



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 25<sup>th</sup> July 2015

This week's chef: *Sandra*

### White wine and leeks with angel hair pasta

#### Ingredients

3 small to medium leeks, whites and light greens sliced into julienne  
1 tablespoon butter  
1/4 cup water, plus extra if needed  
1 bottle of white wine, 3/4 cup reserved  
500 grams angel hair pasta  
1/2 cup cream  
1/4 cup grated Parmesan  
1 tablespoon chervil, chopped  
Salt and freshly cracked black pepper

#### Instructions

In a wide, preferably nonstick sauté pan, melt the butter in 1/4 cup water on medium-high heat. Add the leeks and cover with a lid, lowering the heat all the way down. Cook until soft and spaghetti-like, about 20 minutes, adding water whenever the pan gets too dry, to avoid burning the leeks, and conversely evaporating off any extra liquid once the leeks are soft and sweet.

Bring a large pot of water to a boil. Add all the wine in the bottle except 3/4 cup, and a handful of coarse salt. Add the angel hair to the boiling water and wine, and cook until al dente, just a few minutes.

In the pan with the leeks, add 1/2 cup of wine, and allow to reduce slightly. Add the cream, and heat through. Add the cooked angel hair and some pasta water, and toss the pasta to incorporate. I like to add the final 1/4 cup of wine "raw" so that the alcohol is still palatable, but that's your choice. You just want enough wine and pasta water to create a sauce from the leeks and the cream that lightly coats the angel hair. Add a lot of freshly cracked black pepper, and the Parmesan and chervil. Voila! All done.

### Spiced Butterflied Leg of Lamb

#### Ingredients

1 butterflied leg of lamb	1 lemon
50g butter	2 Tbsp ground sumac
2 Tbsp olive oil	1 large handful flat leaf parsley, chopped
4 Tbsp Ras El Hanout Spice Mix	1 large bunch fresh mint, chopped
1 Tbsp fresh thyme, chopped	black pepper

#### Instructions

Melt the butter and mix in a bowl with olive oil. Stir in the Ras El Hanout Spice Mix, thyme, lemon zest and juice, sumac, parsley, mint and grind in plenty of black pepper.

Place the lamb in a large shallow dish, pour over and rub in the marinade. Cover with cling film and leave to marinate in the fridge overnight.

When ready to cook, light the barbecue and add the lamb (fat side down).

Cook on a fairly high heat for 5 minutes until well browned then turn over and cook for a further 5 minutes to brown the other side.

Move the coals to the sides of the barbecue to reduce the heat under the meat and cook gently for 30 – 40 minutes turning occasionally until you have a crusty golden coating.

If you have to move your barbecue indoors simply preheat the oven to 220°C / fan 200°C. Place the marinated lamb into a shallow roasting tin and cook on a high heat for 10 – 15 minutes then reduce the temperature to 180°C / fan 160°C and cook for a further 40 minutes.

Remove the meat and leave to rest for 10 minutes before cutting into thick slices.

Serve alongside thick Greek yoghurt, with chopped mint and cucumber stirred through for a cooling sauce.

*One version of Ras El Hanout  
spice mix.*

1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon salt
3/4 teaspoon freshly ground black pepper
1/2 teaspoon ground cinnamon
1/2 teaspoon ground coriander seeds
1/2 teaspoon cayenne
1/2 teaspoon ground allspice
1/4 teaspoon ground cloves

In a small bowl whisk together all ingredients until combined well. Spice blend keeps in an airtight container at cool room temperature 1 month.

## Creamed Leek and Pea Tart

### Ingredients:

#### Pastry Dough

1 ½ cups unbleached all-purpose flour	Pinch salt
½ cup spelt or whole wheat flour	220g cold unsalted butter
	½ cup ice water

#### Filling

1 cup chopped leeks	1 Tbsp fresh chervil, chopped
2 Tbsp butter	1 Tbsp fresh chives, chopped
Salt and pepper to taste	1 cup fresh/ frozen garden peas
100g Gruyère cheese, grated	2 cups cream
100g crumbled curd	Pinch freshly ground nutmeg
1 Tbsp fresh mint, chopped in chiffonade*	1 large whole egg
½ Tbsp fresh tarragon, chopped	4 large egg yolks

### Instructions:

#### Pastry Dough

Sift flours and salt together. With box grater, grate butter into flour and incorporate well with fingers until mixture resembles coarse oatmeal. Add ice water a bit at a time mixing well, and adding just enough water to bring dough together. Form dough into 2 flat discs. Wrap well, and refrigerate 10-20 minutes.

Roll 1 disc out into 10" round, reserving second disc for another use. (Wrap and freeze or chill.) Line 10" fluted tart pan with pastry. Refrigerate 10-30 minutes.

#### Filling

Preheat oven to 200°C.

Sweat leeks in butter until tender and transparent, season with salt and pepper. Set aside to cool. Cover bottom of tart shell with grated cheese. Sprinkle evenly with chopped herbs. Sprinkle evenly with leeks and peas. Mix cream, nutmeg, egg and yolks well with a whisk. Pour evenly over other ingredients. Place tart into preheated oven for 10 minutes. Reduce heat to 180°C and continue to bake for 30 minutes. Centre of tart should be set, but still jiggly. Cool for 10-30 minutes before serving to allow custard to set. Cut and serve.

\***Chiffonade** is a chopping technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then slicing the leaves perpendicular to the roll.

## Leek Pesto

### Ingredients

½ cup lemon juice  
½ tsp sea salt  
½ tsp black pepper  
3 garlic cloves  
2 leeks (small leeks) cleaned and sliced, just the lovely white parts  
1 cup raw walnuts or hazelnuts  
3 Tbsp extra virgin olive oil  
½ cup parmesan cheese – optional

### Instructions

Clean and prep all your leeks, making sure you get all the dirt and grit between the folds. Add all your ingredients to a food processor and blend until smooth. Add more liquid if the consistency is too thick. It should be like a wet chunky hummus. Spread on bread, stir through pasta, use as a dip. Enjoy

## Thanks to the following vendors for their fantastic produce

**Cardrona Merino** Butterfly leg lamb

**McArthurs Berry Farm** Leeks

**Evansdale Cheese** Curd

**Gilberts Fine Food** Bread

**Agreeable Nature** Eggs

**Kutash Organic** Walnut and Garlic paté

