



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 20th September 2014

This week's chef: *Sandra Killian*

FOIL BAKED HONEY SALMON

Ingredients

¼ cup honey

3 cloves garlic minced

1 tablespoon olive oil

1 Tablespoon white wine vinegar

1 Tablespoon fresh thyme leaves

sea salt and freshly ground pepper

1 kg whole salmon, gutted and butterflied, skin on

Method

Preheat oven to 180°C.

In a small bowl whisk together the first 6 ingredients, adjust seasoning to taste

Place salmon onto prepared foil lined baking sheet. Spoon over the honey mixture, fold the foil over the salmon completely, sealing the packet closed.

Place in the oven and bake until cooked to preferred doneness.

Thanks to the following vendors for their fantastic produce

Blueskin Bay Honey - wildflower honey

Etrick Gardens- walnuts, lemons

Wairuna Organics - artichokes

Harbour Fish - whole salmon

Bennies Honey - wild Manuka honey

Janefield Paeonies and Hydroponics - mesculin and herbs

ZESTY SPRING SALAD

Ingredients

1 cup farro or quinoa

2-3 cups fresh or frozen peas

½ cup crumbly feta

6 slices bacon cooked crispy and crumbled (optional)

½ c freshly chopped basil and cilantro

½ cup almonds (raw or dry roasted), pulsed in a food processor until crushed

Zest from 1 lemon

Fresh baby spinach or mesculin

For the dressing.

1/3 cup freshly squeezed lemon juice

1/3 cup olive oil

¼ teaspoon sea salt

3-4 Tablespoons runny honey

Shake or whisk together, adjust seasoning.

Method

Cook farro or quinoa according to packet instructions. If possible, do this the night before to chill and help it separate when in the salad.

Very lightly blanch the peas in hot water and refresh under cold water.

Toss the dressing and remaining salad ingredients together, adjust seasoning. Serve as a starter or as part of a main meal. Enjoy.

Note You can get creative and add any green seasonal vegetables such as lightly blanched broccoli, green beans or shelled broad beans (handy to use frozen product, just defrost then shell), green soy beans (buy them frozen and shelled if unavailable), snow pea pods, what ever takes your fancy.

HONEY ROAST JERUSALEM ARTICHOKEs

Ingredients

500g Jerusalem artichokes
1 lemon halved
2 Tbsp extra virgin olive oil
handful of thyme sprigs
sea salt
cracked black pepper
runny honey

Method

Pre heat oven to 200°C
Scrub tubers well, cut in half lengthways and immediately rub the cut surface with the lemon to stop it browning.
Toss the artichokes in the sea salt, olive oil, herbs and pepper, arrange cut side down on a baking tray lined with baking paper. Cut lemon into wedges, add to tray and bake till artichokes are soft, around 20-25 mins.
Take out, turn and drizzle with honey, bake for further 5 mins. Scatter with sea salt and extra thyme and serve.

HONEY BAKED NUTS

Nuts of choice (I used walnuts and pistachios)
Runny honey
Sea salt

Method

Spread nuts over a shallow baking dish, place in oven for approx 5 mins to warm up, remove and drizzle over runny honey to gently coat the nuts, sprinkle over sea salt then return to oven until lightly roasted. Adjust honey and salt to taste. If there are any left after quality controlling, store in an airtight container for up to a week

ROMAN SAFFRON AND HONEY CAKES (adapted)

Ingredients

6 large organic eggs
250g (1 cup) runny honey (rest solid honey in hot water to make it runny)
3 ½ cups spelt (I used Ceres Organics spelt flour) or plain white flour
2 tsp saffron dissolved in a few teaspoons of hot water
½ c mild flavoured olive oil
½ tsp natural sea salt

Method

Preheat oven to 180°C.
Beat eggs until thick and creamy. Drizzle in honey as you continue to beat eggs. Drizzle in oil and beat till well combined. Fold in sieved flour and salt. Pour into generously greased muffin tins (or one 22 inch cake tin) and bake for approx 20 mins or until the cake springs back when gently touched. Rest for 5 mins before turning out to cool on wire rack. While they are still warm, top with honey syrup or in combination with warm honey baked nuts. Enjoy.

If using a cake tin, bake for longer than 20 mins, until springy to the touch. This is a very basic recipe and will produce a dry-ish cake. If you prefer a moister cake, increase the olive oil or replace with butter.

Swap out the spelt or white flour for a nut meal like almond, walnut or hazelnut for a gluten free option.

*If saffron is unobtainable, replace with one or a mixture of spices such as nutmeg, **allspice** (not to be confused with **mixed** spice) or cinnamon.*

Honey Syrup

½ c honey
¼ c water

While the cakes are baking combine the water and honey in a small saucepan. Bring to the boil then simmer to let the syrup thicken a bit. Once the cakes are out of the oven pour over the syrup until all the syrup is used, the more the better. If using the nuts, place on tops of cakes directly after pouring over the syrup to 'glue' them in place.



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