



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 20th June 2015

This week's chef: *Sandra*

Pumpkin Thai red curry Serving size 4

Ingredients:

1 pumpkin
6 tablespoons olive oil
Salt and pepper
1 onion, diced
1 carrot, diced
1 green pepper, sliced
4 tablespoons Thai red curry paste
1 cup coconut milk
1 cup chicken or vegetable stock
1 stick lemongrass* (cut into 1cm sections)
6 kaffir lime leaves (substitute for the lemongrass, use a halved lime and the juice of one lime for the kaffir lime leaves)

Method

Preheat your oven to 180°C

Before you can make the curry, you must cook your pumpkin. To do this, cut it in half and spoon out the seeds. Coat the insides with one tablespoon of olive oil on each half and then sprinkle with salt and pepper.

Bake cut side until tender. When the pumpkin is cool, peel off the skin. Try to keep the meat together as much as you can.

In a pan or wok, add the remaining olive oil over a medium-high heat. Add the onions, carrot and a pinch of salt.

Cook the vegetables for about four minutes and then add the green pepper. When the carrots are soft, add the red curry mix and stir it around. Let it cook for about 15 seconds and then add the coconut milk and half the chicken/vegetable stock. If the vegetables are mostly covered, don't add any more chicken stock. If they are not, add the rest of the stock. Add the lemongrass and use scissors to cut tiny strips of kaffir lime leaf into the pot.

Bring the liquid to a boil and cook at a simmer for 15 to 20 minutes or until the coconut milk has thickened and has a deep red colour.

Add the pumpkin so that it gets warm and serve over rice.

Thai Red Curry Paste

The best (and most strenuous) way to make Thai curry pastes is using a mortar and pestle. However, if you don't have one, or if you want to save time and elbow grease, you can use a blender or food processor to make this recipe. Specialty Asian food stores stock many of the unusual ingredients if you can't get them fresh.

Ingredients

3 teaspoons white pepper
½ teaspoon cumin powder
½ teaspoon coriander powder
8 dry red chillies (soaked in water for about 10 minutes to soften them)
½ teaspoon salt
10 - 14 small cloves of garlic, peeled
5 small shallots, peeled
1 tablespoon finely sliced coriander roots
1 tablespoon finely sliced galangal
Skin of ½ kaffir lime
½ teaspoon of shrimp paste

Method

Add 3 tsp white pepper, ½ teaspoon of cumin and ½ teaspoon of coriander to the pepper and mix it all thoroughly, and then set them aside in a small bowl. Take soaked chillies and drain them. Cut off their stems. Add the chillies to the food processor along with ½ teaspoon of salt and whizz until most of the chillies are nice and broken, the oils are coming out, and it's starting to look almost "tomatoey".

Take 1 stalk of lemongrass, pull off and discard the outermost leaf, and then slice it from the bottom into small slivers, enough for 1 tablespoon.

Take the fresh coriander roots from about 3 stalks, cut off the roots, slice them into small pieces, about 1 tablespoon worth of coriander roots.

Take your galangal, slice it into pieces, enough for 1 tablespoon worth.

Next take a fresh kaffir lime and slice off only the green skin. You want to slice off the skin very delicately, making sure you get mostly green, not cutting off any of the white pith.

Put the garlic, shallots, lemongrass, coriander root, galangal and lime skin and add to the processor. Blend until you've got a buttery, oily, and extremely fragrant.

When your paste is buttery and smooth, add the white pepper and dry spices. Final step is to add in just ½ teaspoon of shrimp paste. Store in an air tight container in the fridge for up to a month or fill an ice cube tray with the paste to make individual serves to use later.



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