



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

Recipes for Saturday 9th May 2015

This week's chef: *Sandra Kellian*

Roast Quince and Cardamom Paté

6 large quince peeled, cored and halved
1 ¼ c organic sugar
¼ cup runny honey
200 ml port or sweet red wine
2 cups water
6 cardamom pods, lightly cracked
1 vanilla bean, split lengthways and scraped

Heat the oven to 180°C. Place the fruit cut side down in a roasting tin. Whisk together the water, lemon juice, port and honey, and pour over the quinces. Place the cardamom pods and cinnamon sticks in the tray.

Bake for about an hour, until sticky and golden. Now turn the quince right side up and continue baking until very tender, about 15 minutes more.

Remove the pan from the oven and let the quince cool slightly. Remove the pods and cinnamon stick**. Transfer the cooking liquid to a pot and continue to reduce by about half or until it has thickened enough to coat the back of a spoon. Place the cooled fruit in a blender or food processor along with the cooled liquid and blend to a thick puree. Spread into a lined dish of your choice and leave it to cool and set. Serve with your favourite selection of Whitestone cheese or cured meat.

**You could stop at this point and serve these as they are spooned over vanilla bean ice cream or use them as a filling for a sweet pie or tart or as a condiment for the Bengali Fish Curry

Bengali Fish Curry

This curry is not for a faint-hearted fish - the spices need a strong flavoured, firm-fleshed fish like mullet, monkfish or cod.

1 tsp salt
2 tsp tumeric
4 T mustard oil*
1 kg thick fish fillets, cut into pieces about 8-10 cm square
4 onions, cut into wedges, separated into petals
1 T crushed garlic
2.5 cm fresh ginger, grated
1 mild chilli, cored and sliced
6 cardamom seeds, crushed
1 T mustard seeds
250 ml plain yoghurt
250 ml coconut milk

Mix the salt and tumeric together and rub all over the fish. Heat the oil in a pan or wok and fry the fish in small batches for a few minutes on each side until almost cooked. Remove to a plate and keep warm. Add the onions and stir-fry gently until soft and translucent. Raise the heat and cook until lightly golden. Add the garlic and ginger until the garlic is cooked but not browned. Add the chilli, cardamom and mustard seeds and stir-fry gently until the mustard seeds pop. Stir in the coconut milk and yoghurt, and heat gently without boiling. Add the fish and simmer gently for about 5 minutes until the fish is cooked through. Serve into 4 bowls, garnish with fresh coriander and toasted coconut thread and plenty of fluffy cooked rice.

* You can find mustard oil in the international aisle at the supermarket or the local Asian or Indian food market. If you can't find any then use whatever oil you have (not olive oil) and add a few extra mustard seeds when you heat the oil.



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Goan Cabbage Foogath – Goan style steamed cabbage with coconut

2 medium cubed and cooked waxy potatoes, kept warm
1 medium sized cabbage, finely sliced
1 medium sized onion, chopped or sliced
½ tsp chopped ginger
2-3 garlic cloves, chopped
1-2 green chillies, chopped
2-3 tablespoons grated coconut or desiccated coconut
salt to taste

Heat the oil in a pan and fry the onion till soft but not brown. Add the chilli, ginger, garlic and fry for a minute. Add the cabbage with the salt. Cover and cook for 7-10 minutes or until soft. Keep checking every now and then and add a couple of teaspoons of water if it gets too dry. Add the coconut and potato 1-2 minutes and mix through the cabbage before you remove from the heat. Serve with steamed rice and Bengali Fish Curry.

Thanks to the following vendors for their fantastic produce

Harbour Fish – blue cod

Indigo Bakery – bread

Brydone Organic Growers – cabbage, potatoes, onion

New Zealand Nut Producers – quince, garlic

Whitestone Cheese – cheese selection



Apple and Quince Tart

Use the roast quince in the **roast quince and cardamom pate** recipe at the stage before it is made into the puree for a chunkier texture in the pie filling

1 quantity sweet crust pastry, home made or store bought
1 ¼ c roast quince, from above recipe, syrup reserved
¾ c cooking liquid from roast quince
3 large cooking apples (Peasgood Nonsuch, Granny Smith), peeled, cored and cut into thin slices
1 tbsp lemon juice
2 tablespoons melted butter

Roll out the chilled dough on a lightly dusted surface big enough to fit a 9-10 inch loose bottom tart tin. Gently roll the pastry onto your rolling pin and drape it over the tart tin. Carefully ease the pastry into the tin, trimming the top of the crust flush with the pan. Place the pastry shell in the fridge to rest while you prepare the apples. Peel the apples, cut them off the core and slice them about 5-6mm thick, keeping the slices together for easy fanning. Drop them in a bowl of water with the lemon juice to stop them from browning. Take the pastry case from the fridge and spread the quince evenly in the bottom. Fan the apple slices out the long way and place in concentric circles in the tart with the round edges facing out. Brush the apples with the melted butter and sprinkle with 1-2 tablespoons of sugar. Bake the tart for 20 minutes at 200°C. Remove, brush with a layer of quince syrup. Reduce the heat to 180°C and continue to bake until the apples are tender when pierced with a knife and golden around the edges, about another 40 minutes. Let the tart cool slightly then brush the apples and pastry with the remaining glaze. Remove from the tin, cut into healthy sized wedges and serve either warm or at room temperature with lightly sweetened whipped cream or yoghurt.