



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday, 28<sup>th</sup> November 2015

This week's chef: **Nicola Brown**

### **CASHEW, LIME AND CORIANDER DIP**

*This has a lovely subtle flavour which can be spiced up with a dash of chilli. Serve with crackers, raw vegetable sticks or lightly cooked asparagus. With a little extra water added, it makes a great sauce to drizzle over tacos or wraps. It can also be a great accompaniment to roast vegetables.*

#### **Ingredients**

1 cup cashew nuts  
1 lime, juiced and zested  
2 teaspoons apple cider vinegar  
½ cup water (approximately)  
Big handful of coriander leaves and stems, finely chopped  
¼ teaspoon garlic powder  
Dash of chilli powder, to taste  
Sea salt and black pepper

#### **Instructions**

Place cashews in a bowl, cover with water and soak for at least 2 hours; drain well (discarding water).  
Combine cashews, lime juice and zest, vinegar and half of the water in a blender. Process until smooth, adding small additional amounts of water until the consistency resembles sour cream. Add coriander, garlic powder, chilli and seasoning to taste; blend until combined.  
Store in an airtight container in fridge for 3 - 4 days. Can be frozen.

*This recipe is from the Nibl **Feeling Peckish** recipe ebook – to be released 8<sup>th</sup> December. For more info or to order, see: <http://nibl.co.nz/feeling-peckish-ebook>*



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100% New Zealand owned and operated gas  
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### **MARINATED RAINBOW SALAD** Serves: 6 as a side dish

*To balance out all of that end-of-year over-indulgence, this is a great big colourful bowl of goodness. Serve as a side dish or add some protein and your lunch is sorted.*

#### **Ingredients**

##### **Salad:**

1 head of broccoli,  
2 medium beetroot (approx 400g)  
2 large carrots, grated  
5 - 6 leaves kale/cavolo nero  
1 yellow capsicum, finely chopped  
1 apple or pear, grated  
2 large sprigs of mint  
½ cup cranberries

##### **Dressing:**

¼ cup olive oil  
½ orange, juiced  
2 tablespoons apple cider vinegar  
1 tablespoon coconut sugar  
1 teaspoon wholegrain mustard  
Black pepper and sea salt, to taste

##### **To garnish:**

½ cup pistachio nuts, roughly chopped  
¼ cup pumpkin seeds  
Microgreens

#### **Instructions**

Cut broccoli into very small pieces (stems can be peeled and finely-chopped). Peel and grate beetroot. Wash and shred greens. Remove stems.  
Combine salad ingredients in a large bowl.  
Place dressing ingredients in a screwtop jar and shake until well-combined; pour over salad ingredients and mix well. Cover and refrigerate for at least an hour.  
Garnish with pistachios, pumpkin seeds and microgreens just before serving.

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

**Bridge Hill** – dried fruit

**Hawarden Orchard** – pears and walnuts

**Butlers Fruit Farm** – blackcurrants and raspberries

**Ettrick Gardens** – beetroot, carrots

**Janefield Paeonies and Hydroponics** – coriander, kale, and microgreens

**Brydone Growers** – broccoli

**Ocho** – cocoa flakes

**Willowbrook Orchard** apples

## WALNUT MILK

*It's super-easy to make your own nut milk and costs about half the price of store-bought non-dairy milks.*

### Ingredients

3 - 4 cups filtered water  
1 cup walnuts, soaked overnight, drained well and rinsed  
3 - 4 dates (optional)  
Pinch of sea salt (optional)

### Instructions

Blitz all ingredients in blender until smooth and creamy. Strain through a clean piece of muslin or a nut milk/sprouting bag. Squeeze out every last drop. Remaining pulp can be used in baking, frozen for future use, composted or given to appreciative chickens!

Makes 3 – 4 cups. Store in fridge 2 -3 days. Nut milk can be made in bulk and frozen in screw-top jars (it will separate on thawing; shake well or re-blend before use).

## BLACKCURRANT, RASPBERRY AND CHOCOLATE SMOOTHIE

*Any berries work well in this recipe but the blackcurrants add a particularly intense flavour and colour.*

### Ingredients

2 cups walnut milk  
½ cup blackcurrants (fresh or frozen)  
¾ cup raspberries (fresh or frozen)  
1 banana  
½ cup Ocho roasted cocoa flakes  
1 – 2 tablespoons maple syrup (to taste)

### Instructions

Mix all ingredients in blender until smooth.  
Makes 3 - 4 serves.



## CHRISTMAS SLICE

*If you want to create a chocolate-y treat with a festive flavour, here's a great option. It makes a delicious gift, but make sure it's kept in the fridge right up until it's eaten. If it sits under a Christmas tree for a few days in the blazing Dunedin sun, it could be a bitterly disappointing gift!*

## Ingredients

### Base

1½ cups raw nuts  
1½ cups roughly-chopped dried fruit  
1 tablespoon candied orange peel  
1 orange, juiced and zested  
2 tablespoons brandy (optional)  
2 tablespoons coconut oil  
½ cup shredded coconut  
¼ cup roasted cocoa flakes  
½ cup cacao or cocoa powder  
1 teaspoon vanilla extract  
1½ teaspoons mixed spice

### Instructions

#### Base

Place the nuts in a large bowl and cover generously with filtered water. Cover, leave to soak overnight and drain well, discarding the soaking water.

Place the dried fruit and candied orange peel in a bowl and add orange juice, zest and brandy (if using – otherwise add a little extra orange juice). Cover and leave to soak overnight.

Line a slice tray (18 x 28cm) with baking paper. Melt first measure of coconut oil in a small jug over hot water.

Place drained nuts and coconut in food processor and process into fine crumbs. Add dried fruit, melted coconut oil, coconut, cocoa flakes, cocoa/cacao powder, vanilla extract and mixed spice. Process until ingredients are similar in consistency to biscuit mixture (should hold together when pressed - add a very small amount of water if necessary).

Press mixture firmly into lined slice tray and leave in fridge for an hour to set.

#### Icing and garnish

Gently melt coconut oil, maple syrup and nut butter together over hot water. Place sifted cacao/cocoa powder and ginger in blender, pour in melted oil/syrup mixture and mix in blender on low speed until glossy and smooth (icing can also be mixed in a bowl with a spoon).

Spread icing over slice, garnishing with cranberries and slivered almonds. Place in fridge to set for approximately 30 minutes. Once icing is firm, remove slice from tray and cut into small squares.

Store in fridge or freezer. Makes 40+ pieces.

### Icing & garnish

½ cup coconut oil  
¼ cup maple syrup  
2 tablespoons cashew or almond butter  
¾ cup cacao or cocoa powder  
½ teaspoon ginger  
2 tablespoons dried cranberries, chopped  
2 tablespoons slivered almonds