



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 15<sup>th</sup> August 2015

This week's chef: *Lenore Brady*

### Shin Beef Goulash

1kg shin beef	4T sweet paprika
3T oil	600ml stock (I use chicken)
4 cloves of garlic	20g tomato paste
3 large onions	1t marjoram
¼ t salt	2 bay leaves
3 carrots	100g sour cream
2 sticks of celery	green onions to serve
2T flour	

### Method

1. Chop the beef into large chunks then in a good heavy casserole dish brown half of the beef in 1T of hot oil over a medium high heat for about 8 minutes all up. Try not to move them too much as that cools the pan. Repeat with the second lot. Remove all the beef from the pan.
2. Reduce heat to medium then add the final 1T oil, salt, finely sliced onion and chunks of carrot. Cook it stirring keenly for about 10 minutes.
3. Add the garlic when it looks nearly done.
4. Add the paprika, and flour then stir. Add the tomato paste, marjoram, bayleaf and stock. Cook at 160C in the oven for about 2 hours.
5. Decant a half cup of hot liquid then mix this with the sour cream. Stir into the dish and serve sprinkling pleasingly with the green onion.
6. You could add some hot paprika in place of some of the paprika if you like a hot goulash.

Other slow cooked cuts also do well in this recipe.

### Inaka Miso Soup

*Inaka means "country". In Japan Miso soup usually has only a few flavours. I can never limit myself to just two or three additions - I put in lots of bits and that means that my honourable miso soup is just a little bit "country". Miso can be found in the international aisle, the darker the colour the richer the flavour- I don't choose the light coloured miso, I like an aka or red miso.*

*Wakame is a ubiquitous sea vegetable in Japan. It is high in minerals and nutrients.*

- 1 litre water
- ½ to ¼ miso paste.
- 2 to 3 cups finely prepared vegetables (onion, finely sliced carrot, leek, pumpkin, potatoes...)
- 2T dried wakame
- ½ block fresh tofu cut into little cubes
- ½ the green part of a spring onion (or something green to add near the end).

### Method

1. Heat the water (boil it in the kettle if you are in a hurry).
2. Prep your vegetables starting with the ones that will take longest to cook. Add them as you go.
3. Once your vegetables are cooked add the wakame (straight out of the pouch) and tofu.
4. Remove ½ cup of water and mix it in a separate bowl with the smallest measure of miso to dissolve. Add to the pot and stir, taste. Add more miso to taste. Don't allow to boil once you add the miso.
5. Serve and sprinkle with a few slices of green onion.



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## Braised Cabbage

*This is a pleasing way to do cabbage that needs little attention during the last critical phase of getting dinner on the plate.*

1 Cabbage (Red is super pretty)

3T Olive oil (or butter)

Salt

Pepper

3T Apple Cider Vinegar

1. Cut your cabbage into about eight wedges, making sure that you have a bit of the stem on each wedge.
2. Pour on the olive oil, (or smear on the butter) salt then pepper.
3. Place on end in a roasting dish, pour in the vinegar and then cover tightly with foil.
4. Bake for 30 minutes at 180C.

## Forresbank Slice

*My neighbour Beth gave me this recipe. She is a good neighbour but on one occasion she was not home when I needed her to check the Christmas cake that was in my oven when I was out .....*

### Base

265g flour (plain not high grade)

170g butter

80g sugar

1 small egg

1/4 t vanilla

1. Soften the butter (to soft but not melted).
2. 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 (or you can use a cake mixer).
3. Add the egg, vanilla and zest and mix, until well stirred in.
4. 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).
5. Press into a tin lined with baking paper and then refrigerate for at least 30 minutes (you could also do this in a tart tin as a dessert).

6. Line the interior with baking paper or foil then fill with beans.

7. Blind bake at 180C for ten minutes then take out of the oven, remove the beans (keep them for next time) and bake another 5 minutes or so.

## Topping

130g butter

80g icing sugar

2T flour

2 small eggs

1 cup of walnuts that you have smashed almost to flour in a spice mill (or chopped very finely)

just over 1½ cup frozen berries (I used black berries).

8. Cream butter and sugar, add flour, eggs and nuts.

9. Spread mixture over base then sprinkle with berries (you may need to chop them if they are large, but raspberries would be fine as they are).

10. Reduce oven to 170C and then bake for 20 minutes until golden brown.

11. Remove from tin only once it is cooled

## Thanks to the following vendors for their fantastic produce

**Etrick Gardens** - walnuts, blackberries

**McArthurs Berry Farm** - cabbages, leeks, carrots

**Kiwi Wakame** - wakame

**Jia He Asian foods** - tofu

**Leckies Meats** – shin beef

