



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 24<sup>th</sup> May 2014

### **BEEF AND ALE STEW**

*Nothing beats a comforting, hearty stew for those cold nights ahead. With the addition of a good ale and some beef bacon this simple stew hits all the right spots.*

#### **Ingredients**

- 6 Tbsp plain flour
- 1.5kg stewing or braising steak, diced
- 5 Tbsp vegetable oil
- 3 onions, cut into wedges
- 750g carrots, cut into large chunks
- 1 leek, cut into chunks
- 1tsp fresh thyme leaves
- 2-3 bay leaves, torn
- 200g beef bacon or smoked bacon
- 2 x 330ml bottles ale
- ½ beef stock cube (½ tsp)

#### **Method**

Preheat the oven to 170°C.

Place the flour onto a plate and season generously with salt and pepper. Then, in batches, lightly dust the beef in the flour, shaking off any excess. Heat 1-2 tbsp of the oil in a large ovenproof and flameproof casserole dish with a lid. Fry the beef in 2-3 batches and cook for 1-2 minutes on each side, until browned all over. Transfer all the meat to a plate and set aside. Repeat with the remaining meat, adding more oil as needed.

Heat the remaining oil and add the onions to the casserole dish with the carrots and leeks. Sauté over a low heat for 5-6 minutes or until they are beginning to colour.

Return the beef to the casserole, pour in the ale, stock cube and stir occasionally until it reaches boiling point. Add the fresh thyme and the bay leaves. Cover and cook in the oven for 2-2½ hours, or until the meat is very tender and the carrots are tender, then serve with the Leek bread pudding. (See over)

### **BRUSSELS SPROUTS WITH CRACKED WHEAT Serves 4**

*A warm salad or side dish utilising seasonal, fresh Brussels sprouts.*

- 500g Brussels sprouts, sliced thinly
- 1 large onion, diced
- 4 Tbsp cracked/dried wheat ([Burghul](#))
- ½ to 1 tsp hot chili powder or cayenne pepper (to taste)
- ½ tsp salt
- 5-7 Tbsp olive oil

#### **Method**

Place the olive oil and chopped onions in a large frying pan and lightly fry them for 5 minutes on medium heat

Add sliced Brussels sprouts and mix well with onions

Add salt, cayenne pepper, sprinkle the cracked wheat and mix well

Add a 1/4 cup of water, mix well with ingredients, cover pot and let simmer on low-medium heat for 10-15 minutes while occasionally stirring.

This is usually served hot with Pita bread, and tahini flavoured yoghurt.

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### **Thanks to the following vendors for their fantastic produce**

**ORIGIN MEATS** – stewing beef and beef bacon

**ETTRICK GARDENS** – leeks

**GREEN MAN BREWERY** – Indian pale ale

**BEANOS BAKERY** – fresh baked goods

**MCARTHURS BERRY FARM** – Brussels sprouts and rhubarb



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## LEEK BREAD PUDDING Serves 4-6

*It just makes so much sense to use leeks in this manner, and it's a great way to use up old bread.*

### Ingredients

2 generous cups leek, sliced into 1cm pieces (white and light green parts)  
salt  
4 Tbsp butter  
Freshly ground black pepper  
Loaf day old bread cut into 3cm cubes  
1 tsp fresh thyme leaves  
1 Tbsp parsley, roughly chopped  
3 large eggs  
3 cups milk  
3 cups cream  
Freshly grated nutmeg

### Method

#### Preheat the oven to 150C

Wash the leeks well in cold water to remove as much dirt as possible. Drain.

Set a fry pan over medium-high heat, add the butter and add the leeks. Season with salt and cook, stirring often, for about 5 minutes. As the leeks begin to soften, lower the heat to medium-low. The leeks will release liquid. Cover the pan with a lid, and cook, stirring every 10 minutes, until the leeks are soft, 15-12 minutes. Remove from the heat and take off the lid.

Meanwhile, spread the bread cubes on a baking tray and toast in the oven for about 20 minutes, give the pan a shake about halfway through and continue to bake until dry and lightly golden. Transfer to a large bowl. Leave the oven on.

Add the leeks to the bread and toss well, then add the herbs.

Lightly whisk the eggs in another large bowl. Whisk in the milk, cream, a generous pinch of salt, pepper to taste, and a pinch of nutmeg.

Sprinkle quarter cup of the cheese in the bottom of an 18cm by 20cm baking pan. Spread half the leeks and croutons in the pan and sprinkle with another quarter cup cheese. Scatter the remaining leeks and croutons over and top with another quarter cup cheese. Pour in enough of the custard mixture to cover the bread and press gently on the bread so it soaks in the milk. Let soak for about 15 minutes. Add the remaining egg custard mix, allowing some of the soaked cubes of bread to stick through as this will be crispy when baked. Sprinkle the remaining quarter cup cheese on top and sprinkle with salt.

Bake for 40 minutes, or until the pudding feels set and the top is brown and bubbling. Serve immediately.

## RHUBARB PIES Makes 20-24 (approx.)

*These little pies can be enjoyed any time of the day. I served them warm with some vanilla icecream and they went down a treat!*

### Ingredients

500g ready-made flaky pastry

#### Rhubarb filling

450 g rhubarb stalks, trimmed and cut into 1cm segments  
65 g sugar

#### Cream cheese filling

115g cream cheese, room temperature  
1/3 cup sugar  
1 tsp orange zest  
2 tsp orange juice  
1 large egg yolk

### To assemble

1 large egg and 1 Tbsp water

1 Tbsp raw sugar

### Method

**To make the rhubarb filling;** -Place rhubarb and sugar in a small-to-medium saucepan and stir to combine. Cover and cook at moderate heat for 15 minutes. Increase the heat to medium, remove the lid and cook for another 10 to 15 minutes, until rhubarb has softened and melted down and ideally thick enough that if you run a spoon across the bottom of the pot it will stay separated. Put the mixture in a shallow bowl and chill immediately. Set aside.

Whilst the rhubarb is cooking roll the pastry out into a square so it is about 3mm thick all over. Cut the pastry into 5-6cm squared shape or use equivalent sized cookie-cutter. Cut them out and re-roll scraps of dough and continue cutting until you have an even amount as you need two squares per pie. Place onto a tray with baking paper between in the fridge until required.

**To make the cream cheese filling-** beat the softened cream cheese, sugar, zest, juice and yolk together in a small bowl until smooth and lump free. Keep cold until required.

**Assembling pies-** Heat oven to 190C.

Brush half the pies very lightly with the egg wash as these will be your bases and cut a small hole/vent in the remaining squares as these will be the lid. Place a teaspoon of the cream cheese filling in the centre of the bottom squares, then the same of the rhubarb filling on top. Place the lid on top and squeeze the edges together firmly but neatly.

Transfer the pies to your baking tray spacing between each. Brush the tops with egg wash and sprinkle generously with the raw sugar.

Repeat until all are completed. Bake in preheated oven for 15-20 minutes or until golden and puffy. Remove from oven and cool before eating.