



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 9th April 2016

This week's chef: *Alison Lambert*

FENNEL FROND PESTO

I always end up with a mass of delicate fennel fronds (leaves) and wonder what I can do with the excess. This fragrant pesto will cling to pasta, dress up potatoes and go perfectly with fish, pork or chicken.

Makes 250 ml

Ingredients

1 ½ cups fennel fronds

1 clove garlic

¼ tsp fennel seeds, ground

100g whole almonds, skin on, lightly roasted

Pinch chilli flakes

1 lemon, juice

Extra virgin olive oil

Salt

Method

This can be pound in a mortar and pestle or done in a food processor, either way the end result is excellent.

Place the fennel fronds, garlic, fennel seeds, almonds and chilli flakes together and blend until a coarse paste.

Add juice from ½ lemon to begin with (add more if needed later). Pour in enough olive oil until the pesto becomes a thick sauce.

Taste, add salt and adjust the balance if needed.

Store in the fridge for 1-2 weeks making sure the surface of the pesto is covered with layer of olive oil.

EASY BAKED FISH WITH FENNEL FROND PESTO

This pesto will go beautifully with all types of fish.

Serves 1 (multiply recipe for additional serves).

Ingredients

200g fillet of fish, bones removed

1 Tbsp fennel frond pesto per fillet (depending on size)

1 lemon

Sea salt flakes.

Method

Preheat the oven 200C

Place a layer of greaseproof paper on to a baking tray. Place the fillet of fish on top and spread over the pesto, a little squeeze of lemon and a pinch of salt.

Bake on the top half of the oven for 5 minutes, depending on the thickness of the fillet. Just remember that fish cooks fast and will dry out if overcooked.

Remove when cooked and serve with fresh lemon wedges.

FRESH CORN PUFFS Makes 12

Just making the most of the last of the fresh corn. These puffs are nice and light and add a twist to everyday corn fritters.

Ingredients

Oil for deep frying

1 c flour

1½ tsp. baking powder

½ tsp. sea salt

Pinch or 2 cayenne pepper

1 large egg

¼ cup milk (approx)

1Tbsp butter

1 cup fresh corn kernels

sea salt and lime for serving

Method

Heat oil to 180C in a medium deep sided pot fitted with a deep-fry thermometer.

Sift flour, baking powder, salt, and cayenne together in a medium bowl. In a separate bowl, whisk egg, milk, and butter together and stir into dry ingredients. Fold in corn and let batter sit for 5 minutes.

Drop a heaped tablespoonful of batter carefully into heated oil and fry until golden, about 3 minutes (work in batches of 4 or 5). Drain on a baking pan lined with paper towels, sprinkle over salt and serve with fresh lime.



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ROAST PUMPKIN SOUP WITH A HINT OF STONEHURST MUSHROOMS

Serves 6-8

This soup is Autumn flavours in a bowl. Creamy, sweet pumpkin combined with lightly smoked mushrooms.

Ingredients

1 pumpkin, (1.5kg -2kg),
3 Tbsp olive oil
1 onion, diced or 1 leek
1 stalk celery, sliced finely
2 large cloves garlic
1 tsp thyme or rosemary leaves,
1 ½ litres vegetable stock (approx.)
2 tsp salt
¼ tsp freshly ground pepper

Mushroom Topping:

1 Tbsp olive oil
1 Tbsp butter
200g sliced assorted mushrooms
1 Tbsp smoked mushroom powder
1 shallot, finely diced
2 Tbsp fresh chives, finely sliced
½ tsp fresh thyme leaves
¼ tsp salt
¼ tsp pepper

Method

Preheat the oven 190C

Begin by roasting the peeled, deseeded, roughly diced pumpkin in a large roasting pan - toss the chopped pumpkin with 1 tablespoon oil and season lightly with salt and pepper. Roast 45 minutes, turning frequently or until tender.

While pumpkin roasts, heat remaining 2 tablespoons oil in a large pot over medium heat; add onion/leek, celery, and garlic. Cook 2 minutes, stirring constantly. Cover with lid, reduce heat to low, and slowly cook vegetables 20 minutes, (this stage helps to extract flavour) stirring once or twice, or until soft and translucent. Add roasted pumpkin, finely chopped herbs and stock and bring to a boil; reduce heat to low, cover, and simmer 30 minutes, stirring every now and then.

Puree mixture with a stick blender, or in several batches in a regular blender or food processor. Season with salt and pepper.

For the **mushroom topping**: Heat oil and butter in a large fry pan over medium-high heat; add mushrooms and shallot. Sauté 4 minutes, tossing several times, until just tender, add the smoked mushroom powder if using and toss once again. Remove from heat; season with chives, thyme, salt, and pepper.

To serve, ladle soup into warmed bowls. Top with mushroom garnish.

Thanks to the following vendors for their fantastic produce



HARWARDEN ORCHARD – plums

ETTRICK GARDENS– blackberries

ROSEDALE ORCHARDS – pumpkin and corn

BRYDONE ORGANIC GROWERS – fennel and fronds

REVIVAL FOOD CO– cabin bread

HARBOUR FISH – fillets of fish

STONEHURST GOURMET MUSHROOMS – fresh and dried mushroom products

BEANOS BAKERY – fresh baked bread

PLUM JAM

 Makes 5-6 jars (300ml)

I use black Doris plums for this as I adore their deep purple colour and decadent flavour. Make sure you get a variety of plums that stone easily.

Ingredients

1kg plums, stones removed, cut into bite sized pieces
800g sugar
1 lemon
6 x 300ml jars with lids or seals

Method

Wash and sterilise the jars and lids. I do this by placing the clean jars upside down in the oven 50C for 30 mins or longer. I also place the washed lids in the oven. Try to keep any fingers or utensils from touching the inside of the jars. Place the prepared fruit into a large heavy-based pot. Add the sugar and ¼ cup water. Bring slowly to the boil as you want the sugar to dissolve. Once this has occurred allow the jam to boil vigorously. Remove any foamy impurities that may have risen to the surface and discard. After about 15 minutes test a little jam by spooning a little onto a cold saucer type plate and allow to cool. Run your finger through the centre and if the jams stay's apart then it will set. If still runny then continue cooking until the jam test is at the point of setting. Allow to settle for 5 minutes and stir to incorporate the plums. Ladle carefully into sterilised hot jars, seal with lids tightly. Cool down completely, label and store out of direct sunlight.

BLACKBERRY TURNOVERS

Blackberries are in season and I love to cook with them. They make amazing jam, great fillings for fruit pies, wicked cakes and muffins and team up well with savoury ingredients too.

Serves 4

Ingredients

4 sheets ready rolled flaky pastry
1 ½ cup blackberries
2 Tbsp caster or unrefined sugar
Zest of 1 orange
2 Tbsp cream cheese
1 Tbsp cornflour or rice flour

Method

Mix the cream cheese with the sugar and orange zest. Add the blackberries and fold together, add the flour and gently combine. Cut the pastry into rounds about the size of side plates. Place a generous dessertspoon of mixture onto one side of the pastry round. Brush the edge of the pastry with a little water and fold over one side. Press the edges down firmly with back of fork to seal. Prick the top of the pies with the fork a few times, sprinkle with sugar and bake in preheated oven for 15 -20 minutes or until golden and puffy. Allow to cool a little before eating.