



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 29th August 2015

This week's chef: *Sandra*

Yam and Almond Tray Cake

Ingredients

- 1 ½ kg yams
- 1 cup almond meal
- 2 eggs
- ¼ cup coconut sugar
- 2 Tbsp coconut oil, melted
- 1 tsp salt
- 1 tsp ground cinnamon
- 1/8 tsp ground allspice
- 1/8 tsp ground nutmeg
- 1/3 cup coconut sugar
- ¼ cup melted butter

Directions

Preheat oven to 190 degrees.

Poke yams in several places with a fork, then cook them on high power in microwave oven in 2 minute bursts until heated through and soft. When cooled, place the yams in a large bowl and beat until smooth. Then beat in one egg at a time, blending after each addition. Stir in the coconut sugar, almond meal, 1 tablespoon melted coconut oil, salt, cinnamon, allspice and nutmeg; beat until the mixture is light and fluffy. Transfer mixture to lined baking dish. Sprinkle with remaining coconut sugar and drizzle the other tablespoon of melted coconut oil over the top. Bake for 25 minutes in the preheated oven, or until browned and bubbly.

Wakame and Pear Salad

Serves 3-4

Now that spring has started budding on the trees and lambs are bounding in the paddocks, it's time to get a bit of that freshness onto our table. Try this salad with green apples or nashi pears as an alternative.

Ingredients

- 8 Tbsp wakame, soaked in 12 Tbsp hot water for 10 minutes
- 4 Tbsp sesame oil
- 4 Tbsp sesame seeds toasted
- 1 firm ripe pear
- 4 tsp rice wine vinegar
- Pinch of dried chilli flakes (optional)
- 2 tsp honey

Method

Slice the unpeeled pears or apples and cut into sticks (like potato sticks). Mix the honey, oil, seeds, vinegar and optional chilli flakes together in a bowl. Take the wakame and squeeze as much moisture out as possible and add to the bowl. Gently toss and serve.

Thanks to the following vendors for their fantastic produce

KiwiWakame – sea vegetables

Brydone Growers – yams

McArthurs Berry Farm – cauliflower

Ettrick Gardens – pears

Agreeable Nature - eggs

Crumbed Cauliflower Trees Serves 4

An often avoided and overlooked vegetable, kids and adults alike will love these cute, crumbed white trees.

Ingredients

1 cauliflower (about 450 g)
Salt
1 tsp sugar
4 Tbsp. butter
2 Tbsp. vegetable oil
2 eggs, lightly beaten
50 g panko crumbs
Parmesan cheese sprinkle (optional)

Directions

Bring a large pan of salted water to the boil. Meanwhile, cut the cauliflower into florets and add to the boiling water together with the sugar, return to the boil then reduce the heat and simmer uncovered, for 10-15 minutes until just tender. Drain very well and pat dry with kitchen paper.

Melt the butter and oil in a large frying pan. Dip the cauliflower florets first in the eggs and then in the breadcrumbs, then sauté for 2-3 minutes on each side, or until golden brown, adding more butter as needed. Serve immediately with a generous dusting of parmesan cheese if using.

Also tasty with garlicky aioli as a dip or a squeeze of lemon

Twice-baked cauliflower soufflés

Ingredients

200g cauliflower, cut into florets
½ onion, chopped
1 bay leaf
2 fresh thyme sprigs
350ml milk
80g unsalted butter
120g plain flour
4 eggs, separated
300ml thickened cream
140g gruyere cheese, grated

Directions

Preheat the oven to 180C and grease four 1-cup (250ml) ramekins. Place the cauliflower, onion, bay leaf, thyme and milk in a saucepan over medium heat. Bring to a simmer, then reduce heat to low and cook, partially covered, for 8-10 minutes until cauliflower is tender. Strain, reserving cauliflower and milk, and discard the other solids.

Melt butter in a clean saucepan over low heat. Add the flour and cook, stirring, for 2-3 minutes, then gradually whisk in the reserved milk. Cook for a further 2-3 minutes until thickened and combined.

Whisk in the egg yolks, ½ cup (125ml) cream and half the cheese until combined. Remove from heat and set aside.

Whiz the cauliflower in a food processor until smooth, then add cheese sauce and pulse to combine. Season.

In a large bowl, using electric beaters, whisk egg whites to stiff peaks. Fold one-quarter of egg whites into cauliflower mixture to loosen, then gently fold in remainder. Divide among prepared ramekins, place in a deep baking pan and fill with enough boiling water to come halfway up the sides of ramekins. Bake for 20 minutes or until puffed and golden.

Remove from pan and set aside to cool slightly before turning out onto a baking tray (they can be covered and refrigerated for 24 hours at this stage).

Preheat oven to 180C. Pour remaining 175ml cream over soufflés and scatter with remaining cheese. Bake for a further 10-15 minutes until soufflés rise again and sauce bubbles. Serve with salad leaves



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