



Otago Farmers Market

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

Recipes for Saturday 4th July 2015

This week's chef: *Sandra Kellian*

Fennel, fish and potato soup Serves: 4

Ingredients

¼ cup olive oil
250g approx waxy potatoes, peeled, washed, cut into 6mm slices
½ medium fennel bulb, finely chopped
2 garlic cloves, finely chopped
Sea salt and freshly ground black pepper
¼ cup dry white wine
2 cups of vegetable or fish stock
¼ cup crème fraîche
500g firm flesh fish (blue cod, ling, elephant fish are all good choices) cut into 3 cm pieces
Fennel fronds for garnish
Lemon wedges (for serving)

Method

Heat oil in a large pot over medium-high heat. Cook potatoes, tossing occasionally, until beginning to soften, about 3 minutes. Add fennel and garlic; season with salt and pepper and cook, stirring occasionally, until fennel is soft, about 2 minutes. Add wine, bring to a boil, and cook until almost completely evaporated, about 4 minutes. Add the stock to pot and bring to a boil. Reduce heat and simmer until potatoes are tender, 10–12 minutes. Stir in crème fraîche. Add fish, cover pot, and reduce heat. Simmer until fish is cooked through, about 4 minutes. Check seasoning. Serve with lemon wedges and garnish with the fennel fronds and crusty bread.

Chocolate Apricot Energy Balls

Ingredients

1/4 cup pitted dates
1/4 cup dried apricots
1/4 cup rolled oats
1/4 cup pumpkin seeds
1 Tbsp flax seed meal (can be replaced with ground nut meal of your choice)
1 Tbsp unsweetened cocoa powder
1/4 cup Ocho Revolution 70% chocolate, grated
1 Tbsp honey
1 Tbsp water
2 Tbsp coconut thread

Method

Place the dates and apricots into the bowl of a food processor and process until they are finely chopped. Add the rolled oats, pumpkin seeds, flax/nut meal, cocoa powder, honey and water and process until well combined and the mixture forms a ball. Place in the refrigerator for 20-30 minutes to firm up. Form the mixture into tablespoon sized balls, roll in the coconut to coat, and place on wax paper in an airtight container.

Thanks to the following vendors for their fantastic produce

Ocho - chocolate

Edmonds Fish – fish

Ettrick Gardens - potatoes, carrots

Gilberts Fine Foods - bread

Brydone Growers - fennel

The Porridge Bar – dried apricots

Easy simple potato gnocchi

Ingredients

1 kg potatoes	Rice flour for work surface
2 egg yolks	Olive oil/butter
1Tbsp good quality sea salt	Crushed garlic
Pinch of freshly ground pepper	Parmesan cheese
150g '00' flour	Roughly chopped fresh Italian parsley

Method

Cook the washed, unpeeled potatoes in plenty of salted boiling water for 15-20 mins (or longer if they are larger) until they are cooked but still firm. When they are completely cool, rub the skins off with your hands. Using a potato ricer, press the skinned potatoes into a shallow bowl or onto a clean work surface that has been lightly dusted with rice flour. Add the yolks directly onto the riced potatoes. Sprinkle over the flour and with clean hands, gently mix everything together with your fingertips until you have formed a soft dough. Turn the dough out onto a lightly rice floured work surface and gently knead into a ball. Rewash your hands, sprinkle your work surface with a little more rice flour and cut into the ball into 2cm slices. Roll the slices into a 2cm thick 'worm'. Cut the worm into small gnocchi pieces.

To cook the gnocchi, bring plenty of salted water to a boil. Drop individual gnocchi dough pieces into the water. They are cooked as soon as they float to the surface. Scoop out with a slotted spoon and set aside until you have cooked enough.

For a simple way to serve your gnocchi, add a few tablespoons of olive oil or butter into a frying pan and heat. Add freshly crushed garlic and cook until fragrant. Add the still warm gnocchi and toss to cover. Tip into a bowl, grate over some fresh parmesan, a little seasoning and curl up on the couch for a comfort bowl of bliss.



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www.novaenergy.co.nz*

Fish fillets in fennel escabeche with lemon scented lentils

Ingredients for the escabeche

80ml mild olive oil, plus extra for frying
3 baby fennel finely sliced (save the fronds to garnish the dish)
1 small carrot, peeled and sliced into thin rounds
1 shallot, peeled and finely sliced
1 garlic clove, peeled and finely sliced
1 bay leaf
½tsp sweet paprika
5 white peppercorns
50ml sherry vinegar
Small pinch saffron
15ml honey
4 blue cod fillets (about 50g each), pin boned and scaled, skin on

For the lentils

100g Puy or small green lentils
Peel of ½ lemon, pith removed
Good handful flat leaf parsley, finely chopped
15ml extra virgin olive oil
Zest from ½ a lemon

Preparation

To prepare the lentils. Put the lentils and lemon peel in a pan and cover with water. Bring to a simmer for 20-25 minutes or until tender. Once cooked, drain the lentils into a colander and allow to cool. Discard the peel.

To make the escabeche. Heat the olive oil in a small pan over medium heat, and add the fennel, carrot, shallot and garlic. Cook gently while stirring until the onion and carrots start to soften. Add the bay leaf, paprika, peppercorns, vinegar, saffron, honey and 150ml water then bring to the boil. Turn down to a gentle simmer and season with a sprinkling of coarse sea salt. Heat a small glug of olive oil in a non-stick pan over a medium/high heat. Season the fish fillets, then fry skin side down until cooked halfway through. Remove the fillets from the pan and arrange in a single layer, skin side up, in a glass or ceramic dish. Pour the hot escabeche marinade over the fish and leave at room temperature to cool. The residual heat will finish cooking the fish. Mix the cooked lentils with the chopped parsley, olive oil, lemon zest and a sprinkling of salt and spoon onto a flat serving dish. Spoon over the escabeche vegetables and some of the juices, then arrange the fish fillets on top. Serve at room temperature garnished with the reserved fennel fronds.