



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday, 28<sup>th</sup> March 2015

This week's chef: *Sandra Kellian*

### **Moroccan Spiced Carrot Dip** Serves 4

#### **Ingredients**

1 whole garlic clove, peeled and left whole  
450 g carrots, peeled and cut into large pieces  
½ tsp ground cumin  
½ tsp paprika  
½ tsp ground ginger  
½ tsp ground cinnamon  
1 pinch cayenne pepper  
Salt and pepper to taste  
1Tbsp honey  
2 Tbsp fresh lemon juice  
3 Tbsp virgin olive oil  
Pitted olives for garnish, (left whole or chopped)  
2 Tbsp fresh coriander leaves

#### **Method**

Cook the chopped carrots and whole garlic in simmering salted water until soft. Drain well then return them to the pot and dry fry over a medium heat to dry them out further.

Tip the carrots and garlic into a food processor and pulse until smooth. Add the spices, sea salt, lemon juice and honey and whizz again.

With the motor still running, add the oil in a gradual stream. Correct the seasoning.

Allow to cool then spoon into your favourite serving bowl, sprinkle with the olives and coriander. Serve with lightly warmed flat bread for dipping

### **Heirloom Tomato and Pear Relish**

#### **Ingredients**

500g pears peeled, cored and chopped  
500g tomatoes, peeled and chopped  
2 large onions, chopped  
2 fresh red or green chillies, seeded and chopped  
125 ml cider vinegar  
100g soft brown sugar  
1 dessertspoon grated root ginger  
½ tsp mustard powder

#### **Method**

In a heavy saucepan or casserole, combine all the ingredients and bring to the boil. Reduce the heat and simmer uncovered for 30-45 minutes, stirring occasionally to prevent burning.

Ladle into hot sterilised jars and seal.

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

**Brydone Growers** – Turnips

**McArthurs Berry Farm** – silverbeet, leeks

**Waikouaiti Gardens** – heirloom tomatoes

**Beanos Bakery** – Bread, hot cross buns

**Janefield Paeonies and Hydroponics** – herbs and greens

**Ettrick Gardens** – coloured carrots, Delia squash, pears



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## Simple Silverbeet and Delia Squash Risotto Serves 2-4

½ Delia squash

1 bunch washed silverbeet, white stalks removed and shredded

4 tbsp light olive oil

600ml vegetable stock

50g unsalted butter

1 small onion, finely chopped

1 celery stick, finely chopped

2 garlic cloves, crushed

1 bay leaf

1 tsp fresh thyme leaves, picked

140g risotto rice

100ml white wine

50g Parmesan (or vegetarian alternative), finely grated

### Method

Heat oven to 200°C/180°C fan. Peel the squash and separate the bulbous seed-bearing section from the slender end. Chop the slender end into 2cm cubes, toss in half the oil, season lightly and roast in the oven, stirring occasionally, until golden brown on the outside and soft in the centre, about 30 mins. Cut the bulb in half and scrape out the seeds with a spoon – you can keep these to toast in the oven and sprinkle over salads. Chop the flesh into 2cm pieces. Warm the vegetable stock in a small pan, set over a low heat. Drop in squash and leave to gently poach.

While the squash is roasting, warm a medium-size frying pan over a gentle heat. Add the remaining olive oil and half the butter, followed by the onion. Cover and cook for 3 mins until the onion turns translucent. Stir in the celery, garlic, herbs and a few turns of pepper (no salt at this stage). Cover again and cook for a further 2 mins. Increase the heat slightly and stir in the rice. Stir, uncovered, for about 5 mins – this will help to develop the toasty aroma of the rice without burning the veg.

Turn up the heat, stir in the wine and let it bubble away to almost nothing. Reduce the heat and start adding the stock. Add one ladle at a time, stirring gently but constantly during each addition. The idea is to encourage the rice to absorb the liquid and soften, but also give up its starch to thicken the remaining broth. Don't stir too aggressively or you will end up with a pan of mush. When the stock has been absorbed, it's time to add the next ladleful

and so on. It will take about 15 mins to reach the final ladle of stock. By this time the squash in the stock should have softened. Mash it up with the remaining stock and stir into the risotto.

Sauté the silverbeet in a dash of olive oil, a sprinkle of salt and a grind of pepper until it begins to soften. Remove from the heat before it gets too droopy and loses its wonderful colour. Stir through the risotto.

Turn off the heat, dot the top of the risotto with remaining butter and most of the Parmesan, cover, leave to rest for 2 mins, then stir through and check the seasoning. Spoon the risotto into shallow bowls and sprinkle the roasted squash and leftover Parmesan on top. Serve with crusty bread and a simple crunchy salad

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## Roasted Carrot and Leek Soup

### Ingredients

2 -3 medium leeks, tender green and white parts only, cleaned and roughly chopped

2 kg carrots, cleaned and scrubbed

4-6 cups vegetable stock

Olive oil

Garlic salt and pepper

Goat or feta cheese for garnish

Fresh herbs

### Method

Preheat oven to approximately 180°C. Season the leeks and carrots, toss with a liberal amount of olive oil, and lay out in a single layer in a baking dish. Roast for about 40-45 minutes, tossing occasionally.

Add the veggies to a pot with the stock. Bring to the boil, cover and simmer for about 15 minutes. Remove from the heat, correct the seasoning, cool and transfer to a food processor and blend to the consistency you like. Serve in warm bowls with cheese and herbs