



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday 15<sup>th</sup> November 2014

Today's Chef is: *Kevin Gilbert*

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### Casa-Lamb-ka

*A quick, simple and reliable lamb dish inspired by the flavours of North Africa and ideal for the barbecue as well as inside on a hot pan if the weather doesn't cooperate.*

#### **Ingredients**

2 Lamb back straps (or chops)

#### Marinade

1t ground cardamom

3t paprika

1t garlic, crushed

½ onion, chopped

1t honey

2T parsley, chopped

1T coriander leaves, chopped (optional)

Juice of half a Lemon or lime

A good pinch of salt

A gentle pinch of pepper

100ml oil

#### **Method**

- Mix together all the marinade ingredients in a bowl
- Toss through the back straps and allow to marinade for as long as you can - 2-4 hours is great, overnight is ideal.
- Cook quickly on a very hot griddle for 1-2 minutes each side (depending on the thickness of the meat)

### Spring carrots with a honey glaze

#### **Ingredients**

500g carrots, clean and trimmed

Knob of butter

2T honey

1-2 T balsamic vinegar

1C stock (preferably chicken or vegetable)

1T sesame seeds

2 cloves garlic, chopped

#### **Method**

- Trim carrots and scrub or scrape clean
- Fry the carrots in the butter for about 1 minute before adding the garlic, honey and vinegar. Cook for another minute or until the vinegar smell has all but gone. Add the stock and cover the pan
- Cook for around 8-10 minutes (until the carrots start to soften) then uncover and cook for a few more minutes until the liquid thickens.
- Plate the carrots and drizzle over a small amount of the glaze. Sprinkle some sesame seeds before serving.



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## **Coffee pastry cream** *Café Crème Pâtissiere*

### **Ingredients**

400ml milk  
40g coffee beans  
60g sugar  
34g maize cornflour  
1 whole egg (approx. 50g)  
30g butter

### **Method**

- Using a rolling pin or something similar crush the coffee beans between baking paper and add them to the milk. Bring the milk and beans to the boil and then remove from the heat to infuse for 10-15 minutes.
- Mix together the cornflour and egg before mixing in the sugar. This prevents the sugar from 'burning' the egg.
- Bring the milk back to the boil and strain onto the egg mix. Return the egg and milk mix back to the heat in a clean pan and, over a medium heat, cook for 3-5 minutes until thick. Stir constantly.
- Once it thickens, remove from heat and stir in the butter.

## **Chocolate sauce**

80g chocolate (70%)  
160ml cream

Bring cream to the boil and pour over the chocolate. Let it sit for a few minutes to let the heat melt the chocolate the stir until there are no lumps

## **Caramel sauce**

250g sugar  
100ml water (approx.)  
150ml cream  
50g butter

### **Method**

- Put the water then the sugar into a pot and place on high heat.
- Bring to the boil and continue until it goes a golden brown colour. The darker the brown the stronger the caramel flavour but also the greater the chance of getting a bitter taste if you go too far.
- Once you've got to the desired colour, remove from the heat and immediately add all the cream in one go (be careful as it can spit). The caramel will solidify at first but then dissolve into the cream.
- Once the cream is at a boil and the caramel has dissolved in remove from heat and allow to cool.

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

Blueskin Bay Honey - honey

Fat Cat Coffee – coffee beans

Cardrona Merino Lamb – lamb backstrap

Wairuna Organics - spring carrots

Janefield Paeonies and Hydroponics – coriander

Gilbert's Fine Food – pâtisserie