



# Otago Farmers Market

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

## Recipes for Saturday 16<sup>th</sup> May, 2015

This week's chef: *Lenore Brady*

### Savoury Walnut and Oat Crackers

160g whole rolled oats  
100g walnuts  
80g butter  
80g wholemeal flour  
½ t salt  
1t baking powder  
1t to 1T brown sugar (depending on how sweet you want them)  
60ml boiling water

1. Heat the oven to 180C.
2. Roast the walnuts for 5 minutes.
3. Place all the ingredients except boiling water in the food processor.
4. Blitz to fine crumbs.
5. Tip into a bowl. Make a well and pour in the boiling water. Stir just to bind.
6. Roll out on tray, between two layers of baking paper (or no paper if you are more determined than me) until 3mm thick.
7. Prick all over with a fork. Then cut into pleasing sized crackers.
8. Bake for 15 to 20 minutes.

### Walnut Baked Apples

6 large apples, cookers are best, Granny Smiths or Ballarat  
15g butter  
1 large apple, Granny Smith etc  
70g butter (another lot)  
1/3 cup raisins and 1/3 cup walnuts chopped  
40g brown sugar  
zest from a lemon  
80ml maple syrup  
80ml apple juice (or fruit tea or orange juice...)

1. Heat the oven to 180degC.
2. Lop off the top quarter of 6 of the apples, just above where the core will start.
3. Lop off a fine layer from the base so that it sits flat.
4. Melt the butter into a oven proof fry pan (I use my fry pan with a metal handle, but you can use a metal oven dish), then add the apples with the cut-top-side down. Cook for three minutes. Remove from heat and allow to cool.
5. Peel the other apple and dice it finely.
6. Melt the 75g of butter then remove from heat and add the diced apple, raisins, walnuts, sugar and zest.
7. Use a sharp knife or melon baller to remove a good chunk from inside of the now coolish apples. Try not to make a hole in the bottom.
8. Fill each with a share of the filling. Then pop the lid back on top.
9. Place back in pan and pour over the maple and apple juice.
10. Bake for about 45 minutes, pausing 3 or 4 times to baste with the juice.
11. Serve with cream or something fancy.



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## Two ways to Zjush up a Bowl of Steamed Vegetables

### Method One: Pumpkin Dip

700g grey pumpkin (about ¼ of a \$4 pumpkin)

2T oil

4 cloves garlic

1t cumin seeds

1t mild curry powder

20ml fish sauce

150ml coconut cream

20ml balsamic vinegar

30g butter

½~1 t salt

1. Peel the pumpkin then bake at 180C for about 45 minutes. (I do the whole thing at once then store the other ¾ in the freezer).
2. Peel and slice the pumpkin.
3. Heat the oil over medium heat, then add garlic and fry about 90 seconds. Add the cumin seeds and let fry another 30 seconds. Add the curry powder and fry for 10 seconds. Remove from pan, into the food processor is best.
4. Place everything in your food processor and blend.
5. Taste and see if you need to add more salt or vinegar.

### Method Two: Dahl

*This is comfort food. It works well at this time of year when we are anticipating winter.*

200g or 1 cup red lentils

2 cups water

45ml oil

1t cumin seeds

2 medium onions

4 cloves garlic

2 carrots

¼ t turmeric

¼ t cinnamon

1T coriander powder

½ - 1 t salt

1 chilli

10ml vinegar

1. Wash and rinse the lentils then pour on the water (let sit for, hopefully, at least 10 minutes).
2. Dice the onions, crush the garlic and grate the carrots.
3. Heat the oil in a medium saucepan over a medium heat.
4. Add the cumin seeds and fry until fragrant. About 30 seconds or so.
5. Add the onion, garlic and carrots. Put the lid on and reduce heat for 10 minutes.
6. Add the coriander and cinnamon and fry for a minute.
7. Add the lentils and all the water.
8. Add the turmeric.
9. Cook for 35 minutes on low to medium heat with the lid on.
10. Add the vinegar.
11. Serve beside veges for dipping (or just have a luxurious bowl on its own)

## Thanks to the following vendors for their fantastic produce

**Ettrick Gardens** cooking apples

**Te Mahanga Orchard** Pumpkin

**Brydone Growers** Onions and carrots

**NZ Nuts** Walnuts

**Indigo Bakeries** bread items

