



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 31st October 2015

This week's chef: *Alison Lambert*

GREEK MARINATED LAMB CHOPS Serves 4 (2 chops each)

Spring lamb chops are sweet, juicy and tender. I love to add this Greek inspired marinade to bring alive all the flavours.

Ingredients

8 lamb chops	½ tsp dried oregano
1/3 cup olive oil	1 Tbsp fresh chopped rosemary (optional)
1 clove of garlic	1 lemon, zest
1 ½ tsp mustard	3-4 peppercorns, crushed
1 Tbsp chopped fresh thyme	

Method

In a shallow non-reactive baking dish add all the marinade ingredients and blend. Add the lamb chops and rub the meat with the marinade. Cover with plastic wrap and place in the fridge for a least 2-3 hours or overnight if you want a deeper flavour.

Remove the lamb chops from the marinade and season with salt and pepper. Place the lamb chops on either a hot bbq or under a preheated grill. Grill for 5-8 minutes the turn and continue to cook on this side until golden.

Serve with fresh lemon wedges.

WHOLEGRAIN BREAD WITH GRAVALAX

Combining two ingredients like these located from the market and teaming it up with a quick sauce and perhaps add a few peppery leaves will makes this the perfect lunch or 'posh' snack to complete your day.

Mustard dill sauce

3 Tbsp Dijon mustard	1 egg yolk
150ml (1/4 pint) sunflower oil	2 tablespoons freshly chopped dill
2 Tbsp caster sugar	salt and freshly ground black pepper
1 Tbsp white wine vinegar	

To make the sauce, whisk together the mustard, sugar, vinegar and egg yolk, the gradually whisk in the oil. The sauce should have the consistency of mayonnaise. Add salt and pepper to taste and stir in the dill.

To assemble: slice the bread thinly, layer with salmon, sprinkle over a few leaves and finish with the mustard dill sauce.



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RADISH TZATZIKI Makes 300ml (1 small bowl)

I do a love these hot little balls of pink with their snowy white flesh. However apart from eating them whole or in a salad I sometimes ponder what to do with them. Try them grated and mixed through Greek yoghurt . Not only will you have a delightfully pink dip but it also has a little bite!

Ingredients

300 ml thick Greek yoghurt
2 cloves garlic
6 radishes and some leaves
2 Tbsp extra virgin olive oil
Pinch salt
1 tsp red wine vinegar

Method

Put yoghurt into a bowl, crush garlic to a smooth paste with a little salt (mortar and pestle is good for this). Add to the yoghurt and mix through.

Grate the radish and squeeze out excess liquid (the dryer the better). Add to the yoghurt mixture along with 1 Tbsp of the olive oil, red wine vinegar and salt. Mix well, finely cut the radish leaves and add, fold through, taste and adjust if necessary.

Store in the fridge until required.

Serve in a small dish drizzled with the remainder oil and plenty of flatbreads, and crudités

SPRING SALAD Serves 4

Keep it simple and enjoy the fresh, punchy flavours of new season growth.

300g salad leaves – rocket, mizuna, raddichio, baby kale leaves, chard etc
2 spring onions, sliced thinly
6 radishes, sliced thinly
Sea salt flakes and cracked pepper

Dressing

Juice of 2 lemons
½ tsp runny honey
½ tsp Dijon mustard
¼ cup extra virgin olive oil or any good quality oil

Method

Pick through the leaves removing any that are wilted, tough looking or discoloured. Wash the lettuce gently in cold water and drain well to remove as much water as possible or the dressing won't adhere to the leaves.

In a large bowl, add the leaves, radishes and spring onions.

Make the dressing by adding all the ingredients into a small bowl and mix well to combine, add a pinch of salt and taste – adjust if necessary.

To assemble the salad sprinkle over a little sea salt and grind or two of pepper, drizzle over the dressing and toss with lightly with your fingertips so that every ingredient in the salad is coated lightly with dressing. This is the difference between a nice salad and a fantastic salad.

ASPARAGUS WITH LEMON AND PARMESAN Serves 4

This simple dish can be made with or without the parmesan cheese, but if you have it on hand do give a try as it combines perfectly.

1 bunch of medium sized asparagus
2 Tbsp extra virgin olive oil
2 Tbsp freshly grated Parmesan cheese
1 tsp lemon zest – freshly grated lemon rind
Salt and freshly ground black pepper

Method

Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 2-4cm sections, slicing the asparagus at a slight diagonal.

Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality.

JERSEY BENNES WITH FRESH MINT SAUCE Serves 4 as a side

Once again simplicity is best, especially when celebrating first of the seasons Jersey Benne potatoes.

500g jersey benne potatoes	1 tsp sugar
Sea salt flakes	Pinch of salt
100g fresh mint leaves	Fresh ground black pepper
1-2 Tbsp red wine vinegar	Extra virgin olive oil

Method

Cover the potatoes with cold water and add a little salt. Bring to the boil and then reduce the heat to a gentle simmer. Simmer for 5-8 minutes depending on size and then turn off the heat and let the potatoes sit in the hot water until tender (about 10 minutes). Whilst the potatoes are cooking add the mint leaves along with the sugar and a pinch of salt to a mortar and pestle, mash the mint until it becomes a thick green, fragrant paste, add the vinegar and enough oil to loosen to the mint to form a thick pasty sauce. Taste and adjust seasoning and balance of sweet/sour flavours.

Drain the potatoes and drizzle over the fresh mint sauce and serve immediately.

Thanks to the following vendors for their fantastic produce

THE JOYFUL VEGAN – wholegrain loaf

BOATSHED SMOKEHOUSE – gravlax of salmon

PALMERSTON ASPARAGUS – fresh asparagus

LECKIES BUTCHERY – spring lamb loin chops

BRYDONE ORGANICS – Jersey Benne potatoes

JANEFIELD PAEONIES and HYDROPONICS– fresh spring leaves, herbs and flowers

ETTRICK GARDENS - radishes

