



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday March 29th 2014

OXTAIL STEW

Serves 4

Whether you are making a brown stew, casserole or braising larger cuts of meat the principals are all the same. You need a good heavy pot or casserole dish - preferably with a lid. You need to have a selection of good quality vegetables such as celery, onion, carrots and leeks. A few sprigs of the more aromatic harder herbs like thyme, rosemary, sage with a few fresh bay leaves and a good quality stock and patience! It is worth the wait.

1 kg oxtail of beef	3 Tbsp vegetable oil
2 carrots cut into bite size pieces	2/3 bottle red wine
1 onion, diced small	200g plum tomatoes
4 cloves garlic, sliced thinly	2 large strips of orange zest
2 fresh bay leaves	1 Tbsp flour (optional)
1 sprig fresh rosemary	Sea salt and freshly ground black pepper

Method

Preheat the oven to 150 C

Heat a heavy-based fry pan over high heat, add the oil and brown the meat on all sides. You may need to do this in batches as you don't want to overcrowd the pan. Remove from the pan, lower the heat and add the vegetables allowing them to colour slightly. Sprinkle over the flour if using and coat all the vegetables. Return the meat back to the pan along with any juices, add the wine and tomatoes, stir well to combine. Add the herbs, orange zest and seasoning. Cover and cook gently for 3 hours. Do check it regularly as it may need a stir from time to time. During this time the sauce will reduce and intensify and the meat will start to fall apart. If this hasn't occurred yet return it back to the oven and cook gently until this stage happens as it is vital that the meat and connective tissue are meltingly tender.

QUICK FENNEL SLAW Serves 4 as a side

I love these quick accompaniments as they are enjoyable to prepare and fantastic to eat. The fresh crunch of fennel works so well with fish, pork and chicken.

Ingredients

3 bulbs of fennel, with tops
1 medium red onion, sliced finely
20g fresh parmesan cheese, shaved
1 lemon, juice
3 Tbsp extra virgin olive oil
Sea salt flakes
Freshly ground black pepper

Method

Prepare the fennel by removing the long stems and leafy tops (keeping the leaves). Remove any tough outer leaves and slice the fennel bulb very, very thin or shave it finely on a mandolin. Place into a large bowl, Add the sliced onion, parmesan and a handful of the fennel leaves, roughly chopped. Season lightly with salt and pepper. Mix the lemon juice with the oil, season with a pinch of salt and mix to combine. Drizzle over the fennel and toss well to combine.

FRIED GREEN(ISH) TOMATOES Serves 2-4

This is a fantastic way to use up the end of the season green tomatoes.

4 to 6 green tomatoes
Salt and pepper
Cornmeal (polenta)
Vegetable oil

Method

Slice the tomatoes into ½ cm slices. Salt and pepper them to taste. Dip in polenta and fry in hot oil for about 3 minutes or until golden and crisp. Gently turn and fry on the other side.
Serve as a side dish – delicious with breakfast!



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ORANGE POSSET WITH BLACKBERRIES Serves 4

This recipe is an old English one and with the fresh blackberries in season, it just seems right to partner the two together.

400 ml cream

100g sugar

1 orange, zest and juice

200g fresh blackberries

50g icing sugar

Method

Place the cream, zest and sugar into a deep medium pot. Gently bring to the boil, stirring constantly to dissolve the sugar. Once it has come to the boil continue for a further 3 minutes so the mixture thickens slightly. Do watch this stage constantly as it has a tendency to boil over!

Remove from heat and add 1 Tbsp orange juice. Stir to combine and cool slightly. Pour into decorative, individual glasses, or one large dish. Allow at least 3 hours or overnight to set.

Meanwhile, place the fresh blackberries and icing sugar in a bowl, squeeze over remaining orange juice and let the berries macerate for at least 30 minutes to 1 hour. This allows the natural juices to flow.

Serve when set with the berries generously spooned over the top (juice as well).



Thanks to the following vendors for their fantastic produce

Whitestone Cheese – Windsor Blue

Caithness Orchard – quince

Brydone Organics – fennel

The Nut Company – Black Crimson tomatoes (greenish)

Leckies Butchers – oxtail

Beanos Bakery – fresh baked bread

McArthurs Berry Farm – blackberries

BAKED QUINCE WITH BAY AND MAPLE Serves 1-2

1 quince, halved and core removed

100ml maple syrup

1 star anise

Fresh bayleaf

½ cup water

Method

Preheat the oven to 180C

When preparing quince you need to work quickly as they discolour almost instantly. Place the quince halves flesh side up in a snug oven dish. Pour over the maple syrup, add the star anise and bayleaf to the oven dish and add the water. Cover with tin foil and place into the oven.

Bake for 30 minutes and then check by carefully inserting a skewer into the flesh. If it is tender all the way through then it is cooked if not then continue cooking for another 10-20 minutes or until tender. If you notice that the liquid has reduced, add a little more water so that it doesn't burn.

When they are tender and aromatic and the sauce has turned into a golden glaze serve warm as a pudding with pouring cream or good quality vanilla ice cream.

I love to serve them cold with a good quality blue cheese and some oat cakes. They also go particularly well with pork and duck.



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