



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 27th February, 2016

This week's chef: *Sandra Kellian*

GRILLED FRESH MOZZARELLA AND APRICOT ON SOURDOUGH

Any easy - peasy delicious treat where oozy, mild melted cheese is paired beautifully with sweet and tangy summer apricots.

Ingredients

2 tablespoons softened butter
4 slices sourdough bread (or any bread of your choice)
2 firm-ripe, juicy apricots, pitted and sliced thin
1 tablespoon sugar mixed with 1 tsp. cinnamon
4 slices fresh mozzarella

Method

Butter one side of each bread slice. Flip 2 slices over and top with apricots, dividing evenly. Sprinkle with cinnamon sugar to taste. Top with mozzarella and remaining bread slices, buttered sides up.

Cook sandwiches in a large frying pan over medium heat, turning once, until golden and crisp on both sides, about 8 minutes total. Devour.

Thanks to the following vendors for their fantastic produce

Willowbrook Orchard - Apricots

Ettrick Gardens - Elephant garlic and cherry tomatoes

Havoc Pork – Scotch fillet pork

NZ Nuts - Pickled walnuts

Gilberts Fine Foods – Bread products

SUMMER PASTA WITH ACID FREE CHERRY TOMATOES

A quick summertime lunch is pasta tossed with a mixture of tasty fresh tomatoes.

Ingredients

1 cup dry pasta, shell or similar
2 Tbsp extra virgin olive oil
6-8 tasty tomatoes, using different varieties and colours if possible
2 cloves new season garlic
1 small courgette
8 basil leaves

Method

Boil pasta until just tender.

Meanwhile, cut tomatoes in half. Sprinkle garlic with a little salt, then crush with the flat blade of a knife. Dice courgette and slice basil leaves. Drain the pasta and add the extra virgin olive oil. Add the tomatoes, garlic and courgettes and heat through briefly. Season with black pepper and add the basil. Cover and stand for 1-2 minutes. Serve in two bowls and sprinkle with a little finely grated parmesan or tasty cheese.

NOTE: *Store tomatoes in a cool, dark place but preferably not the refrigerator, where they will lose their flavour. Tomatoes can be frozen in their skins and thawed later for sauces or soups.*



*The Market Kitchen is powered by Nova LPG,
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PORK STUFFED WITH PICKLED WALNUTS AND APRICOTS

Ingredients

4 slices firm bread
4-5 pickled walnuts, shell removed, roughly chopped
½ cup chopped shallots (3 large)
2 tablespoons unsalted butter
3 large firm ripe apricots, cut into 1/3-inch pieces
2 tablespoons chopped fresh flat-leaf parsley
½ teaspoon salt
¼ teaspoon black pepper
1 (1-1 ½) centre-cut boneless pork loin roast (40 cm in diameter), not tied
2 tablespoons vegetable oil
½ cup water

Method

Preheat oven to 190°C.

Make stuffing:

Cut just enough bread into roughly 1 cm pieces to measure 1 cup and spread evenly in a shallow baking pan. Toast bread in middle of oven, stirring occasionally, until golden, about 10 minutes, then transfer to a bowl. Leave oven on (for pork).

Cook shallots in butter in a large non-stick pan over moderately low heat, stirring occasionally, until softened, about 10 minutes. Add apricots and cook, stirring, until slightly softened, about 3 minutes. Add pickled walnuts and stir through. Remove from heat and stir in bread, parsley, salt, and pepper.

Stuff and roast pork:

Open up incision with your fingers, working from both ends, to create a 1 1/2-inch-wide opening, then pack with all of stuffing, pushing from both ends toward centre. Pat pork dry and season well with salt and pepper.

Heat oil in a heavy skillet over high heat until very hot and just smoking, then brown pork on all sides, about 2 minutes. Transfer to a roasting pan and roast in middle of oven until a meat thermometer inserted diagonally into meat (avoid stuffing) registers above 70°, about 45 to 50 minutes cooking time. Transfer to a cutting board and let stand 20 minutes.

While pork is standing, straddle roasting pan across stove top elements. Add ½ cup water and deglaze pan by boiling over moderate heat, scraping up brown bits. Slice meat and serve with sauce.

GARLIC CONFIT

This is the season and the perfect recipe to capture that pure, summer-garlic taste — no bitterness in sight. Use garlic confit to punch up any vegetable dish or to inspire any number of dishes on its own. Smash it, puree it, pulverize it into a paste, or use the cloves on their own.

Method

Peel the cloves from 2 heads (or more) of garlic. Place the cloves in a small saucepan and pour in enough olive oil to cover them, 1/2 to 3/4 cup for 2 heads. Over medium heat bring the oil to just a hint of a simmer, then reduce the heat to as low as it can go. You want to poach the garlic, not simmer it. Cook for about 45 minutes, until the garlic is soft and tender, but not falling apart. Transfer the garlic with a slotted spoon to a clean jar and pour the oil in to cover the cloves. Cool the mixture to room temperature. Cover the jar tightly and keep refrigerated for several weeks, or freeze for several months. (Keep the cloves covered in oil and be careful about using a clean spoon to dip into the jar). As a variation, add rosemary and/or thyme to the saucepan along with the garlic to cook

Ways To Use Garlic Confit

Whip a few cloves and some of the infused oil with vinegar to make a vinaigrette
Smash some of the cloves and whisk them with some of the infused oil. Toss the thick garlicky oil with steamed vegetables

Toss roasted or grilled vegetables with a spoonful of the tender garlic.

Spread the tender cloves over toasted bread or cheese-smearred crostini.

Layer garlic confit into a sandwich or pizza.

Toss garlic confit into a vegetable pasta.

Whip the tender cloves into any vegetable puree for sweet garlic flavour.

Make a vegetable and garlic confit salad. Slice the cloves in half and toss them into a tomato, basil, and toasted bread salad.

Use some of the oil to sauté corn-off-the-cob just briefly. Toss the corn with sliced or smashed cloves, fresh basil, and feta. (Add zucchini and/or tomatoes to the corn salad if you wish.)

Add garlic confit to sauces and soups.

Use the back of a fork to break down cloves into a paste. Stir the garlic paste into plain Greek yogurt or ricotta to make a creamy garlic dip or condiment. If you wish, add summer herbs to the mixture or drizzle the top with a good olive oil or chili oil.