



Otago Farmers Market

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

Recipes for Saturday 27th September 2014

This week's chef: *Lenore Brady*

Volcano Curry

This is named for the shape not the heat. An old school 70's style curry to please.

Ingredients

1kg blade steak
2 onions
2tsp curry powder
125ml water
3T Tomato sauce
2 T worcestershire sauce
1t Salt
2 T vinegar
2T Brown sugar
2T Flour
1 tin Pineapple Chunks
Toppings such as roast peanuts, spring onions and strips of pepper.

Method

Put meat into slow cooker.
Mix the rest of the ingredients in a bowl except pineapple.
Add this paste to the meat.
Cook on low for 5 to 8 hours. This can also be done in oven at 150c for 3 hours.
Add pineapple with ten minutes until serving.
Serve on a heap of rice with curry as the lava and toppings to decorate like bits of rock.

Lemony Spring Greens

This recipe will work for a variety of greens.

Ingredients

zest of 1 lemon
1T olive oil
1T butter
1 clove of garlic
salt
pepper
500g baby spinach (or finely sliced cabbage etc)

Method

Crush the garlic. Prepare your greens. Zest the lemon taking care not to get any white pith.
Heat oil and butter on medium heat, add the garlic and lemon zest cook for 2 minutes.
Add the greens and cook until just wilted. Serve.

Roast Yams

1kg mini yams
2Tbsp Olive oil
salt

Method

Heat oven to 180c. Put yams on tray in a single layer. (Use two trays if you have to in order to have only a single layer.)
Cook for 20 minutes then pour on the oil and salt to taste, shuffle them to coat in oil. Cook for a further 20 minutes.
Serve as is or use in a salad.
If you have large yams increase time to 60 minutes.



*The Market Kitchen is powered by Nova PG,
100% New Zealand owned and operated gas
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(almost) Buttermilk Pancakes with Raspberry Compote

Ingredients

15ml Lemon Juice
485ml Milk or Vitasoy
285g Plain (not High Grade) Flour
2t Baking Powder
½t Baking Soda
2T Sugar
45g Melted Butter
1 Egg

Method

Put lemon juice in a jug and add the milk. Let it sit. (This is a handy cheap mix that acts like buttermilk without having to remember to buy and use it). The mix will curdle and look odd.

Melt the butter.

Heat shallow pan or skillet on low (you want to get the pan an even temperature so heat it for 10 minutes at low).

Sift the dry ingredients (or whisk them).

Whisk the egg into the milk.

Make a well in the dry ingredients then add milk and melted butter to the dry. Stir with long strokes, try not to over mix: leave a few lumps of flour. Increase the temperature of the pan to medium then lightly grease the pan, you don't want excess butter which will burn. Add about ¼ cup of mixture and cook until bubbles break around the edges. Flip, and cook.... and serve. Makes about 10.

Raspberry Compote

This is a recipe that promises that summer is coming...

500g Raspberries (frozen at this time of the year)
50g sugar
15ml lemon juice
15ml a liqueur, I used Stan's Harwarden Organics apricot liqueur
a pinch cornflour

Method

Place all the ingredients in a pot and cook on a medium heat for 8 minutes, stirring every once in a while, until the raspberries have gone soft and almost

disintegrate.

Remove from the heat and then serve hot, warm or cold on ice cream or pancakes.

Honey Crunch

A variation on the Alison Holst's favourite- Birdseed bars.

Ingredients

340g Peanuts
200g Coconut
1c Sultanas
100g Butter
100g Honey
80g Brown sugar

Method

Roast the peanuts at 150c for 20 to 30 minutes depending on how roasted you fancy them. Check them every 5 minutes. Put in a large bowl. Once cool rub off as many skins as you can.

Roast the coconut for about 10 minutes, checking and stirring every 3 minutes or so.

Add coconut and sultanas to peanuts.

Heat the butter, honey and sugar in a pot until it reaches 121c degrees. This is also known as the hard ball stage; if you don't have a thermometer drop a tiny bit into a glass of water and if it goes hard then it is ready.

Pour hot toffee over the peanuts etc and mix. Press into tin. Cut into pieces once set. Keep in the fridge.

Thanks to the following vendors for their fantastic produce

Bennies - clover honey.

Organiclands- beef.

Butlers Berries -raspberries.

Brydone Organics- yams.

Janefield Hydroponics salad greens

