



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday May 3rd 2014

LEEK CROQUETTES

I think this method of cooking leeks is superb. They are juicy, sweet and crispy all in one!

Serves 4 as side

2 whole leeks

¼ tsp salt

¼ tsp freshly ground pepper

¼ tsp fresh thyme leaves

1 egg

1 cup panko crumbs or bread crumbs

¼ cup fine polenta

Zest ½ lemon, lemon wedges for serving
oil for frying

sea salt flakes for serving

Method

Bring a large pot of lightly salted water to the boil.

Prepare the leeks by removing the green of the leeks and trimming the base. It is important to keep the leek whole. Wash the leek and cook in the boiling water until just tender (6-8 minutes). Drain and pat dry.

Cut the leek into four even sized pieces.

In a medium deep sided pot, half fill with oil and heat to a moderate-high heat.

Set up 2 bowls one with the egg, lightly beaten and another with the crumbs, seasoning, polenta, thyme and zest.

Start by placing the leeks into the egg mixture then coat generously, but firmly in the crumb mixture. Set aside on grease proof paper until all the leeks are completed.

Now carefully test the oil by placing a little of the crumb or leek into it, if it bubbles instantly then it is ready to fry the leeks, if not then turn the heat up ever so slightly until this stage occurs.

Place 2-3 pieces of leek into the hot oil and fry until golden and crispy all over (5minutes) remove with a dry slotted spoon and drain on kitchen paper, sprinkle with a little sea salt. Continue until all the leeks are cooked.

TARTIFLETTE – French style potatoes baked with curds

Serves 4

Ingredients

1kg potatoes, peeled

100ml white wine

250g bacon, or bacon ends cut into lardons

200ml cream

2 shallots

sea salt and freshly ground black
pepper

1 garlic clove

250g fresh curds

Method

Preheat oven to 200C

Cook the potatoes in a saucepan of salted boiling water for 5-10 minutes, or until tender.

Drain and set aside to cool slightly.

Meanwhile, heat a frying pan until hot and fry the bacon, shallots and garlic for 4-5 minutes, or until golden-brown. Deglaze the pan with the white wine and continue to cook until most of the liquid has evaporated.

Slice the potatoes thinly and layer into an ovenproof gratin dish with the bacon mixture. Pour over the cream. Season with salt and lots of freshly ground black pepper. Layer the curds on top.

Bake in the oven for 10-15 minutes or until the cheese is golden-brown and bubbling.

Serve immediately.

CHILLI SAUCE – THAI STYLE

This method may seem a bit crazy to some but the final product is outstanding. It can be used as a base in soups, curries and is great for dressings.

Makes 1 cup

ingredients

500ml veg oil

6 large red chillies, deseeded but left whole

6 shallots, sliced thinly
4 cloves garlic, sliced thinly
4 thin slices of fresh ginger
1 -2 Tbsp Fish sauce
2-4 tsp sugar (to taste)
1-2 Tbsp tamarind (dissolved in water)

Method

Put the oil in a deep-sided pot and heat to hot.
Carefully add the chillies and fry very briefly (1 minute) or until skin is crisp, remove and drain.
Now add the shallots and fry until crisp 1-2 minutes, remove and drain.
Continue with the garlic and fry for 1 minute or until crisp. Remove and drain and now fry the ginger for a minute or two or until crisp. Drain.
Turn off the oil and set aside to cool.
Once all the ingredients have cooled pound them with a pinch of salt in a mortar and pestle until fine.
In a small-medium sized saucepan add 2 tablespoons oil which is from the pot you cooked all the ingredients in. Add all the pounded chilli mixture, fry briefly, and then add the sugar, fish sauce and tamarind water. Cook for a minute or two then remove from heat.
Store in the fridge for up to two weeks.

QUICK CHILLI SOUP – heat up 1 litre of stock in large pot, add 1-3 Tbsp chilli sauce (recipe above) to liquid. Taste and add dash more fish sauce or pinch of sugar if needed.

To serve place the cooked noodles, handful greens, mung beans and handful fresh coriander into bowl, with plenty of fresh lime juice, ladle over the hot chilli stock and serve immediately.

JERUSALEM ARTICHOKE WITH BAY LEAVES

They have arrived and I'm very excited as these tubers add so much flavour for so little work.

Serves 4

Ingredients

600g Jerusalem artichokes, peeled
Good quality oil for frying
4 fresh bay leaves or 2 dry
2 cloves garlic, finely sliced
Splash white wine vinegar
Salt and freshly ground pepper

Method

Cut the Jerusalem artichokes into chunks.
Heat 2 tablespoons oil in frying pan add the artichokes and fry for 2 minutes or until lightly caramelised. Add the garlic and bay leaves, cook for a few minutes more, add a splash of vinegar, some salt and pepper, place a lid on top and cook for a further 15 minutes or until they have softened. Remove the lid and bay leaves, continue cooking for a few more minutes so the artichokes can crisp up.
Serve straight away.

ALISON WOULD LIKE TO THANK THE FOLLOWING VENDORS FOR THEIR OUTSTANDING PRODUCE.

ETTRICK GARDENS – leeks

EVANSDALE CHEESE – fresh curds

WAITAKI BACON AND HAM – bacon

WAIKOUATI GARDENS – organic Jerusalem artichokes

JANE FIELD HYDROPONICS – coriander and micro greens

KAKANUI PRODUCE – chillies



*The Market Kitchen is powered by Nova PG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com