



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, March 5th 2016

This week's chef: *Alison Lambert*

BROCCOLI BREAD Serves 4 as a sandwich

I have been making this veg-based bread for some time now and I love the fact that it is totally gluten-free and it is jam packed full of nutrients especially when using organic broccoli.

Ingredients

2 heads broccoli
1 Tbsp good quality oil
Sea salt and cracked pepper
2-3 free-range eggs
1 tsp fresh herbs (parsley, oregano, marjoram, basil), roughly chopped

Method

Preheat the oven 180C
Line a 25cmx20cm Swiss roll tin or something similar with greaseproof paper, lightly oiled.
Roughly chop the broccoli into pieces and then process in batches in food processor until finely chopped.
Remove and place into suitable sized bowl, add the oil, chopped herbs and seasoning, add 2 eggs and mix to combine. If the mixture looks dry add the remaining egg. Mix until combined.
Turn out onto lined baking tray and smooth evenly over.
Bake for 15-20 minutes or until the bread feels firm to the touch.
Remove and cool before cooling on wire rack.
Cut into desired sizes and fill with your choice of filling.

NB I like to fill mine with Whitestone's sheep feta, sun ripened tomatoes, basil and sprouts

Thanks to the following vendors for their fantastic produce

REVIVAL FOOD COMPANY – oat cakes
OCHO CHOCOLATE – PNG 66% chocolate
HARWARDEN ORCHARDS– plums
WHITESTONE CHEESE – sheep feta
BUTLERS FRUIT FARM– raspberries
STONEHURST MUSHROOMS – mushroom butter

BRYDONE ORGANICS – broccoli
WAIRUNA ORGANICS – kohlrabi
KAKANUI PRODUCE –tomatoes and chillies
BEANOS BAKERY – fresh baked breads
JANEFIELD HYDROPONICS - basil

PLUM AND CHOCOLATE TORTE Serves 12

This cake has deep flavours, deep textures and will take you on a journey to a foreign café.

Ingredients

500g plums
180g butter, softened
180g brown sugar
3 eggs
180g flour
2 tsp baking powder
Pinch mixed spice
180g whole roasted almonds, finely chopped
80g dark chocolate, chopped into small pieces (Ocho 66%)

Method

Grease and line a 25cm round removable base cake tin.
Preheat the oven 170C
Prepare the plums, by removing the stones and cutting into bite sized pieces, set aside.
Cream the butter and sugar in an electric mixer until the mixture is creamy and light in colour.
Add the eggs one at a time, beating well in between each addition.
Sieve the dry ingredients (except the almonds) together and add to the mixture, mix well to combine.
Add the almonds, chocolate and fold through.
Finish by adding the plums and mix through. Pour into prepared cake tin and bake for 35-45 minutes or until a skewer comes out clean.
Cool for 5 minutes in the tin before carefully removing.
Enjoy.



*The Market Kitchen is powered by Nova LPG,
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KOHLRABI SLAW Serves 4

Kohlrabi (also known as cabbage turnip) has a lovely radishy crunch and a turnipy mildness. Great eaten raw in slaws and salads.

Ingredients

1 kohlrabi, coarsely grated
1 pepper, finely sliced
1 chilli, deseeded & finely chopped
2 spring onions, finely sliced
½ red onion, finely sliced
3 Tbsp coconut cream
1 Tbsp soy sauce
juice of ½ lime, more to taste
50g roasted rice (or chopped peanuts)
small handful coriander leaves and basil

Method

Toss the kohlrabi, pepper, chilli, onions and half the roasted rice and coriander leaves together in a large bowl.
Mix together the coconut cream, soy and lime juice and toss with the veg to combine.
Sprinkle with the rest of the rice, coconut and coriander to serve.

OAT CAKES, SHEEPS FETA, SUN RIPENED TOMATOES AND SMASHED BASIL

Serves 4-6

We don't need a recipe for this as such - it's more about getting fantastic quality products and serving simply.

Ingredients

1 pkt Revival Oat cakes
200g Whitestone sheep milk feta cheese
4-6 sweet sun ripened tomatoes, cut into slices or half depending on size.

Smashed basil

100g fresh basil leaves
Pinch sea salt flakes
1 tsp red wine vinegar
3 Tbsp extra virgin olive oil

Method

To make the smashed basil, simply add the basil leaves to your mortar and pestle, add a pinch of salt and pound to form a rough paste. Add the vinegar and oil and stir to combine. Arrange tomatoes and cheese on oat cakes, and drizzle the basil over. You could add some fish or meat if you wish.

MUSHROOM BUTTER PASTA Serves 5

The mushroom butter which is made by Stonehurst mushrooms is a simple addition to liven up and meal, it is fabulous tossed through pasta, melted over a steak, sautéed with vegetables or add to a pan of sizzling squid or prawns to finish it off.

500g pasta
150g mushroom butter
70g parmesan cheese, finely grated
1 lemon, juice of
Handful fresh parsley leaves, roughly chopped
Sea salt and freshly cracked pepper

Method

Bring a large pot of salted water to the boil.
When boiling add the pasta and cook as the directions on the packet. Drain, reserving ¼ cup of the pasta water for later use.
Tip the pasta back into the pot, add the mushroom butter, squeeze over half a lemon, grate over a good handful of parmesan cheese, season lightly and finish with parsley. Toss to combine, if too dry add 1 tablespoon of pasta water at a time. Toss the pasta – the sauce should have a lovely gloss and it should just cling to the pasta.
Serve with more parmesan and plenty of cracked black pepper.

QUICK RASPBERRY JAM

Raspberry jam is one of the fastest to make as the raspberries need little cooking and it sets quickly.

Makes 800g
Ingredients
500g raspberries
400g sugar
½ lemon, juice only

Method

Put the raspberries in a large saucepan and heat gently until they soften and the juices start to run. Press the raspberries with the edge of a wooden spoon to break them up, then stir in the sugar and lemon juice.

Heat gently until the sugar dissolves, stirring frequently.

Bring the mixture to the boil and boil for about 5-6 minutes until setting point is reached. To test, place a teaspoon of the jam on a small plate and chill for 2 minutes. The surface should wrinkle when pushed with a finger. If necessary, boil the jam a little longer. If the surface of the jam becomes foamy, skim it off with a slotted spoon.

Ladle the jam into sterilised jars, cover with lids.

Label and store for up to 12 months.