



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 16th April 2016

This week's chef: *Alison Lambert*

BRAISED PORK AND LEEKS WITH BROTH Serves 4-6

We eat more and more meals like this at home. Using exceptional quality meat and keeping it clean and simple with flavourings will leave you with a nourishing and satisfying meal. I like to serve this with steamed brown rice and perhaps a few wilted greens.

Ingredients

800g pork shoulder

100g fresh ginger, sliced thinly

2 Tbsp miso paste

1 Tbsp dried mushrooms

1 medium onion, sliced thinly

1 medium leek, sliced thinly (green reserved for later)

1 dried red chilli

4 spring onions, sliced thinly

Method

Place the shoulder of pork in either a slow cooker or large pot with lid and cover with cold water, add ginger, miso paste, onion and white of leek, dried mushrooms and chilli and bring to a slow boil. Remove any froth that may rise to the surface and discard. Lower the heat to a gentle simmer and cook for 2 hours or longer if in slow cooker. You want the meat to be very juicy and tender and if there is any fat it should be soft and gelatinous.

When this is cooked, remove the meat and taste the stock. Adjust seasoning if necessary. Serve the meat with the stock in a deep bowl, sprinkle with a little sliced green of leeks, with rice in a side bowl.

POACHED QUINCE

This simple recipe of poaching quince is a great way to start if you are new to preparing quince. They may come across hard and unappealing to start with but when cooked they transform into pretty rose pink flesh with a lovely aroma.

Ingredients

1.750 ml water

1 cup sugar

1/2 cup (150g) honey

1 lemon, cut in half

1 vanilla bean, split lengthwise

6 large, or 8 medium, quince

Method

Mix the water, sugar, honey, lemon and vanilla bean in a large non-reactive pot and turn it on to medium-to-high heat. You can add any additional spices or seasonings, as indicated above, if you wish.

While the liquid is heating, quarter, peel, and remove the cores of the quince. Make sure to removed anything tough for fibrous, being very careful with the knife. As you peel and prepare the quince quarters, place each one into the simmering liquid. Once they're all done, cover the pot with a round of parchment paper with a walnut-sized hole cut in the centre and place it on top. Simmer the quince (do not boil) for at least an hour, until the quince are cooked through. Cooking time will vary, depending on the quince. They're done when they are cooked through, which you can verify by piercing one with the tip of a sharp paring knife. It's not unusual for them to take up to 2 hours, or more.

Serve warm, or at room temperature. To store, pour the quince and their liquid into a storage container and refrigerate for up to one week.



*The Market Kitchen is powered by Nova LPG,
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QUICK CHILLI SAUCE

Ingredients

1 red chilli, seeds removed (optional) and finely chopped
3 Tbsp gochujang (red chili pepper paste)
1 Tbsp honey
3 Tbsp rice vinegar (white wine, rice or brown rice)
2 tsp minced garlic
1 tsp sesame oil
2 spring onion, chopped

Method

Mix all ingredients together until well-blended.
If sauce consistency is too thick, thin out with some warm water.

RAW BEETROOT DIP Makes 300g

It goes without saying that the colour is a deep purple, the flavour is sweet, spicy and tangy and the texture is creamy and

Ingredients

500g beetroots, trimmed and scrubbed
3 spring onions, white and greens, chopped
½ avocado, chopped
1 red chilli, finely sliced
1 tsp ground coriander
2 Tbsp walnuts
3 Tbsp coconut oil or extra virgin olive oil
1 Tbsp lemon juice or apple cider vinegar
sea salt and pepper
1 Tbsp sesame seeds
1 Tbsp mint leaves

Method

Chop the beetroot and combine with the spring onions, avocado, chilli, coriander, walnuts, oil, lemon juice, sea salt and pepper in a high-speed blender. Whiz for two minutes until smooth, stopping to scrape down the sides once or twice.
Taste and adjust spices, sea salt and pepper. Scatter with sesame seeds, mint leaves, and a final drizzle of olive oil. Enjoy.

RHUBARB AND CUSTARD FOOL Serves 6

It is good to have recipes like this close by for unexpected guests or you just really want to whip up a delicious pudding.

Ingredients

1 kg rhubarb, trimmed and chopped
2 Tbsp orange juice
55 g sugar
100 ml cream
200 ml custard

Method

Put the rhubarb in a saucepan with the orange juice and sugar. Cover and cook over low heat for 10 -15minutes, or until the rhubarb is tender. Leave to cool. Transfer the rhubarb to a food processor and process to form a rough purée. Transfer to a bowl. Whip the cream until soft peaks form, then fold the cream into the rhubarb purée along with the custard.
Serve chilled in dessert glasses.

Thanks to the following vendors for their fantastic produce

Indigo Bakery – freshly baked ciabatta

Whitestone Cheese – Lindis Pass camembert

Brydone Growers – beetroot

McArthurs Berry Farm – rhubarb

Kakanui Produce – capsicum and chillies

Janefield Hydroponics – baby red onions

Rosedale Orchards – quince

Ettrick Gardens – leeks

Waitaki Bacon and Ham – pork shoulder



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com