



Otago Farmers Market

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

Recipes for Saturday 30th August 2014

This week's chef: *Kevin Gilbert*



Cheesy leeks on toast

Ingredients

1 leek
1 capsicum
60-80g crème fraiche
50g favourite cheese
Thyme (*optional*)
Salt and pepper

Method

- Cut the leek in half lengthways before slicing.
- Gently sweat the leeks until soft
- While that's happening finely chop the peppers and grate the cheese keeping both aside.
- When the leeks are ready mix through the crème fraiche, cheese, peppers and herbs (if using them).
- Season with salt and pepper to taste
- Spoon onto bread tope with extra cheese if desired
- Grill until the topping is brown.

Cauliflower cheese

A variation on a classic

Ingredients

1 whole cauliflower
25g butter
25g flour
300-350ml milk
50g strong cheese (my choice is either Evansdale Ruby Bay or their Bay Blue)
10g smooth mustard – something like Dijon works very well (*optional*)
1 scant teaspoon nutmeg

Method

- Trim the cauliflower into bite sized pieces and spread out evenly on a casserole type dish.
- Bake at 200°C for around 15-20 minutes until they are tender and starting to brown at the edges.
- While waiting on the cauli to bake make the sauce.
- Melt the butter in a saucepan and add in the flour. Cook for around 2 minutes until it starts to brown. Stir it constantly.
- Gradually add the milk in small additions stirring well between each addition. If you add too much milk at a time you are likely to get a lumpy sauce which can be hard to correct.
- Reserve some of the milk, around 50ml, to adjust the sauce at the end if needed.
- Cook over a gentle heat for a few minutes
- Add in the nutmeg, mustard, cheese and season with salt and pepper to taste
- If the sauce is too thin add in some extra milk.
- Once the cauliflower is ready mix it through the sauce and return the lot back into the casserole dish topping with extra cheese if desired.
- Return to the oven and the sauce is bubbling and the cheese is browning.



*The Market Kitchen is powered by Nova LPG,
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Cauliflower poppers

Ingredients

- ½ Cauliflower trimmed into bite sized florets
- 2 eggs, beaten
- 150g flour
- 150g fresh breadcrumbs
- 70g dried parmesan cheese (*optional*)
- Salt and pepper
- Oil/butter for shallow frying

Method

- Blanch the cauliflower florets by dropping them into boiling water for about 30 seconds before draining them and plunging them into cold water to stop them cooking. Pre-cooking them like this will make them a wee bit softer. If you are wanting a bit of bite at the end, leave this step out.
- Set up a bread station by having a lidded plastic container filled with the crumbs mixed with the parmesan (if you're using it) and another with flour. You will also need a bowl with the eggs. Season the eggs with the salt and pepper.
- Shake the cauliflower in the flour, lightly shake off the excess and transfer them into the egg.
- Roll them around in the egg to ensure that the egg gets into as many of the nooks and crannies as possible. Then drop them into the crumbs.
- Shake around in the crumbs to give a good coating and place into the hot oil/butter (I use a mix of both – butter for flavour and oil to help keep the butter from burning).
- Fry on a medium heat, turning until brown on as many sides as they will let you.
- Remove excess oil by popping them on a paper towel
- Season with salt and pepper if desired
- Eat

Spring onion flatbread

Ingredients

- 420g flour
- 270ml water
- Large pinch of salt
- 1 bunch spring onions
- 100ml oil plus extra for frying

Method

- Make a smooth dough out of the flour and water. Divide into six equal parts and allow to rest, covered, for around 30 minutes
- Pin out a portion of dough until thin (the thinner the better)
- Brush with oil, sprinkle with salt and a hefty amount of spring onions
- Roll up into a sausage and then coil the sausage up tucking the tail under.
- Allow to rest again – as long as you can but 30 minutes would be great.
- Pin out to a disc about 3mm thick
- Fry in a lightly oiled pan over a medium-low heat until browned on one side. Then flip it over until browned on the other.
- Remove from the pan, cut and eat immediately.

Thanks to the following vendors for their fantastic produce

Evansdale Cheese –Ruby Bay/ Bay Blue
McArthurs Berry Farm – leeks and cauliflowers
Janefield Paeonies and Hydroponics – spring onions
Gilberts Fine Foods – baked goods

