



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 17<sup>th</sup> October, 2015

This week's chef: *Alison Lambert*

### BEER AND SEAWEED BATTERED FISH Serves 4

*The combination of Steamer Basin Brewing's stunning beer and the natural Kiwi Wakame seaweed flavour is a partnership made for fish.*

100g plain flour, 4 Tbsp for dusting  
100g cornflour  
2 tsp baking powder  
150ml Steamer Basin blond beer  
150ml sparkling water  
about 1 litre sunflower oil, for frying  
600g – 700g fillets white fish – gurnard, cod, brill, sole  
Lemon for serving  
Sea salt flakes

#### Method

**To make the batter:** Combine the flour, cornflour, seaweed seasoning, baking powder and in a large bowl, season. Gradually pour the beer and water into the bowl, stirring with a wooden spoon until you have a smooth, lump-free batter. Set aside, until ready.

**To cook the fish:** heat the 1 litre oil in a deep saucepan until a drop of batter sizzles and crisps up straight away. Pat the fish dry with kitchen paper, then toss it in the reserved flour. Shake off any excess, then dip into the batter. Carefully lower each fillet into the hot oil and fry for 6-8 mins – depending on the thickness of the fish – until golden and crisp. Using a large slotted spoon, lift out the fish, drain on kitchen paper, then sprinkle with salt, and serve with lemon or vinegar.



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

### SPROUTING BROCCOLI WITH LEMON AND PARMESAN

Serves 4 as a side

*Simply serving sprouting broccoli this way enhances all that is good about spring veges. It goes beautifully with a soft poached egg!!*

600g sprouting broccoli (approx.)  
2 lemons, juice  
50g freshly grated parmesan cheese  
Extra virgin olive oil  
Sea salt flakes  
Freshly ground black pepper

#### Method.

Bring a large pot of lightly salted water to the boil.  
Plunge in the broccoli (stalks and all), cook until the stalks are tender (4mins).  
Drain well and toss with a squeeze of lemon juice, sprinkle of parmesan cheese, generous drizzle of oil and finish by seasoning it well, tossing to combine so that all the broccoli is coated in the delicious dressing and the parmesan has stuck to the broccoli!



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

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

**INDIGO BAKERY** – Tyrolean loaf  
**ETTRICK GARDENS** - Sprouting Broccoli  
**MCARTHURS BERRY FARM** – Beetroot  
**HARBOUR FISH** – Fish fillets  
**KIWIWAKAME** – Seaweed products – seaweed seasoning  
**STEAMER BASIN BREWING** - Blond beer  
**BUTLERS FRUIT FARM** – Frozen redcurrants and rhubarb

## REDCURRANT AND PRALINE FOOL Serves 4

*Redcurrants tend to be pushed to the side, but they are full of wonderful nutrients and their lovely tartness add a wonderful touch to puddings and sauces.*

200g redcurrants, green stalks removed

450ml cream

4 Tbsp caster sugar

For the praline:

50g hazelnuts, walnuts roughly chopped

100g caster sugar

### Method

Line a baking tray with greaseproof paper.

**To make the praline:** place the sugar in a small non-stick pan and gently heat without stirring until the mixture turns a deep caramel colour (don't let it go too dark brown, or it will taste bitter). Add the nuts, stir in very quickly, remove from the heat and immediately pour onto the greaseproof paper. Spread out as thinly as you can with a spatula. Leave to cool. Chop into pieces or shards, or alternatively blitz to a rough crumb in a food processor. Set aside.

**To make the fool:** place the redcurrants in a small saucepan with the caster sugar and a tablespoon of water. Heat gently until the sugar has melted and the redcurrants are starting to break down. Remove from the heat, then leave to cool.

In a large bowl, whisk the cream until it forms soft peaks.

Fold in the redcurrant mixture, reserving a spoonful of the redcurrants for garnishing. Place in the fridge for about 10 mins to firm up a little, then serve sprinkled with the reserved redcurrants and praline.

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## QUICK RHUBARB AND REDCURRANT SAUCE

1 cup redcurrants

1 Tbsp balsamic vinegar

tsp plus 2 Tbsp olive oil

1 medium red onion, finely chopped

500g rhubarb, ends trimmed, cut cross ways

3 Tbsp sugar

### Method

In a small bowl, combine redcurrants and vinegar, let stand 10 minutes to macerate.

In a small saucepan, heat 1 teaspoon oil over medium-low heat. Add onion; cook until softened, stirring occasionally, about 10 minutes.

To the saucepan, add the redcurrant mixture, rhubarb, and sugar; bring to a boil.

Reduce heat and simmer until rhubarb has softened - 5 to 8 minutes. Season with salt and pepper. Remove from heat and serve alongside fish, pork or venison.

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## GREEK BEETROOT DIP Makes 450g

500-600g beetroot (about 5 medium sized beetroot)

400g Greek yogurt

3 garlic cloves, crushed finely

6 walnut halves, crushed

2 Tbsp redwine vinegar

4 Tbsp extra virgin olive oil

salt to taste

### Method

Wash the beetroot, then place into a suitable sized pot. Cover generously with cold salted water. Bring to the boil and cook for at least 25-30 minutes or until very tender. Drain and cool.

When the beetroot are cold, peel them and dice them into small bite sized cubes (.5cm).

Put them in a large bowl along with the Greek yogurt, the crushed walnuts and garlic. Stir until the ingredients are combined.

Whilst gently stirring pour in the oil and the vinegar so that the oil gets incorporated into the yoghurt.

Add the salt, stir to combine and enjoy!

