



Otago Farmers Market

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

Recipes for Saturday 7th February 2015

This week's chef: *Sandra Kellian*

PLUM AND RHUBARB SAUCE

This is very quick and easy to make. The volume can be adjusted to suit.

Ingredients

- 1 red chilli, halved and seeded
- 1 cinnamon stick
- 100ml balsamic vinegar
- 100g brown sugar
- 3 stalks rhubarb of medium length cut into 6 mm bits
- 5 medium size plums (cherries, strawberries or apricots would work as well)
- 1 small knob of ginger, peeled and diced

Method

Put all ingredients into a heavy based pot and allow it to simmer and thicken, about 20-30mins. It will begin to look a bit like a jam consistency especially as it cools.

Remove the chilli and cinnamon stick before serving

SWEET SQUASH CUSTARD (GF)

Ingredients

- ½ c honey
- ½ c sugar
- 1tsp salt
- 220g butter
- ¼ c heavy cream
- 1 egg
- 1 egg yolk
- 1 large squash

Method

Preheat oven to 180c.

Cut squash in half, remove seeds, rub with butter, dust with a mix of ground ginger, clove, cinnamon, salt and roast in oven until soft. Cool and mash.

Meanwhile, heat honey, sugar and salt until melted, add butter and bring to a hard boil.

Remove and cool for 20 mins.

Whisk in the cream, eggs and squash. Puree the mixture until smooth, the smoother the better.

Pour into individual buttered ramekins, set in a water bath and bake in the oven until the custard is set but still a little wobbly.

Remove from the oven and cool completely before dusting with a little cinnamon and icing sugar before serving.

The custard can also be baked in a blind baked sweet pastry shell.



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*

SWEET SQUASH, FETA AND CARMELISED ONION SALAD

Ingredients

½ sweet squash diced into 2 cm cubes
Salad leaves
Bunch of mint, roughly chopped
½ block of feta cheese (either goat or cow)
1 packet pinenuts, lightly roasted (optional)
2-3 medium brown onions, thinly sliced
2 Tablespoons brown sugar
1-2 Tbls balsamic vinegar
2 Tbls oil
Olive oil and balsamic for dressing the salad

Method

For the caramelised onions:

Heat oil in a large frying pan over low heat (Don't use a Teflon coated one). Add the onions and a good pinch of salt and cook very slowly for 15-20 minutes, stirring occasionally to prevent them from catching - don't be tempted to turn the heat up because the onions will burn. When onions have softened and have a bit of colour, add sugar and balsamic and cook onion over low heat for a further 5-10 minutes, stirring occasionally, until sticky and caramelised.

For the squash:

Put the squash on a flat baking tray, drizzle with some oil and season with salt and bake 180c oven for 25 mins - till browned.

Put it all together:

Scatter the salad leaves on a large platter or in a shallow dish, scatter over the pumpkin, feta, caramelised onions and pinenuts, gently toss together. Drizzle with olive oil and balsamic over and a sprinkle of mint to finish.

PORK SPARE RIBS WITH PLUM SAUCE

Ingredients

1 bunch of thyme roughly chopped
1 bunch of rosemary roughly chopped
5 cloves of garlic, diced
100ml olive oil
1-2 kg pork ribs

Method

Combine the herbs and olive oil together. Rub all over the ribs and leave to marinate for 30 mins.

Heat oven to around 180c.

Place ribs in a tinfoil lined roasting dish or glass Pyrex dish.

Cook for approximately 30-40 mins, turning the ribs half way through cooking time.

When cooked to your liking, remove from the oven, place on a serving dish and spoon over the rhubarb plum sauce.

Serve with crusty bread to mop up any remaining juices.

Have plenty of hand wipes for those sticky fingers.

Thanks to the following vendors for their fantastic produce



Waitaki Bacon and Ham Pork Ribs

McArthur's Berry Farm Rhubarb

Wairuna Organics Sweet Potato Squash

Harwarden Orchard Plums

Indigo Bakery

Janefield Paeonies and Hydroponics Salad Greens