



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 1st November, 2014

Today's Chef is: *Sandra Killian*

Venison Medallions with Port and Rhubarb Sauce Serves 3

Ingredients

3 large rhubarb stalks, cut into 1/2 inch dice
6 tablespoons sugar
3 venison tenderloins trimmed of silver skin and excess fat
salt and ground black pepper
2 tablespoons vegetable oil
1/2 cup ruby port
1 cup low-sodium chicken stock

Method

Cook the rhubarb and sugar together in a medium, heavy-bottomed saucepan over low heat until the rhubarb has softened but still retains its shape

Season the medallions generously with salt and pepper.

Adjust an oven rack to the middle position and heat the oven to 200 degrees.

Heat 1 tablespoon vegetable oil in a 12-inch frying pan over medium-high heat until just smoking.

Lay medallions in the pan and cook until lightly browned, 3 to 4 minutes. Flip the medallions and cook on the second side until lightly browned and nearly cooked through, 3 to 4 minutes longer. Transfer to a clean plate and keep warm in the oven until ready.

Deglaze the frying pan with the port and simmer until the port is thick and syrupy, about 2 minutes. Stir in the stock and any accumulated rhubarb juices and return to a simmer. Simmer until the mixture is thick and has reduced by half. Stir in the rhubarb mixture and heat through. Taste and correct seasoning to taste.

Arrange the medallions on individual warm plates and spoon rhubarb sauce over the top. Serve immediately.

Tea Scented Sponge Cake with a Honey Tea Glaze

Ingredients

4 teaspoons tea
1/4 cup plus 2 teaspoons boiling water
3/4 cup flour
4 eggs, separated
3/4 cup plus 2 tablespoons sugar, in all
1/2 teaspoon vanilla
Pinch of salt
1/4 cup butter melted

Glaze

1/2 cup honey
1/2 teaspoon cinnamon
Whipped cream
Mint sprig
Icing sugar to dust

Method

Preheat oven to 180°C. Combine the boiling water with the tea and steep for 20 minutes, strain, reserve and cool.

Butter and flour a 9-inch cake pan. In a mixing bowl combine the egg yolks and 3/4 cup sugar and whisk until thick and pale in colour. Stir in 1 1/2 teaspoons of the tea concentrate and the vanilla. Beat the egg whites and salt with an electric mixer until they form soft peaks. Add the remaining 2 tablespoons of sugar and continue beating for 20- 30 seconds. Incorporate 1/3 of the egg whites into the egg mixture. Fold in 1/4 of the flour. Repeat the process, folding in the whites and flour until the last batch of flour is incorporated. Then fold in the melted butter. Pour the batter into the prepared pan, and bake for 30 minutes. Allow the cake to cool slightly before unmolding.

Make the glaze: In a small sauce pan, combine the honey, cinnamon, and 1/4 cup of the tea concentrate. Slowly heat, stirring frequently, set aside to cool. Using a pastry brush, baste the entire surface of the warm turned out cake, using the entire glaze. Allow to sit 20 minutes. Cut into wedges, garnish with a dollop of whipped cream, a mint sprig, and icing sugar, devour.



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Pork Balls in Creamy Caper Sauce Serves 6

500g Waitaki Bacon and Ham fennel sausages, skinned
2 eggs lightly beaten
150g fine plain bread crumbs
60ml milk
1 medium onion, finely diced
1 lemon, finely zested plus juice
20g capers, roughly chopped
20 g anchovy paste or crushed anchovies
30g melted butter
Seasoning
Flour for rolling meatballs

Combine meatball ingredients and mix well. Form into golf ball sized balls (the mix might be a little sticky and delicate to work with (try wetting your hands) but this is normal, the end result will give tender and moist meatballs!)

Poaching Broth

450ml chicken stock
1 bay leaf
20ml cider vinegar
60ml dry white wine
10g capers
5 black peppercorns
Bring all ingredients to a simmer in a heavy based pot.

Sauce

1 lemon, zest and juice
110ml sour cream
Coarsely chopped fresh parsley

Roll the pork balls in flour, carefully place into hot broth and simmer each batch for 15 minutes, but do not boil. (Tip: do not crowd meatballs into the pot; only simmer about 10-12 meatballs at a time). Note that the broth will thicken as you add the flour covered meatballs, which will make a nice sauce.

Carefully remove meatballs from the hot broth with a slotted spoon, and keep them warm in a covered bowl and store in the oven while making the sauce. Discard the bay leaf.

To make cream sauce stir in the sauce ingredients and heat through, but do not boil.

Serve Meatballs and Cream Sauce with boiled new potatoes or hot buttered spaetzle noodles and a garnish of chopped fresh parsley.

Roast Garlic, Curd and Beetroot Salad

Whole peeled garlic cloves
Beetroot, washed, peeled (wear disposable gloves to save your hands from turning a nice shade of pink) and cut into bite sized pieces
Rocket
Finely diced red onion
Cheese curd
Toasted walnuts or almonds
Your choice of cooked quinoa, Israeli couscous, farrah, orzo pasta or buckwheat grouts
Lemon, honey and olive oil dressing

Toss whole garlic and beetroot in olive oil and roast in a hot oven until beetroot is tender, cool.

Toss all the salad ingredients in a bowl, drizzle with dressing and enjoy.

Thanks to our vendors for sharing their fantastic produce:-

Butlers Fruit Farm

Rhubarb

Red Tussock Venison

Denver Leg Venison

Bowerbird Tea

Black Rose Tisane

Waitaki Bacon and Ham

Pork and fennel sausages

