



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 19th March 2016

This week's chef: *Alison Lambert*

QUICK COOKING HONEY PORK BELLY Serves 4-5

We all love the flavour, texture and juiciness of belly pork - I used pork fingers and cut them finer so I could quickly cook this in a pan.

Ingredients

600g pork belly (belly fingers)
2 sticks celery
Oil

Sauce

2 Tbsp good quality honey
4 Tbsp soy sauce
2 Tbsp oyster sauce
2-3 garlic cloves

Method

Slice the pork fingers into 5-6 mm thick slices.
Mix all the sauce ingredients together and set aside.
Heat a large fry pan up to hot, add a tablespoon or so of oil and fry the pork slices and the peeled and sliced (5mm thick) celery until golden brown on both sides.
Remove any excess oil, return to the heat and pour the sauce mixture over the pork. Allow to bubble and reduce a little (3 minutes).
Serve with steamed rice, noodles or Asian type salad.

PICKLED CUCUMBER – JAPANESE STYLE Makes 2 cups

Refreshing cucumbers are great to serve alongside any number of dishes or a great snack. This recipe is short and sweet and full of flavour.

Ingredients

1 cucumber
Salt
2 Tbsp soy sauce

1 Tbsp sesame oil
½ tsp chilli oil (sauce)
½ tsp sugar
White sesame seeds

Method

Peel strips of the cucumber skin off so that the cucumber is striped looking.
Cut into bite sized chunks.
Sprinkle over a little salt and allow to sit for 5 minutes.
Mix all the remaining ingredients together in a bowl.
Remove any excess moisture from the cucumbers and add to the pickle mixture.
Toss to combine and allow to pickle for 30 minutes or so.
Serve alongside almost anything. Keeps for 1-2 days.

CARROT AND CUMIN SOUP Serves 4-6

When making a soup like this it is paramount that you get the freshest, sweetest market ingredients available as the end result will be far superior!

Ingredients

2 tsp cumin seeds
pinch chilli flakes
2 Tbsp olive oil
600g carrots, washed and coarsely grated (no need to peel)
140g split red lentils
1litre hot vegetable stock (may need more if too thick)
dash or two fish sauce (optional)
plain yoghurt and good quality bread to serve

Method

Heat a large saucepan and add the cumin seeds. Dry-fry the cumin seeds until they become fragrant (1 minute), add the chilli flakes and toss around briefly. Remove half of the seeds and set aside.
Add the oil, carrot, lentils, stock to the pan and bring to the boil. Simmer for 30 minutes or until the lentils and carrots have softened.
Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
Season to taste and finish with a dollop of yogurt and a sprinkling of the reserved toasted spices.
Serve with some good quality crusty bread.



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ROAST PEPPER DIP Serves 4

I love this creamy, tangy dip. Make the most of the peppers whilst still in season.

Ingredients

2 red (or yellow or orange) medium sized peppers
1/2 cup roasted almonds
1/4 cup parsley
Zest of one lemon
1 tsp coriander, ground
1 clove garlic
good pinch of chilli flakes
A good splash of olive oil

Method

Heat the oven to 180 C and place the peppers (capsicum) on an oven tray and rub a bit of olive oil on them. Roast for around 40 minutes until soft, turning them over every 7 to 10 minutes to make sure they don't burn. They are ready when the skin is charred and the flesh is soft. Carefully remove them from the oven, piece them to remove the liquid inside, then place in a plastic bag for a few moments to allow the pepper to sweat and the skin to flake off.

Take the peppers out of the bag, and remove the skin, stalk and seeds. Roughly chop the flesh.

Place the peppers into the blender with the remaining ingredients and pulse until everything is roughly chopped – it can be as smooth or crunchy as you like. Add the olive oil last, adding enough so that the dip is the desired consistency. Taste and adjust for salt and chilli.

If you don't use all the dip in one sitting, store it in a clean glass jar with a lid in the fridge for up to 5 days

Thanks to the following vendors for their fantastic produce

McArthurs Berry Farm - carrots and celery

Waikouaiti Gardens – organic heirloom tomatoes

The Joyful Vegan – vegan grain bread

Caithness Orchard – omega plums

Ettrick Gardens – mixed peppers

Waitaki Bacon and Ham – pork fingers

Rosedale Orchards – cucumbers, tomatoes, corn

Te Mahanga Orchard - garlic



TOMATO, SWEET ONION, CORN AND HERB SALAD Serves 5

Ingredients

3 cobs corn
500g tomatoes, mixed varieties, cut in half
1 small red onion, finely sliced
4 spring onions, sliced
10 chives, cut into 1 cm pieces
Handful basil leaves, flat leaf parsley leaves
2 Tbsp red wine vinegar
4 Tbsp extra virgin olive oil
Salt and pepper

Method

Cook the corn in the husk in the oven for 20 minutes, rotating throughout cooking. Remove and cool. Remove husk and carefully remove the corn kernels. Add all the ingredients together in a bowl, toss gently. Allow to sit for 30 minutes before eating.

BAKED PLUMS Serves 5

Make the most of the late harvest plums. Baked like this they can become a simple dessert with the addition of yoghurt, thick cream, mascarpone or ice cream.

Ingredients

8-9 ripe but firm plums, halved and stone removed
1 ½ tsp grated fresh ginger
50g brown sugar
½ orange, juice only
2 Tbsp Marsala (optional)
½ cup water

Method

Preheat the oven to 180 C.

Place the plums halves in a bowl. Add the ginger, sugar, orange juice and Marsala (if using). Toss everything with your hands so the plums are covered with the other ingredients.

Line a deep baking tray with baking paper (so that it comes up the sides) and place the plums cut side up so that they form a single layer. Pour the water in the tray so that the plums are sitting in a little water.

Bake for 15-20 minutes or until the fruit is still firm but maintains its shape. A beautiful liquid will have formed on the baking paper which is perfect for spooning over the ice cream, cream or mascarpone when you serve the cooled baked plums.