



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday March 1<sup>st</sup> 2014

### **QUICK PORK AND FENNEL SAUSAGE - ONE POT MEAL.**

*Good quality ingredients make a dish like this work. Great midweek dinner.*

Serves 4

oil

8 pork and fennel sausages

2 onions, sliced thinly

2 cloves garlic, sliced thinly

4 tomatoes, roughly cut

4 potatoes, scrubbed and cut into bite sized chunks

Small handful fresh basil, torn into pieces

Freshly grated parmesan cheese

Salt and freshly ground pepper

Method

In a large heavy based deep fry pan or something similar add enough oil to just cover the base. Remove small meatball size pieces of sausage meat from skin, and when the oil is hot add the sausage meat balls and allow to lightly colour, turning frequently.

Add the onion and garlic and cook for 2-3 minutes over moderate heat, add the tomatoes and let melt down a little and the juice starts to flow.

Add the potatoes, half the basil and a little seasoning. Cover and cook for 10 minutes or until the potatoes are tender.

Add the remaining basil and taste for seasoning, adjust if necessary and finish with freshly grated parmesan.



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### **FRESH CORN RELISH**

*This relish is fresh, spicy and crunchy and good with almost everything!*

**Makes 1.5 kg**

1 large cucumber, peeled, seeded, roughly chopped

3 onions, diced

1 red capsicum, seeds removed and roughly chopped

1 green capsicum, seeds removed and roughly chopped

4 cups corn kernels (cut from 4-6 ears, depending on how big the ears are)

2 large tomatoes, diced

1 red chilli, seeded and finely diced

1 ¼ cups sugar

2 Tbsp salt

½ tsp black pepper

1 ½ cups apple cider or white wine vinegar

½ tsp turmeric

½ tsp cumin

**Method**

To save time you can easily cut the ingredients for this quick relish in the food processor. I suggest doing it in batches so it doesn't go mushy.

Pulse the cucumbers, onions and capsicum so that they are all a similar size, I go on the size of a kernel of corn.

Place mixture in a medium-sized, thick-bottomed pot. Add the corn, tomatoes, chillies, sugar, salt, pepper, vinegar, turmeric and ground cumin.

Bring to a boil. Reduce heat to a simmer and cook for 25 minutes.

Spoon the corn relish into clean jars and seal. Will last for 4-6 weeks refrigerated.

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### **FRENCH BEANS WITH GARLIC**

*This classic dish was given to me by a lady at the market and is one that I thought I should share with you all.*

500g beans, top and tails removed

4 cloves garlic, slice thinly

½ cup extra virgin olive oil

1 tsp sea salt flakes

**Method**

Bring a medium size pot of lightly salted water to the boil and plunge in the beans and cook for 1 minute. Drain immediately and refresh.

In another pot or deep fry pan add the oil, garlic and salt and warm through.

Add the drained cooked beans and warm through.

Serve the beans in the oil and garlic mixture.

This is great with fresh bread.

## GOATS CHEESE SALAD

*This delicious salad reminds me of France, but with the addition of our local market products we can do our own version. Get creative! Serves 4*

### For the salad

12 slices of baguette  
2 Tbsp of extra virgin olive oil  
4 Tbsp plum jelly  
200 g of goat's cheese brie  
300g rocket leaves  
100g cherry tomatoes  
2 peaches cut into small wedges  
30g freshly toasted walnuts

### Method

Combine all ingredients of the dressing in a little bowl and whisk till you get a smooth emulsion. The white wine vinegar can be substituted with lemon juice. Set aside.

Layer the bread slices (about 1cm thick) on a baking tray. Slightly brush each slice with olive oil. Spread some plum jelly over the slices (it should be around 2 mm thick). Cover the jam with cheese slices.

Just before plating up, add the salad leaves, tomatoes, peaches and walnuts, drizzle with the dressing and toss gently. Either place all the salad together on a large platter or you can plate it individually.

Bake the toasts in the oven preheated to 180C for 5 minutes (the cheese should start melting a little). Take out of the oven and place on top of the salad. Serve immediately.

### For the dressing:

4 tsp of Dijon mustard (with seeds)  
4 tsp of light honey  
pinch of sea salt  
2 tsp of white wine vinegar  
3 Tbsp of extra virgin olive oil

## CARROT AND THAI BASIL FRITTERS

*These Thai inspired fritters are fragrant and refreshing, you could add prawns or fish if desired. Makes 18*

4 spring onions, chopped  
4-5 carrots, finely grated  
2 zucchini, finely grated  
small knob ginger root, finely grated  
2 sprigs fresh mint  
Handful Thai basil, finely chopped  
1-2 chillies, finely chopped  
2 Tbsp rice flour  
vegetable oil, for deep-frying  
handful coriander, finely chopped

### Method

In a food processor, blend together the spring onions, carrots, zucchini, ginger, mint, basil and chilli to a coarse texture. Scoop walnut-sized balls out of the mixture with a spoon and coat each ball in the rice flour.

Heat the vegetable oil in a deep heavy-bottomed pan or wok, until a breadcrumb sizzles and browns when dropped in it. Always be extremely careful when around hot oil.

Add each fritter to the pan, one-by-one, until the mixture is used up (you may have to cook the fritters in batches if necessary).

When the fritters are golden-brown, remove from the pan with a slotted spoon and drain on kitchen paper.

Continue until all the mixture is done, serve with freshly lemon or lime and a sprinkle of salt.

## Thanks to the following vendors for their fantastic produce

**Wairuna Organics – rocket**

**Harwarden Organics – peaches**

**Janefield Hydroponics – Thai basil and microgreens**

**Bouché– red plum jelly**

**Te Mahanga– beans**

**Whitestone Cheese – goats Brie**

**Waikouaiti Gardens – organic purple basil and cherry tomatoes**

**Rosedale Orchard – fresh corn**

**Waitaki Bacon and Ham –pork and fennel sausages**

**Brydone Growers – organic garlic**

**Judge Rock Wines – central Otago wines**



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