



Otago Farmers Market

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

Recipes for Saturday May 10th, 2014

PASTA WITH CAULIFLOWER AND HAZELNUTS Serves 4-6

This humble vegetable turns this pasta dish into a delicious surprise.

Ingredients

1 (350g) head of cauliflower
½ cup hazelnuts, lightly toasted
4 anchovy fillets, in oil
1 clove garlic
1 bunch flat-leaf parsley
¼ cup olive oil, plus extra for cooking
250g dried spaghetti, linguine or fettuccine
¼ cup grated parmesan cheese
½ tsp lemon zest
1 tsp lemon juice
Salt and freshly-ground black pepper

Method

Cut the cauliflower into florets, place into a food processor and pulse to form pieces about the size of large breadcrumbs and place into a large bowl. Place toasted hazelnuts, anchovies, garlic, parsley, and quarter cup of the olive oil in the food processor or in mortar and pestle, and pulse until a smooth paste has formed. Remove from the processor and add to the cauliflower, add the grated parmesan cheese, lemon zest and juice, mix well to combine. Set aside. Bring a large pot of salted water to a boil and cook the pasta as directed on the packet, make sure it doesn't over cook. Heat a large fry-pan over medium heat and add two more tablespoons olive oil. Add the cauliflower mixture and cook 5-6 minutes until light golden brown. Remove from heat and set aside. Drain the pasta, reserving a cup of the cooking water. Then add the pasta to the pan with the cauliflower mixture and toss over medium heat until well coated, about 30 seconds. Add enough of the cooking water to the pan to loosen the sauce. The sauce should stick to the pasta loosely but you do not want the pasta to be swimming in the sauce! Remove from heat, toss in the remaining parmesan cheese and mix well. Serve with plenty of freshly ground black pepper.

BUTTERCUP SQUASH, CHICKPEA AND CAVOLO NERO SOUP

serves 6

It's soup season and this combination is nutritious and delicious.

Ingredients

500g buttercup squash, peeled, deseeded and cut into small cubes
1 leek, washed well, sliced thinly
1 onion, sliced thinly
1 sprig fresh rosemary, sage or thyme leaves, roughly chopped
1 tin chickpeas, washed well and drained
250g cavolo nero, stalks removed, leaves roughly chopped
1 Tbsp honey
1 tsp Thai fish sauce (optional)
1/2 tsp smoked paprika
olive oil
extra virgin olive oil for serving
salt and freshly cracked black pepper
freshly grated pecorino or parmesan cheese (optional but highly recommended)

Method

In a large pot heat the oil gently add the leek, onion, rosemary and smoked paprika and cook without colouring for 5 minutes. Add half the diced squash and cook for a further 5 minutes, add the chickpeas stir to combine. Just cover with cold water or veg stock and cook gently for 20 minutes. When you notice the squash and chickpeas softening add the remaining squash and season well with salt and pepper. Continue to cook for further 10 minutes, add the cavolo nero and continue cooking until it wilts and the soup starts to slightly thicken. At this stage I give it a rough mash with a potato masher, I am however only trying to break up a little of the soup. Taste the soup and add the fish sauce, honey, taste again and adjust the seasoning if needed. Serve in large warm bowls, drizzle over a little extra virgin olive oil and a grating of fresh parmesan cheese if desired.



*The Market Kitchen is powered by Nova PG,
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CLASSIC EGGS BENEDICT Serves 2

Mother's day is upon us and we all want to create that special meal. Why not brunch? Waitaki Bacon and Ham's delicious champagne ham is perfect to adorn our soft poached eggs, smothered with creamy hollandaise sauce. Need I say more! I have tried to make life easier for you all by giving you a shortened version of Hollandaise, you can certainly whisk by hand if desired!

Ingredients

200-300g ham

4 eggs

2 tsp white wine vinegar or lemon juice

2 English muffins, split in half

Blender Hollandaise

200g unsalted butter, melted gently

3 egg yolks

1 Tbsp lemon juice

Salt to taste

Pinch cayenne

Parsley or chives to serve (optional)

Method

Bring a large saucepan two-thirds-filled with water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer.

Make the blender hollandaise. To make blender hollandaise, melt the butter either in a pot or microwave and allow to settle, skim off the yellow buttery liquid but not the white milky substance sitting on the bottom (discard this).

Put 3 egg yolks, add half the lemon juice and cayenne pepper and blend on medium to medium high speed for 20-30 seconds, until eggs lighten in color. Turn blender down to lowest setting, **slowly dribble** in the hot melted butter, while continuing to blend. Taste for salt and acidity and add more salt or lemon juice to taste. Transfer it to a container you can use for pouring and set it on a warm – but not hot – place on or near the stovetop.

Poach the eggs until cooked to your desire. Drain off excess moisture.

When it comes time to remove the eggs, gently lift out with a slotted spoon. Note that the timing is a little variable on the eggs, depending on the size of your pan, how much water, how many eggs, and how runny you like them. You might have to experiment a little with your set-up to figure out what you need to do to get the eggs exactly the way you like them.

As soon as all the eggs are in the poaching water, *begin toasting your English muffins*. If you can't get all the muffins toasted by the time the eggs are ready, gently remove the eggs from the poaching water and set in a bowl.

To assemble the eggs benedict:

Place the split toasted muffins on warm plates, lay over the ham and gently place the cooked eggs on top. Generously spoon over the hollandaise, taking care to cover as much of the egg as possible.

Sprinkle some parsley over it all and serve at once.

MAMMA MIA'S DOUGH -Topping ideas

Now we are talking - Mamma Mia's pizza dough with any toppings in the world (well almost)

Having balls of ready made dough on hand is a life-saver as it can be an easy dinner or great to add to some dips and platters for parties.

Here are a few topping ideas

- Rocket and potato
- Mushroom and parmesan
- Tomato and basil
- Ham and cheese
- Olive oil, garlic and rosemary
- Chilli, garlic and parsley
- Roasted pumpkin, curds and rosemary

Thanks to the following vendors for their fantastic produce

WAITAKI BACON AND HAM – award winning champagne ham

TOTARA LOWLANDS – hazelnuts

MAMMA MIA PIZZA – fresh pizza dough

EVANSDALE CHEESE– fresh curds

MCARTHURS BERRY FARM – cauliflower

BRYDONE GROWERS– buttercup squash

JUDGE ROCK WINES – central Otago wines

GILBERTS FINE FOODS – fresh baked goods



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