



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday October 4<sup>th</sup> 2014

### Today's Chef is: Michal Rozenberg - Mamma Mia Pizza

---

Days are getting longer, spring is in the air but the real abundance of fresh produce is still a few weeks away. That means we still need to rely on staples like a meat - pork and some bread. It was even more like that in central Europe with its long hard winters. All that was left in spring were some pigs, flour, and the last cloves of garlic.

Roasting meat was a luxury in the past - stewing it was the way to stretch it between a few more hungry mouths. One joint of pork roast may feed a family one evening, and maybe something would be left for tomorrow's lunch, but stewing it would stretch it a few days further.

In Slovakia, a traditional spice chest did not contain too much - there were two essentials, namely caraway seeds and paprika. They were used in nearly every dish. Caraway seeds were added to bread, and potato was boiled with it. Paprika was used to add colour to food and also heat in its hot form. Bread was eaten with lard, sliced onion, and a sprinkling of paprika.

Following are some traditional recipes from Slovakia

### Pork Porkolt

#### Ingredients

1-2 kg piece of pork shoulder  
2-3 large onions, diced (about 1/3 of the meat volume)  
1-2 Tbsp ground paprika  
1/2 Tbsp caraway seeds  
4-5 Tbsp lard (pork fat)  
4-5 ripe tomatoes or 1x400g tin  
salt and pepper to taste.

#### Method

Place the pork shoulder on the chopping board, first remove the skin and fat in larger pieces, then with the sharp knife shave the fat away from the skin. Cut the pork fat into small pieces and place in to a heavy-bottomed sauce pan, or casserole dish, over a low heat. The fat will gently begin to render and after 10-15 minutes you will have nice little cracklings swimming in the pool of fresh lard. When the cracklings are nicely shrunken and start turning a light golden colour they are done. Scoop the cracklings out, leave enough lard to sweat the onion in the pan/casserole dish (for this you will need less than you think.)

Cook onions gently until soft with the caraway seeds.

Meanwhile, you should have begun cutting your pork into small pieces. The little bits of sinewy fat connecting the shoulder muscles are fine to be left on, they will dissolve anyway.

Add the meat to the softened onions, sprinkle with paprika, season with black pepper and salt, stir together and add the fresh diced tomatoes, or the can of tomatoes, and cover with a lid.

Gently simmer over a low heat for 1.5 to 2 hours. Do not stir too much towards the end of cooking to keep the pieces of meat from breaking apart. Just poke your wooden spoon to the bottom of the pot to see if anything is catching there or burning, if it does add a little bit of water, shake the pot lightly and reduce the heat.

You will notice when the Porkolt is ready, the meat will become paler in colour and the juices will start splitting from the fat. Taste to see if the meat is tender, they should just break aided by the wooden spoon.

Remove the lid, and allow the moisture to evaporate until it all sizzles. This

step will help to break down the onion and tomato. It also adds a bit of the colour, and a caramelisation to the sauce. Take care not to burn it, 30-60 seconds of the sizzle should be enough. Then, strangely, add some water, bring it to the boil and it is done.

The final density and consistency is your choice and can be adjusted to the way you are going to serve the Porkolt. A richer sauce for pasta, thinner if it is going to be eaten with bread...

If you add sour cream you will get a creamy Paprikas, add some sauerkraut you will get Szekely Guylas...

---

## Lángos

Lángos, in its simplest description, is a piece of fried bread dough.

Traditionally, Lángos was baked in front of a brick oven, close to the flames. It was made from bread dough and was served as breakfast on days when new bread was baked. Today, Lángos is deep fried in oil. Lángos is also very popular and known as a fast food at fairs and in amusement parks in Austria, the Czech Republic, Slovakia, Croatia, Serbia and Romania.

Basic bread dough measured in bakers percentage:

Flour 100%

Water 60-65%

Fresh yeast 1% (or dry yeast according to the manufacturer's instructions but not too much).

Salt 2%

Oil 1-2%

Bakers percentages are a strange thing, but make it easy to adjust for different quantities.

Flour is always 100% - 1kg of flour means that 600-650 ml of water is needed in this recipe, and oil 10-20 grams (just a slosh of it)

If you have a dough mixer with a hook attachment, start with water in the bowl, then add the flour and the other ingredients, it is better to start with too thin a mix and add flour to thicken, than other way, it will extend life of your mixer in particular.

If mixing by hand, follow the same structure, building up mounds of flour and creating wells for the liquid - it looks cool on TV but may end in disaster at home on a kitchen bench. Mix, knead, and knead until the dough is smooth, elastic and not sticky. In general bread dough needs more kneading

than you think. Leave the dough in the bowl, cover with a clean cloth and let it rise for 30-40 minutes, or until it has doubled in size.

Once it is rested, carefully tip out the dough onto a floured surface, stretch it out into a square and cut out about 10 cm round shapes with a big glass (a big cookie cutter also works). Stretch out each piece with your fingers into a round shape with the centre being thinner than the edges. Let the pieces rest for another 30 minutes on the floured surface.

In a saucepan, heat sunflower oil. Place the Lángos into the hot oil, fry it on one side until golden brown then turn. Repeat with the remaining Lángos dough.

Serve while it's hot. Traditionally, the Lángos is brushed with a mixture of salty water and crushed garlic, or topped with grated cheese and sour cream. But options are unlimited, as some people eat them sweet with cinnamon and sugar, just like a doughnut, jam, chocolate spread... whatever you fancy.

---

## Thanks to the following vendors for their fantastic produce

**Havoc Pork**

**Whitestone Cheese** - butter



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)*