



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

Recipes for Saturday, November 22nd, 2014

This week's chef: *Lenore Brady*

Veal Carbonnade Flamande

1kg Stewing Veal
1½ oil
4 medium onions sliced thinly
2 cloves crushed garlic
1½ T flour
200ml chicken stock
190ml Green Man Schwarzbier.
1/2t dried thyme or 2t of fresh
1 bay leaf
1T brown sugar
1T cider vinegar

1. Cut the veal into chunks then use a paper towel to dry, then salt them. Fry in half the oil over a medium high heat in an oven proof dish with a lid, take care not to crowd the chunks. Fry until they are well browned, should take about 8 minutes. Remove from the dish.
2. Reduce the heat to medium low heat, add the rest of the oil, 1/8t salt and onions. Stir determinedly for 5 minutes then increase heat to medium and cook for another 10 or 15 minutes until the onions are well wilted. Add the garlic, and stir. Then after half a minute add the flour and stir to coat the onions.
3. Mix the beer and stock and add to the pot, stir to dissolves the flour. Then add vinegar, sugar, herbs, and browned meat. Cook for 90 minutes or so at 150C.

Quick Pick Pickles

These pickles add an easy freshness to the side of any meal.

A bunch of radishes or turnips
6 carrots
6 spring onions or 1 red onion (*or any other variation of veges that are good raw*)
handful of coriander or mint.
1 cup apple cider vinegar
6 peppercorns
40g ~50g sugar
2/3t sea salt

1. Heat the vinegar with sugar and salt until it simmers and the salt and sugar dissolves. Let this cool to room temperature. Prepare your selection of vegetables by slicing them all thinly. Keep in mind that the list is only a guide – you can do all sorts of variations. Try adding a chilli if you like it hot. Garlic and ginger lend it a kimchi flavour.
2. Pour the vinegar mixture over the veges. Mix together and add the herbs near the end so that they do not bruise. Store in a clean jar in the fridge for up to two weeks.

Thanks to the following vendors for their fantastic produce

Green Man Brewery Schwarzbier (Black beer)

Origin Meats Veal

Ettrick Gardens carrots

Janefield Paeonies and Hydroponics Bok Choi, spring onions

McArthurs Berry Farm Rhubarb, gooseberries, cauliflower, radishes

Spiced Greens

1 T oil
1 t cumin seed
½ t mustard seed
2cm piece fresh ginger, grated
500g greens (kale, cabbage, spring onions, asparagus...)
1c frozen peas (or fresh, in season)
1T fish sauce (or, ½ t salt and 1T water)
juice from a lemon
¼ c mint or coriander
Roast coconut

1. Heat a large fry pan then add the oil and immediately add the cumin and mustard seeds. Let them fry for a minute.
2. Then add the ginger and fry for another 30 seconds.
3. Add the greens, salt or fish sauce, water and peas.
4. Cover with your biggest lid then cook for about 5 minutes until the greens look cooked.
5. Add the lemon juice and herbs.
6. Top with some roast coconut. *(I use this on salads and all sorts; roast it in a dry pot over a medium heat stirring it constantly for 5~7 minutes, store in an airtight jar in the fridge).*

Green Gooseberry Jam with Elderflower (or if it doesn't set - Green Gooseberry Syrup with Elderflower)

1kg gooseberries
500ml water
10 heads of foraged elderflower
1kg sugar
a walnut of butter
4~6 recycled jars with lids

1. Top and tail the berries (use scissors).
2. Place in a large saucepan with water and the flowers floating atop.
3. Cook over a medium heat until the fruit is soft but retains its shape. Remove the flowers.
4. Add sugar and stir gently until the sugar dissolves then stop stirring.
5. Bring to a rolling boil for 13~15 minutes until it reaches 104.5°C (setting point).
6. Add the lump of butter to dissolve the pectin scum on top.
7. Pour in to sterilised jars (10 minutes in an oven at 100°C is good) and

cover with lid (that has been boiled in water).

8. Eat on toast, pancakes, or scones.

You can also dilute this with a little balsamic vinegar then heat it for a stunning accompaniment to pork.

American Rhubarb Pie

I am plundering my mother's recipe book for the Farmer's Market! This is another of her specialties.

Short Crust Pastry

This recipe does not need a food processor and is oddly satisfying to make (or use ready rolled shortcrust).

265g flour (plain not high grade)
170g butter
80g sugar
1 small egg
¼ t vanilla
zest of half a lemon

1. Soften the butter (to soft but not melted).
2. Using a large mixing bowl (much bigger than you think), beat the butter and sugar using a wooden spoon until it is creamy, this should not take long, perhaps 1½ minutes.
3. Add the egg, vanilla and zest and mix, until well stirred in.
4. Finally add the flour, and mix to a paste. As soon as it comes free of the sides stop mixing (or you will make it tough)
5. Wrap in cling film then cool in the fridge for at least 30 minutes. Try and keep it cool as you work.

Filling

8 stalks finely chopped rhubarb
80g sugar
30g flour
1 egg

1. Roll out 3/5 of the pastry and lay in the bottom of a pleasing pie dish (I like metal ones). Then put it in the fridge. Mix the fillings ingredients. Roll out the remaining pastry.
2. Add the filling to the shell and cover with the second piece of pastry. Make a few holes in the top so that steam can get out.
3. Cook at 180°C until mixture is set and pastry golden. *(Mum didn't say how long but check from 30 minutes on).*



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