



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 26th April 2014

PEA AND HAM SOUP

Everyone should have a hearty soup like this up their sleeve as it's cheap to make and so satisfying. It will keep you going all weekend.

Serves 4-6

2 cups green or yellow split peas, washed well	1 leek, coarsely chopped
8 cups water	1 medium onion, peeled and coarsely chopped
1 ham hock or ham bone	Salt and freshly ground pepper
2 bay leaves	2 cups frozen or fresh peas
2 carrots, peeled and coarsely chopped	

Method

Place the water, ham hock, carrots and half the onion and half the leek, with the bay leaves into a large pot. Cook for 2 hours, or until the meat is almost falling off the bone.

Carefully strain the stock (liquid) into another large pot or bowl and then transfer into a large pot. Retrieve the ham hock and shred off the meat and remove any chewy bits. Keep aside for later.

Put the stock back onto the heat and add the remainder of the carrots, onion and leeks. Add the split peas and cook gently for about 40 minutes to 1 hour. Do not season until the peas are tender.

When the peas are tender add the fresh or frozen peas and cook for just a couple of minutes as you want their freshness and vibrancy in your soup.

Either use a hand blender or food processor to achieve the desired consistency. It is up to you whether you would like the soup smooth or a little more textured!

Add the ham meat and check for seasoning and serve if desired with a dollop of crème fraiche and a couple of mint leaves.

ONION DIP

The onion dip seems to be a kiwi favourite only this one is made from scratch and with locally grown organic onions!!

Ingredients

4 med onions: 2 quartered + 2 sliced thinly 1 tbsp. fresh lemon juice

1 cup olive oil and salt and freshly ground black pepper, and a sprig or two of fresh thyme to taste
1 cup mayonnaise
½ cup cream cheese, softened
½ cup sour cream

1 tsp. Worcestershire sauce
Hot sauce, such as Tabasco, to taste
4 spring onions, sliced thinly (green ends included)
Cut raw vegetables, ie carrots and cauliflower, for serving

Method

Heat oven to 190C

Toss quartered onions with a couple of tablespoons oil on a foil-lined baking sheet, and season with salt, pepper and thyme. Roast, turning occasionally, until soft and slightly caramelised, about 45 minutes; set roasted onions aside to cool.

Place roasted onions in a food processor and puree until smooth; add mayonnaise, cream cheese, sour cream, lemon juice, Worcestershire sauce, hot sauce, and salt and pepper, and puree until smooth. Transfer to a bowl, cover with plastic wrap, and refrigerate until set, at least 4 hours or overnight.

Heat remaining oil in a fry pan over medium-high heat; add finely chopped onions, and cook, stirring, until beginning to brown, about 10 minutes. Reduce heat to medium-low, and cook, stirring occasionally, until deep golden brown, about 16 minutes more. Transfer onions to a strainer set over a bowl to drain; discard oil or reserve for another use.

To serve, stir 2/3 of the fried onions and the spring onion into dip, and transfer to a serving bowl; top with remaining fried onions and serve with fresh vegetables.

QUINCE AND ALMOND CAKE

Two ingredients that remind me of Spain are quince and almonds. This delightful cake fits in perfectly with this time of the year and one that will please all.

Serves 10

Ingredients

4 medium sized quince	3 large free-range eggs
100g sugar	50g plain flour
1 cinnamon stick	125g ground almonds
200g butter, softened, plus extra for greasing the tin	1 lemon (finely grated zest)
200g castor sugar	Pinch baking powder

For the icing

5-6 tbsp icing sugar
1-2 Tbsp quince syrup

Method

Begin by preparing the quince. Carefully peel and core the quince, roughly dice the quince into even bite sized pieces and cover with water, add the first measure of sugar and cinnamon stick. Cook until tender (20-30minutes). Drain the quince, reserving 3 tablespoons of liquid and set aside. Preheat the oven to 180C.

Grease the base and sides of a 20-22cm round cake tin and line the bottom with baking parchment. Cream together the butter and sugar until light and fluffy. Slowly beat in the eggs, one at a time. When the eggs are fully incorporated, fold in the flour and baking powder then add the almonds and lemon zest. Fold through the drained quince. Scrape the mixture into the tin and bake for 20-30 minutes, or until the sponge is lightly golden-brown and a skewer inserted into the middle of the cake comes out clean. While the cake is still hot and still in the tin, insert a skewer all over the surface and drizzle in 1-2 tablespoons of the quince liquid. Leave in the tin to cool. To make the icing, mix 1 teaspoon of the quince syrup, a little at a time, into the icing sugar to make a smooth paste. Remove the cake from the tin and pour the icing on the top thinly. Serve.

BEETROOT, LEEK AND CHICKPEA FRITTERS

These delightful fritters are full of nutrients, texture and flavour. You can easily add you favourite herbs or pulses to suit.

Makes 8

½ medium leek, sliced thinly	1 tin chickpeas, drained
1 Tbsp butter	2 Tbsp parsley, roughly chopped
300g beetroot (raw)	4 Tbsp oil
2 carrots, peeled	2 Tbsp rice flour
Olive oil for shallow frying	

To serve mix together ½ cup natural unsweetened yoghurt with 1 Tbsp tahini paste and juice of ½ lemon plus a pinch of salt.

Method

Begin by melting the butter in a small pot, add the leek and cook gently until soft and sweet (about 5 minutes).

Meanwhile grate the beetroot and carrots and put into a large bowl.

Drain and rinse the chickpeas, then put them into the bowl of a food processor with the olive oil and blitz to a smooth paste. Transfer to the bowl with the beetroot, carrot and leek add the flour and parsley and season with salt and pepper.

Shape the mixture into eight thick patties, using lightly floured hands if the mixture is at all sticky.

Warm enough oil to generously cover the bottom of a shallow non-stick pan over a moderate heat. Carefully place the fritters into the hot oil and cook until golden and crisp on both sides (3 minutes each side). Serve with the yoghurt sauce.

ROAST COURGETTES/ ZUCCHINIS

It is coming to the end of the season for courgettes and the time to welcome their robust cousins the marrow. However one more courgette recipe is called for! I like to roast the courgettes at this time of the year as they seem a little more tough.

Serves 4 as a side dish.

Ingredients

500g courgettes, each cut lengthwise twice & cut in half across the middle	Salt and freshly ground black pepper
3 cloves garlic, sliced thinly	1 sprig fresh rosemary, thyme and sage
¼ cup olive oil	Freshly grated parmesan cheese (optional)

Method

Preheat oven to 200C

Make sure the oven rack is higher in the oven as this will give the courgettes more colour.

Place the courgettes in a bowl along with the garlic, herbs and seasoning. Toss to combine.

Place on baking tray and cook in preheated oven on the top rack. Set the timer for 5 minutes and check to see if the courgettes are beginning to colour at the end of 5 minutes. If not, continue to cook for 2 or 3 minutes at a time until the courgettes begin to brown. Once they begin to brown, remove from oven, sprinkle over a little more sea salt flakes and a grate or two of fresh parmesan. The parmesan is optional but will bring the dish to life.

Serve.

Thanks to the following vendors for their fantastic produce

ROSEDALE ORCHARD – fresh quince

WAIRUNA ORGANICS – over 5 varieties of organic onions

GILBERTS FINE FOODS - fresh baked goods

TE MAHANGA – last of the courgettes

BRYDONE GROWERS – organic beetroot

HAVOC PORK – fresh hocks



*The Market Kitchen is powered by Nova PG,
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