



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 1<sup>st</sup> August 2015

This week's chef: *Alison*

### **CRISPY PEAR AND APPLE RINGS** Serves 2-4

*This batter is perfect for coating the fruit, it puffs and crisps in just the right places and makes the fruit moist to eat.*

#### **Ingredients**

2 cups canola oil (for frying)  
1 ½ cups flour  
¼ cup white or raw cane sugar  
¾ tsp salt  
1 ½ tsp baking powder  
1 tsp cinnamon  
¼ cup soda water  
¼ cup buttermilk (milk with 1 tsp added lemon juice and leave at room temperature)  
1 cup icing sugar  
1 cup apple and pears peeled, cored and sliced width-wise into flat circles  
1 Tbsp lemon juice  
Lemon, sugar and pinch cinnamon to serve (or vanilla ice cream)

#### **Method**

Toss raw fruit rings in lemon juice until coated.  
Combine 1 cup of flour, sugar, salt, baking powder, and cinnamon in a mixing bowl. Stir in the soda water and buttermilk until just combined.  
In a second bowl, mix the powdered sugar and remaining 1/2 cup of flour together. Toss fruit slices in powdered sugar mixture, then dip them one-by-one in the batter, submerging them all the way.  
Add 2 cups of canola oil to a deep heavy based large pot and heat on medium high or until it reaches 170C. If you have a small personal fryer, that may work the best. Once oil is hot enough, which is when dough floats to the top, carefully add the battered fruit slices. The oil will be very hot.  
Cook until brown, about 1-2 minutes, then flip. Cook another 1-2 minutes until both sides are browned. Transfer to paper towels to absorb excess oil.  
Serve with a squeeze of lemon juice and a dusting of sugar and cinnamon.

### **PURPLE BRUSSELS SPROUT SALAD**

*Brydone Organic have vibrant crunchy Brussel sprouts at the moment and I love this salad so I am mixing it up a little and making it 'purple' (it's still delicious).*

#### **Serves 4 -6**

1 kg purple Brussels sprout, discolored leaves discarded and stems left intact  
1 red onion, sliced thinly  
1 handful fresh parsley, roughly chopped  
1 cup hazelnuts, lightly toasted  
2 Tbsp finely grated Pecorino Romano, Parmesan or any strong, hard type of cheese  
¼ cup olive oil  
3 Tbsp apple cider vinegar  
Sea salt flakes  
Freshly ground pepper

#### **Method**

Holding each Brussels sprout by stem end, cut into very thin slices using a mandolin or by slicing as thin as possible with a knife, add to a suitable size bowl. Slice the onion to the same thickness as the Brussels sprouts. With your fingers toss Brussels sprouts and onions to separate layers.  
Lightly crush the hazelnuts and add to Brussels sprouts along with cheese. In another bowl add the vinegar and oil and mix well to combine. Season with a little salt and pepper, taste and adjust if necessary.  
Drizzle the dressing over the Brussels sprouts and toss to combine. Allow the dressing to mingle into the salad for a few minutes before serving.

### **Thanks to the following vendors for their fantastic produce**

**MAMMA MIA PIZZAS** –pizzas and pizza dough

**EVANSDALE CHEESE** – Bay yellow cheese

**WILLOWBROOK ORCHARD** – apple and pears

**INDIGO BAKERY** – freshly baked bread

**MCARTHURS BERRY FARM** – leeks

**WAIRUNA ORGANICS** – Jerusalem artichokes

**BRYDONE GROWERS** – purple Brussel sprouts

**HAVOC PORK** – pork loin

### **ITALIAN INSPIRED ROAST PORK SANDWICH Serves 4-6**

*Sandwiches are the in thing at the moment. Anything sandwiched between great bread and dripping with juices is a winner.*

#### **For the pork**

1 kg pork loin  
2 cloves garlic  
2 ½ Tbsp fresh rosemary  
3 Tbsp fresh parsley  
Pinch fennel seeds, ground  
1 Tbsp salt  
½ tsp cracked black pepper  
1 Tbsp oil

#### **Dressing**

1 tsp Dijon mustard  
1 tsp balsamic vinegar  
2 Tbsp extra virgin olive oil  
Sea salt and cracked pepper

#### **To serve**

200g winter leaves (rocket, spinach, kale)  
4 Tbsp good quality mayonnaise  
100g cheese – Evansdale Bay Yellow

Good quality fresh bread – ciabatta or sourdough

#### **Method**

##### **Preheat the oven to 200C**

Mix the finely chopped garlic, rosemary, parsley, fennel and seasoning together with the 1 Tablespoon of oil. Then generously rub it all over the pork.

Place skin side up into a snug oven dish with a lid, pour over ½ cup water and seal with the lid. Bake for 20 minutes, check on the meat then continue cooking for a further 15-20 minutes or until the meat is just cooked through.

Remove from the oven and allow to rest with the lid on for 15 minutes.

Meanwhile – mix the ingredients together for the dressing. And have your sliced bread, cheese, mayonnaise and winter leaves ready.

Remove the meat from the juices and slice thinly.

Spread mayonnaise over one side of the bread which has been cut into 1 ½ cm slices, and layer it generously with the pork. Next add a slice or two of cheese and lightly toss the winter leaves through the dressing. Pile high with the leaves. Spoon over the meat juices and finish with a slice of bread. Press down so it sort of sticks and the juices flow.

Enjoy, it's delicious!!



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

### **JERUSALEM ARTICHOKEs**

Have a unique flavour, particularly when they are baked until almost melting. To achieve this, roast halved artichokes (if left whole, they may explode in the oven) at a high temperature (200C) drizzled in a little oil until the skin is golden on both sides and they are fully cooked. They are delicious roasted in butter with fresh thyme, lemon rind, sea salt and freshly ground black pepper.

Boiled artichokes scrubbed but unpeeled, can be mashed, creamed with knobs of butter and a good dash of cream – just remember that they don't mash quite like potatoes. Boil or steam unpeeled artichokes with extra virgin olive oil and toss through a tiny bit of finely diced garlic, some flat-leaf parsley, lemon rind, sea salt and freshly ground pepper.



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### **MAMA MIA PIZZA DOUGH - TURNED INTO FLATBREADS**

Mama Mia's pizzas are fast becoming one of my favourites. But did you know you can also purchase his dough? It makes the best flatbreads at home and is great for entertaining as you can simply brush them with oil, sprinkle with garlic, rosemary and a pinch of sea salt and bake until golden. It really is that simple.

Today I will be adding Wairuna Organics steamed Jerusalem artichokes, buttery McArthurs leeks and shaving over a little Evansdale cheese and finishing with a little dressed rocket.

#### *A few suggestions to try*

- Wilted greens – kale, silverbeet, spinach or rocket, pinch dried chilli flakes, melted onions and cheddar
- Fresh asparagus or spring onions, parmesan cheese and cracked black pepper
- Beetroot, cooked or thinly sliced raw, feta or curd cheese, thyme
- Cooked potatoes, rocket, chilli and mozzarella