



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 5th December 2015

This week's chef: *Sandra*

BALSAMIC STRAWBERRIES ON TOAST

Christmas breakfast sorted!

Around 200g halved strawberries
40g brown sugar
60ml balsamic vinegar
1 Tbsp olive oil
1 Tbsp chilled butter
Thick pieces of ciabatta bread, lightly toasted

Mix together the strawberries, brown sugar and balsamic vinegar in a bowl and leave to infuse together overnight. Give it a light, occasional stir. Place a heavy bottomed pan on high a heat. Take out the strawberries and strain, discarding the liquid. Turn down the heat on the pan and then add the strawberries and bring the sauce to the simmer over a low to medium heat. Then add the butter and stir until it is all melted and mixed in. Cool the mixture, take out the big pieces of strawberry, smash onto your toast, add a dollop of creme fraiche and drizzle with left over sauce.

Thanks to the following vendors for their fantastic produce

Whitestone Cheese
McArthurs Berry Farm
Ettrick Gardens
Beanos Bakery
Harbour Fish

FISH SALAD WITH BALSAMIC STRAWBERRIES Serves 4

So quick and easy, this salad is sure to impress at your next barbeque.

Seasonal and tasty!

4 thick fillets of fish
Around 200g sliced strawberries
40g brown sugar
60ml balsamic vinegar
1 Tbsp olive oil
1 Tbsp chilled butter
Salt and pepper
Salad greens

Method

Mix together the strawberries, brown sugar and balsamic vinegar in a bowl and leave to infuse together overnight. Give it a light, occasional stir.

Heat the oil in a frying pan until it is very hot. Season the fish on both sides and then add to the hot pan and cook to your liking - we suggest 2-4 minutes each side (depending on thickness).

Take out the strawberries and strain, discarding the liquid. Turn down the heat on the pan and then add the strawberries and bring the sauce to the simmer over a low to medium heat. Then add the butter and stir until it is all melted and mixed in.

Serve the fish on a bed of salad greens of your choice with the strawberry mixture on top and a twist of ground pepper.

Airedale Cheese
Gooseberries
Strawberries
Breads
Fish

GOOSEBERRY ELDERFLOWER JAM (SERVED WITH WHITESTONE AGED AIREDALE CHEESE)

You will need 3-4 sterilised jars as it makes about 800g

1kg gooseberries

300ml water

5 elderflower heads (optional) – best picked in sunlight as they are more fragrant

750g sugar

100ml elderflower cordial

METHOD

Wash then top and tail the gooseberries. Place them in a heavy bottomed pan with 300ml of water.

Simmer for 15-20 minutes until the gooseberries are totally soft. Turn the oven on to about 150 degrees to heat up ready for the sugar.

After 15 minutes place the sugar in a roasting tray and into the oven for 5 minutes. Warm sugar is less likely to crystallise when you add it to the hot fruit. Place a plate into the freezer ready for the set test.

Add the sugar and stir well. Turn up the heat and bring the jam to a rapid boil. It will need between 10-20 minutes more depending on how much water comes out of the fruit.

Stir regularly to stop the jam sticking to the bottom of the pan and skim any white scum from the surface.

Boil the fruit rapidly for at least 5 minutes to get rid of impurities. If you have a sugar thermometer use it to get the temperature up to the jam setting – about 105 degrees. Turn the heat down a little and boil more slowly until it is the consistency that you prefer.

Once the jam is thickened and has changed colour to a dark red (or darker green, depends on the type of gooseberry) add half the elderflower cordial. Stir it and bring back to the boil.

Take the cold plate from the freezer and spoon a small dollop of jam onto the plate. Give it a minute and then see if it is set enough. Taste it as well. The flavour should be strong and sweet/sour. If it is too runny or not tasty enough carry on boiling it and keep trying every few minutes until it is right for you.

Once the jam is the correct consistency and flavour, snip in the elderflowers (make sure to just get the flowers as the stems are not that pleasant to

taste) and add the rest of the cordial. Give it a good stir and put it in the sterilised jars immediately. If you have wax disks, put one on the surface before the jar lid goes on.

GOOSEBERRY TART

You will need a 23cm loose bottom flan tin for this tart.

1 quantity of short pastry, store bought or home made

FILLING

450g gooseberries, topped and tailed

100ml crème fraiche

2 large egg yolks

40g castor sugar

1 teaspoon balsamic vinegar

METHOD

Preheat your oven to 190°C. Place a solid baking tray in the oven to pre-heat. Roll out the pastry, line the tin and prick the base with a fork. Use some of the egg yolk from the filling to paint all over the sides and base of the pastry. Place the lined tin on the hot baking tray and bake for 20 minutes until the pastry is just beginning to turn golden.

Remove from the oven and turn down the heat to 180°C.

Whisk together the crème fraiche, egg yolks, sugar and balsamic vinegar.

Arrange the gooseberries in the flan tin, pour over the crème fraiche mixture and return to the oven to bake until the custard is set, a further 40-45 minutes.

When cooked, remove from the oven and allow to settle for about 20 minutes before cutting. Serve hot or cold with an extra dollop of crème fraiche.



*The Market Kitchen is powered by Nova LPG,
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