



Otago Farmers Market

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

Recipes for Saturday 14th February 2015

This week's chef: *Lenore Brady*

Carrot and Beetroot Salad

500g beetroot
700g carrot
¼ red onion finely sliced
1 mixed cup mint and coriander
½ cup sunflower seeds
½ cup currants
½ t salt
2T apple cider vinegar
2T maple syrup or honey (I use fake maple)
4T Olive oil
juice from 1 orange, hopefully about 60ml

1. Roast sunflower seeds over a medium heat in a pot, tossing constantly, especially as you get near the end, cool on a plate (not in the pot they might keep cooking and burn).
2. Peel then grate vegetables. I encourage you to find a good grater, a box grater is adequate but a finer grate makes for a juicier salad. A food processor is quite good.
3. Chop up the herbs.
4. Put everything (except the seeds) in a bowl then mix. Add the seeds just as you serve.

Summer Fruits Cake

210g plain flour
200g sugar
½ t salt
½ t cinnamon
1½t baking powder
115g butter
120g sour cream **or** stewed fruit (*I use stewed fruit as I always have it on hand*)
2 eggs
2 tsp vanilla essence
6 - 10 pieces summer fruit
30ml boiling water
sugar and cinnamon to sprinkle on top

1. Line tin with paper - I use a 23 x 23cm square tin.
2. Heat oven to 170C.
3. Cut the fruit in to halves.
4. Put the first 6 ingredients in the food processor and blitz to a fine grain.
5. Add sour cream/stewed fruit, eggs, and vanilla. Blend then pour in the boiling water while machine is running.
6. Pour into tin.
7. Then press halves of fruit in to the mixture, starting at the corners and working to the middle. More fruit is better, try and squish it in.
8. Mix a bit of sugar and cinnamon then sprinkle over cake.
9. Cook for 40 to 55 minutes, depending on size of the tin.
10. When it comes out of the oven poke holes in the fruit to let the gathered juice sink in to the cake.
11. Remove from tin once juice is gone and at least 10 minutes has past.



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Garlic Confit (aka Fancy Garlic Oil, and Roast Garlic)

4 - 8 large heads/bulbs of garlic

500ml - 1litre olive oil (your choice on how much you want to make, it is good either way)

1. Put on some good music as the next step takes a while.
2. Wash then peel the garlic. The best way to do this at the moment, with the garlic so fresh, is to damage/bruise the surface with something heavy - I use my marble pestle.
3. Put the garlic and oil in a pot and then cook on the lowest of low settings you can set your cooker to. There should be no bubbles forming (tiny ones are okay).
4. Cook for 60 minutes or until garlic is very soft. It should remain white (although I often forget and it goes brown but still tastes excellent).
5. Done.

Separate the garlic (leave enough oil on to cover it) and oil and store them both in the fridge. Use the garlic proper in salad dressings or add at the end to a pasta salad.

Use the oil on bruschetta, to dress salads or to fancy up an easy scrambled egg meal.

Scrambled Eggs with Fancy Garlic Oil

Eggs are such a great go-to meal when life gets busy. Make sure that you get the rest of the meal ready before you put the eggs in the pan as they cook very quickly.

6 large eggs

3T milk

1T garlic oil (above)

1t butter

2T herbs (parsley, tarragon, basil or coriander not mint)

a few grinds of black pepper

1. Start your pan heating on high.
2. Crack the eggs in to a bowl and add milk. Beat with a spoon until they are streak free, but still have the large bubbles (you do not need to over work them).
3. Add the oil and butter to the pan, swirl to coat the pan then pour in the beaten eggs.
4. Grind over the pepper.
5. Using a soft scraper, push the egg from one side to the other, kind of piling it in the middle as they cook. They should cook in 70 to 90 seconds.
6. Serve while still glossy.



Thanks to the following vendors for their fantastic produce

Brydone Organic Growers - Beetroot, onions

McArthurs Berry Farm - Carrots

Janefield Paeonies and Hydroponics - Salad greens

Agreeable Nature - Free range eggs

Te Mahanga Orchard - Garlic

Rosedale Orchard - Apricots

Gilberts Fine Foods - Bread