



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 14th November 2015

This week's chef: *Lenore Brady*

Carrot Soup

3 T olive oil
3 t cumin seeds
¼ t chilli flakes
1 onion
2 cloves of garlic
650g carrots
140g split red lentils
800ml stock (chicken or veg)
1 can of coconut milk
1T lemon juice
Something green to look pleasing on top.

Heat the olive oil over a medium heat in a large pot.
Add cumin seeds, and chilli flakes. Cook for 30 seconds then add the finely chopped onion and garlic.
Stir then put a lid on for 10 minutes to cook and sweat.
Add the roughly chopped carrots, red lentils and stock.
Cook for about 30 minutes, until the carrots are soft and the lentils have softened.
Add the coconut cream. Then blitz with a stick blender. (Or you could mash it but it won't be nearly as smooth). Add the lemon juice.
Taste, and perhaps add some salt and pepper.
Serve with toast for lunch.

Oat pancakes with Stewed Apples

I love these oat pancakes because they are whole grain

170 g whole oats (the big ones)
370ml milk
15ml lemon juice
One big egg
50 g of honey
½ teaspoon salt
60g butter
130 g wholemeal flour
4 teaspoons baking powder
½ teaspoon baking soda

Start a nonstick, or cast iron pan heating over a medium heat. Melt butter in microwave, or in a metal bowl on top of your pan as it is heating.

Load the first six ingredients into a very high sided bowl. Use your stick blender to blitz it to a paste. Sift in flour, baking powder and baking soda. Use a large metal spoon to almost stir in the dry ingredients. Do not over stir, you will toughen the pancakes.

Lightly grease the pan for the first time batch. Spoon on pancake and then cover pan with lid if you have one. Cook for 2 1/2 minutes then remove the lid and flip pancakes. Cook for a further minute. Serve.

Apples

Sometimes I discover that I have a variety of apples that all need used up.

Take about eight apples of different varieties, and core and cut them into eighths. Add half a teaspoon of cinnamon or a cinnamon stick. Cook over medium low heat with half a centimetre of water in the bottom of the pan for 25 to 30 minutes. Having a variety of apples gives you different textures and flavours.

These are good to store in the fridge and are pleasing with muesli, pancakes or on their own.



*The Market Kitchen is powered by Nova LPG,
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Pan Fried Asparagus with Ghee

Heat a nonstick, or a cast iron pan to hot.

Add 1 tablespoon of ghee.

Snap off the tough ends of the asparagus then add to the pan, shuffle around to coat in ghee.

Cover the pan and let cook for three minutes, then turn.

Remove from the heat, salt and serve.

Ghee

Ghee is my newfound love. It is essentially butter with the milk solids browned and then removed. It has an amazing nutty flavour, can tolerate a very high heat without burning, and will store in the cupboard (not the refrigerator) for up to a year! Gold!

I make mine by putting 6 pounds of butter (6lbs!) in the crockpot on low for 6 hours. There are heaps of websites with quicker but more attention intensive methods of making it. Once the milk solids are slightly tan coloured, strain through a fine mesh into sterile jars.

Thanks to the following vendors for their fantastic produce

Janefield Paeonies and Hydroponics - Coriander

Havoc Prime Pork - Ham

Willowbrook Orchard - Apples

Ettrick Gardens - Carrots

Palmerston Asparagus - Asparagus

Indigo Bakery – Ciabatta Bread

Pineapple Salsa to go with Ham

Thank you to Janefield for the coriander and Havoc for their ham to sample, served on Indigo Bakery Ciabatta. This is great to have when there is ham around.

1/2 pineapple

1/2 red onion or 3 spring onions

1/2 red pepper

1/4 cup mint

1/4 cup coriander

1/2 tsp salt

black pepper

2Tbsp olive oil

Dice pineapple, onion and pepper finely.

Chop the herbs then season.

Serve with hot or cold ham.

