



# Otago Farmers Market

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

## Recipes for Saturday, April 18<sup>th</sup> 2015

This week's chef: *Lenore Brady*

### Bean Salad

1kg fresh beans  
60ml Olive oil  
1Tbsp grainy or Dijon mustard  
½ red onion  
½ t salt and some black pepper  
45ml lemon juice or 35ml vinegar  
zest from one lemon  
½ cup grated carrot  
2 cloves of garlic, crushed  
3Tbsp minced basil  
½ cup toasted walnuts or toasted slivered almonds

1. Steam the beans, I cook for them for about 6 minutes.
2. Then blanch them by plunging into cold water.
3. Dry them in a salad spinner (or gathered together in a tea towel that you swing vigorously outside). These beans can then keep in the fridge for a few days.
4. Mix lemon juice, salt, zest, garlic and mustard in a wee bowl. Mix.
5. Pour oil over the beans, carrot and onion.
6. Add the vinegar mixture and allow to sit for 20 minutes to marinate.
7. Sprinkle with nuts just as you serve.

### Hurry up Dinner for Two (or three)

*I make this when I want tasty food, fast.*

2T oil (I confess to using butter or lard on occasion but olive oil is good too)

4 medium potatoes

1 red onion

½ to a full pack of bacon scraps

3 or 4 eggs

freshness to sprinkle (basil, parsley or spring onions)

1. Heat fry pan to medium hot.
2. Eat a carrot and a tomato so that you have had something fresh.
3. Wash then cube your potatoes as small as you can, I do about ½cm cubes.
4. Toss potatoes in the hot oil in pan then put a lid over it to semi-steam-fry.
5. Cut onions finely and add.
6. Toss and put the lid back on for 2 minutes or so.
7. Add the bacon.
8. Fry until it is looking golden-ish, about 6 or 7 minutes.
9. Make 3 or 4 wee hollows then break an egg in to each, put the lid on for 2½ minutes.
10. Spoon the un-egged mix on to plate then carefully place eggs on top.
11. Sprinkle with greenery and pepper.



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas*  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)

## DIY Beeswax Storage Wraps

*Want to replace all the plastic wrap you use in the kitchen with a sustainable (and pleasing) alternative? Well, this is not the perfect trade but in some ways it is better and in all ways it is kinder to the planet and to your wallet. The antibacterial quality and airtight nature of the wrap makes it ideal for storing cheese and bread, sandwiches and on bowls to go in the fridge.*

One bar of wax (from Bennie's Honey)

Fabric (*Pleasing to you, the finer the better, but don't use denim...*)

A flat knife (for spreading the wax out when it is hot)

A box grater (***that will be used for this only, ever- please don't wash this in your dishwasher***)

An oven tray (***that will be used for this only, ever***)

1. Heat oven to 180C.
2. Cut fabric to size. Work out what sizes will suit you. 2 or 3 cm around the edge of a bowl is good. I made a 42x42cm for my bread...
3. Grate the beeswax, it grates more easily at Dunedin room temp. Don't leave it in the sun.
4. Place cut fabric on the oven tray - one or two in a single layer at a time.
5. Sprinkle with wax, 2T or so per 20x20cm area. Place in oven for 75 seconds (use a timer).
6. Open door and check it is all melted (give it another 15 seconds if you need to).
7. Bring out and use flat of knife, or an old pastry brush to spread the wax to the edges.
8. Pick up tentatively by a corner and air dry for 20 seconds or so. It should be cool enough to use.
9. Admire.
10. If you don't think you have enough coverage of wax, then sprinkle with a wee bit more wax and melt it again.

*You can clean these in a sink of COLD water with a mild soap as if they are slightly flimsy dishes.*

*They should last about 6 to 8 months.*

*When the wax starts to crack, or look thin just re-melt it a little in the oven then spread as above, you may want to add another tsp or two of wax when you do this.*

*The internet is abuzz with blogs on how to do this - if you would like more explicit instructions please consult Google.*

---

## Thanks to the following vendors for their fantastic produce

**Aquarius Gardens** basil

**Brydone Growers** onions potatoes and carrots

**Havoc Pork** bacon bits

**Te Mahanga Orchard** beans garlic

**Bennies Honey** beeswax

