



Otago Farmers Market

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

Recipes for Saturday January 24th 2015

This week's chef: *Sandra Kellian*

Kale Salad with Cherries and Lime Dressing Serves: 4 to 6

Dressing:

1 teaspoon minced fresh garlic
(or 2 teaspoons minced red/white bottoms of summer garlic)
2 tablespoons freshly squeezed (not bottled) lime juice
1 tablespoon toasted sesame oil
Several grinds of black pepper
Sea salt

Salad

6 cups loosely packed kale leaves (try baby kale during warmer months)
1/4 cup sweet cherries, cut roughly in quarters
Freshly shelled peas, lightly blanched

Method

In a small glass or metal bowl, whisk together the dressing ingredients with a fork. Set the dressing aside while preparing kale.

Strip stems from leaves, removing the stems. Tear or cut leaves roughly into 2" squares, then wash in a salad spinner and pat dry with a clean tea towel or paper towels.

Transfer the kale leaves to a serving container. Toss with the dressing. With clean hands, massage the dressing in with the kale leaves until they soften and turn bright green, about 45 to 60 seconds.

Sprinkle the peas and cherries over the kale. Allow salad to sit for 15 to 20 minutes before serving.

Summer Additions:

Sliced almonds and fresh apricots (diced to 1/2")
Chopped pecans and fresh peaches (diced to 1/2")

Winter Additions

Chopped walnuts and dried cherries or cranberries
Chopped hazelnuts and sultanas or raisins
For best results, toast nuts before adding to salad.

Muhammara (Syrian Red Pepper and Walnut Dip)

2 red bell peppers
1 cup walnuts, toasted
1 clove garlic, roughly chopped
juice of 1/2 lemon
1/4 cup panko bread crumbs (or substitute other bread crumbs)
1 Tbsp. pomegranate molasses
1 tsp. smoked paprika
1/2 tsp. red pepper flakes
sprinkle of cumin
2 Tbsp. olive oil

Place a rack at the top of your oven and preheat your grill function. Cut peppers in half and remove stems and seeds. Line a baking sheet with tin foil and place peppers on it, skin side up.

Grill the peppers, turning them until the skins are charred. You can also roast them over a gas flame, turning them with tongs. Remove from oven and place the peppers in a large paper bag. Seal and set aside until peppers are cool enough to handle, 10-15 minutes.

Once peppers are slightly cooled, peel off and discard the charred black skins. It's OK if some bits of skin still cling to the pepper.

Add roasted peeled pepper halves to the bowl of a food processor along with all ingredients except for olive oil. Blend to combine, streaming in the olive oil. You can blend for less time to leave the dip a bit chunky, or puree for longer until completely smooth.

Scrape into a serving bowl. Serve with pita or lettuce leaves or use as a spread on sandwiches, grilled meats or fish.

**You can find pomegranate molasses in Middle Eastern markets. In the grocery store, try the international aisle or next to the regular molasses.*

Thanks to the following vendors for their fantastic produce

Rosedale Orchard - nectarines and apricots

Te Mahanga Orchard – peaches

Harbour Fish – monkfish

Brydone Growers –kale

Wairuna Organics – peas

Janefield Paeonies and Hydroponics – greens and herbs

Kakanui Produce - capsicum



Ceviche Serves 4-6

The trick with ceviche is getting the marinating time right, so the fish is half cooked by the citrus juice, but still raw in the centre. This time may alter from species to species. Best to keep tasting every 20 minutes or so until you're happy with the texture. It should also be served super-cold, preferably over ice.

Ingredients

425ml can coconut cream
215ml coconut milk
600g any firm white fish (ling, blue cod) cut into 1cm dice
1-2 fresh red chillies, seeded and finely chopped (optional)
1 ½ avocados, stoned and cut into small dice
1/3 cup finely diced red onion
¼ cup finely chopped mild Peppadew peppers (available at supermarkets)
finely grated zest of 2 limes
½ cup lime juice
1 teaspoon grated palm sugar
sea salt and freshly ground black pepper
6 iceberg lettuce leaves (choose the medium cup-shaped leaves)
fresh coriander leaves to garnish
3 limes, cut into wedges

Method

Place all ingredients **except** the lettuce and lime wedges and coriander in a bowl. Stir to combine then refrigerate to marinate for at least 30 minutes. To serve, spoon the ceviche into the lettuce cups, garnish with coriander and serve immediately with lime wedges on the side.

Summer Fruit Tart

For the fruit and glaze

10 summer fruit (apricots, peaches, nectarines) halved and stones removed
30g unsalted butter
75g caster sugar
40ml peach brandy (normal brandy would also work here)
2 tbsp. apricot jam
Preheat the oven to 180 degrees C.
Lay the fruit, cut side up, in a roasting tray. They should fit snugly but in a single layer. Place a little knob of butter on top of each then shower with caster sugar. Mix together the brandy with 1-2 tablespoons of water and pour over the fruit. Roast for 20 minutes, basting occasionally, until softened and slightly reduced in size but not collapsing. Remove the tray from the oven and set aside to cool. Pour the cooking liquor into a small pan and add the jam. Bring to the boil and reduce by half, then set aside.

For the pastry

250g plain white flour
200g icing sugar

200g unsalted butter, chilled & cubed
2 medium egg yolks, beaten

Put the flour and sugar into a food processor and blitz. Add the cold butter and blitz again until the mixture resembles breadcrumbs. Add the egg yolks again and blitz until just combined.

Turn the pastry out onto a lightly floured surface and knead briefly. Roll into a ball, flatten slightly and wrap in cling film before chilling for 2 – 3 hours.

When the pastry is chilled, remove from the fridge and lightly flour a work surface. Bash the dough out flat with your rolling pin then bring the broken edges in to form a ball. With regular, generous dustings of flour roll into a large round about 3mm thick and at least 5cm wider than your tart tin all round.

Lift the pastry gently, wrapping round your rolling pin if easier, and place it over a 23cm tart case. Working fast, lift up the edges of the pastry to allow it to relax into the base of each case and press in lightly. Leave any excess pastry round the edges to allow for shrinkage.

Line the pastry with a double layer of baking paper or tin foil, fill with baking beads (rice, mung beans, any dried pulse will do) and return to the fridge to cool for at least one hour.

Preheat your oven to 220 degrees C. Remove your pastry case from the fridge and bake on a baking tray for 10 minutes, or until the top is golden brown. Remove the baking beans and lining, then bake for a further 18 minutes, or until crisp and golden brown. Remove from the oven and allow to cool.

Once cooled, trim the edges of the pastry so you have a neat edge.

For the frangipane

180g unsalted butter
180g golden caster sugar
180g eggs (approx. 3 but do weigh them), beaten
180g ground almonds

In a stand mixer (or using a wooden spoon and bowl – I've tried both methods with very similar results), beat together the butter and sugar until light and fluffy.

With the motor running, add in one egg followed by one quarter of the almonds.

Repeat until all the egg and almonds are incorporated.

To assemble

Preheat the oven to 160 degrees C. Two-thirds fill the tart case with frangipane then arrange the fruit halves on top, cut side up, so that they are touching but not overlapping. Bake for 45 minutes or until a knife inserted into the middle comes out clean (it may need another 10 minutes or so).

Remove the tart from the oven. Reheat the glaze then paint over the tart using a pastry brush. Scatter over the toasted flaked almonds, slice and serve with large scoops of vanilla ice cream or a dollop of mascarpone.

The frangipane will keep up to a week in the fridge.

Ready-made sweet pastry is fine to use if you are short on time.