



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 9th August 2014

VEAL OSSO BUCCO

Origin meats are doing veal and I am so excited to be able to share this with you.

Ingredients

1 sprig fresh rosemary	1 small onion, diced
1 sprig fresh thyme	1 small carrot, diced
1 dry bay leaf	1 stalk celery, diced
2 whole cloves	1 Tbsp tomato paste
800-1kg Veal osso bucco	1 cup dry white wine
Sea salt and freshly ground black pepper	3 cups chicken stock
1/2 cup vegetable oil	1 Tbsp lemon zest
flour, for dredging	3 Tbsp fresh chopped Italian parsley

Method

For the veal shanks, pat dry with paper towels to remove any excess moisture. Veal shanks will brown better when they are dry. Season each piece of veal with salt and freshly ground pepper. Dredge the shanks in flour, shaking off excess.

In a large casserole dish with lid, heat vegetable oil until smoking. Add the veal to the hot pan and brown all sides, about 3 minutes per side. Remove and reserve.

In the same pot, add the onion, carrot and celery. Season with salt at this point to help draw out the moisture from the vegetables. Sauté until soft and translucent, about 8 minutes. Add the tomato paste and mix well. Return browned veal to the pan and add the white wine and reduce liquid by half, about 5 minutes. Add the herbs and 2 cups of the chicken stock and bring to a boil. Reduce heat to low, cover pan and simmer for about 1 ½ hours or until the meat is falling off the bone.

Check every 15 minutes, turning the veal and adding more chicken stock as necessary. The level of cooking liquid should always be about ¾ the way up the shank.

Serve with creamy mashed potato, or the classic risotto Milanese if feeling adventurous!

ROASTED YAM AND BARLEY SALAD

This salad is great as the humble ingredients used add great texture and of course the flavours work together beautifully. Serves 4-6

Ingredients

1kg yams	2 Tbsp sugar
6 sprigs fresh thyme	1 tsp salt
2 Tbsp oil	Handful fresh parsley, roughly chopped
Salt and freshly ground pepper	Handful fresh celery leaves
1 -2 cups barley, rinsed	Sea salt flakes and freshly ground pepper
1 red onion, sliced thinly	3-4 Tbsp extra virgin olive oil
2 sticks celery, sliced thinly	75g feta cheese, crumbled
¼ red wine vinegar	2 Tbsp sugar

Method

Preheat oven to 200C with a suitable oven dish inside heating up.

Toss the yams (washed and cut in half on the angle if large) with thyme, first measure of oil and a little salt and pepper. Pour all the contents into the hot oven dish and roast until tender and caramelised (about 15-20 minutes).

Meanwhile cook the barley in plenty of water until tender (30-40 minutes).

Using a small saucepan place the vinegar, sugar and 1 teaspoon salt together and stir to combine. Heat until the sugar dissolves. When this stage is reached pour over the onions and celery so that they lightly pickle (leave for at least 10 minutes). When the yams have cooked and the barley is tender we can start to assemble the salad.

Mix the parsley and celery leaves (picked free of stalk and try to get the lighter-coloured leaves) through the barley, add half of the pickled onions and celery and toss to combine, season lightly and add a little of the pickled liquor and 1 tablespoon of the olive oil. Mix gently to combine. Place onto a platter and then layer with the cooked yams, crumbled feta and finally finish with the remaining pickled vegetables and any leftover leaves.

Serve and enjoy!



*The Market Kitchen is powered by Nova LPG,
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CAULIFLOWER SOUP WITH A HINT OF CURRY serves 4

Ingredients

1 large cauliflower (about 1kg), stalks discarded and florets chopped
1 large potato, peeled and chopped into large chunks
1 medium onion, chopped
1 ½ tsp curry powder
25g butter
4 Tbsp olive oil
1 litre light chicken or vegetable stock
600ml milk
100ml cream (optional, but highly recommended)

Method

Put the cauliflower, potato and onion in a large saucepan with the butter and half of the oil. Gently heat the contents until they start to sizzle add the curry powder then cover with a lid and sweat over a low heat for about 10 minutes, stirring occasionally. The vegetables should be softened but not coloured.

Pour in the stock and bring to the boil, then pour in the milk and return gently to a boil. This way, there will be no scum forming from the milk. Season to taste then simmer, uncovered, for 10-15 minutes until the vegetables are soft. Pour in half the cream.

Blend everything in a food processor or blender, in batches. If you would like it extra creamy, pass it through a fine sieve.

Always reheat your soup before consuming. Serve in warm bowls or large cups (I like a few finely cut chives on top and a generous grind of pepper).

Thanks to the following vendors for their fantastic produce

ORIGIN MEATS – VEAL OSSO BUCCO

WAIRUNA ORGANICS – EARTH GEMS

BRYDONE ORGANIC GROWERS – YAMS

MCARTHURS BERRY FARM – CAULIFLOWER

GILBERTS FINE FOODS – FRESHLY BAKED BREADS



EARTH GEMS WITH DRESSING Serves 4

Wairuna organics has these cute little gems and they can be treated as you would a potato or yam. Today I am cooking them simply with a little zesty dressing!

Ingredients

500g earth gems, washed
2 cloves garlic
2 Tbsp fresh coriander, roughly chopped
2 shallots or spring onion, sliced thinly
2 Tbsp cider vinegar
6 Tbsp extra virgin olive oil
A few splashes of Thai fish sauce
Salt and pepper to taste
Pinch of sugar

Method

In a large saucepan half full with water and add a generous pinch of salt, bring to the boil, add the earth gems and reduce to a simmer and cook until tender (10 -15 minutes). Be careful not to overcook them or they will break up.

Whilst the gems are cooking, chop the coriander, shallots and garlic cloves together until you get them finely chopped, add the vinegar and oil add a few drops of Thai fish sauce, and freshly ground pepper, taste once again and correct if necessary.

When the gems are done, drain them and spread out over a tray to cool down quickly.

Put the gems into a bowl and pour over your dressing, toss together and serve. Don't forget you can add your favourite flavouring, perhaps you have some parsley or a little mint instead of coriander or you may like to add some lettuce, or spinach along with a little feta cheese to add some interesting textures.



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