



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 30th January 2016

This week's chef: *Alison Lambert*

GREEN SHAKSHUKA Serves 2-4

It maybe green, highly nutritious and wickedly good but it's also mighty tasty and great for brunch, lunch or a light meal.

Ingredients

8 medium green tomatoes or tomatillos, trimmed and cut in pieces
100g spinach leaves, stalks removed
100g kale or silverbeet leaves, stalks removed
1 green pepper, seeds removed
1 green chilli, (if want it hot add the seeds)
50g (handful) fresh coriander (stalks included)
½ tsp ground cumin
½ tsp ground coriander
2 Tbsp olive oil
1 small onion, finely diced
2 garlic cloves, crushed
Pinch nutmeg
½ tsp salt and freshly ground black pepper
4 large free range eggs

Method

Put the tomatoes/tomatillos, leaves, pepper, chilli and 2/3 of coriander in a food processor and process until a coarse paste.
Heat a large frypan up and add 1 tablespoon oil, add the onion and garlic and cook for 3 minutes, add the ground cumin and coriander and fry for another minute to get the aromas going.
Add the green tomato paste and cook together with the onion mixture, reduce to a simmer and cook for about 15 minutes or until most of the liquid has been absorbed.
Make 4 divots in the mixture and break in the eggs. Cover with a lid and cook until the white is just cooked (about 5 minutes).
Serve with remainder of fresh coriander sprinkled over, a little drizzle of oil and plenty of bread.

BEAN, PEA AND ROCKET SALAD Serves 2-4

This is one of those salads which is perfectly in season. This salad will respond to many additions so mix it up a little!

Ingredients

2 Tbsp almonds, toasted until brown
½ garlic clove, crushed with salt
1 Tbsp lemon juice
3 Tbsp olive oil
300g French beans, topped & tailed
200g fresh podded peas
200g tomatoes, roughly chopped
½ red onion, sliced thinly
handful fresh parsley, roughly chopped
100g wild rocket
Sea salt & cracked pepper

Method

To make the dressing crush the almonds in a pestle and mortar, add the garlic and lemon juice. Mash this to a paste. Slowly add the olive oil, combining all the ingredients.
Cook the French beans in boiling salted water for 2 minutes. Add the peas and cook for a further 1 minutes. Refresh immediately in cold water. Drain.
Toss the beans, peas, tomatoes, onions in almond dressing and scatter over wild rocket. Season with salt and pepper. Toss lightly to combine and serve immediately.



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Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

PULLED PORK 6-10 serves

There are so many variations on this delectable dish. It derives from the southern states of America. You can add more spice if you want to liven it up but I like the simplicity to as the meat does all the talking!

Ingredients

1.5 kg pork shoulder
2 Tbsp chilli flakes
1 Tbsp salt
1 Tbsp cracked or pepper
¼ cup oil

BBQ Sauce

2 cups cider vinegar
1 cup water
3 Tbsp brown sugar
1 tsp celery seeds
4 sprigs thyme, sage, or rosemary
Salt and pepper to taste

Method

Marinating; In a large bowl, rub the pork with chilli flakes, salt, pepper and oil. Let marinate for at least 2 hours and preferably overnight.

Add the vinegar, sugar, celery and salt and pepper to taste to a medium, non-reactive saucepan. Place over medium-high heat and bring to a boil, stirring to dissolve the sugar. Remove from heat and set aside.

Heat oven to 150C.

Put the meat on a cake rack over a roasting dish. Place the meat in the oven and roast for 3 to 6 hours, turning occasionally and basting with the barbecue sauce. The meat will be cooked when the flesh begins falling apart. Remove the meat from the oven and set aside to cool until you can handle it.

When cool enough to handle, shred the meat with your fingers or two forks. If you like, chop the meat further with a knife.

Bring the remaining barbecue sauce to a boil again and then stir it into the meat bit by bit until it is seasoned to your taste.

Serve in a bun with slaw and plenty of napkins.

A SIMPLE SOUTHERN SLAW

This recipe will partner perfectly with the above pulled pork.

½ cabbage, sliced very thinly
1 onion, sliced very thinly
300g carrots, peeled and coarsely grated
Handful parsley, roughly chopped
Handful coriander, roughly chopped
2 sticks celery, sliced thinly

Dressing

¼ cup cider vinegar
1-2 Tbsp sugar
Salt and pepper to taste

Method

Combine the vegetables and herbs in a bowl and toss together.

Mix the dressing ingredients together.

Pour the dressing over the cabbage mixture and toss to combine. Let stand for at least 30 minutes before eating.

APRICOT AND OAT SLICE Makes 15-20 squares (depending on size)

I used only coconut (refined) sugar in this as I loved the flavour combination, but hey this is totally up to you. I only give you ideas not rules!! You can substitute most fruits in this recipe as the oaty mixture which surrounds the fruit is divine with pretty much anything.

Ingredients

1 ½ cup rolled oats
½ cup white flour
¼ cup wholemeal flour
1/4 -1/2 cup coconut sugar
Pinch salt
100g butter, melted
1 tsp cornflour
1 Tbsp light brown or coconut sugar
250g apricots, stone removed and cut into even slices

Method

Preheat oven to 180C. Line a 20cm L x 18cm W x 4cm (approx.) tray with baking paper. Mix together the oats, flours, sugar and salt, pour in the melted butter and mix well.

Remove ¼ of the mixture and set aside for topping.

Press the crumb mixture into the base of the baking tray.

Combine the apricots in a bowl along with the cornflour and 1 tablespoon sugar, mix gently to combine.

Spread evenly over the base, scatter over the remainder of the crumbs and bake for 25-30 minutes or until the fruit is oozing slightly from the crisp golden topping.

Let cool before cutting. I like to keep this in the fridge as it helps to keep the slice crisp and it is quite refreshing on a hot summer's day!

Thanks to the following vendors for their fantastic produce

WAITAKI BACON AND HAM – pork shoulder

AGREEABLE NATURE EGGS – fresh eggs

KAKANUI PRODUCE – soil grown tomatoes, chillies and capsicum

ROSEDALE ORCHARD – apricots

WAIRUNA ORGANICS – carrots, peas and beans

BRYDONE ORGANICS – green cabbage, spinach, cavalo nero

JANEFIELD HYDROPONICS – fresh parsley, coriander

