



Otago Farmers Market

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

Recipes for Saturday July 26th 2014

CAULIFLOWER WITH A TWIST

This dish can also be roasted in the oven. Serves 4 as a side.

Ingredients

½ - 1 cauliflower
2 Tbsp of olive oil
a couple pinches of sea salt
1 clove garlic, sliced
1 bunch spinach, leaves removed from stalks and washed well
1 small bunch of chives, chopped and /or 1 handful fresh parsley leaves, chopped
zest of one lemon
freshly grated Parmesan
flaky sea salt

Method

To prep the cauliflower, remove any leaves at the base and trim the stem. Cut it into tiny little florets – and by tiny - no bigger than your little finger. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Set aside.
Heat the olive oil and salt in a large fry pan over medium-high heat. When hot, add the cauliflower and toss until the florets are coated. Allow to go brown on the bottom, then toss the cauliflower so that it keeps moving. Brown a bit more and continue to move until the pieces are deeply golden (about 5 minutes). Add the garlic and cook until lightly golden. Finally add the spinach leaves and remove from the heat so they wilt.
Stir in the chives, lemon zest, and finish with freshly grated Parmesan cheese and a pinch of flaky sea salt. Serve immediately.

PORK SCOTCH FILLET WITH WILTED GREENS AND CIDER

This is just a simple recipe that can be cooked quickly. Using such good ingredients certainly goes far in this dish.

Ingredients

2 tbsp olive oil
4x 140g pork steaks
2 garlic cloves, crushed
a pinch of dried chilli flakes
4 sage leaves
150ml good quality cider
140g fresh kale or seasonal greens
Salt and plenty freshly ground pepper
25g butter, diced and very cold

Method

Heat a large frying pan that's big enough to comfortably fit the pork steaks in to very hot.
Season the steaks with salt and pepper and rub a drizzle of oil all over. Place the steaks in the hot pan and cook for 3-4 minutes. Turnover and add the sage leaves and a pinch of chilli.
Pour over the cider and let reduce quickly.
Add the greens and coat in the pan juices. Remove from the heat and add the butter, swirl the butter around the pan until it dissolves and lightly thickens the sauce.
Serve immediately with the greens and all the sauce. I like any type of potato dish which will soak up the sauce beautifully



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KALE, WALNUT AND BEETROOT SALAD

This salad is super delicious and super healthy. Serves 4

Ingredients

500g cooked beetroot, peeled and cut into wedges
250g kale or spinach leaves, washed and drained well
1 red onion, sliced thinly
Handful fresh parsley leaves, mint and coriander
1/4 cup fresh walnuts

Dressing

1 tsp honey
1 tsp cumin seeds, lightly toasted and crushed
1 Tbsp red wine vinegar
Pinch sea salt flakes and freshly ground pepper
3 Tbsp extra virgin olive oil

Method

Put the kale, herbs, beetroot and onions into a large bowl. Toss gently.
In another small bowl combine the ingredients for the dressing and mix to combine.
Pour over the dressing and toss lightly.
Ready to eat as is or try with some lean red meat!

Thanks to the following vendors for their fantastic produce

ROSEDALE ORCHARDS – fresh walnuts and pears

ETTRICK GARDENS – winter spinach

JANEFIELD HYDROPONICS – kale and micro greens

HAVOC PORK – scotch fillet

BRYDONE ORGANIC GROWERS – beetroot and cauliflower

GILBERTS FINE FOODS – freshly baked goods

GREEN MAN BREWERY - cider

PEAR FLAN WITH HAZELNUTS AND DATES

This dessert is certainly worth becoming familiar with as it never disappoints and with the winter combination of juicy pears, crunchy hazelnuts and sweet dates it ticks all the boxes for a winning dessert! Serves 6

Ingredients

10 whole dates, soaked briefly in hot water to soften
4 pears, Beurre blanc or conference work well
1 Tbsp cornflour
300ml milk (full fat)
4 eggs
150g sugar
300ml cream
1 Tbsp hazelnuts, lightly crushed
1 Tbsp sugar

Method

Preheat the oven to 160C
Soak the dates if using dried to soften and moisten them. Set aside.
Peel the pears, cut them into wedges and remove any core.
In a large bowl, blend the cornflour, milk, eggs, sugar and cream together until a smooth thick paste.
Lightly grease a round cake tin (20cm) with butter and pour the batter in.
Arrange the pears in a round, scatter over the dates and finish with the hazelnuts and lastly with the sugar.
Bake in the oven for 40 minutes or until golden and risen.
I like to serve this straight from the oven with pouring cream.



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