



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 11th July 2015

This week's chef: *Alison*

APPLE AND HONEY CAKE

Apples are always a great staple for time of the year and this cake with the addition of aromatic honey adds a wonderful mystery note to this cake. Serves 8-10

- | | |
|-----------------------------|--------------------------|
| 4 medium sized apples | 3 large eggs |
| 1 tsp lemon zest, set aside | ¾ cup flour |
| 1 Tbsp lemon juice | 2 tsp baking powder |
| 125g butter, softened | |
| ¼ cup sugar | Glaze |
| ¼ cup good quality honey | ¼ cup good quality honey |
| 1 tsp vanilla extract | 1 Tbsp lemon juice |

Method

Preheat the oven to 170C
 Grease a 18-20 cm cake tin with butter and line with baking paper.
 Prepare the apples first by peeling, halving and removing the core. Score the top of the apples for decorative purposes.
 Toss the apples through the first measure of lemon juice and set aside.
 To make the cake begin by creaming the butter, sugar and honey together until light and fluffy. Add the eggs one at a time ensuring that you beat well between each egg.
 Fold through the sifted flour and baking powder until evenly mixed.
 Pour into prepared baking tin and even the surface.
 Place the apple halves, scored side up, evenly over the cake surface.
 Bake in preheated oven for 30 minutes or until a skewer inserted into the centre comes out clean.
 Remove from oven and cool in cake tin for 5 minutes and then remove from tin.
 Glaze with mixed honey and lemon juice and cool on wire rack.



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

CAULIFLOWER PICKLE

This recipe is one I adapted from the old fashioned pickle named chow chow. I have spiced it up with a combination of mustard, cumin and celery seeds to liven up a classic. Makes 2-3 250ml jars

- | | |
|---------------------------------------|-----------------------------|
| 1 cauliflower, cut into small florets | 30g flour |
| 1 leek, washed and cut into rounds | 1 tsp turmeric |
| ¼ cup salt | 1 tsp ground cumin |
| 1 ½ cups white or cider vinegar | 1 tsp mustard powder |
| ¾ cup brown sugar | 1 Tbsp celery seeds |
| ¾ cup white sugar | 1 Tbsp yellow mustard seeds |

Method

Begin a day ahead by placing the cauliflower florets and leeks into a non-reactive bowl, sprinkle with all the salt and let sit in a cool place overnight. The salt helps to remove the excess moisture which is essential when making a pickle to preserve. The next day, pour cold water over the salted vegetables and swirl around a little to dislodge the salt. Drain and rinse off excess salt if need be. Drain well. Clean and sterilise jars and lids if using. In a large pot add the vinegar and sugars. Stir over high heat until sugar dissolves, bring to the boil. Add the cauliflower and leeks, reduce the heat to low and cook the vegetables until tender (10 minutes). Mix the mustard, turmeric, cumin and flour together with 125ml cold water and stir to form a paste. Stir into vegetables until mixture boils and thickens. Reduce the heat to a gentle simmer for 10 minutes. And finally add the celery and mustard seeds. Pour into sterilised jars and cool before sealing.

Thanks to the following vendors for their fantastic produce

- WAITAKI BACON AND HAM – pork roast and steaks
- HARWARDEN ORCHARD – apples
- INDIGO BAKERY – fresh baked goods
- WAIRUNA ORGANICS – kale
- WHITESTONE CHEESE – vintage Five Forks
- BRYDONE GROWERS – cauliflower and leeks

KALE AND QUINOA SALAD

The combination of two super healthy ingredients with a punchy dressing is the perfect winter pick-me-up! Serves 4

200g quinoa
500g kale, stalks removed, finely sliced
3 Tbsp balsamic vinegar
6 Tbsp extra virgin olive oil or grapeseed oil
50g shaved parmesan cheese (optional)
½ red onion, finely diced
¼ dried cranberries (optional)

Method

Begin by cooking the quinoa - add 3 cups water to a suitable sized pot, add ½ tsp salt and bring to the boil. Add the quinoa and cook until just tender (10-20 minutes). Drain and cool spread evenly on a tray (this helps it to dry out). Meanwhile, mix the balsamic and oil together, and season lightly with salt and pepper.
In a large mixing bowl, combine the quinoa, kale, onion, cheese and cranberries, and toss to combine.
Pour over the dressing, season lightly and toss well to combine.
Serve and enjoy the benefits of this tasty, nutritious salad.

ROAST PORK

When I was asked to “talk pork” by Waitaki Bacon and Ham, I jumped at the chance. So many people have trouble with crackling, or with the pork being too dry. Firstly like any great dish you need great products and that is why I am using Waitaki Bacon and Ham for my pork. Secondly don’t overcook it- a little pink in the meat is fine. Serves 4-5

2 Tbsp sage, rosemary, thyme or a few bayleaves
1 Tbsp sea salt
1 tsp black peppercorns
1.5kg rolled leg or loin of pork, scored
5 Tbsp oil
1 cup water

Method

Set the oven at 220C
Finely chop the herbs or lightly crush the bayleaves and crush them with the sea salt and peppercorns using a pestle and mortar. When you have a sand-like mixture, pour in three tablespoons of the olive oil to make a paste.
Put the meat in a roasting tin and massage the herb paste into its skin and cut edges.

Roast for 20 minutes, then reduce the temperature to 170C and continue to roast for 25 minutes per 500g.

While the pork is roasting, prepare the remainder of the dinner such as potatoes, cabbage etc.

When the pork is ready, remove it from the oven and let it rest in a warm place, lightly covered with foil (a tight covering will make the crackling soften).

Put the roasting tin over a moderate heat, add another ½ to 1 cup water or stock and boil the juices until reduced to about 200ml or so. They won’t thicken, but you just want to concentrate the flavour a little. Adjust the seasoning. Serve the pork in thin slices, together with chunks of its crackling and the pan juices.

A FEW TIPS ON COOKING PORK STEAKS/CHOPS

Pork steaks usually come from the thicker part of the pig such as the shoulder. I like them as they are juicy, tender and give you many options for cooking. At this time of the year they team up beautifully with apples and pears or with quickly cooked cabbage and potatoes.

Heat a large heavy based fry pan over medium-high heat.

Rub the steaks lightly with oil and season well with salt and pepper. Sear the steaks in the hot pan, turning so they are browned on both sides.

Cook the steaks until they are golden (about 7 minutes) then turn over, allow to go golden on this side, then deglaze the pan with ½ cup cider, white wine or water and allow to bubble away ensuring you stir through any bits from the bottom. When the sauce has reduced and thickened naturally, remove the pork and finish the sauce with a couple of knobs of cold butter. Remove from the heat and allow the butter to swirl through the sauce. This will add a wonderful richness and gloss, and will slightly thicken the sauce.

Serve the pork along with your selection of vegetables and spoon over the sauce.

Sauté – cooking quickly in a fry pan- eg Rub pork steaks with salt and pepper and sauté them quickly on the stove top.



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*