



Otago Farmers Market

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

Recipes for Saturday 13th December 2014

This week's chef: *Lenore Brady*

Mustard and Coriander Butter with Ham on Ciabatta

This is great to have when there is ham around.

Ingredients

90g butter
30ml olive oil
3T coriander
2T grainy mustard
10ml lemon juice

Method

Soften the butter then mix in all the ingredients. The olive oil means that it stays spreadable, but will not roll into a tube like a *proper* Maitre D'Hotel Butter.

Keeps for 5 days in the fridge, or a month in the freezer.

Thanks to the following vendors for their fantastic produce

Brydone Organic Growers - potatoes

Ettrick Gardens – broad beans and carrots

Janefield Paeonies and Hydroponics – coriander and basil

Indigo Bakery – Ciabatta bread

Butlers Fruit Farm – strawberries

McArthurs Berry Farm - rhubarb

Broad Beans with Potatoes and Basil

Ingredients

1 medium white onion
1kg large beans
200g new potatoes
2T olive oil
3T lemon juice
1 ½ t Dijon mustard
2T basil
¼ t salt
black pepper

Method

Scrape then steam the potatoes.

Sauté the onions in the 1T olive oil over a low heat, cover for five minutes then remove lid to brown and sweeten for another 5 minutes.

Meanwhile...Pod then boil your beans for 1 minute and then plunge into icy water, after this peel off the thick skin. This step is a labour of love that is not entirely necessary but it is so lovely if you do.

Then add the beans to the onions and cook with lid for 5 minutes. Add the potatoes, remainder of the oil, lemon juice, mustard, salt and pepper. This is good hot or cold but add the basil just as you serve. A tomato also adds a nice bit of colour.



*The Market Kitchen is powered by Nova LPG,
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Spring Carrots

Ingredients

1 bunch spring carrots, scrubbed (I like to leave a bit of the top on)
1T butter
1T lemon juice
salt and black pepper
3T coriander

Method

Scrub the carrots then steam over a medium heat for 8 to 12 minutes. Skewer them to find out when they are pleasing to you. Place in a bowl and toss with lemon juice, butter, salt and pepper. Arrange on serving plate and scatter over the coriander.
(Add a few roast pine nuts too if you are serving at Christmas dinner).

Anna's Aioli for those tiny new Tatties

My friend taught me to make aioli. If I follow her instructions it works. No food processor needed, just a whisk and a strong arm.

Ingredients

1 egg yolk
1tsp dijon mustard
pinch of salt.
10ml white vinegar
2 cloves of garlic
1 cup light olive oil
1T herb (parsley, mint, coriander etc)

Method

Crush the garlic, then mix with the mustard, yolk, and salt in a medium size mixing bowl. Then pour the oil drop by drop at the start and then in a very fine thread as you whisk like billy-oh. You want to pour more slowly at the start as you are working to start the yolk emulsifying the oil, then a little more keenly.
If your pour too quickly and it splits, just get another bowl, another egg yolk and start whisking again, adding teaspoons of the split mixture at a time. Keeps in the fridge for a 4 days. If it is too thick when you come to use it add a T of warm (to hot) water at a time. Add the herb just as you serve.

Strawberry and Rhubarb Shortcake

This is almost a repeat of a recipe I did a few weeks ago when it poured with rain, not many people tasted it. It is my Mum's recipe and well worth being a summer's day treat.

Pastry Ingredients

265g flour (plain not high grade)
170g butter
80g sugar
1 small egg
1/4 t vanilla

Method

Soften the butter (to soft but not melted). 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.
Add the egg, vanilla and zest and mix, until well stirred in.
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)
Wrap in cling film then cool in the fridge for at least 30 minutes. Try and keep it cool as you work.

Filling Ingredients

6 stalks chopped rhubarb (about ⅔ of a bunch)
1 pottle strawberries (hulled)
80g sugar
40g flour
1 egg

Method

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.
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.
Cook at 180°C until mixture is set and pastry golden. *(Mum didn't say how long but check from 30 minutes on).*