



Otago Farmers Market

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

Recipes for Saturday 11th April 2015

This week's chef: *Sandra Kellian*

LAMB SHANKS WITH CHICKPEAS AND OLIVES Serves 4

Olive oil for frying
4 lamb shanks
1 onion diced
3 carrots diced
2 celery sticks diced
2 cloves garlic, crushed
2 cinnamon sticks
2 medium red chillies, sliced
1 tin (420g) chopped tomatoes
¾ litre chicken stock
finely grated rind of 1 lemon
salt and pepper to taste
1 tin (400g) chickpeas (rinsed and drained)
200g green or kalamata olives whole

Method

Seal lamb shanks in the oil and put aside. Sauté the onions and garlic for a few minutes in some oil in a large pot big enough for the shanks. Add the cinnamon, chillies, tomatoes, stock and lemon rind, season with salt and pepper. Simmer for a few minutes, stirring occasionally. Add the shanks and cook, covered, for 45 minutes on a medium to low heat or place in a 180°C oven for the same amount of time. After 45mins add the chickpeas and olives and cook, covered for a further 30 mins. Serve with turnip gratin and lightly steamed vegetable of your choice.

TURNIP GRATIN Serves 4

3-4 medium turnips, peeled and rinsed
1 medium onion, sliced thinly (optional)
2 tablespoons butter, room temperature
1 ½ cups cream, sour cream, coconut milk or cream, your choice
1 tablespoon Dijon mustard
2 cloves garlic, minced
1 ½ cups Gruyere cheese, grated
2 tsp fresh thyme leaves plus extra for garnishing
freshly grated nutmeg

Method

Preheat oven to 180°C.

Slice turnips thinly, about 5mm. Bring a pot of salted water to the boil and add the turnips. When it returns to the boil, reduce and simmer for 4 minutes.

In a saucepan, add 1 tablespoon of the butter and the garlic on a medium heat for 2-3 minutes without browning the garlic. Whisk in whatever cream you choose, grate in the nutmeg, add the thyme, the mustard, a pinch of black pepper and ¾ cup of the cheese so that it warms slightly.

Butter a casserole dish with the remaining butter. Arrange half of the turnip slices and onion in the dish, spreading them around evenly. Pour over half of the cream mixture, fill the dish with the rest of the turnips and onion, again spreading them around evenly then pour over the rest of the cream. Place in the oven for 25 minutes. Remove from the oven, press down lightly to even the turnips out then cover the top with the remaining cheese. Return the dish to the oven for a further 20 mins until the top has a hint of golden brown. Remove from the oven and let the dish sit for 10 mins before serving garnished with the extra thyme



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BUTTERY LEMON THYME BRUSSELS SPROUTS Serves 4

4-6 Brussels sprouts per person,
2-3 Tbsp butter
fresh thyme sprig, leaves removed
1 -2 tsp lemon zest
salt and freshly ground pepper.

Method

Remove outer leaves of sprouts and trim the bottoms, but keep leaves attached. Using a sharp knife, cut a deep cross into the bottom of each sprout, cutting about 1/3 of the way into the sprout. This will help to cook the inner and outer of the sprout evenly.

In a large pot, melt the butter and add the thyme and zest. Gently heat until fragrant. Add the sprouts and toss to coat in the buttery goodness. Turn up the heat and add about ¼ to ½ cup of water. Bring to the boil, put on the pot lid and steam for approximately 3-4 minutes. The sprouts should be a bright green and firm or cooked a little longer to your liking. Serve immediately with an extra dash of butter for good luck and good taste.

Thanks to the following vendors for their fantastic produce

Brydone Organic Growers – carrots, celery

Cardrona Merino – lamb shanks

Harwarden Orchard – peacharines



EASY PEACHARINE COCONUT TART

Will make about a 20cm tart

Dough

250g flour
80ml water
125g butter at room temperature and diced
pinch of salt

In a large bowl mix together the salt and flour, Add the butter and using your finger tips, mix into the flour until you get a fine sandy texture. Add the water and quickly mix with your hands to form a dough being careful to not over work the dough. Flatten the dough slightly, wrap in cling film, and rest for 1 hour in the fridge. This helps the gluten in the dough to relax and to lessen the chance of too much shrinkage when you bake the tart.

Filling

75g coconut, desiccated or thread
50g castor sugar
2 Tbsp cornflour
1 egg
20 g butter, melted
1-2 peacharines, cut into wedges

In a bowl, mix together the coconut, cornflour and melted butter. In another bowl, beat the egg and sugar until pale. Pour the egg bowl into the coconut bowl and stir well to combine. Preheat the oven to 180°C . Roll out the dough onto a lightly floured surface into a circle and place on a baking tray. Prick the bottom with a fork, spread on the coconut leaving a free border. Place the peacharine wedges over the batter, and fold up the edges to the inside of the tart. Brush the folded edges with egg wash and sprinkle with raw or Demerara sugar. Bake for 30 minutes or until it is nicely golden on top. Remove from the oven and, if you can resist, let it cool on a rack before serving with lashings of clotted cream.