



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 18<sup>th</sup> July 2015

This week's chef: *Lenore*

### Garlic Ketchup

*Just when you think you have done all your preserving.... This is tart, rich and so good with a sausage dipped. Good with cold meat or you can use it in a casserole. It is half way between Worcester sauce and a Branston pickle.*

750g granny smiths  
250g garlic (this is a lot, don't worry you don't have to peel it)  
750ml malt vinegar  
4T peppercorns  
2T whole cloves  
1T&1t salt  
4cm ginger grated or just smashed  
500g golden syrup

1. Chop your apples into quarters and hurl into a large pot. Don't peel or core.
2. Chop the roots off your garlic but leave on the skin - it gives additional flavour and depth. Add to pot.
3. Add everything else, except the syrup.
4. Bring to a gentle simmer and cook for an hour or so until everything is really soft.
5. Press through a sieve. Return to pot and add syrup and boil for 5 minutes.
6. Bottle it in sterile bottles.
7. It is best rested for 3 months.

### Bradosa

*This is a hearty winter soup that has the flavour of being long cooked but is made in an hour or so. Serves about 4 hungry people.*

1 pack of little sausages from Havoc Pork - dried Italian  
2T oil  
3 onions  
800g pumpkin  
250g celery  
3 bay leaves  
1t fresh thyme  
2t fresh rosemary  
2x400g cans of cannellini beans including liquid  
(or 1 cup of haricot beans soaked then cooked for 1 hour)  
500ml water  
20 de-pitted kalamata olives  
75ml of liquid from in with the olives (or 45ml water, 1T lemon juice and 1T fish sauce)  
30ml fish sauce  
30ml lemon juice  
1t fresh ground white pepper (of black if you don't have white)  
½ cup frozen peas  
3T~½ cup parsley chopped

1. Chop the sausages into wee rounds then fry in the oil in a large pot.
2. Once they are browned, put in the finely chopped onion, celery, herbs and chunks of pumpkin.
3. Lid on for 40 minutes, on a low heat. Stir and check occasionally.
4. Add the olives, beans (with their cooking or can liquid) and water.
5. Bring to the boil.
6. Add the fish sauce and stir then add lemon juice and parsley and peas.
7. Eat and enjoy.

## Satay Sauce for Veges

*Use this hot when you first make it on grated salad veges for a warmish winter salad. It is also great stirred through hot steamed veges. It keeps for a week.*

2 cloves garlic  
2cm ginger  
1 t ground cumin  
60ml water  
15ml soy sauce  
25 ml fish sauce  
40 ml lemon juice  
smidge sesame oil  
50g brown sugar or large knife (!) of malt  
½ t hot sauce if you like heat  
1/3 cup parsley (or mint)  
Roasted peanuts

Heat everything except the parsley over a medium heat until it thickens slightly. Crush the peanuts and sprinkle on top.  
Use immediately or keep in the fridge for up to a week.

## Thanks to the following vendors for their fantastic produce

**Havoc Pork** sausages

**Willowbrook Orchard** Granny Smith apples

**McArthurs Berry Farm** pumpkin

**Wairuna Organics** garlic

**Brydone Growers** – yams, cabbage

**Leckies Butchery** sausages



## Apple Shortcake

### Pastry

265g flour (plain not high grade)  
170g butter  
80g sugar  
1 small egg  
1/4 t vanilla

Soften the butter (to soft but not melted).

1. Using a large mixing bowl (much bigger than you think), beat the butter and sugar using a wooden spoon until it is creamy, this should not take long, perhaps 1½ minutes.
2. Add the egg and vanilla then mix, until well stirred in.
3. Finally add the flour, and mix to a paste. As soon as it comes free of the sides stop mixing (or you will make it tough)
4. Wrap in cling film then cool in the fridge for at least 30 minutes. Try and keep it cool as you work.

### Filling

6 medium granny smiths  
80g brown sugar  
½ t cinnamon  
90ml water  
1T custard powder and 30ml water to mix

5. Chop the apples into small cubes (I don't peel), then place in a pot with the brown sugar, cinnamon and 90ml of water.
6. Heat until the water boils then add the custard powder mixed with water.
7. Stir and remove from heat. Cool the filling...
8. Roll out 3/5 of the pastry and lay in a metal dish. Then put it in the fridge.
9. Roll out the remaining pastry.
10. Add the filling to the shell and cover with the second piece of pastry.
11. Make a few holes in the top so that steam can get out.
12. Cook at 180°C until mixture is set and pastry golden for about 45 minutes.