



# Otago Farmers Market

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

**Recipes for Saturday 11<sup>th</sup> October, 2014**

Today's Chef is: *Sandra Killian*

## **Cos, celery and walnut salad**

### **Dressing**

½ clove garlic, peeled, crushed  
4 Tbsp extra virgin olive oil  
1 Tbsp cider vinegar  
1 tsp English mustard  
Sea salt and freshly ground pepper

### **Salad**

2-3 cos lettuce heads, washed, leaves kept whole  
3-4 tender inner celery stalks, thinly sliced on the bias  
Large handful of walnut pieces, lightly toasted  
80g cooked lentils (optional)  
Shaved parmesan cheese to finish

### **Method**

- Blend all the dressing ingredients together
- On a large platter, lay down a base of crisp cos lettuce
- Top with ½ the celery, walnuts and lentils if using
- Repeat layer, finishing with the shaved parmesan and a generous drizzle of dressing.

## **Whole wheat pancakes**

¾ cup stone ground whole wheat flour (or buckwheat flour)  
¾ cup whole oats  
1 ½ tsp baking powder  
½ tsp baking soda  
½ tsp salt  
Pinch of nutmeg  
1 ¼ cups milk (approximately)  
1 egg  
2 Tbsp pure maple syrup or runny honey  
2 Tbsp butter, melted  
1 tsp lemon juice

### **Method**

- Whisk all the dry ingredients together in a bowl, make a well in the centre
- Whisk all the wet ingredients together in a bowl
- Add the wet mix to the dry to make a smooth batter (if you want thicker pancakes, add less wet, if you want thinner, add more milk.)
- Lightly oil or butter a non-stick pan. Drop in batter and when the tops begin to bubble, flip them.
- Stack on a plate and keep warm in the oven
- Serve with apple compote and thick Greek style yoghurt

**Thanks to the following vendors for their fantastic produce**

**Organicland – Fennel Sausages**

**Janefield Paeonies and Hydroponics – Cos lettuce**

**Havoc Pork – Bacon pieces**

**Rosedale Orchard - Apples**

**Whitestone Cheese - Butter**

## Sausage and French Lentil Casserole Serves 6

2 Tbsp olive oil  
1 large onion, peeled, cut into large dice  
2 tsp tomato puree  
2 bay leaves  
2 carrots peeled, small dice  
2 celery stalks, small dice  
150g pancetta, streaky bacon or bacon lardons  
1 sprig fresh thyme  
8 herby beef or venison sausages  
75ml red wine  
500ml chicken stock  
150g French green lentils (puy lentils)  
Sea salt and freshly ground black pepper

### Method

- Heat oil in a heavy based pot or casserole dish.
- Add the sausages and brown all over. Remove and set aside
- In the same pan, add the carrot, bacon, onion and celery.
- When the bacon has sizzled, add the tomato puree and red wine to deglaze the pan
- Add the stock lentils and thyme and cook for 15 minutes
- Add the sausages, nuzzling them amongst the lentils, place on the lid and cook until the lentils are tender
- If it begins to look too dry, add some cold water.
- Carry the pot directly to the table and serve with a robust red wine, a crunchy salad and plenty of crusty bread.



## Honey apple compote

1 ½ cups apple cider vinegar  
1 Tbsp (or to taste) runny honey or pure maple syrup  
½ cinnamon stick (optional)  
2 apples, any variety, peeled, cored and cut into chunks

### Method

- In a pot, bring the cider vinegar (with the cinnamon stick if using) to the boil then turn down to a simmer until it has reduced by half
- Stir in the honey and add the apples.
- Reduce the heat to very low and continue gently cooking until the mixture is thick enough to coat the back of a spoon, about 30 minutes
- Serve the compote with whole wheat pancakes.
- The compote can be kept seal into a sterilised glass jar and refrigerated for up to two weeks
- Try the compote on your favourite muesli, pair up with bacon or pork or just eat it off the spoon for a quick and guilt free sweet treat.



*The Market Kitchen is powered by Nova LPG,  
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