



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## Recipes for Saturday 30<sup>th</sup> May 2015

This week's chef: *Sandra Kellian*

*This week, it's all about the best meal of the day, **breakfast**. Hearty and filling, these recipes are sure to be a winter winner.*

### Buckwheat Porridge with cinnamon roasted pear and hazelnut

Serves 2

- ½ cup roasted buckwheat (kasha or grouts)
- 2 tablespoons chia seed or flaxseed
- 1 cup your choice milk (soy, rice, almond, cow, goat)
- 1 cup water (see note)
- 1 teaspoon pure vanilla essence
- 2-3 pinches cinnamon
- 1 red apple – grated
- small handful of large raisins
- 1-2 pears, cored
- small handful of roasted and skinned hazelnuts, roughly chopped

To roast the pears, remove the stem and remove the bottom tuft. Halve, place in a roasting dish. Sprinkle with a pinch or two of cinnamon and brown sugar and a small blob of soft butter. Cover with foil and roast until just tender. Remove the pears set aside to keep warm. Cook the remaining juices until they begin to caramelize and thicken. Pour over pears. Serve hot or cold.

Combine the buckwheat, chia, milk, raisins, vanilla and a pinch of cinnamon into a bowl. Sit overnight in the fridge to allow seeds to soften. Add 1 grated apple and cook over a low heat for 5 minutes until thick and creamy. Add more water or milk if needed. Serve in bowls topped with the roast pears, caramelised juices and hazelnuts.

Notes: Replace extra cup of water with 1 cup of your choice of milk for a creamier porridge.

### Torrijas: Spanish Style French Toast with Cinnamon and Honey

Serves 6

- 4 large eggs
- 1 litre of whole milk
- 1 cup of sugar
- 2 teaspoons of cinnamon
- 3 tablespoons of honey
- Good quality extra virgin olive oil
- 1 tablespoon of orange zest plus the peeled orange, cut into thin slices
- 1 teaspoon of cardamom seeds
- Slightly stale French bread (or other, basically what you'd normally use to make a thick French toast)

Bring the litre of milk, ½ cup of sugar, orange zest and cardamom seeds to a slow boil. Cut the bread in thick slices. When the milk mixture has been cooking for about 15 minutes, turn off the heat and soak the slices of bread in this mixture. Be careful not to completely wet them to the point that they will break apart, but try to get them to absorb as much milk as possible. Let the slices of wet bread rest and cool (some liquid may be lost). Beat the eggs in a shallow bowl and quickly dip the slices in the egg mixture. In the meantime, heat up about 1cm of the olive oil in a deep, heavy pan on a medium high heat. Fry the slices two by two, flipping half way so that both sides are nice and crisp. Let the toast rest on paper towels to absorb any excess oil. In another bowl mix the remaining sugar (1/2 cup) with the cinnamon. Cover the slices in the cinnamon sugar mixture and divide between the plates. Serve drizzled with honey and dressed with the orange slices.

**Note:** these can be served hot or cold and can be refrigerated up to three days. Just pop them into a hot pan to warm them up again.



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## **Franks and Beans** Serves 4

*Adding a little white wine and loads of fresh herbs puts a refined spin on this humble classic that tastes just as good the next day.*

3 tablespoon olive oil, divided  
1 medium onion, chopped  
6 cloves garlic cloves, smashed  
About 6 -8 franks  
2 cans cannellini (white kidney) beans  
1 cup dry white wine  
3 tablespoon chopped fresh herbs (such as oregano, flat-leaf parsley, and tarragon), divided  
Sea salt and freshly ground black pepper

10 parsley stems  
10 sprigs thyme  
2 bay leaves  
2 cups low-sodium chicken stock  
1 tablespoon butter

Heat 2 Tbsp oil in a large heavy pot over medium heat. Add onion and garlic; cook, stirring occasionally, until softened, 5–8 minutes. Remove and discard casings from 2 frankfurters, and add to pot. Cook, breaking up with a spoon, until franks and onions are lightly browned, about 5 minutes.

Add beans (rinsed) and wine to pot and cook until wine is reduced by half, 8–10 minutes. Using kitchen twine, tie parsley and thyme into a bundle; add to pot along with bay leaves and stock. Cook on medium-low heat, partially covered and stirring often, until liquid thickens, 40–50 minutes. Discard bundle and bay leaves. Mix in butter and 2 Tbsp. chopped herbs. Season with salt and pepper.

Meanwhile, after beans have been cooking for about 25 minutes, heat remaining 1 Tbsp oil in a large frying pan over medium heat. Cook remaining sausages, turning occasionally, until browned and cooked through, 15–20 minutes. Slice on the diagonal into pieces. Divide bean mixture among bowls. Top with franks slices and remaining 1 Tbsp. chopped herbs.

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## **Perfect Poached Eggs on toast with Sautéed Kale** Serves 2

4 eggs, separated into two small bowls, 2 eggs in each  
1 tablespoon of vinegar for poaching water  
Bread for toasting  
Butter for toast

### **For the Sautéed Kale**

2 bunches of kale or silverbeet, about 6 cups after being de-veined and chopped  
Half an onion, chopped

2 tablespoons olive oil  
1 cup chicken or vege stock  
2 tablespoons cider vinegar  
salt and pepper to taste

Submerge kale in a big bowl full of water; dirt will settle to the bottom of the bowl. Rinse and repeat this step, if necessary. Dry kale.

One at a time, fold the kale leaves closed to expose the stem; remove the stem with one long slice of your knife. Once all the kale leaves are de-stemmed, chop the kale into ½” strips. Set aside.

Heat a sauté pan over medium heat. Add 2 tablespoons of olive oil and the chopped onions; sauté. When the onions are soft, add the kale. When the kale turns a brighter shade of green and becomes soft (about five minutes), turn up the heat and add the stock and 2 tablespoons of cider vinegar. Let the liquid reduce. The kale should be ready when the moisture has been cooked down.

Meanwhile, fill a medium sized saucepan with water and bring to a boil.

Reduce the heat a bit and add the white vinegar to the water. Just before you begin poaching the eggs, toast and butter the bread.

Stir the poaching water clockwise to create a whirlpool. Slip two of the eggs into the centre of the saucepan’s vortex so that the water’s current helps the whites of the egg wrap around the yolks. Let the eggs cook 2-4 minutes, depending on the desired doneness of the yolks.

As the eggs finish cooking, put the buttered toast on a plate and cover with a generous amount of kale. Using a slotted spoon, remove the poached egg from the water and set atop the kale toast. Sprinkle with salt and pepper. Repeat the process with the next two eggs. Serve immediately.

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**Thanks to the following vendors for their fantastic produce**



**Havoc Pork – Franks**

**Gilberts Fine Foods– Bread**

**McArthur’s Berry Farm – kale/silverbeet**

**Speckled Hen – eggs**

**Willowbrook Orchard – apples, pears**