



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday, September 19<sup>th</sup>, 2015

This week's chef: *Alison Lambert*

### **BEE AWARE MONTH SEPTEMBER 2015 FEED THE BEES**

*We need bees, more than you might think. Bees pollinate one third of the food we eat, and life would be a struggle without them. It's a two-way street, though – bees need us to plant food they can eat, to keep them buzzing and doing the awesome stuff they do for us.*

#### **BAKED HAM IN APPLE JUICE**

*When the hams are this good they don't need much done to them, however today I thought you may like this German inspired recipe. This is a great one to test now and then use for Christmas.*

##### **Serves 4-8**

- 1kg ham
- 3 cups apple juice
- 3 Tbsp German or Dijon type mustard
- 3 Tbsp Honey
- Pinch ground cloves
- Pinch ground pepper
- 1 bay leaf

##### **Method**

You can do this recipe in a slow cooker or in an oven dish with a lid (150C) Place the apple juice, mustard, honey, ground cloves, pepper and bay leaf into the slow cooker or oven dish. Place the ham into the liquor and cover with a lid. Cook very gently until the ham has absorbed some of this delightful liquor and the meat has become even more tender and juicy (1-1 ½ hours). Remove the ham carefully from the liquid and set aside on a warm platter.

Place the oven dish on a high stove top heat and reduce the liquid until it becomes thicker and more like a glossy sauce.

Serve with the ham.

#### **WARM PARSNIP, CARROT AND YAM SALAD WITH A SALTED YOGHURT AND HONEY DRESSING**

*Root vegetables are great in so many ways, but serving them with a dressing and turning it more into a salad adds a freshness and lightness to these hearty vegetables.*

##### **Serves 4-6**

- 4 carrots, peeled ends removed and cut in half lengthways
- 2 parsnips, peeled, ends removed and cut into thick rounds cut on the angle
- 500g yams, washed and cut in half if large
- 3 Tbsp oil
- 6 cloves of garlic, lightly squashed
- 8 sprigs of fresh thyme
- 2 Tbsp honey
- Sea salt and freshly ground pepper
- 200g baby spinach

##### **Dressing**

- 2 Tbsp cider vinegar
- 1 tsp honey
- 2 tsp grain mustard
- ¼ cup unsweetened natural yoghurt
- 1 Tbsp good quality oil

##### **Method**

##### **Preheat the oven to 190C**

Put the oven dish into the oven and heat up whilst preparing the vegetables. Place all the vegetables into a bowl, add the oil, garlic, thyme and first measure of honey. Season well with salt and pepper. Pour all the contents into the hot oven dish and bake for 20 minutes or until the vegetables are tender. When the vegetables are cooked, mix the ingredients together for the dressing. Add the spinach leaves, lightly combine and transfer to a serving bowl. Pour over the dressing and serve.

## APPLE PANCAKES Serves 4

*Make these with your children for Sunday brunch - they will love it from start to finish.*

### Ingredients

1 egg	1/8 tsp vanilla essence
3 Tbsp sugar	Pinch of salt
75ml milk	2 apples
25ml extra virgin olive oil	150g ricotta
1 cup or 150g flour	Oil, for frying
1 tsp baking powder	Maple syrup or runny honey for serving

### Method

Begin by mixing together the egg, sugar, milk and olive oil.

Then mix in the flour, baking powder, vanilla essence and salt. Your mixture should be quite thick at this stage.

Add the peeled cored and coarsely grated apples to the batter along with 3 tablespoons of ricotta. Fold through to combine.

In a frying pan heat some oil - on a medium heat as you don't want them to colour up too fast. Spoon a few dollops of your mixture into the pan to create flat, pancakes about 10cm in diameter.

Once golden which will take about 3-4 minutes, flip the pancakes to colour on the other side. Remove and place on kitchen paper to absorb any excess oil.

Serve with maple syrup or honey and ricotta if desired. They are delicious!



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## BRUSSEL SPROUTS WITH HONEYED WALNUTS

*Brussels sprouts are still around and still very delicious. I have done this salad many times but when I added honeyed walnuts it brought a new twist to this delicious salad.*

### Serves 4-6

500g Brussel sprouts, outer leaves removed and finely sliced/shaved

1 red onion, sliced finely

1 cup honey roasted walnuts, lightly crushed

Handful parsley, roughly chopped

### Dressing

2 Tbsp cider vinegar or lemon juice

1 tsp Dijon mustard

4-6 Tbsp extra virgin olive oil

Sea salt flakes and freshly cracked pepper

### Method

Place the sliced sprouts, onions, parsley and walnuts into a large bowl, toss gently to combine.

Make the dressing and pour over salad, once again toss to combine. Serve.

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

**Blueskin Bay - honey**

**Bennies Honey – creamed honey**

**NZ Nut company – honey roasted walnuts**

**Wairuna Organics – parsnips and carrots**

**Brydone Growers – yams**

**Waitaki Bacon and Ham – award winning ham**

**Ettrick Gardens – Brussels sprouts**

**Willowbrook Orchards - apples**

