



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday March 6<sup>th</sup> 2015

This week's chef: *Alison Lambert*

### **GREEN BEANS WITH VINAIGRETTE** Serves 4

*Some things in life need not change and this classic combination is one of them – pure and simple!*

#### **Ingredients**

350g green beans

#### **Dressing**

1 shallot, finely diced

1 tsp Dijon mustard

1 Tbsp red wine vinegar

3 Tbsp olive oil or any good quality oil

Sea salt and freshly cracked black pepper

Small handful parsley, roughly chopped

#### **Method**

Bring a large pot of salted water to the boil.

Make the dressing by adding the mustard and vinegar together and whisk in the oil gradually as we want this dressing to be thick so it clings to the beans.

Add the diced shallots and season lightly. Set aside.

Trim the ends of the beans. When all done plunge them into the boiling water and boil for 3 minutes or until tender. This is one of the rare times I cook them a little more.

As soon as they are cooked to your liking drain and refresh immediately under cold running water. Drain.

Mix the beans, parsley and dressing together and combine so all the beans are coated thickly with the dressing. Best eaten at room temperature.

### **DELICIOUS BAKED TOMATOES AND POTATOES** Serves 4-6

*This dish fits nicely into the season - main crop potatoes have arrived and home-grown tomatoes are great for cooking.*

#### **Ingredients**

1 large onion, sliced

4 Tbsp olive oil

Pinch of salt

4 cloves garlic, sliced thinly

500g waxy potatoes, such as Desiree or Nadine, peeled and cut into 1/2cm rounds

600g large tomatoes, sliced

200g olives, stoned removed (optional)

1 cup vegetable stock (approx.)

2 tsp thyme, oregano or rosemary, finely chopped

Generous pinch ground cinnamon

Handful of parsley and basil leaves, roughly torn or chopped

Salt and freshly ground pepper

Parmesan or pecorino cheese to finish

Extra virgin olive oil to serve

#### **Method**

Preheat the oven to 200C

In a large heavy based pan, add the oil and onions and a generous pinch of salt and cook until soft and sweet about 10 minutes.

Add the garlic and add to the onions, add the thyme, oregano or rosemary and stir through.

Layer the potato slices over the base of medium to large oven dish, season lightly with salt and pepper. Now cover with the melt onions and garlic, sprinkle over the olives if using and finally finish with the tomato rounds.

Drizzle over any remaining oil. Add the cinnamon to the stock and pour over the potatoes and tomatoes. Cover tightly with foil as this will allow to cook through before getting too caramelised, this will take about 35 minutes.

Remove the foil and continue to cook for another 10-15 minutes or until lovely and golden and sticky.

To serve, grate over plenty of parmesan or pecorino cheese and I like to add little a drizzle of extra virgin olive oil to finish.



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Follow Alison on face book  
—Alison Lambert taste of my life—  
or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

## TURNIPS AND CARROTS

*This combination is nothing new but it works so well and it is a great way of encouraging people to try the 'mighty' turnip*

### Ingredients

1kg carrots, trimmed and cut lengthways in half  
600g turnips, peeled and halved, keeping the inside leaves of the tops  
50g butter  
1 Tbsp honey  
50ml water  
1 Tbsp balsamic vinegar  
1 Tbsp chopped parsley  
Sea salt and black pepper

### Method

Put all the ingredients for the carrots except the vinegar and parsley in a heavy-based pan and place over a high heat until the mixture is simmering away. Add the turnips and turn the heat right down, covering the pan and cook for about 10 minutes, frequently checking and stirring the carrots to make sure they don't stick and burn. When the carrots are almost cooked, uncover the pan, increase the heat slightly and stir in the turnip tops and balsamic vinegar. Cook for 3 minutes, then turn off the heat and stir in the parsley

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## BAKED PEACHES WITH GINGERNUTS AND HONEY Serves 2

### Ingredients

4 peaches, halved and stones removed  
12 gingernuts, crushed  
2 Tbsp honey, extra for drizzling  
Good dash sweet white wine (dessert if possible)  
Raw cane sugar for sprinkling

### Method

Preheat the oven to 180C  
Melt the butter in a saucepan, but do not let it brown, add the crushed biscuits and honey with a dash of wine. Place a heaped spoonful onto the cut side of the peach and place on baking tray.  
Sprinkle with a little sugar and a little honey if desired.  
Bake in the oven for 15-30 minutes or until they are golden and tender.



## MARINATING FRESH EVANSDALE CURDS

*As you know I use these curds throughout the year and I seem to find a use for them no matter what the occasion. By adding a few aromatics, oil and a little patience you will be rewarded with not only with infused cheese, but also infused oil which can be used on salads, to dip bread into and to roast potatoes.*

### Ingredients

Good quality fresh curds or feta  
Sprigs fresh thyme, rosemary or bay leaves  
Peppercorns or chillies  
Preserved lemons (optional)  
Good quality olive oil

### Method

Use a clean, sterilised jar.  
The cheese can be cubed, or left whole. Stack the curd cheese into the jar, and add lots of branches of thyme and rosemary (if using), add a bay leaf or two if desired and now add peppercorns or dried chillies or flakes. However do note that it isn't good to add raw garlic as it can cause your tummy to get a little upset.  
Pour over enough olive oil until the cheese is submerged.  
Sealed and store the submerged cheese in the fridge It will last for a good two weeks if submerged, or leave at room temperature for a couple of days only.

## HAVOC BACON

Not much needs to be said about how much we love bacon, so today I will be simply cooking Havoc's exceptional eye bacon which will surely make you hungry.

## Thanks to the following vendors for their fantastic produce

**WAIKOUAITI GARDENS** – certified organic heirloom tomatoes and beans

**HAVOC PORK CO** – eye bacon

**EVANSDALE CHEESE** – fresh curds

**KAKANUI PRODUCE** – Highlander potatoes, tomatoes, spring onions

**HARWARDEN ORCHARD** – peaches

**MCARTHURS BERRY FARM** – carrots

**GILBERTS FINE FOODS** – Trebor loaf

**BRYDONE ORGANIC GROWERS** – turnips, red onions