



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 26<sup>th</sup> March 2016

This week's chef: *Sandra Kellian*

## Red Onion and Chilli Jam

### Ingredients

2 large red onions, finely chopped  
2-4 chillies, deseeded and finely chopped  
1 clove garlic, finely chopped  
75g caster sugar  
80ml red wine vinegar  
1 bay leaf  
1 tsp tomato purée  
Pinch of cinnamon

### Method

Place a saucepan over a medium-low heat and add a splash of olive oil. Add the onions and sweat them for about 10 minutes, until softened. Add the garlic and chili and cook for a further 5 minutes. Now add the cinnamon and cook out for a minute or so. Stir in the tomato purée, add the bay leaf and continue to cook for a further minute. Add the sugar and the vinegar and season well with salt and pepper. Turn the heat down to low and leave to bubble away gently for 40-45 minutes. It should end up sticky and jammy. Spoon into a warm sterile jar and try to leave it for a few days before opening, for the flavour to intensify. Once opened, keep in the fridge.

## Silverbeet and Blue Cheese Frittata

### Ingredients

1 Tbsp olive oil  
6 eggs, lightly beaten  
125 g blue cheese  
Salt and black pepper  
160 g silverbeet leaves, stalks removed, finely sliced

### Method

Preheat oven to 180°C. In a bowl, combine the eggs and cheese, and season to taste. Place a large, ovenproof frying pan over medium heat. Add the olive oil and silverbeet and cook for 1½–2 minutes until wilted. Add the silverbeet to the egg mixture and stir to combine. Pour the mixture back into the saucepan (you may need to add some extra olive oil to prevent it from sticking). Gently shake pan to evenly distribute the mixture and cook for 7–8 minutes until the bottom is set and beginning to firm up around the edges. Transfer the frying pan to the oven and cook for a further 8–10 minutes until golden. To serve, slide frittata onto a chopping board and cut into slices or serve directly from the pan at the table with side dishes of red onion jam and fresh peach chutney.



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas*  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)

## **Blue Cheese and Oyster Mushroom Mousse**

### **Ingredients:**

½ cup blue cheese  
750 g dried oyster mushrooms (or a combination of fresh wild mushrooms), rehydrated in boiling water and drained  
3 Tbs. extra-virgin olive oil  
Sea salt and freshly cracked pepper, to taste  
3 Tbs. unsalted butter  
½ cup (60 g) sliced shallots  
2 garlic cloves, sliced  
Leaves from 3 fresh thyme sprigs  
Crackers or flatbread for serving  
Apple slices for serving

### **Method**

Let the blue cheese stand at room temperature to soften. In a bowl, toss the mushrooms with the olive oil, salt and cracked pepper. In a small sauté pan or saucepan over medium heat, combine the butter, shallots, garlic and thyme. Add a pinch of salt and cook until the shallots and garlic are very soft, about 5 minutes. Transfer to a food processor and add the drained rehydrated mushrooms. Pulse until well pulverized but not pureed. Transfer the mushroom mixture to a bowl and fold in the cheese. Adjust the seasoning with salt and pepper. Serve with crackers or flatbread and apple slices.

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

**Brydone Organic Growers** silver beet and red onion

**Gilberts Fine Foods** Treborbrot

**Hawarden Orchards** peaches

**Stonehurst Gourmet Mushrooms** oyster mushrooms

**Evansdale Cheese** Bay Blue Cheese



## **Fresh Peach Chutney** Makes about 1 cup

*This is a quick and easy fresh chutney that can be whipped up in no time.*

### **Ingredients**

1-2 medium ripe peaches, peeled and finely chopped  
1 tablespoon fresh lemon or lime juice  
1 tablespoon peeled and minced fresh ginger  
1 ½ tablespoons fresh coriander/cilantro, finely chopped  
½ tablespoon fresh mint, finely chopped  
¼ - ½ chilli, seeded and finely chopped  
Ground salt and pepper

### **Method**

Combine all the ingredients in a small bowl, and season to taste with the salt and pepper. Serve right away or cover and refrigerate for up to 4 hours.

## **Peach, blue cheese and toasted walnut Salad**

*A quick, fresh salad using peaches, feta and walnuts*

### **Ingredients**

150g mixed spring greens  
2 peaches - sliced  
50g of blue cheese - diced  
½ cup of walnuts, toasted  
1 red onion, thinly sliced

### **Dressing**

4 Tbs olive oil  
2 Tbs white wine vinegar  
1 tsp honey  
Black pepper, freshly ground

### **Method**

Wash and dry the mixed spring greens and set aside.  
Slice peaches, blue cheese and mince the red onion.  
Whisk together olive oil, white wine vinegar, honey and black pepper.  
Toss half the dressing over the mixed greens. Add all the rest of the ingredients to the mixed greens and toss with remaining dressing.