



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday 9th January, 2016

This week's chef: Alison Lambert

PERSIAN MINCED BEEF (Simit Kebap)

These are perfect for the summer BBQ especially when using exceptional organic minced beef and cooked over smoldering coals.

Makes 6

¼ cup fine cracked wheat/bulgur, soaked in warm water for 10 minutes, drained

100g fresh parsley

50g fresh mint

50g fresh coriander

¼ tsp chilli flakes

½ tsp ground allspice

4 garlic cloves, peeled

1 medium onion, roughly chopped

500g minced beef

Salt and freshly cracked black pepper to taste

2 Tbsp olive oil

1 tsp sumac

Lemon for serving

Method

Soak the cracked wheat first so it can plump up.

Place the parsley, mint, coriander, chilli flakes, allspice, garlic and onion in a food processor and process until pulpy and well blended.

Remove and add the mince beef. Mix for a couple of minutes with your hands. This will not only combine the ingredients well but will help the meat to stick to the skewers. Squeeze out excess moisture from the cracked wheat and add this to the mince mixture. Mix for another couple of minutes so once again the mixture is well combined and sticks well together.

With dampened hands mold onto wide metal skewers or make into 8cm x 3cm (roughly) long minced patties. Refrigerate for up to an hour to firm up the meat. Cook over a very hot charcoal grill or barbecue (10 minutes) turning often. Serve with olive oil, sumac and lemon.

QUICK RED ONION SALAD

This salad goes perfectly with anything off the BBQ.

Serves 4 as a side

2 medium red onions, sliced into thin rounds

1 tsp sugar (optional)

1 tsp red wine vinegar

2 tsp olive oil

Sea salt and freshly cracked pepper

Torn mint, parsley or coriander leaves

Method

Peel the onions and slice them into very thin slices. Separate the slices into rings. Place the onions in a bowl and cover them with ice cold water. Refrigerate for 1 hour. Drain.

Sprinkle over the sugar and let sit for another 30 minute if possible, once again drain off any liquid and discard.

Serve them drizzled with red wine vinegar, extra-virgin olive oil, a pinch of salt and freshly ground pepper. Toss through the torn leaves and serve alongside the Persian minced beef if desired.

PICKLED SUGAR SNAP PEAS AND GARLIC SCAPES

Another quick pickle that will work wonders with those go-to meals

1 ¼ cups white vinegar

1 ¼ cups cold water

1 Tbsp salt

1 Tbsp sugar

500g sugar snap peas, stems trimmed and strings removed

200g garlic scapes, cut into finger lengths

2 garlic cloves, sliced

Pinch dried red pepper flakes

Method

In a nonreactive saucepan, heat the vinegar with the salt and sugar until they are dissolved. Remove from the heat, and add the cold water which starts the cooling process faster.

When the vinegar mixture is cool, pack the sugar snaps, garlic scapes, garlic and flakes into a suitable sized jar and pour the brine over it. Cover with a non-reactive cap.

Place in the fridge for at least a week to pickle but they can be eaten sooner if desired.

TOMATO RUBBED BREAD

Simplicity at its best – must have exceptional bread, sweet, soil grown tomatoes and pungent basil.

8 to 12 thick slices of ciabatta or sourdough bread
1 garlic clove, peeled
3 to 4 very ripe medium tomatoes, halved crosswise
Extra-virgin olive oil, for drizzling
Flaky sea salt, for sprinkling
Basil leaves for tearing

Method

The bread can be grilled under a hot grill or, as I like to do, grill it on the grills of the barbecue until charred on both sides.

Rub the raw clove of garlic over the bread and repeatedly rub it against the bread. Do the same with the tomato halves, rubbing them firmly against the bread while squeezing them slightly to help release some of the tomato juices, until the slices of bread are reddish and moist.

Generously moisten the bread with olive oil and sprinkle with salt, finish with torn basil leaves and enjoy immediately.

VANILLA ROASTED STONE FRUIT

The selection of stone fruit is up to you. You can opt for just one variety of fruit or mix it up to add colour, flavours and taste.

Serves 4

6-8 pieces' stone fruit (apricots, plums, nectarines, peaches) cut in half crosswise and stones removed

2 Tbsp butter

1 Tbsp honey

1 vanilla bean, halved lengthwise and scraped, or 1 teaspoon pure vanilla extract

Method

Preheat oven to 200C. In a large, shallow baking dish, combine butter, honey and vanilla bean (seeds and pod). Add fruit, and turn to coat with butter mixture; arrange, cut side down, in a single layer.

Roast until the fruit is tender, 15 to 25 minutes, spooning with cooking liquid halfway through. Serve fruit (warm or at room temperature) with ice cream or mascarpone and drizzle with cooking liquid.

Alison would like to thank the following for their outstanding products

STEAM BASIN BREWERY – AMERICAN RYE

WAIRUNA ORGANICS – SUGAR SNAP PEAS AND GARLIC SCAPES

ROSEDALE ORCHARDS – SUMMER STONE FRUIT

ANNE ROBERTSON EGGS – FREE RANGE EGGS

KAKANUI PRODUCE – SOIL GROWN TOMATOES

BRYDONE ORGANICS – RED ONIONS

JANEFIELD HYDROPONICS – BASIL

INDIGO BAKERY – CIABATTA

ORGANICLAND – ORGANIC MINCED BEEF



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
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