



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

**Recipes for Saturday 20<sup>th</sup> December 2014**

Today's Chef is: *Sandra Killian*

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## ***Nicoise Salad with Sweet Potatoes and Tuna Serves 4***

### **Sweet Potato Confit**

- 2 small sweet potatoes, peeled and cut into 1/4-inch coins
- 2 clove garlic, very thinly sliced
- 2 sprig thyme extra virgin olive oil to cover

### **Pan Seared Tuna**

- 4 tuna loins (each about 85 g), cut into logs 2-inches by 2-inches by 4-inches
- 2 Tbsp EACH (60 mL total) whole peppercorns and coriander seed
- 2 Tbsp (30 mL) sea salt
- 2 Tbsp (30 mL) extra virgin olive oil

### **Lemon-Caper Vinaigrette**

- juice and zest of 1 lemon
- 1 Tbsp (15 mL) red wine vinegar
- 1 tsp (5 mL) Dijon mustard
- 1 Tbsp (15 mL) roughly chopped capers
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) pepper
- ½ cup (125 mL) *reserved* extra virgin olive oil

### **Lemon-Anchovy Aioli**

- ½ cup (125 mL) mayonnaise
- 1 Tbsp (15 mL) lemon juice
- 2 anchovies, mashed into a paste, or 1 teaspoon (5 mL) anchovy paste
- 1 Tbsp (15 mL) finely chopped chives

## **Nicoise Salad**

- 2 cup (500 mL) tender-crisp French green beans
- 4 hardboiled eggs, shelled and quartered
- 4 cup (1 L) heart of Romaine lettuce, torn into bite-size pieces
- 1 cup (250 mL) halved cherry tomatoes
- ¼ cup (60 mL) pitted and sliced olives
- ¼ cup (60 mL) thinly sliced red onion

### **Directions**

#### **Sweet Potato Confit**

1. Place potatoes, garlic and thyme in a small ovenproof dish; add enough oil to cover potatoes, cover, place on a rimmed baking sheet in a preheated 160°C oven until potatoes are fork tender, about 40 minutes.
2. Carefully remove potatoes from oil with a slotted spoon to a dish. Discard thyme and garlic and *reserve* oil.

#### **Pan Seared Ahi Tuna**

1. In a food processor or spice grinder, grind peppercorns and coriander seeds, place in a bowl with salt and stir to combine.
2. Rub pepper mixture over sides of tuna loins to encrust.
3. In a medium skillet set over medium-high heat, add oil. 4. Pan sear tuna loins 30 seconds per side; 2 minutes total searing time.

#### **Lemon-Caper Vinaigrette**

Whisk together, lemon juice and zest, vinegar, mustard, capers, salt and pepper. 2. Slowly whisk in oil to emulsify.

#### **Lemon-Anchovy Aioli**

Whisk together all ingredients and refrigeration until ready to use.

### **Salad**

**To Plate:** Smear a little aioli on each of 4 plates, fan 4 sweet potatoes coins on top, then layer on beans, eggs, lettuce, tomatoes, olives and onions and drizzle with vinaigrette. Cut tuna loins into ½-inch thick slices and fan over top of salad. Serve immediately.

## ***Strawberry Balsamic Pizza with Red Onion and Smoked Bacon***

### **Ingredients:**

½ cup good quality strawberry jam or preserves  
¼ cup balsamic vinegar  
1 ball pizza dough, your favorite  
1 cup diced or shredded chicken breast  
½ cup smoked bacon, cut in 1 inch pieces, cooked and drained  
½ cup thin sliced red onion  
12 ounces shredded Italian blend cheese  
¼ cup fresh coriander, finely chopped  
¼ cup fresh strawberries, diced small

### **Directions:**

1. Place pizza stone or sheet pan on middle rack of oven. Preheat oven to 230-250°C.
2. Place balsamic vinegar in a small saucepan. Bring to a boil, then reduce heat and simmer 4 to 5 minutes or until reduced to half of the original volume and mixture is thick and syrupy. Add strawberry jam and mix well. Set aside to cool.
3. Pat or roll out pizza dough on a lightly floured surface to approximately a 14" circle. Shape does not have to be perfect, this is a rustic pizza. Place a piece of parchment paper, slightly larger than your dough on a pizza peel or an upside down sheet pan. (The parchment paper will make your transfer of the pizza to the oven infinitely easier!) Sprinkle parchment paper lightly with cornmeal and place on parchment paper.
4. Pour sauce onto pizza dough and spread to cover. Leave a 1" border all around the edge.
5. Place about 3/4 of the cheese on top of dough and spread to cover sauce evenly. Scatter bacon and sweet onion over cheese to distribute evenly. Scatter remaining cheese over this layer.
6. Slide parchment paper with pizza on top onto stone or cookie sheet. Bake for approximately 8-10 minutes or until cheese is bubbly and crust is golden brown. Watch carefully, at this temperature it's easy to burn the pizza!
7. Remove from oven and let cool slightly, 1-2 minutes. Sprinkle with chopped coriander and fresh diced strawberries

## ***Smashed Broad Bean Dip***

### ***Ingredients:***

double peeled broad beans (as many as you can be bothered doing)  
1 small onion finely chopped  
3 cloves of garlic, minced  
olive oil  
salt & pepper

### ***Directions:***

Double peel the broad beans. Slowly cook the onion and garlic in the olive oil. Smash the broad beans with a mortar and pestle. In a bowl, mix the beans, garlic, onion and oil together. Stir in salt and pepper to taste. Serve with sourdough bread, slices of tomato and feta cheese marinated in olive oil

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## **Thanks to our vendors for sharing their fantastic produce:-**

**Etrick Gardens** – broad beans

**Gilberts Fine Foods** – sourdough bread

**Whitestone Cheese**- feta

**Janefield Paeonies and Hydroponics** – salad greens and coriander

**Mama Mia Pizza** – dough

**Butlers Fruit Farm** – strawberries, strawberry jam

**Havoc Pork** - bacon



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
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