



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 8th August 2015

This week's chef: *Sandra*

Potato Parkin

This is an oldie but a goodie. Great for using up left over mashed potatoes. Eat as is or with a dollop of jam.

Ingredients

50g flour
50g oatmeal
50g mashed potato
1 tsp sugar
½ tsp ginger
¼ tsp cinnamon
¼ tsp mixed spice
½ tsp baking powder
Pinch of salt
25g butter or margarine
40g golden syrup

Instructions

Mix all the dry ingredients, including the potato together.
Melt the fat and syrup and add to the mix.
Form into small balls and place on a greased tray.
Flatten out with the back of a fork and cook in a 180°C oven for 20 minutes.

Potato Rosti with feta, cavolo nero and eggs

650g Agria potatoes, peeled and grated
100g cream cheese
2 eggs
2 tablespoons plain flour
feta cheese, crumbled
1/2 onion, grated
salt and pepper, to taste
1 pinch cayenne pepper
3 tablespoons butter
3 tablespoons oil
Cavolo nero, washed, lightly blanched
Eggs for poaching

Instructions

Place the grated potato onto kitchen paper or a tea towel and squeeze out as much moisture as you can, the drier the potato is, the crispier the rosti will be.

In a bowl, beat the cream cheese until fluffy.

Fold in the eggs, one after the other, mixing well after each egg. Add the flour and mix well.

Into the cream cheese mixture, add the potatoes, feta cheese and onion. Season with salt, pepper and cayenne. Heat the butter and oil in a large frying pan and add a tablespoon of potato mixture for each fritter.

Press flat and fry for about 5 minutes on each side until crisp golden brown. Remove from the pan and set on a plate lined with kitchen paper to soak up any excess oil. Remove from the kitchen paper and keep warm in the oven.

Using the same frying pan, wilt the cavolo nero and squeeze out as much moisture as possible and set aside to keep warm while you poach the eggs.

To serve, top your rosti with the cavolo nero then your egg and a dollop of hollandaise.



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Bombay Potatoes

1 kg red ruby potatoes, cut in 2cm cubes
2 tsp Turmeric divided
Water for boiling
1 1/3 Tbsp vegetable/sunflower oil
1 1/2 green chillis, finely sliced
3 cloves of garlic, finely chopped
2 medium white onions, chopped
2tsp garam masala
2tsp black mustard seeds
2tsp ground coriander
2tsp fennel seeds
3Tbsp lemon juice
Salt and pepper to taste
Handful of fresh coriander, roughly chopped
Fresh or tinned tomatoes (optional)

Instructions

Boil the potatoes in the water with half the turmeric until you can break one easily with a fork. Drain well.
Add the oil to the wok, and get the wok really hot. When really hot and chili and cook for 30 seconds until brown. Add the garlic, the onions, garam masala, ground coriander, fennel seeds, the rest of the turmeric and black mustard seeds, and cook until the onions go slightly tender.
Now add the potatoes and cook for a further 7 minutes on a medium low heat. If using tomato, add it at this point.
Add lemon juice, fresh coriander and salt and pepper to taste, and serve with rice or naan.
Top with leftover fresh coriander.

Easy Hollandaise Sauce

3 egg yolks
1 Tablespoon lemon juice
1/2 tsp salt (don't add if using salted butter)
1/8 tsp cayenne pepper
10 tablespoons unsalted butter

Instructions

Melt the butter slowly in a small pot. Try not to let it boil – you want the moisture in the butter to remain there and not steam away.
Add the egg yolks, lemon juice, salt and cayenne (if using) into your blender. Blend the egg yolk mixture at a medium to medium high speed until it lightens in colour, about 20-30 seconds. The friction generated by the blender blades will heat the yolks a bit. The blending action will also introduce a little air into them, making your hollandaise a bit lighter.
Once the yolks have lightened in colour, turn the blender down to its lowest setting (if you only have one speed on your blender it will still work), and drizzle in the hot melted butter slowly, while the blender is going. Continue to buzz for another couple seconds after the butter is all incorporated.
Turn off the blender and taste the sauce. It should be buttery, lemony and just lightly salty. If it is not salty or lemony enough, you can add a little lemon juice or salt to taste. If you want a thinner consistency, add a little warm water. Pulse briefly to incorporate the ingredients one more time. Store until needed in a warm spot, like on or next to the stovetop. Use within an hour or so.

Thanks to the following vendors for their fantastic produce

Ettrick Gardens – Ruby Red potatoes and cavolo nero

Whitestone Cheese – feta cheese

Agreeable Nature – eggs

Waitaki Bacon and Ham - bacon

Brydone Growers- Agria potatoes

Beanos Bakery – bread products

