



# Otago Farmers Market

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

**Recipes for Saturday 18<sup>th</sup> October 2014**

Today's Chef is: *Alison Lambert*

## **SPANISH TORTILLA – POTATO, ONION AND EGG Serves 6**

*You only need three ingredients to make this delicious Spanish tortilla (omelet). Try to spend the time on softening the onions and potatoes as this will make the end results so much more delightful.*

### **Ingredients**

Light olive oil for cooking  
700g onions, peeled and finely sliced  
700g white potatoes  
5 good quality medium eggs  
Sea salt and freshly ground pepper

### **Method**

Heat 1-1.5cm of olive oil in a deep, medium sized frying pan.  
Add the onions and cook slowly for about 15- 25 minutes until golden and soft. In the meantime peel the potatoes and slice into 1 cm rounds.  
Add the potatoes to the onions and turn up the heat a little. Cook until the potatoes are tender, but not crisp. Drain the mixture through a sieve, saving the oil for later use. Set aside and wipe out pan.  
Beat the eggs in a bowl and add the potato and onion mix, season well with salt and pepper. Mix gently to combine.  
Heat 2-3 tablespoon of previously used oil in pan over medium heat and add mixture, allow to settle briefly (about 1 minute) gently moving the egg mixture from the outside of the pan to the center, this will allow the mixture to cook through. Tidy around the edge of the tortilla with a spatula to create a round edge. Now allow the egg to set so the base forms, tidy up the edge and place a plate over the surface of the tortilla, carefully flip and slide tortilla onto plate. Now return the tortilla back to pan with cooked side up. Return to heat and continue to cook for a further 5 minutes or until just firm.  
Can be eaten immediately or as the Spanish like to eat this at room temperature.

## **WILTED CAVOLO NERO WITH GARLIC AND CHILLI Serves 4**

*This is a great way to simply cook this deeply flavoured, robust green. I am using young, tender kale so it doesn't need blanching beforehand.*

### **Ingredients**

300g kale (baby)  
2 cloves garlic, finely sliced  
Sea salt  
Freshly ground black pepper  
Pinch dried chilli flakes  
Extra virgin olive oil  
lemon (optional)

### **Method**

Heat a large frypan up to medium hot, add a glug of oil, add the garlic and let fry for a few seconds so it turns a light golden colour and it gives off a nutty smell. Add the chilli flakes and the kale, season with salt and pepper, toss to combine and warm through.  
Serve with a half of lemon if desired and a generous drizzle of extra virgin olive oil. It partners well with all meats, fish and also great with a toasted sliced of good bread.

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

**JANEFIELD HYDROPONICS** – kale and spring onions

**AGREEABLE NATURE EGGS** – eggs

**MCARTHURS BERRY FARM** – potatoes and leek

**HARBOUR FISH** – fresh fish

**BRYDONE ORGANICS** – organic cauliflower



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## SPRING ONION FRITTERS Serves 4

*Spring is in the air and spring onions seem perfectly fresh and crisp to work with this season.*

### Ingredients

4 eggs  
½ cup flour or gluten free flour  
½ cup chickpea flour  
2 tsp baking powder  
1 cup cold soda water  
1/2 cup grated Parmesan cheese  
Salt and pepper to taste  
4 bunches spring onions  
4 Tbsp good quality oil for cooking

### Dressing

¼ cup unsweetened yogurt  
2 Tbsp sour cream  
1 Tbsp tahini paste  
Lemon juice to taste  
Lemon wedges to serve  
Pinch salt

### Method

To begin you need to toast the chickpea flour in a dry fry pan over a moderate to low heat so that the flour lightly toasts, this will remove any bitterness from the flour. Set aside to cool.

In a medium bowl, add the eggs, flour, chickpea flour (or substitute with normal flour if cannot get chickpea), baking powder, water, cheese and a pinch each of salt and pepper and whisk well to combine. Add the spring onions and stir to combine.

Heat 2 tablespoons of oil in a large fry pan.

Use a dessert spoon and carefully drop spoonful of mixture (holding the spoon so the tip faces into the pan) into the hot oil. Cook until golden brown on the first side then flip to brown on the other side (approx. 3 minutes each side).

Remove from the oil and drain on kitchen paper. Keep warm. Repeat with the remaining batter until finished.

To make the **dressing** mix all the ingredients together, taste and adjust lemon or seasoning. Chill until needed.

To serve; serve the spring onion fritters with the tahini yoghurt and plenty of lemon wedges.

**For the salad:** In a suitable sized bowl, combine the watercress any light coloured celery leaves. Finely slice the celery heart, quarter the apple, remove its core and thinly slice the fruit. Sprinkle the apple with some of the lemon juice and add the apple slices to the salad greens.

Lightly season the salad with a little sea salt flakes and freshly ground pepper.

Drizzle over the dressing just before serving.

## PANFRIED FISH WITH CAULIFLOWER COUSCOUS Serves 4

### Ingredients

#### For the raw cauliflower "couscous"

½ sunflower seeds  
½ cup pumpkin seeds  
1/2 medium head cauliflower,  
Juice of 1 medium lemon, or more to taste  
½ cup fresh flat leaf parsley leaves, torn  
1 preserved lemon  
Sea salt, to taste  
2 Tbsps extra-virgin olive oil, or more to taste

#### For the fish

4 fillets fresh fish  
Sea salt  
Glug oil, for frying  
1 Tbsp butter for frying  
Extra-virgin olive oil, for serving  
Lemon wedges for serving

### Method

#### Make the couscous

Place the seeds in a food processor and pulse to a bread crumb-like texture. Pour them into a large bowl. Cut cauliflower into florets - place half the cauliflower florets in the food processor and pulse until they're a couscous-like texture. Add to the seeds and repeat with the remaining florets.

Add the lemon juice, olive oil, parsley, and preserved lemon - cut into quarters, flesh removed, washed, and finely chop the zest (or add the zest of 1 lemon) to the cauliflower mixture and stir to combine. Season with the salt and add more olive oil and lemon juice to taste, if desired. Refrigerate for at least 1 hour before serving to allow the flavors to mingle.

#### To cook the fish

Pat the fish dry and season on both sides with salt. Heat the glug of oil and butter—just enough to coat the surface of 1 large fry pan to medium heat. Place the fish in the skillet, skin side down (or, if the fish has no skin, the side that had the skin), until crisp and golden, about 2 minutes. Flip the fish and continue to cook until the fish is opaque throughout, another 2 to 3 minutes, depending on the size of the fish.

Serve the fish fillets with this delicious cauliflower couscous, wedges of lemon and drizzle with extra virgin olive oil.



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