



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 4<sup>th</sup> April 2015

This week's chef: *Alison Lambert*

### **ROAST TOMATO SAUCE** Makes about 500-750ml

*It's time to top up the bottling as tomatoes are prime for making sauces and relishes. This dependable sauce pulls me through any day of the week!*

- 1.5-2kg ripe tomatoes
- 5 garlic cloves,
- Few sprigs basil and thyme
- 2 Tbsp olive oil
- Pinch of sugar (optional)
- Sea salt and cracked pepper

#### **Method**

Preheat oven to 180C

Wash the tomatoes briefly in cold water and pat dry.

Cut the large tomatoes in half and place all the tomatoes in a roasting dish, cut side up, sprinkle over the salt, pepper and sugar.

Drizzle over the oil and scatter over the herbs. If using your own tomatoes I like to push a small piece of the stalk into the sauce for extra flavour (optional).

Roast the tomatoes for at least an hour or until the tomatoes are completely pulpy, soft and giving of a rich tomato aroma.

Remove and allow to cool. When safe enough to handle spoon mixture into a sieve or pass through a mouli. The idea is to pass the flesh and juice and discard the seeds and skin. You will end up with a large bowl of tomato pulp. If you find your sauce is extra juicy put it into a pot and reduce over moderate heat until required consistency.

The sauce is now ready to use. It will last in the fridge for up to a week and freezes very well.

### **STUFFED PEPPERS** Serves 4

*This recipe fills me with warming memories of Greece. I love recipes like this as you can pretty much put anything in them.*

Olive oil

4 large capsicum (peppers)

2 onions peeled, sliced

2 cloves garlic, peeled and finely chopped

2 large tomatoes, roughly diced

100g quinoa, cracked wheat or rice

50g olives, stone removed and roughly chopped

100g greens, spinach, rocket, kale or silver beet, roughly chopped

½ tsp fresh thyme leaves

500ml vegetable stock

200g Feta cheese, crumbled

100g flat leaf parsley, finely chopped

Sea salt and freshly ground black pepper

#### **Method**

Preheat oven 190C

Halve the peppers lengthways, keeping the stalk on. Carefully scoop out the seeds and any white membrane and discard.

In a suitable sized heavy-based fry pan add 2 tablespoons oil, add the onion and garlic. Cook over a moderate heat until the onions have softened and sweetened (about 5-10 minutes). Add quinoa and toast lightly in the onion and garlic. Add the tomatoes and toss through with the quinoa etc.

Add 1 cup stock and allow the water and juice to absorb into the quinoa (8-10 minutes).

Add the olives, greens and thyme. Mix well to combine.

Remove from the heat and finish with the feta and parsley, and check for seasoning - adjust if necessary.

Carefully stuff the capsicums with the quinoa filling and place them in a suitably sized oven dish. Pour over the remaining stock and drizzle over a little oil. Cover tightly with foil.

Bake in the preheated oven for at least 45 minutes, or until the quinoa is tender and the peppers are juicy and sweet.

Remove the foil and continue cooking the capsicum for at least another 15 minutes so they colour up and the filling is cooked.

Remove from the oven and enjoy piping hot or as in Greece eaten either hot or cold!



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## **MOORISH (more-ish?) PORK** Serves 4

*I like to add a bit of spice to things and this mixture works well with juicy pork.*

1-1.5kg pork belly, chops or shoulder

oil

3 Tbsp. ground cumin

2 Tbsp. ground coriander

1 Tbsp. sweet paprika

1 1/2 tsp. cayenne pepper

1 tsp. ground turmeric

1 tsp. dried oregano

1 tsp. salt or more to taste

1/2 tsp. freshly ground black pepper

Lemons to serve

### **Method**

If using belly pork or shoulder cut into desired pieces.

Mix all the spices together.

Rub a little oil over the pork and then generously rub over the aromatic rub. Leave in the fridge until ready to cook. If you have time I would suggest leaving for at least an hour or even overnight.

Heat up the barbecue or heavy based fry pan until hot, add the pork and cook for 2-3 minutes each side then lower the temperature and continue to cook for further 5-10 minutes depending on thickness of meat.

Serve with fresh lemon.

## **RHUBARB MUSELI** Serves 4

*Rhubarb and oats never fails and this delicious start to the day will set you on your way nicely!!*

200g rhubarb, cut into 4cm pieces

3 Tbsp runny honey, plus extra for serving

120ml fresh orange juice

2 Tbsp rose water (optional)

120g rolled oats

1 tsp ground cinnamon

250g Greek yoghurt, plus extra to serve

50g toasted flaked almonds or pistachios, shelled and chopped if you prefer

### **Method**

Put the rhubarb in a large saucepan with the honey and orange juice and poach gently over a low heat for about 10 minutes, until the rhubarb has just softened. Cool and drain the cooking liquor into a jug, then add the rose water if desired.

Mix the rhubarb juice with the oats, cinnamon, yoghurt, half the nuts and half the rhubarb. Stir to combine and refrigerate overnight if possible or simply eat the way it is. Serve the muesli topped with the remaining poached rhubarb, almonds or pistachios, more Greek yoghurt and a drizzle of honey.

## **LEMONY LEEKS WITH CHICKPEAS** Serves 4

3 large leeks

250ml vegetable stock

400g tin chickpeas, drained

75g feta, crumbled

### **For the dressing**

2 Tbsp extra virgin olive oil

1 tsp runny honey

Juice and zest of 1 lemon

1 garlic clove, minced

A pinch of salt and pepper

¼ cup fresh dill or fennel leaves, roughly chopped

### **Method**

Slice off the root end of the each leek, then cut the stalk into 5cm chunks on the diagonal. Use both the white and pale green part, discarding the dark green tops. In a large frying pan or saucepan, heat the stock until simmering, add the leeks, then cover and simmer for 4-5 minutes.

Meanwhile, make the dressing. Combine all the ingredients except for the zest and dill.

When leeks are just tender, remove from the pan and arrange on a serving platter, leaving the remaining broth. Add the chickpeas to the pan and heat for about 1 minute, tossing to warm through. Add half the dill and toss.

Remove the pan from heat and serve the chickpeas on top of the leeks. Add the dressing, sprinkle with dill, lemon zest, and plenty of black pepper

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

**KAKANUI PRODUCE** – soil grown tomatoes and capsicum

**WAITAKI BACON AND HAM** – pork belly

**GILBERTS FINE FOODS** – hot cross buns

**BRYDONE GROWERS** – organic leeks

