



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 15th March 2014

HOMESTYLE CREAM CORN Serves 6

Corn has arrived and this homemade version of creamed corn is simply irresistible.

Serve it alongside grilled chicken or pork, although I love it on hot buttered toast.

Ingredients

½ onion, finely diced

2 Tbsp butter

8 ears corn, husks and silk removed

Grated fresh nutmeg, couple of grinds

2/3 cup vegetable stock or water

½ cup cream

Coarse salt and freshly ground white pepper

Method

To remove the kernels from the corn, be aware that it does get messy. I stand a corn cob vertically over a large bowl and I often do it in the sink to prevent the corn juices covering my kitchen. Using a sharp knife, use long, downward strokes of the knife to remove the kernels from the cob.

In a large saucepan, melt the butter on medium heat. Add the chopped onion and cook 2 to 3 minutes until translucent.

Add the corn to the onions in the saucepan. Add the stock or water and reduce heat to a simmer, cover. Cook for 10-15 minutes until the corn is tender.

Add the nutmeg, and cream to the corn. Cook, uncovered, for 5-6 minutes or until the cream has slightly thickened. Add salt and pepper to taste.

It will keep in the fridge for up to 2 days.

CHILLI FRIED PORK MINCE, BASIL AND SPINACH

This is my sort of mid-week supper, quick, spicy and one pot! Serves 2

4 garlic cloves, peeled

300g minced pork

6 bird's eye chillies (if you dare)

2-3 Tbsp fish sauce

good pinch of salt

white sugar, a large pinch

3-4 Tbsp vegetable oil

4 tbsp stock or water

2 free-range eggs

200g spinach or cavolo nero

2 large handfuls basil leaves

Method

Coarsely chop the garlic with the chillies and salt. Heat a well-seasoned wok or fry pan over a high heat then turn down the heat and add 2 tablespoons of the oil. Crack in one of the eggs and fry gently, shuffling the egg to prevent it from sticking, until it has cooked to your preference – I like mine with a runny yolk but with crispy, frazzled edges. Spoon some of the hot oil over the egg to ensure the yolk cooks evenly. Carefully lift out the egg with a spatula and place it on a warmed plate, then fry the other egg. Keep the eggs warm while you cook the pork. Add more oil – you'll need about 4 tablespoons in all in the wok. When the oil is hot, fry the garlic and chillies for a moment, but don't let them colour. Add the minced pork and continue to stir-fry for a minute until just cooked. Season to taste with the fish sauce and sugar but be careful not to make it too salty. Add the stock or water and simmer for a moment, add the spinach. Don't let it boil or stew for too long, otherwise the meat will toughen and too much liquid will evaporate – there should be enough to form a sauce. Stir in the basil and as soon as it is wilted remove from the heat. It should taste rich, hot, salty and spicy from the basil. Serve with steamed rice and fried egg on top. I also like to serve the *fresh chilli sauce* alongside this as it brings the dish together.

FRESH CHILLI SAUCE

This is a great fresh chilli sauce which works with so much. It is hot but addictive – be careful!

4 Tbsp fish sauce

5-10 bird's eye chillies, finely sliced

2 garlic cloves, finely sliced

1 Tbsp lime juice (optional)

small handful coriander, chopped roughly

To make the sauce, combine the fish sauce, chillies and garlic in a bowl and set aside. It keeps for some time – in fact it becomes richer and milder as it settles for a day. Make sure it is covered if you are making it in advance – and if the fish sauce evaporates, add an equivalent amount of water to refresh it. Just before serving, stir through the lime juice and coriander.



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SIMPLY COOKED GREENS – Bok mix

This is a new product from Koau flowers and one which is definitely worth giving a try.

2 Tbsp oil
4 cloves garlic
1 pinch dried chilli flakes
1 onion, sliced thinly
1 tomato, roughly chopped
1 packet greens (350g) rocket, bok choy and radish, roughly cut (roots and stalks)
Salt and pepper

Method

In a large wok or fry pan heat to hot, add the oil then reduce the temperature to moderate. Add the onion, garlic and chilli and cook so the onion softens (3-5 minutes).

Add the tomato along with the greens. Cook together for another 3-5 minutes, season lightly with salt and a little freshly ground pepper.

CAVOLO NERO PESTO

This pesto is healthy and versatile, and is especially delicious with pasta.

500 g cavolo nero, trimmed
4 cloves garlic
1 cup extra virgin olive oil
1 tsp. sea salt
1½ cups grated parmesan cheese
salt and freshly ground black pepper, to taste

Method

Bring a pot of salted water to a boil. Add cavolo nero and 2 cloves garlic; cook until bright green, 3–4 minutes. Drain; transfer cavolo nero and garlic to a food processor along with the garlic and pulse to a purée. Pour in ¼ cup of the oil while pulsing to form a pesto; transfer to bowl. Mix through the parmesan cheese and remaining ½ cup of oil, and salt and pepper.

RASPBERRY FOOL Serves 4-6

250g fresh or frozen raspberries, thawed
1/4 cup granulated sugar
Coarse salt, pinch
1 cup Greek yoghurt, unsweetened
1 ½ cups cold cream
1/3 cup icing sugar
4 teaspoons fresh lemon juice

Method

Either blend the raspberries or mash with a fork or potato masher until a thick puree is reached. Pour mixture through a fine-mesh sieve into a medium bowl, pressing on solids (discard seeds). Combine raspberries, granulated sugar, and pinch of salt and stir to combine and let sit so the sugar dissolves, about 5-10 minutes.

In a large bowl, using an electric mixer or whisk, beat cream and icing sugar on high until stiff peaks form, about 3 minutes. Beat in lemon juice.

In 4-6 small glasses, alternate layers of raspberry puree and whipped cream. With a skewer or thin-bladed knife, gently swirl whipped cream and puree together. Smooth tops and serve immediately.

Thanks to the following vendors for their fantastic produce

KOAU FLOWERS – bok salad mix

BUTLERS BERRIES – raspberries

BRYDONE GROWERS – organic cavolo nero

AQUARIUS GARDENS – fresh basil and spinach

KUTASH ORGANICS – garlic products – garlic salt

KAKANUI PRODUCE – fresh chillies and chilli products

GILBERTS FINE FOODS – freshly baked breads

ROSEDALE ORCHARD – fresh corn

HAVOC PORK – pork products and pork mince

JUDGE ROCK WINES – central Otago wines



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