



Otago Farmers Market

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

Recipes for Saturday July 5th 2014

Kevin Gilbert from **Gilberts Fine Foods** is our guest chef at the market this week



Apple cake

125g flour
90g rolled oats
150g brown sugar
5 teaspoons of mixed spices
½ teaspoon baking soda
½ teaspoon salt
75 g butter
50g egg
1 grated apple (approx. 120g)
200-250 ml milk

Method

Mix together all dry ingredients
Melt the butter and add 200ml milk then the egg
Mix both the apple and liquid mix into the dry ingredients and mix until just combined
Adjust with the extra milk if needed
Bake at 190C until you get a clean knife come out. This will take approx. 25 minutes depending on the tin you use.

Swiss style apple tart

You can use sweet pastry or even puff pastry for this recipe however in my opinion the best is the traditional dough which is slightly yeasted (hefeteig).

Pastry

200g flour
½ teaspoon salt
80g butter, cut into pieces
½ teaspoon dried yeast
100 ml water, cool but not chilled.

Filling

4-6 sliced apples

Custard

100ml eggs
100ml milk
200ml cream
50g sugar

Method

Rub the butter into the salt and flour. Mix in the yeast and then the water. Mix until a smooth dough is formed. Wrap with clingfilm and let rest on the bench for around 15 minutes.
Line a flan or tart tin as normal
Place the sliced apples in the tin nicely (this will be what people see) and pour over the custard
Bake at 180C until custard is set (doesn't jiggle when you knock the tin)



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Sauteed Brussels sprouts with bacon and walnuts

2 dozen sprouts, shaved or sliced thinly
1 small onion
3-4 rashers of bacon
½ cup walnut pieces
Butter or oil for frying

Dressing

2 tablespoons olive oil
½ tablespoon sherry vinegar
Salt and pepper to taste

Method

Sauté the onion for a few minutes until it starts to go golden on the edges.
Add in the bacon and continue to sauté until the bacon starts to curl
Toss through the shaved sprouts and cook until they are cooked yet still crisp – about 3-4 minutes.
Season with salt and pepper then serve
Finish with the vinaigrette

Venison ragu

1kg minced venison
1 large onion, finely chopped
200ml red wine
2 tins crushed tomatoes
Herbs to taste (eg. rosemary, thyme, marjoram)
1 star anise (optional)

Method

Sauté the onion until translucent (2 minutes) then add in the mince.
Move constantly to ensure the mince doesn't lump together. There will be a bit of liquid that comes out of the meat. Keep cooking and stirring as most of that evaporates.
Add in the wine and cook for a few minutes until the wine has reduced by at least half.

Add in the tomatoes and reduce the temperature to a simmer. If you are wanting to use the star anise add it now.

Cook for 15 minutes or so, until the liquid has reduced in volume. Season to taste with the herbs, salt and pepper (if you've used the star anise now is the time to remove it.

If the sauce isn't thick enough for you thicken by adding a slurry of tapioca (arrowroot) or cornflour and returning to the heat for a minute or two.

Thanks to the following vendors for their fantastic produce

McArthurs Berry Farm – Brussels Sprouts

Rosedale Orchard – Apples and Walnuts

Havoc Pork - Bacon

Red Tussock - Venison

Judge Rock Wines – Central Otago wines

