



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 13<sup>th</sup> February 2016

This week's chef: *Lenore Brady*

## Nigel's Broccoli Salad with Mayo

1 broccoli head  
1 red onion  
1/2 cup roasted cashews  
2T coconut sugar  
1T olive oil  
Salt & pepper

### Mayo

*No food processor needed, just a whisk and a strong arm.*

1 egg yolk  
1tsp Dijon mustard  
pinch of salt.  
10ml white vinegar  
2 cloves of garlic  
1 cup light olive oil

### Mayo Method

Crush the garlic, then mix with the mustard, yolk, and salt. Then (if you have a helper around ask them to...) pour the oil in a very fine thread into the bowl as you whisk like billy-oh. Pour more slowly at the start as you are working to start the yolk emulsifying the oil, then a little more keenly.

Keeps in the fridge for up to 4 days. If it is too thick when you come to use it add a Tablespoon of *warm* water at a time.

### Salad Method

Dice red onion into bowl, add coconut sugar and olive oil. Cut the broccoli florets and stalks into small pieces. Give 2 or 3 grinds good salt & pepper cover with the Mayo. Cover and chill in fridge overnight

## Banana and Rhubarb Date Cake

*This is my concession to reduced processed sugar. It is oddly pleasing.*

90g butter  
160g dates  
1t vanilla  
70g yogurt or coconut cream  
2 eggs  
250g flour  
1tsp baking powder  
3/4t baking soda  
1 large ripe banana  
3 large or 4 small stalks rhubarb

### Method

Heat oven to 180C. Melt the butter with the dates in it, and then blend it with your stick whiz (I don't know how to do this without blending it).

Add the vanilla, and coconut cream. Beat eggs and add.

Cut the banana (don't mash), then finely chop the rhubarb.

Mix the dry ingredients. Add the wet ingredients and banana and rhubarb to the dry and lift and fold to stir. Only just mix.

Pour into a lined 23cm cake tin. Cook for about 40 minutes. Cool in tin for 10 minutes.

Keeps well for 3 days, or freezes well.

## Apricot Guacamole

*My how pleasing! This is a gem.*

1 large avocado  
2 Moorpark apricots  
1 sprig of mint  
1/8 red onion  
15ml white wine vinegar (or lemon juice)  
1 small clove garlic  
1/2t salt  
1tsp maple syrup (or honey)

### Method

Make this at the last minute. Crush the garlic. Mince the mint. Cube the apricot and avocado. Mix everything together trying to maintain the chunky shape. Chill until you serve.



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## Bacon and Egg Pie

*This is not Wednesday night bacon and egg pie, this is... (in a casual like way)... I want to impress the pants off folks! Good hot. Great cold. This pie is worth the effort.*

### Lard Pastry

345g flour

1t salt

225g lard

10ml vinegar + one small egg + enough water = 125 liquid

Cut the salt and lard into the flour using your food processor. Transfer to a bowl.

Blend the liquid then pour into dry ingredients and then use a butter knife to cut liquid into the dry.

Shape into a rectangle, wrap in clingfilm and refrigerate (or I usually make double and freeze one half).

### Filling

500g to 700g bacon (I use two packs of Havoc Pork scraps)

300g dried sausages (not the fresh ones)

2 red onions (or the tops of one bunch)

7~10 eggs (depending on size of your tin)

1/4 t salt

1/2 cup frozen peas (not minted) (classy!)

1/3 cup relish

### Method

Start the bacon cooking over a medium heat until browned (depending on the size of your pan you may have to do it in 2 lots so as not to steam the bacon). Repeat with the sausages you have sliced. Once browned remove the meat then add the onions to the pan without cleaning.

Heat oven to 220C.

Take your pastry from the fridge. Cut off 3/5s (re-wrap the remaining 2/5s and back to the fridge). Flour your bench then roll out to fit your tin (use tin, or ceramic, or glass in order of preference for browning). I use a 27 x 21cm tin or a round high sided fluted tin 26cm.

Put the pastry lined tin into the fridge while you roll out the other 2/5s for the top. Put this back in the fridge while you do the filling.

Beat 3 or 4 eggs and add the salt.

Pile in the onion, then the bacon and sausage, sprinkle on the frozen peas pour in the beaten egg. Make hollows in the bacon and break an egg in to each hollow.

Smear on the relish and then place on the lid. Seal the edges. Prong all over with a fork. Put it into the oven for 50 ~ 70 minutes. (depends on the size of your tin and the heat of your oven). Delight in the golden brownness. Cut once it has rested for 15 minutes.

## Fermented Hot Sauce

*Making your own FHS is a journey of discovery. I seriously love the flavour that is always different in each batch. I have eaten this when it is two years old!*

500g fresh chillies (your choice, ask Viv what will give you the heat that you want).

125g fresh ginger

2t lemon rind

2 T good sea salt

250ml apple cider vinegar

***Check that none of your ingredients have preservative in them, preservative retards fermentation.***

### WEAR GLOVES!

Remove the tops from the chillies then hurl all the ingredients into a food processor. Blend. Put into a clean sterilised jar without lid, cover with an un-airproof cloth.

Leave to sit somewhere cool for a long while. Check every few days, occasionally stir with a clean knife. You will see bubbling start. After a while have a taste (carefully!). Once the flavour is the right level of ripeness for you (maybe 3 weeks?) transfer to the fridge. I actually never put mine in the fridge. I love the flavour as it develops. Treasure it.

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

**Brydone Organic Growers** - Broccoli and Red Onion (and Nigel's recipe)

**McArthurs Berry Farm** - Rhubarb

**Caithness Orchard** - Moorpark Apricots

**Kakanui Produce** - Chillis

**Agreeable Nature** - Eggs

**Indigo Bakery** - Breads

**Havoc Pork** - Bacon and sausages

