



Otago Farmers Market

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

Recipes for Saturday 21st February 2015

This week's chef: *Sandra Kellian*

Fennel and baby potato salad

300g (approx) new or baby potatoes, cooked
2 fennel bulbs, trimmed, halved, green fronds reserved
1 celery heart, including leaves
10 radishes, trimmed
2 witlof
1/3 cup (80ml) extra virgin olive oil
2 tablespoons lemon juice
1 garlic clove, crushed
Seasoning
Crumbled blue cheese (optional)

Method

To cook the potatoes, put the washed and scrubbed potatoes in a pot, cover with **cold water**, bring to the boil then turn down to a very gentle simmer until just tender. Refresh in cold water to stop them from cooking any further.

Using a mandolin or sharp knife, thinly slice the fennel bulbs, celery heart and leaves, radishes and witlof widthways and place in a bowl. Cut the potatoes into small wedges and add to the bowl. Combine the oil, garlic and lemon juice in a small bowl. Adjust seasoning. Add to salad bowl, gently toss, scatter with blue cheese if using and garnish with reserved green fronds.

Fennel, Hazelnut and Blue Cheese Tart

2/3 cup hazelnuts toasted and skinned
½ cup sugar
2 tablespoons butter, softened
1/8 tsp salt
1/8 tsp ground cardamom (optional)
1 large egg
½ cup all purpose flour
½ cup whole wheat flour
¼ cup olive oil
¼ cup cold water (approx)
2 tablespoons crumbled blue cheese
2 large pears, peeled cored cut lengthways into about 10 equal wedges, tossed in some fresh lemon juice to stop them going brown
Runny honey
Few sprigs fresh thyme

Method

Heat oven to 180°C.

To make the **crust**, combine the flours together with a pinch of salt in a medium size bowl. Stir in the olive oil and water (if it is too dry add a little more water) until the dough forms a soft ball. Line a 12x12 inch rectangular loose bottom tin with the dough. Prick the base with a fork. Coarsely chop the hazelnuts, setting aside 2 tablespoons for garnish. Place the hazelnuts and sugar in a food processor and process until finely ground. Add the butter, salt, cardamom and egg and process to smooth paste. Spread the hazelnut mix over the dough and bake for 20 mins or until lightly brown. Remove from the oven and sprinkle over the crumbled blue cheese. Arrange the pears on top of the blue cheese and return to the oven for 25 mins or until the pears are tender. Remove from the oven, brush or drizzle over honey, sprinkle over thyme and remaining hazelnuts. Cool completely before removing from the tin to serve.

Thanks to the following vendors for their fantastic produce

Brydone Organics – fennel, celery, potatoes

Basecamp Salami – venison chorizo

Beanos Bakery – bread

Whitestone Cheese – blue cheese

Ettrick Gardens – pears

Edmonds Fish Supply - gurnard

Zuppa Povera (poor man's soup)_ Serves 4

¼ cup olive oil
2 garlic cloves, crushed
4 fennel bulbs, sliced, fronds reserved
1L (4 cups) vegetable or chicken stock
½ cup grated parmesan or blue cheese
8 slices hearty bread

Method

Preheat oven to 180°C.

Heat 1 tablespoon of the oil in a large saucepan over a medium heat, add the garlic and cook for 1 minute without browning. Add the sliced fennel (not the fronds) and fry until the fennel begins to turn golden. Add the stock, season with salt and pepper and bring to the boil. Simmer for 10-15 minutes. Meanwhile, brush the bread with the remaining olive oil on both sides, place on a baking tray and bake until golden. Top with the parmesan or blue cheese and return to oven until melted. Finely chop the reserved fennel fronds, add to the soup, and stir to combine. Divide the soup between 4 bowls, top with the cheesy toast and serve.

Fish stew with fennel, chorizo and baby potatoes Serves 4

¼c olive oil
300g baby or new potatoes, scrubbed and sliced thickly
½ medium fennel bulb, very thinly sliced length ways
2 garlic cloves, finely chopped
½ c crushed tomatoes
salt
500g fish, cut into bite size pieces
1c coarsely chopped chorizo
¼ c white wine or Pernod
2 tablespoons chopped fresh dill (optional)
Lemon wedges to serve
Loads of crusty bread

Fish stew with fennel, chorizo and baby potatoes cont

Method Heat oil in a large pot over medium-high heat. Cook potatoes, tossing occasionally, until they begin to soften, about 3 minutes. Add the fennel and garlic, stirring occasionally until the fennel is soft, about 2 minutes. Add the chorizo and cook until it begins to release its oil and flavour. Add the wine or Pernod and cook until evaporated. Add the tomatoes, two cups of water and bring to the boil, reduce heat and simmer until the potatoes are tender. Add the fish, cover the pot and reduce heat. Simmer until the fish is just cooked. Check for seasoning and serve with a side plate of warm bread.

Potato Bravas

1 kg potatoes, washed, boiled in salty water until just cooked
1/8 c extra virgin olive oil
1 red onion, finely diced
3 garlic cloves, crushed
1 tsp sweet smoked paprika
1 tsp hot paprika
1 tsp chilli flakes
½ tsp ground cumin
Pinch cayenne (optional)
1 can plum tomatoes, crushed
1 ½ Tablespoons red wine vinegar
Roughly chopped chorizo (optional)

Method

In a pot, cook onion, garlic until tender but not browned. Add spices and cook for a further 1 min until fragrant. Add red wine vinegar, tomatoes and simmer for 20 minutes. Adjust seasoning. Keep 'chunky' or blend with a wand until smooth.

Toss cooked potatoes in olive oil with chorizo if using, place on in baking dish and roast in a hot oven until golden. Pour onto a serving platter, spoon over hot sauce and serve with plenty of picks, serviettes and good company



*The Market Kitchen is powered by Nova LPG,
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