



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 5th March 2016

This week's chef: *Alison Lambert*

FRESH CORN WITH LIME SALT Serves 4

This combination has changed my life – corn with lime salt, where have I been hiding? Again this is one of those simple combinations that works so well.

Ingredients

4 cobs of fresh corn, shucked – peeled
4 Tbsp butter, cut into pieces at room temperature
¼ cup salt flakes
Grated zest of 1 lime (use a microplane or smallest holes on grater)
2 Tbsp fresh chives

Method

Bring a large pot of well-salted to the boil.
Cut the corn in half or desired size and add to boiling water, cook for 5-7 minutes or until the corn is tender.

To make lime salt -If you have a mortar and pestle add the salt to the bowl and grate in the lime zest and mash until the salt turns a wonderful, fragrant green. If you don't have a mortar and pestle, add the lime juice and zest to a bowl and blend carefully with the end of a rolling pin or something similar so that the salt blends and turns green and fragrant like above. Set aside.

Meanwhile, take 2 tablespoons of the cooking water out of the pot and add to a heatproof bowl. Add the butter and swirl the bowl over the heat to emulsify. Add lime salt to taste, swirling the bowl to maintain the emulsification (thickening effect). Set aside in a warm place until corn is cooked.

Drain the corn well and add to the butter. Sprinkle in the chives. Swirl the bowl to coat the corn evenly and sprinkle with a little more lime salt, and serve the remaining salt on the side.

SILVERBEET BRUSCHETTA Serves 4

Such a simple yet delicious way to eat silverbeet, by dressing it up a little and serving it on grilled bread you will be delighted with the results.

Ingredients

400g silverbeet
2 Tbsp extra virgin olive oil
2 garlic cloves, 1 sliced thinly, 1 cut in half
Salt and freshly ground pepper
4 thick slices good quality sourdough bread
Lemon wedges for serving

Method

Remove the stalks from the silverbeet, and wash the leaves, drain well. Cut the stems in small slices and blanch in salted boiling water for 2 minutes until tender, add the leaves and cook for a further 1-2 minutes. Drain the silverbeet and cool down on a tray lined with a clean cloth. Once cool squeeze out excess water. Heat up a fry pan and add a drizzle of olive oil, add the thinly sliced garlic and cook gently until it goes a light golden brown and gives off a nutty aroma (about 30 seconds). Add the cooked silverbeet (stalks and leaves), and toss together for about a minute. Remove from the heat, season lightly with sea salt flakes and cracked pepper.

Lightly toast the bread, and rub with the cut garlic. Toss the silverbeet with the lemon juice and extra virgin olive oil. Spread over toast.

MARROW WITH TOMATOES Serves 4-6

I have been using marrow a lot lately as it's such a great value and versatile vegetable.

Ingredients

25 g butter	1 garlic clove
2 medium onions	1 medium marrow
6 large tomatoes	
handful fresh basil, parsley or a few sprigs thyme or rosemary	
salt and plenty freshly ground pepper	



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Marrow with Tomatoes Method

Melt the butter and a little olive oil in a large wide pot or fry pan and gently fry the thinly sliced onions for 5 minutes or until soft. Add the garlic, sliced thinly, and peeled, seeded and cubed marrow and cook for a further 5 minutes. Add the roughly chopped tomatoes and herbs, season with salt and pepper toss to combine, simmer until tender 5-10 minutes. Serve

NECTARINE AND POPPYSEED CAKES

I love to bake and I often like to offer 'baby' sized cakes for a change. This recipe will easily adapt with other seasonal fruit to make throughout the year.

Makes 12 muffins sized cakes or 24 smaller

Ingredients

2 Tbsp yoghurt, plain or peach	2 large eggs, beaten
1 ½ Tbsp poppy seeds	170g self-raising flour
120g butter, softened, plus extra for greasing	a pinch of salt
150g caster sugar, plus 1 Tbsp for topping	3 fresh ripe nectarines
	2 Tbsp runny honey

Method

Begin by mixing the yoghurt and poppy seeds together at least 1-2 hours before you start and ideally overnight. This will soften the poppy seeds (it's not essential but helps)

Preheat the oven 180C. Halve and stone the nectarines, and cut into thin wedges.

Grease a 12-muffin tin lightly with butter.

Cream the butter and sugar together in a bowl until pale and fluffy, then add the eggs one at a time mixing well between each addition.

Sift over the flour and salt, add the yogurt and poppy seed mixture and fold together until combined. Spoon the mixture into the prepared muffin tins, dividing it evenly and levelling the surfaces.

Place 3 slices of nectarine on top of each cake (but do not press them in).

Bake the cakes in the oven for 20-30 minutes or until well-risen and golden brown.

Test with a skewer if comes out clean then cooked if not return to oven for a further 5 minutes or so.

Remove from the oven and leave the cakes to cool in the tin for 5 minutes, then turn them out onto a wire rack.

Warm the honey and drizzle over the cakes, sprinkle with remaining sugar.

Thanks to the vendors for their fantastic produce



SPICY BEEF WITH FRIED EGG (\$15 MEALS) Serves 5

This dish is the perfect crowd pleaser - if cooking for children I just remove the chilli or not add as much. It can be served with crisp lettuce also if desired.

Ingredients

4 garlic cloves	500 g minced beef, pork or lamb
1-2 chillies, finely chopped	About 2 Tbsp fish sauce
Good pinch of salt	Large pinch of white sugar
3-4 Tbsp vegetable oil	¼ cup stock or water
5 eggs	2 large handfuls of holy (thai) basil leaves

To serve: 1 Tbsp lime juice (optional) Good pinch of chopped coriander per bowl

Method

Begin by soaking the rice in cold water. Set aside.

Drain the rice and rinse many time so the water runs clear. Just cover the rice once again with cold water so that the water is about 2 cm above the top of the rice. Add a pinch of salt and cover. Bring the rice to the boil, then immediately reduce the temperature to a gentle simmer. Cook for a further 10 minutes or until rice is just cooked. Turn off the heat and let stand for another 5-10 minutes. Fluff up with a fork before serving. In a large fry pan or wok heat to hot, then reduce the temperature slightly. Add 3 tablespoons oil. Chop the garlic with the chillies and salt and add cook without colouring (30 minute) add the minced meat and stir-fry for a minute or two, season to taste with the fish sauce and sugar. Add the stock or water and cook for a further minute. Add the basil and as soon it wilts, remove from the heat. The mince should have quite an intense flavour combining the hot, salty and spicy flavours created. **To fry the eggs** – add 1-2 Tbsp oil to fry pan and heat to moderate temperature. Carefully break in the eggs one at a time and cook until just soft. To serve – spoon desired amount of rice into each bowl, cover with minced meat and finish with a fried egg on top, squeeze of lime (optional) and sprinkle of coriander.

WILLOWBROOK ORCHARD – nectarines

LECKIES BUTCHERY – minced meat

AGREEABLE NATURE PASTURE EGGS – healthy free range eggs

JANEFIELD HYDROPONICS – Thai basil

GILBERTS FINE FOODS – Otaki sourdough bread

KAKANUI PRODUCE – chillies

UNIQUE HANGIS – hangi pies and savouries

ROSEDALE ORCHARDS – fresh corn and marrow

BRYDONE ORGANIC GROWERS – silverbeet and red onions