



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday 17<sup>th</sup> January 2015

Today's Chef is: *Lenore Brady*

### Coconut and Lime Curry with Pork Balls

*This is my quick go-to summer soup. It is very refreshing.*

#### Ingredients

1 large red onion	6 havoc sausages (fennel is best)
1 T oil	7 cloves of garlic (or less)
1 can coconut cream	1 inch lump of ginger
4 small potatoes	45ml fish sauce
4 carrots	30ml lemon juice
2 courgettes	¼ t roasted sesame oil
1litre water and 3T chicken stock powder or 1 litre chicken stock	
15 kaffir lime leaves (from the international aisle or Indian shop)	
1 ½ cups herbs; thai basil, mint, basil, coriander or parsley	

#### Method

Chop your onion and gently fry it for 5 to 6 minutes in the oil. Add coconut cream, lime leaves quartered potatoes and sliced carrots (use whatever vegetables are in season). Gently simmer with the lid on for 10 minutes, then add thinly sliced courgettes. Squeeze the sausages from their casings and roll them a bit into balls. Slide them into the pot and put the lid back on.

Grate ginger and smash garlic. Slice all the herbs finely. Add the herbs, garlic, ginger, fish sauce, lemon juice and the sesame oil. Cook for 2 minutes.

Think about the flavour you want and then taste the soup. What does it need? (This recipe will change with the ingredients you use). It might need another T of lemon juice, or a dash more fish sauce, maybe even a half teaspoon of brown sugar. Serve with rice on the side in a separate bowl, and spring onions on top.

### Courgette and Basil Salad

*I discovered this recipe one night when 2 extra guests arrived and I had to do a quick padding of the menu.*

#### Ingredients

6 young courgettes  
4T basil  
1/3 red onion  
70ml light vinegar (not malt)  
50ml Oil  
Salt and pepper

#### Method

Grate the courgettes. Finely chop the onion and basil. Mix it altogether and eat. This is best eaten fresh.

### Homestyle Stewed Fruit

*This is not really a recipe, more a practise. This is homestyle food. Without adding sugar, fruit does not hold its shape but that is not much of a loss, the summer fruit is so sweet.*

#### Ingredients

Stone fruit.  
1 cinnamon quill or 1 star anise (or nothing at all).

#### Method

Put one cm of water in the bottom of your pot, fill it with roughly chopped stone fruit (without the stone). Add spice if using. Bring to the simmer and cook for 8 to 12 minutes (depends on ripeness and how big you chop them). Serve hot with ice-cream, or in to the fridge for breakfast. Take care if you are doing apricots, they seem to catch more quickly than other fruit; I tend to do them on a lowish temperature, and stir every 2 or 3 minutes.



*The Market Kitchen is powered by Nova LPG,  
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## Tomato Relish

*My Mum made this every year. People used to ask her what the secret was; it was the tomatoes my Pop grew. My secret is Farmer's Market tomatoes. This gets better with age - try and let sit for a few months.*

### Ingredients

2kg red or green tomatoes  
5 brown onions  
2 ½ T salt  
400g brown sugar  
760ml malt vinegar  
1T & 1t both mustard powder & curry powder  
4 chillies if you like it spicy  
3T flour (or rice flour for the GF factor)  
65ml malt vinegar.

### Method

Chop your tomatoes and onions roughly, place in a plastic or glass bowl. Sprinkle with salt. Let sit for 8 to 24 hours. Drain off the liquid that forms and throw it out - I have not found a good use for it, try as I might.

Put the tomatoes and onions in a pan with sugar and the first lot of vinegar, boil it all gently for about 90 minutes.

It can be tricky to get no lumps when you are stirring in the spices. To combat this I remove about half a cup of liquid or so when there is about 20 minutes to go. Once this is cool then I mix the second lot of vinegar, and the removed liquid with the spices and flour. When you have mixed them together, trickle in the spice mix as you stir quickly to incorporate it quickly before lumps can set. Cook for another 5 minutes then pour into sterile jars.

### To sterilise your jars:

I always re-use old jars with metal lids, the sort that go pop. Check that the lids have not been punctured or damaged as they won't form a seal. Heat your oven to 100 degrees and put cleaned jars in for at least 10 minutes. Boil the lids in water (in your kettle if there is no exposed element). Listen for the sound of happiness as the vacuum forms, sucking the air out of the jar making a popping sound. Check that all your jars have popped once they have cooled, you should not be able to push the lid down at all in the middle, if they have not sealed then store that jar in your fridge and use it first.

## Babaganoush

*This method makes insanely smokey babaganoush, serve it with other nibbles, especially good with carrot sticks.*

### Ingredients

2 eggplant (about 700g or so)  
1 small clove of garlic  
1 lemon, zest and juice  
40ml olive oil  
3T herbs; mint, coriander, or parsley  
2 T Tahini  
Salt and black pepper

### Method

Char your eggplants; firstly turn on the extractor fan or open a window. Do not peel them, simply place them directly on to your element or on the gas flame! Cook them on medium high for between 15 and 20 minutes, turning and repositioning every 5 minutes or so. They will smoke and turn black (there will be a bit of clean up). Once you can see they are cooked through, put them in a container to steam while they cool. After 20 minutes, (or the next day) cut them in half and scoop out the pulp. Combine with other ingredients and blend, or chop it finely and mix.

This recipe freezes well, although you will need to re-blend it once thawed as it splits in the freezer.

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## Thanks to the following vendors for their fantastic produce

**Caithness Orchards** – summer fruit

**Kakanui Produce** – eggplant, tomatoes

**Evansdale Cheese** - Farmhouse Brie

**Brydone Growers** - courgettes and onions

**Janefield Paeonies and Hydroponics** - herbs.

**Havoc Pork** - sausages