



Otago Farmers Market

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

Recipes for Saturday 12th July 2014

WARM ROASTED YAM AND ONION SALAD Serves 4-6

I love roasted yams and when combined with sweet onions and a sprinkling of cheese this will lift any meal in winter!

1 kg yams,
2 red onions, cut into wedges
2 Tbsp oil
2 Tbsp honey
Salt and freshly ground pepper
1 sprig rosemary or thyme

Dressing

1 tsp grain mustard
3 tsp red wine, cider or balsamic vinegar
2 Tbsp extra virgin olive oil
100g feta cheese

Method

Preheat the oven to 190C

Place a roasting tray in to heat up. This will get the yams and onions cooking immediately!

Toss the yams and onions with 2 tablespoons of oil, honey and sprig of herbs. Season with salt and pepper and mix. Carefully remove the hot roasting dish and tip the yams and all juices onto the tray. Bake for 20 minutes or until tender and caramelised, you may need to turn them throughout cooking to evenly cook.

Meanwhile mix together the mustard, vinegar and extra virgin olive oil, season lightly and pour over the hot yams. Combine lightly, crumble over the cheese and serve on a platter in the middle of the table.

LEEK POTATO AND CANNELINI BEAN SOUP Serves 4

This soup has a slight twist on the classic leek and potato - by adding the beans it gives it another dimension and a lovely creaminess.

330g cooked cannellini/haricot beans
50 g butter
1 Tbsp oil
4 leeks, wash well
500g potatoes, Desiree or Agria, peeled and cut into roughly chunks
1 litre chicken or vegetable stock
1 bay leaf
Salt and ground white pepper
2 Tbsp parsley
Extra virgin olive oil (optional)
Squeeze fresh lemon juice

Method

If using dried beans, soak in plenty of cold water for at least 6-12 hours. Drain and cook in plenty of fresh water until tender (no salt). Set aside until required. Begin by preparing the leeks. Cut the leek in half where the white of the leek meets the green and set aside the greener part for later.

In a large heavy bottomed saucepan melt the butter and oil together until melted. Add the white of the leeks, cover and reduce the heat to low and sweat off without colouring for at least 10 minutes, this will allow the leeks to soften and sweeten. Add the potatoes and beans using half the cooking liquor and cover with stock. Add the bay leaf and season lightly with salt and pepper. Cook until the potatoes are tender (20-30 minutes). Discard bay leaf. Finely slice the tender parts of the green of the leeks and add to the soup, cook for a further 5 minutes.

Using a potato masher or something similar lightly mash the ingredients in the soup so it holds together and thickens.

Add parsley and check seasoning.

Serve with a drizzle of peppery extra virgin olive oil and squeeze of lemon (if you like).

BEETROOT, BEEF AND CRACKED WHEAT BURGERS serves 4

I have made these burgers with all varieties of meat and they never disappoint.

500g beef mince

3-4 medium beetroot, peeled and coarsely grated

1 cup cracked wheat, soaked in boiling water

1 onion, grated

handful chopped parsley

salt and freshly ground black pepper

1 egg

oil for frying

Method

In a large bowl add the mince, grated beetroot, onion and parsley. Using your hands squeeze out any excess moisture from the cracked wheat, and add to the beetroot mixture. Season well with salt and pepper. Using your hand mix all the ingredients together really well. If the mixture needs some binding add the egg and mix well.

Using slightly damp hands mould four even size patties and put onto a plate and chill until required.

When ready to cook, heat up a good size fry pan with enough oil to just cover the base of the pan. When almost smoking add the patties and turn the heat down to medium, cook on both sides so they are golden brown and ruby red, they should take around 5 minutes either side (depending on the thickness).

Serve immediately. We made some homemade wedges with lemon and rosemary and a little yoghurt dressing.

A very reasonable and very filling supper!



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

BOK CHOY WITH CORIANDER Serves 4

A quick cooking, healthy vegetable.

4 bunches baby bok choy (1 bunch per person)

2 slices ginger

2 Tbsp soy sauce

1 tsp sugar, or to taste

¼ tsp salt, or to taste

¼ cup water

A few drops sesame oil

1 Tbsp vegetable oil for stir-frying

Handful fresh coriander, roughly chopped

Method

Wash the baby bok choy and drain. Cut the baby bok choy in half lengthwise, then cut across into small pieces. Separate the stalks from the leaves before cooking. Heat wok and add oil. When oil is ready, add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, adding the stalks first, and then the leaves. Stir in the soy sauce, sugar, and salt, and stir-fry on high heat for 1 minute.

Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and coriander serve.

Thanks to the following vendors for their fantastic produce

LECKIES BUTCHER – BEEF MINCE

MCARTHURS BERRY FARM – BEETROOT

JANEFIELD HYDROPONICS – BOK CHOY AND CORIANDER

BRYDONE ORGANICS – LEEKS, POTATOES, YAMS

BEANOS BAKERY – FRESHLY BAKED GOODS

JUDGE ROCK WINES – CENTRAL OTAGO WINES