Add 2 tablespoons flour and stir until combined. Cover and stand in a warm place for 30 minutes or until foamy.

Place remaining flour in a large bowl, make a well in the centre and add yeast mix, 1½ teaspoons sea salt and 200ml water. Mix together, then knead on a lightly floured work surface for 10 minutes or use a dough hook with your electric mixer until smooth and elastic.

Divide into 4 and place on a greased oven tray, brush with oil, cover with a tea towel and stand in a warm place for 2 hours or until doubled in size.

Meanwhile make the topping

If using dried mushroom, pour over enough boiling water to cover them and let sit for 30 minutes. Drain the mushrooms and pull apart.

Add 1 tablespoon butter to fry pan and add fresh or dried (soaked and drained) mushrooms and cook briefly until tender (1-2 minutes) season lightly. Set aside.

For the topping combine garlic, lemon rind, thyme and 2 tsp sea salt in a mortar and, using a pestle, pound to a paste. Stir in remaining ingredients and season to taste with sea salt and freshly ground black pepper.

On a lightly floured work surface roll out a quarter of the dough to a 25cm round and scatter with cheese, mushrooms and drizzle with a little garlic, lemon and thyme oil. Cook on a preheated pizza stone or heavy oven tray at 250C for 10 minutes or until golden.

Serve immediately