



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 31<sup>st</sup> January 2015

This week's chef: *Alison Lambert*

### **GRILLED APRICOTS AND RICOTTA** Serves 4

*A simple marriage of summer flavours with the cooling ricotta and tangy citrus makes this simple dessert one of my summer favourites.*

#### **Ingredients**

8 apricots (ripe but firm), cut in half and stone removed  
250g ricotta  
1 lemon, zest only  
1 orange, zest only  
4 Tbsp raw cane or coconut sugar

#### **Method**

Heat up the barbecue or griddle pan to hot.

Finely grate the zest from the lemon and orange and mix with the sugar and allow to sit for 10 minutes to infuse.

When the barbecue is hot place the cut side of the apricots directly onto the griddle bars and allow to char (blacken) slightly and soften, about 5 minutes.

Remove the apricots and place onto a dish, sprinkle about 1 tablespoon of the infused sugar over the peaches, cover with plastic wrap and leave for 10 – 20 minutes while the juices seep out of the peaches.

To assemble: place the apricots onto a large platter, add a little of the sugar. Spoon over the ricotta so that you get good dollops placed over the fruit.

Spoon over any juices from the apricots and finish by scattering over the infused sugar.

Best eaten at room temperature.

### **CHAR GRILLED ZUCCHINIS with LEMON, MINT AND FETA** Serves 4

*This is simple, seasonal and delicious, try it with some toasted sourdough bread, or perhaps some pan fried fillets of fish and aioli.*

#### **Ingredients**

8 medium size zucchinis, try different varieties and colours  
Handful of fresh mint leaves  
75g or more if desired of good quality goats feta cheese  
1-2 lemons  
100ml extra virgin olive oil  
Sea salt and freshly ground black pepper

#### **Method**

Heat a griddle pan or barbecue up very hot.

While that is heating up slice the zucchinis length ways 5mm thick. Set aside.

Grate the zest of one lemon and add the juice to a small bowl. Add the olive oil, season with salt and pepper, add the mint leaves and taste. You are wanting a fresh, zesty dressing.

Once the grill or pan is hot, place the zucchini strips single layer on the grill or pan. Cook for about 1 minute, if the grill is hot enough it should leave a lovely charred effect. Turn over and briefly cook the other side of the zucchinis. Do not over cook them, as they should have some texture. Once cooked place the zucchini strips directly onto a nice serving dish, add the dressing and sprinkle over the crumbled goats cheese. Toss gently to combine everything together. Enjoy.

### **WET POLENTA, ROASTED VINE TOMATOES, SMASHED BASIL** Serves 4

*This dish works well throughout the year as you can simply change the sweet tomatoes for mushrooms, wilted greens or even serve alongside a hearty stew.*

#### **Ingredients**

12 cherry vine tomatoes (if possible get them still attached to the vine)  
4 cloves garlic, sliced thinly

4 sprigs fresh thyme

Pinch sea salt flakes

Freshly ground pepper

2 Tbsp olive oil

#### **Polenta**

375ml water

100g polenta

25g unsalted butter

30g parmesan cheese, freshly grated. Extra for serving

#### **Smashed basil**

1 cup fresh basil leaves

Pinch salt

2 Tbsp extra virgin olive oil

#### **Method**

Preheat oven to 200C

Place the tomatoes onto a suitable sized oven dish, scatter over the garlic slivers and thyme. Drizzle over the oil and season lightly with salt and freshly ground pepper.

Roast in the hot oven until the tomatoes blister and just start to split (8-10 minutes).

Remove immediately from the oven and set aside.

To make the polenta, bring the water to a simmer, add a generous pinch of salt, whisk in the polenta and cook, stirring, on a low heat for 10 minutes or until the polenta comes away from the sides of the pan. Add the butter and cheese and stir vigorously.

In between stirring the polenta smash the basil by adding a pinch of salt and mashing it in a mortar and pestle until you get a coarse paste, stir in 2 tablespoon extra-virgin olive oil. Set aside.

To serve place a generous spoonful of the polenta onto a warm plate, place 4 roasted cherry tomatoes on top and any delicious juices, drizzle over the smashed basil and finish with plenty of freshly grated parmesan cheese.

## **BEETROOT AND QUINOA SALAD** Serves 4

*Salads like these are great throughout the year as they are not only nutritious, they are very filling. Feel free to change the grains, leaves etc to make this your own.*

### **Ingredients**

500g beetroot	2 Tbsp red wine vinegar
280g quinoa	4 tablespoons olive oil
600ml vegetable stock	½ red onion, sliced thinly
75g pumpkin seeds	Handful flatleaf parsley
	50g rocket leaves

### **Method**

Wash the beetroot gently. Place in a pan of salted water, bring to the boil, cover and simmer for 45 minutes until tender. Cool slightly, peel and chop into 2cm pieces.

Bring the vegetable stock to the boil, add the quinoa and cook for 10-15 minutes or until tender but not soggy. Drain and fluff up with fork. Leave to cool.

Dry-fry the pumpkin seeds until golden.

Cool and add to the quinoa, add the red wine vinegar and oil to the quinoa.

Mix in the sliced red onion, rocket, flat leaf parsley and beetroot, season with salt and pepper.

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## **TZATZIKI** Makes 300ml (1 small bowl)

### **Ingredients**

300 ml thick Greek yoghurt  
2 cloves garlic  
1 medium sized cucumber,  
2 Tbsp extra virgin olive oil  
Pinch salt  
1 tsp red wine vinegar

### **Method**

Put yoghurt into a bowl, crush garlic to a smooth paste with a little salt (mortar and pestle is good for this). Add to the yoghurt and mix through.

Cut cucumber in half and remove seeds. Grate the cucumber and squeeze out excess liquid (the dryer the better). Add to the yoghurt mixture along with 1 Tbsp of the olive oil, red wine vinegar and salt, taste and adjust if necessary.

Store in the fridge until required.

Serve in a small dish drizzled with the remainder oil and plenty of flatbreads, and cruditiés.

## **QUICK PICKLED RED ONIONS OR CUCUMBERS** Serves 4

*Pickles are a fantastic way of adding a bit of zing to any dish and these onions will surely do that!*

### **Ingredients**

3/4 cup (180ml) white or cider vinegar  
3 Tbsp sugar  
4 black peppercorns  
pinch of salt  
1 bay leaf  
1 tsp freshly chopped dill  
1 -2 fresh chillies  
2 large red onions, peeled, and thinly sliced into rings  
**OR** 1 cucumber, thinly sliced

### **Method**

In a small, non-reactive saucepan, heat the vinegar, sugar, salt and seasonings and bring to the boil. Pierce the whole chilli a few times with a fork and add to the vinegar mixture.

Add the onion or cucumber slices and lower the heat, then simmer gently for 30 seconds.

Remove from heat and let cool completely.

Transfer the onions and the liquid into a sterilised jar then refrigerate until ready to use.

Storage: The pickle will keep for several months, but I find they're best the week they're made.

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**Thanks to the following vendors for their fantastic  
produce**

**KAKANUI PRODUCE** – tomatoes

**ROSEDALE ORCHARDS** – apricots

**WAIKOUAITI GARDENS** – cucumbers

**BRYDONE ORGANIC GROWERS** – red onions and beetroot

**JANEFIELD PAEONIES and HYDROPONICS** – basil

**TE MAHANGA ORCHARD**– zucchini

