



Otago Farmers Market

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

Recipes for Saturday 12th April 2014

SILVERBEET GRATIN Serves 4

Silverbeet grows so well in our climate and we are constantly looking for ways to use it. I love this decadent method which when served alongside any dinner brings a new note on a sometimes over-looked vegetable.

- 1 bunch (450g) silverbeet, stems and leaves separated
- 300ml cream
- 2 cloves garlic, lightly crushed
- 50g freshly grated parmesan cheese
- ¼ tsp salt

Method

Preheat oven 190C
 Bring a large pot of salted water to the boil.
 Begin by adding the silverbeet stalks and cook for 3 minutes, now add the leafy greens and continue to cook for a further 3 minutes.
 Place a clean cloth on a tray or large plate.
 Drain the silverbeet well and then spread evenly onto the clean cloth to cool.
 Meanwhile place the cream and garlic into a deep suitably sized pot. Bring to the boil then reduce the heat so that it doesn't boil over. Boil for 5 minutes so the mixture starts to thicken. Remove from the heat, remove the garlic and discard.
 Remove any excess moisture from the silverbeet and add to a large bowl, pour over the cream, add the nutmeg, season well and add 2/3 of the grated parmesan cheese. Mix well.
 Place into a suitable sized oven dish ensuring all the cream is coating the silverbeet.
 Finish with grated parmesan, a few more grates of nutmeg and bake for 10 minutes or until the cream is bubbling around the edges and has gone a delicious golden colour. Serve immediately (great with steak or a roast dinner)

MARINATED LAMB BACKSTRAPS WITH CORIANDER AND HONEY

Serves 4

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| 1 kg lamb backstraps | ½ tsp salt |
| 20g flatleaf parsley | 50ml lemon juice |
| 30g mint leaves | 60ml soy sauce |
| 30g coriander | 120ml oil |
| 4 garlic cloves, peeled and sliced thinly | 3 Tbsp honey |
| 15g fresh ginger, peeled and sliced | 2 Tbsp red wine vinegar |
| 3 chillies, seeded | 4 Tbsp water |

Method

Make sure the lamb backstraps are clean of any fat and sinew. Place into a non-reactive container.
 Place all the remaining ingredients into a blender and process until combined and pureed. Pour over lamb and let marinate overnight for best results.
Preheat oven 200C. Heat up a heavy cast iron pan, preferably a griddled pan if possible. Remove meat from marinade and shake off excess. Sear well on all sides, about 3 minutes in total and place on baking tray and cook for about 8 minutes in total, or more if you want them the well-done.
 Meanwhile heat the marinade in a small pot and simmer for 5 minutes. Put the cutlets on a serving plates and serve with plenty of sauce.

SIMPLY COOKED SPINACH WITH GARLIC Serves 4 as a side

This method is perfect for a quick side of vegetables.

- 2 large bunches of spinach, or 1 bag of baby spinach
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt and freshly ground pepper to taste

Method

Remove any thick stalks of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture or use any other method that works for you.
 Heat 2 tablespoons olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.
 Add the spinach and be careful as it will spit a little. Season with salt and freshly ground pepper. Toss to combine and allow to wilt for a minute or two.
 Serve immediately



Follow Alison on face book
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SPICY EGGPLANT AND POTATOES Serves 4 as a side dish

This dish is fantastic as it has a bit of spice, it is great eaten with some plain steamed rice and nan bread or serve it with the lamb dish above.

1 tsp cumin seeds	2 eggplant, medium sized
1 Tbsp oil	½ tsp cayenne pepper
1 tsp ginger, finely grated	salt to taste
2 cloves garlic, finely minced	1/4 tsp turmeric powder
1 ½ tsp black mustard seeds	4 medium tomatoes, roughly diced
1 kg potatoes (waxy)	fresh coriander for garnish

Method

Place frying pan on high heat, add cumin seeds, when fragrant (10-20 seconds) take off heat and set aside.

Peel the potatoes and dice into 1 cm cubes

Cut off stem of aubergine/eggplant and dice into 1 cm cubes, with the skin on

Place a large fry pan on medium-high heat and pour in a glug of oil.

Add ginger, garlic and mustard seeds. Let it splatter for 30 seconds so the garlic and ginger is browned. Add the potatoes.

Turn the heat to medium and sauté for five minutes and add a tablespoon or more of water to prevent the potatoes from sticking to the bottom of the pot.

Add aubergine and continue to stir. Add cayenne, turmeric and salt to taste. Add a few more tablespoons of water (again, to prevent aubergine or potatoes from sticking to the bottom of the pan) and then add tomatoes.

Turn the heat to low-medium, place lid on top and allow to steam for 15 minutes.

Check at the 10 minute mark.

When ready, sprinkle with roasted cumin and fresh chopped coriander.

BAKED NECTARINES WITH GINGERNUTS

Last of the season nectarines filled with gingernuts and baked till sticky! An easy pudding but delightful. Serves 4

6 gingernuts
2 Tbsp butter
1/2 cup icing sugar
4 nectarines, halved and stoned
1/2 lemon
½ cup crème fraîche
1 Tbsp raw cane sugar

Method

Preheat oven to 200C.

Put the gingernuts in a food processor and process until finely ground, remove 1 tablespoon of gingernuts and keep aside for sprinkling on top. Add butter and icing sugar process until combined.

Place nectarines, cut side up, on a baking sheet, and squeeze lemon over top. Place a generous tablespoon of ginger nut mixture on each nectarine half. Sprinkle over the gingernut crumbs and bake until fruit is tender and topping is crisp, 10 to 15 minutes. Let cool for 5 minutes. Transfer to 4 plates.

Mix together creme fraiche and granulated sugar. Spoon over nectarines, and serve.

Thanks to the following vendors for their fantastic produce

LECKIES BUTCHERY – lamb backstraps

JANEFIELD HYROPONICS – baby spinach, coriander and microgreens

KAKANUI PRODUCE – eggplant

HARWARDEN ORGANIC – nectarines

BEANOS BAKERY – fresh baked goods

JUDGE ROCK WINES – central Otago wines

BRYDONE ORGANICS – silverbeet and potatoes



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