



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday May 23rd 2015

This week's chef: *Alison Lambert*

MY VERSION OF A BOIL-UP Serves 5

This type of hearty meal has many variations throughout the world and the options are endless. I put this together hunting out cheap cuts and using up veges I had at hand. Feel free to use ingredients that you and your family enjoy.

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| 1 ham hock | 3 carrots, peeled |
| 2 oxtail bones | 1 leek, |
| 2 bay leaves | 2 onions |
| 5 peppercorns | 3 sticks of celery |
| 2 sprigs of thyme | 500g potatoes |
| 1 lamb neck fillet or mutton chops | ½ white cabbage |
| | Freshly ground pepper and salt |

Method

Place the hock, oxtail and chops in a large pot or crock-pot and cover with plenty of cold water, add the herbs and peppercorns. Bring to the boil then reduce to a gentle simmer and cook for at least 1 ½ -2 hours. Remove any scum that may rise to the surface.

Whilst the meat is cooking, prepare the vegetables.

Cut all the vegetables into even sized pieces so they will cook evenly. Remove outer layers of leek, cut the white into 1cm rounds and leave the green tops for later. Peel onions and cut into wedges so they stay together. I like to keep all the cut vege on the larger size so I can cook them longer in the stock.

Add all the vegetables except the potatoes and the green of the leek. Allow to simmer for 30 minutes. Remove the meat and allow to cool enough so you can pick the meat from around the bones (discard the bones).

Add the potatoes and return the meat and continue cooking until the potatoes are tender (20 minutes), finish by adding the finely sliced green of the leeks.

Check for seasoning you may not need to add any salt, taste before you go crazy.

Adjust if necessary and serve in large bowls. It will be great the next day as well.

PICKLED RED CABBAGE Makes 2 350ml jars

- 1kg red cabbage, finely sliced
- 2 apples, peeled and finely sliced
- 2 cups cider vinegar
- ¼ cup brown or raw sugar
- ¼ cup water
- 1 cinnamon stick
- 4 juniper berries
- 3 bay leaves
- sterilise 2 jars and lids (if wanting to store)

Method

In a large heavy-based pot add the sliced red cabbage, apple, vinegar, sugar, spices and water. Stir to combine.

Cover with a lid and cook gently over a low heat for about 1 hour. Remove the lid and continue to cook for a further 10-15 minutes or until most of the liquid has evaporated.

Store in the sterilised jars and seal or put into a suitable container and store in the fridge for up to 2 weeks.

QUICK SPINACH Serves 4

- 2 bunches spinach, stalks removed and washed well.
- 3 cloves garlic, sliced thinly
- Pinch chilli
- 1-2 Tbsp olive oil

Method

Remove the stalks and wash well. Shake off as much excess moisture as possible. Heat a good size fry pan up to medium-high heat, add garlic and toast in the oil until it starts to go light golden colour, add a pinch dried chilli flakes and spinach, season with a little salt and freshly ground pepper. Toss to combine and allow the spinach to lightly wilt (about 1-2 minutes).

Serve immediately!



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Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

EGGPLANT/AUBERGINE Serves 2

There are so many wonderful dishes throughout the world that celebrates this versatile vegetable. This is just one of many dishes and techniques that work well with eggplant.

1 medium eggplant – per person

Slice the eggplant into ½ cm thick slices – lengthways

1 clove garlic, sliced into thin slices

1-2 Tbsp balsamic or red wine vinegar

4 Tbsp extra virgin olive oil (you may need more)

Sea salt flakes and freshly ground pepper

1 Tbsp fresh oregano leaves – basil, parsley and marjoram work well

Method

Heat a grill or BBQ up to medium-hot

Place the eggplant slices side by side onto the hot grill. Cook until grill mark appears on each side and the flesh feels tender and the slice of eggplant begins to wilt (about 3 minutes each side).

Meanwhile add all the other ingredients into a serving dish and when the eggplant slices are cooked plunge them immediately into the dressing and allow them to soak up the dressing. Continue until all the eggplant is cooked.

It can be eaten hot or at room temperature.

QUICK CHILLI SAUCE Makes ½ cup

Everyone needs a chilli sauce up their sleeve.

½ cup rice vinegar (or substitute white vinegar)

½ cup, plus 2 Tbsp. white sugar

¼ cup water

3Tbsp. fish sauce

2 Tbsp. sherry (or cooking sherry)

2 cloves garlic, minced

3 whole chillies, finely sliced

1 Tbsp cornflour, dissolved in 2Tbsp cool water

Method

Place all ingredients - except the cornflour-water mixture - in a sauce pan or pot. Bring to a rolling boil.

Reduce heat to medium and let boil for 10 minutes, or until reduced by half. (Note that the vinegar will be quite pungent as it burns off. Generally, I find rice vinegar less strong than regular white vinegar).

Reduce heat to low and add the cornflour-water mixture. Stir to incorporate and continue stirring occasionally until the sauce thickens (about 2 minutes).

RHUBARB JAM Makes 600g

Rhubarb is growing in abundance at the moment and I love its unique flavour but can never quite keep up with it. This jam recipe is great and the endless uses will impress you.

400g fresh rhubarb

200g jam sugar (pectin added)

200g caster sugar

1 Tbsp boiling water

1 vanilla pod, seeds removed

Juice of half a lemon

Method

Remove the leaves and wash and dry the rhubarb. Cut the stalks into 1cm pieces. Place the rhubarb, both sugars, one vanilla pod, seeds and the tablespoon of water into a jam pan or thick based saucepan.

Let the sugar dissolve over very low heat, stir to encourage the sugar to dissolve.

Once the sugar has dissolved turn the heat up, cook the jam over high heat. Do not stir the jam too often, just every now and then to prevent it from catching.

I like to wash the sides of the pan down with a clean pastry brush that's dipped in boiling hot water. This will help prevent the jam going cloudy and crystallised.

I use a sugar thermometer now when making jam as it has taken the 'luck' out of the setting stage if you know what I mean. Cook the jam till it reaches 105°C.

However if you don't have a thermometer, place a small amount of jam on a small cold plate and spoon a little jam onto the plate and if the jam sets and you can run your finger through it without the jam running it means its ready!

Remember the longer you cook the jam the darker the caramelized colour will become and the flavour more earthy.

Once the jam reaches the correct temperature add the juice of the lemon, stir and remove the jam from the heat.

Let the jam cool slightly before ladling your jam into cleaned sterilized jars.

Thanks to the following vendors for their fantastic produce

INDIGO BAKERY – fresh baked goods

BRYDONE GROWERS – organic red cabbage and spinach

LECKIES BUTCHERY – lamb forequarter chops, hocks, beef bones

BUTLERS BERRIES – rhubarb

KAKANUI PRODUCE – chillies and eggplant

