



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 24th October, 2015

This week's chef: *Sandra Kellian*

Chicken, rhubarb and cranberry tagine Makes about 3 servings.

500g boneless, skinless chicken breasts	Juice of one medium orange
Pinch of kosher salt	Thumb-sized ginger root, grated
2 cups rhubarb, cut in 2cm pieces	2-3 tbsp honey
1 cup cranberries (frozen is okay)	1/4 tsp ground cardamom
1 shallot	1/2 tsp ground cinnamon
Grated rind of one medium orange	
dash star anise (this is strong, so start with a little and taste as you go)	
dash cayenne pepper (heat depends on taste)	

Slowly heat the base of a Moroccan tagine (or heavy based pot) on your stove top to medium-low (open flame is okay for gas stove, use a diffuser for electric or ceramic). Add the olive oil, let it warm and add the chicken. Sprinkle them with kosher salt. Brown the chicken for about 5-6 minutes per side. Combine the rest of the ingredients and pour over the top of the browned chicken. Keeping heat on low, continue to braise the chicken in the sauce over medium-low heat for about 45 minutes to an hour until chicken is done and sauce is thick. Serve over couscous or brown rice, if desired. You can also do this in a slow cooker on low for 4-6 hours or in a Dutch oven or other heavy pan suitable for braising. But the tagine is much cuter!

Thanks to the following vendors for their fantastic produce

Dunedin Poultry - chicken breasts

Bracken Larder - Mediterranean sea salt

Gilberts Fine Foods - Otaki sourdough loaf

Butlers Fruit Farm - rhubarb

Janefield Paeonies and Hydroponics - salad greens and microgreens

Ettrick Gardens - bok choy

Easy Turkish bread Serves: 2 large loaves

500g bakers (strong) flour
4gms dried yeast
10g salt
360ml water, luke warm
2 tbsp polenta (for the tray)
1 egg (for egg wash)
Black sesame seeds to top the bread

Pour the water into the bowl of an electric mixer and sprinkle over the yeast. Leave it for about 10 minutes or until the yeast froths. Add the flour and salt and using a dough hook, mix slowly until the dough comes together. Knead for another couple of minutes until the dough is smooth. Shape the dough into a ball, cover the bowl and leave it to stand for 45 minutes or until it doubles in size. Punch down the dough and then use a scraper to knead the dough using the lift and fold method - lift the bread at 12o'clock and fold it back over the dough. Turn the bowl 90 degrees and repeat until you have folded in all 4 'sides.' Cover it again and leave it to rise for 30 minutes. Divide the dough into as many pieces as you like and shape them into long loaves. Lay them out on a baking sheet sprinkled with polenta. Cover them and leave them to relax for 15 minutes. Pre-heat the oven to 250C fan-forced and place a dish of water in the bottom (if using). Use your fingers to poke holes in the top of the dough and then brush the tops with egg wash and sprinkle with seeds. Bake the bread for 8-9 minutes or until golden. If you want the crust to be harder, bake it at 220C for 14-16 minutes. I baked mine for 9 minutes at 250C using steam. Let the baked bread cool on a wire rack before serving.

Notes

For a thicker, chewier crust bake without steam, for a thinner crispier crust bake with steam. To add steam, place a baking dish of water in the bottom of the oven when you turn it on and leave it in there for the entire baking process. Be careful when you open the oven because it will be very steamy!

Chicken and bok choy salad

Coarse salt

4 heads baby bok choy, trimmed and halved lengthwise

3 tablespoons fresh lime (or lemon) juice

2 tablespoons fish sauce (or 2 teaspoons soy sauce)

1 teaspoon sugar

1/8 teaspoon cayenne pepper

2 cooked chicken breasts, sliced crosswise

3 ounces snow peas, thinly sliced lengthwise (1 cup)

Micro greens and watercress

½ red onion, thinly sliced

1/4 cup fresh mint leaves, coarsely chopped

In a large pot, bring 1 inch salted water to a boil; add bok choy. Cover, and cook until tender, 3 to 5 minutes; drain, and let cool.

In a bowl, whisk together lime juice, fish sauce, sugar, and cayenne. Add chicken, snow peas, micro greens, red onion and watercress; toss to combine. Top chicken mixture with mint, and serve alongside bok choy.

Seasoned marinated chicken

Ingredients:

250g boneless, skinless chicken breast

1 tablespoon honey, runny or non-runny - or use sugar instead

1 1/2 teaspoons Bracken Mediterranean salt

1/2 teaspoon or taste coarsely ground black pepper

Step 1: Prepping and marinating the chicken

Trim off any fat or sinews on the chicken breasts. You may want to cut them in half if they are much bigger than half a pound each.

In a sturdy zip lock bag or vacuum sealing bag, put in the amount of honey and salt that you need for the amount of chicken breast you'll be processing. For instance if you have 4 breasts use 4 tablespoons of honey and 6 teaspoons of salt. Squish the bag around a bit to mix the honey and salt. Alternatively, you can assign one chicken breast per bag (do this if you want to experiment with different herb/spice flavours), in which case each bag should have 1 tbs. of honey and 1 1/2 tsp. of salt.

Put the chicken breasts in, one by one, and squish them around in the bag to completely coat them completely with the honey-salt mixture. At this point you can add the black pepper and/or any herbs or spices that you like to the bag with the chicken. I like dried thyme the best. You can try tarragon, crushed red chili peppers, "steak mix" spices, any of Emeril's best, and so on. For the most versatile and neutral flavour though, stick to just black pepper. Once the herbs and spices are added, squish the chicken in the bag around again to coat.

Squeeze out as much air as you can, or suck the air out with your vacuum packing appliance. Seal the bags, and leave the chicken to marinate in the refrigerator for 48 hours or 2 full days

Step 2: De-salinating the chicken

Once they are done marinating, take the chicken breasts out of the zip lock bag or bags, and rinse the chicken well under cold running water. Then, leave the breasts to soak in plenty of cold water, for 1 hour. This soaking process gets rid of excess salt, or de-salinates them, while still leaving enough salt in them so that they are nicely flavoured.

Cooking methods

To Poach

Bring a pot of water to a boil. Once it's come to a boil, reduce the heat to the lowest setting possible. In the meantime, wipe the excess moisture off each chicken breast thoroughly with kitchen or paper towels. Lay each breast flat on a piece of microwave-safe plastic wrap/cling film. At this point, you can add some herbs or seasonings if you like. You may want to tie something around the twisted ends for extra security, but this is not totally necessary. To make the chicken really keep a nice round shape, wrap some kitchen twine or string around it. Put the wrapped and tied up chicken into the hot and barely simmering water. Cook for 5 minutes, then put a tight fitting lid on the pot and turn the heat off. Leave the chicken to poach for at least an hour

To Bake

Preheat the oven to 120 °C / 250 °F. Yes, it's quite a low temperature - you'll be cooking the chicken slowly, so that it doesn't get dried out. Line a baking sheet with kitchen cooking parchment or a non-stick baking liner, or lightly oil the sheet. After washing and soaking the chicken breasts, wipe off any excess moisture with paper towels. You can roll up the chicken breasts and tie them up with kitchen twine to get a nice round shape, or just leave the breasts as-is. Put the breasts on the lined baking sheet. Bake the chicken breasts for 35 to 40 minutes, until the surface is a very light brown. (The exact and squeamish amongst you may want to check the internal temperature with a meat thermometer; it should have reached 73 °C or 165 °F.) Take the chicken out and leave to cool on a plate



*The Market Kitchen is powered by Nova LPG,
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