



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 12th September, 2015

This week's chef: *Lenore Brady*

Fancy Cheese Scones

Pre-heat oven 220C.

Topping

30g butter

45g grated Ruby Bay cheese

1 pinch each cayenne powder and mustard powder

1T flour

1 egg

Scone

250g flour

4 tsp baking powder

50g butter

½ cup grated Ruby Bay cheese

½ cup parsley chopped

¼ onion cut very finely

150~170ml milk

Topping: Melt the butter and then remove from heat. Add the cheese, dry ingredients and mix then beat the egg and add it. Place in a bowl of cold water to cool it.

Scone: Cut butter and cheese into flour and baking powder using a food processor (or grate the cheese and rub in the butter by hand).

Put above into a bowl and add onion and parsley and mix.

Make a well and pour in milk, start with the lesser amount and add more only if needed. Cut milk in using a blunt knife. Only just mix it until no dry flour is visible.

Tip out onto a floured board. Press into a square and spread the cooled topping over.

Cut into 8~12 squares.

Cook for about 12~14 minutes, on a rack near the top of the oven (but check from eight minutes on).

Spicy Sausage Soup

1 cup puy or brown lentils

4T olive oil

3 large onions

1 huge leek

1 T minced garlic

1 tsp black pepper

1 T thyme

1 tsp cumin

4 medium sized carrots

3l water (or stock)

1 can of tomato puree (or 4T of paste)

2 tsp salt

1 pack of Andouille sausage

3 cups vegetables in chunks, broccoli or cauliflower at this time of the year

2 T vinegar

something green to top (either 1 cup frozen peas added near the end or coriander or parsley)

Parmesan

Cover the lentils with boiling water and leave to soak for 15 minutes then drain the water off.

Heat the olive oil and add cumin - fry for 20 seconds then add the onions, carrots, leeks, garlic, pepper, thyme and reduce heat to low, cover for 30 minutes.

Add the water or stock, tomatoes, and drained lentils, cover, and bring almost to a boil. Reduce the temp and simmer covered for an hour or so until the lentils are cooked.

Meanwhile fry the sausages in a separate fry pan

Add the vegetable chunks and then the sausage and vinegar.

Cook for 4~8 minutes depending on the size of your chunks.

Serve sprinkled with grated Parmesan and your something green.



*The Market Kitchen is powered by Nova LPG,
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Apple and Pear Cabbaslaw

1 granny smith apple
1 Beurre bosc pear
½ mini red cabbage
½ bunch spring onions
any mint springing in your garden
2T olive oil
3T apple cider vinegar
salt and black pepper

Grate your apple and pear. I like the texture of this done with a food processor rather than a box grater.
Slice your cabbage and spring onions as finely as you can.
Check out your garden for mint that might be hiding in protected spaces.
Toss it all and let sit for at least 30 minutes.
It is even nicer the next day.

Thanks to the following vendors for their fantastic produce

Ettrick Gardens - pears, apples, and cabbages

Janefield Paeonies and Hydroponics - spring onions

Evansdale Cheese - Ruby Bay cheese

Havoc Pork - Andouille sausage

McArthur's Berry Farm – leeks, carrots and broccoli



Winter Nellis Pear Cake

180g plain flour
30g custard powder
200g sugar
½ tsp salt
2 tsp ground ginger or 2T grated fresh
½ tsp cinnamon
2 tsp baking powder
½ tsp baking soda
115g butter
120g sour cream or stewed fruit (I use stewed fruit as I always have it on hand)
2 eggs
2 tsp vanilla essence
6 to 9 Winter Nellis pears peeled and cut in half (I like them smaller as they look lovely)
30ml boiling water

Line tin with paper - I use a 23 x 23cm square tin.
Start **oven heating to 170c**.
Peel then cut the fruit into halves and remove core.
Put the first 9 ingredients in the food processor and blitz to a fine grain.
Add sour cream/stewed fruit, eggs, and vanilla.
Blend then pour in the boiling water while machine is running.
Pour into tin.
Then press halves of fruit in to the mixture, starting at the edges and working to the middle.
Mix a bit of sugar and cinnamon then sprinkle over cake.
Cook for 40 to 55 minutes, depending on size of the tin.
When it comes out of the oven poke holes in the fruit to let the gathered juice sink in to the cake.
Remove from tin once juice is gone and at least 10 minutes has past.
Serve with cream or yoghurt.