



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 5<sup>th</sup> September 2015

This week's chef: *Alison Lambert*

### **QUICK PEAR SALAD** Serves 2

#### **Ingredients**

2 ripe juicy pears  
1 lemon  
1 Tbsp white wine vinegar  
salt  
1 tsp grain mustard  
6 Tbsp walnut oil (if available) or substitute rapeseed or any extra virgin oil  
freshly ground black pepper  
handful soft tender kale or rocket leaves  
handful of fresh walnut halves, roughly crushed  
75g Evansdale blue or farmhouse cheese

#### **Method**

Peel and core the pears, then smear with a little lemon juice to prevent them turning brown.

Put the vinegar and a good pinch of salt in a screw-top jar and shake until the salt has dissolved. Add the mustard and walnut oil, then shake again to emulsify.

#### **To assemble the salad**

Slice the pears lengthwise into thin segments and place them rustically on four serving plates along with the rocket or kale, then scatter over the walnuts. Drizzle with the vinaigrette. Crumble the cheese over the salad. Toss gently to combine. Serve.



Follow Alison on face book  
—Alison Lambert taste of my life—  
or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

### **WARM VENISON AND KALE, JERUSALEM ARTICHOKE SALAD**

Serves 4

*Red Tussock venison is wild, flavoursome and tender. Not only is venison such great value for money as the wastage is zero, it has a lot of health benefits too, as it is lower in cholesterol, rich in vitamins and when wild like this the meat is full of wild goodness.*

#### **Ingredients**

800g-1 kg venison, Denver leg or loin  
¼ tsp thyme or rosemary leaves, finely chopped  
Salt and pepper  
2 Tbsp butter  
1 Tbsp oil

#### **Kale salad**

500g kale, stalks removed  
1 bunch spring onions, sliced into 3cm lengths  
500g Jerusalem artichokes, scrubbed and boiled until just tender.  
100g dried cranberries

#### **Dressing**

3 Tbsp balsamic vinegar  
5 Tbsp olive oil  
Sea salt flakes  
Freshly ground pepper

#### **Method**

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

Start by getting all the ingredients together for the salad. Boil the Jerusalem artichokes, remove the stalks from the kale, and finely slice the leaves and place into a large bowl. Place the cranberries with the balsamic vinegar in a small saucepan and simmer for a couple of minutes. Cool slightly.

Heat a frying pan. Season venison, sprinkle with thyme. Melt butter in pan and sear venison (2-3 minutes per side). Transfer venison to a roasting dish lined with baking paper, roast until done to your liking (up to 10- 14 minutes for rare).

When your venison is cooked, remove from the oven and rest for at least 5-10 minutes (cover).

#### **To assemble**

Add the balsamic cranberries and all the sticky sauce to the kale, drizzle over the olive oil and season lightly with the sea salt flakes and cracked pepper, toss to combine and arrange on the plates. Slice the venison into thinnish slices, and place nicely on top, drizzle over any meat juices and enjoy!

## **FLOWER FRITTERS** Makes about 8 medium-sized fritters

*Not flowers of the fragrant type, more a combination of cauliflower and broccoli.*

*These are a great weekend brunch/lunch dish or a quick and easy dinner.*

### **Ingredients**

2 cups cauliflower florets (bite-sized pieces)

3 cups broccoli florets (bite-sized pieces)

1 large egg

1/4 cup flour

1/4 cup chickpea flour

1/3 cup finely grated parmesan cheese

pinch caraway seeds

1/2 tsp salt, plus more to taste

freshly ground pepper

oil for frying

### **Method**

Begin by preparing the cauliflower and broccoli.

I like to keep them bite-sized as I like to keep the texture of the vegetables but you also need the fritters to stay together.

I also use the stems of the broccoli to add wonderful texture and more flavour - peel off the tough outer layer and then slice them into thin rounds.

Steam your cauliflower first until tender (this will only take a couple of minutes), and then continue with the broccoli and stems.

It is important not to overcook them as you don't want mushy vegetables.

In a large bowl, lightly beat your egg. Add the flour, cheese, caraway seeds, salt and pepper. Then, add the cooled cauliflower and broccoli.

Using a potato masher, mash the vegetables just a little as you're looking to keep the bits recognisable, but small enough that you can press a mound of the batter into a fritter in the pan. Once mashed a bit, gently fold the ingredients together the rest of the way with a spoon. Adjust seasonings to taste.

Heat a large, heavy frypan over moderate heat. Once hot, add a good glug of oil, about 2 to 3 tablespoons. Once the oil is hot, scoop a dessertspoon of the batter and drop carefully into the pan, then flatten it slightly with your spoon or spatula. Repeat with additional batter, leaving space between each. Once golden underneath, about 2 to 3 minutes, flip each fritter and cook on the other side until equally golden, about another 1 to 2 minutes.

Transfer briefly to paper towels to drain, then to a serving plate if you'll be eating them shortly or a baking tray in a warm oven if you'd like to keep them warm for a while until needed. Repeat with remaining batter, adding more oil as needed.

Serve with lemon and lightly salted yoghurt.

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

**McArthurs Berry Farm** – broccoli and cauliflower

**Red Tussock Venison** – Denver leg

**Janefield Hydroponics** – kale and spring onions

**Evansdale Cheese** – Farmhouse Brie

**Harwarden Organics** – Pears

**Wairuna Organics** – Jerusalem Artichokes



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)*