



Otago Farmers Market

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

Recipes for Saturday March 8th, 2014

PLUM TORTE

This cake has very few ingredients, takes only minutes to prepare, yet the cake is moist, fruity and irresistible.

Ingredients

125 g flour
1 tsp baking powder
125g sugar plus 2 Tbsp for top of cake
125g butter, softened
2 large eggs
12 smallish plums, halved and pitted
1 orange, zest and 1 Tbsp juice
1 tsp cinnamon

Method

Preheat oven to 180C.
Sift together flour, baking powder in a medium bowl. In another bowl, cream butter and sugar together with an electric mixer or by hand until fluffy and light in colour. Add the eggs, one at a time, then the dry ingredients, mixing until just combined. Spoon mixture into a lightly greased 18cm cake tin and smooth the top. Arrange the plums, skin side up so the surface is covered with the plums. Sprinkle the top with orange juice, then cinnamon, then remaining sugar. Bake until cake is golden and a toothpick inserted into a centre part of the cake comes out clean, about 45 to 50 minutes. Cool on rack.



*The Market Kitchen is powered by Nova PG,
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AUBERGINE AND DUKKAH SALAD Serves 4

Two interesting ingredients that combine so perfectly. This is a great platform to add so much, you could add grilled courgettes, peppers or even add pulses to bulk it out.

Ingredients

2 medium aubergines, sliced into rounds
75ml olive oil
3 Tbsp red wine vinegar
4 garlic cloves, thinly sliced
200g fresh spinach, tough stalks removed and washed well
1 bunch mint and parsley, roughly chopped
2 Tbsp dukkah

Method

Brush the aubergines on both sides with a little olive oil; you will need about 5 Tbsp. Griddle, barbecue or grill the aubergine slices until lightly browned on both sides. Scatter the drained spinach leaves on the base of the platter and then place the aubergine directly onto the spinach (this helps to lightly wilt it). Heat the remaining oil in a frying pan, add the garlic and fry quickly until lightly toasted, then pour the garlic and oil into a small bowl add the vinegar stir to combine. Season the aubergines lightly and pour over the dressing so they can absorb the dressing. Scatter over the herbs and dukkah and let marinate for at least 15 minutes.
Enjoy!

ORGANICLANDS FRESH SAUSAGES

I always enjoy talking to John from Organicland as his love and respect for his animals shines through. He ages his meat and adds nothing to take away from the purity of the meat.
And that brings me to his sausages – all hand-made, gluten and preservative free and flavoured with natural flavourings.
Beef and Fennel – the fennel comes from Wairuna Organics
Melbourne – this is John's take on a traditional sausage (which reminds him of how a sausage tasted when he was a youngster).
Moroccan – spiced lightly with cumin, coriander and a hint of chilli.
I will be simply cooking these from the mobile kitchen, come by for a taster!

GOATS CHEESE SALAD serves 4

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

For the dressing

4 tsp of Dijon mustard (preferably with seeds)

4 tsp of light honey

pinch of sea salt

2 tsp of white wine vinegar (can be substituted for lemon juice)

3 Tbsp of extra virgin olive oil

For the salad

12 slices of baguette or something similar so you get a nice sized round (just below 1 cm thick)

2 Tbsp of extra virgin olive oil

4 Tbsp plum jelly

200 g of goat's cheese brie (sliced 6-7 mm thick)

300g rocket or spinach leaves

30g freshly toasted walnuts

Method

Combine all ingredients of the dressing in a little bowl and whisk till you get a smooth emulsion. Set aside.

Layer the bread slices on a baking tray. Slightly brush each slice with olive oil.

Spread some plum jam/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 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.

BLACKBERRY ZABAGLIONE Serves 6

Ingredients

400g blackberries

140g golden caster sugar

6 egg yolks

1 vanilla pod or drop of vanilla extract

3 Tbsp marsala, sweet wine or Judge Rocks Reising

Method

In a bowl, lightly crush the berries with 25g of the sugar. Add a spoonful to the bottom of 6 small glasses, then set the rest of the berry mixture aside.

Bring some water to a gentle simmer in a medium-size saucepan and tip the egg yolks into a large heatproof bowl. Halve and scrape the seeds from the vanilla pod into the egg yolks and add the remaining sugar. Using an electric whisk, beat until light and airy. Splash in the Marsala, place the bowl over the pan of simmering water, then whisk your heart out for 10-12 mins until the egg yolks are thick and foamy and the whisk leaves a defined trail. Drain off some of the juice, then ripple the remaining berries through the mousse and spoon into the glasses.

Thanks to the following vendors for their fantastic produce

ORGANICLAND – handmade sausages

ETTRICK GARDENS – blackberries

KAKANUI PRODUCE – aubergines, chillies and soil grown tomatoes

BOUCHEE – plum jelly

TOTARA LOWLANDS – hazelnut oil and dukkah

BRYDONE GROWERS – organic spinach

WHITESTONE CHEESE – goats cheese brie

HARWARDEN ORGANICS – plums

THE FRUIT GARDEN - quince



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