



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

WILD DUNEDIN FESTIVAL
OF NATURE

Wild Food Recipes

Recipes for Saturday, 23rd April 2016

This week's chef: *Alison Lambert*

CHESTNUTS

Chestnuts are the edible fruit of the sweet chestnut tree, and they are used in both sweet and savoury dishes. Once the chestnuts are removed from their hairy outer casing you will find they are covered in a shiny brown, leathery skin. They contain high amounts of starch, less fat and protein compared to other nuts. They are always eaten cooked!

To **roast a chestnut**, you need to do a few basic steps to prevent them exploding. Preheat your oven to 200C. Using a sharp small knife, cut a small cross into the shell of each nut. Place in a roasting tray and for 25-30 minutes or until the nuts are tender and the shells and skins lift away easily. Cover the nuts with foil and let sit for 10 minutes or so before eating.

CHESTNUT SAUCE

This sauce will go well with anything wild!

Ingredients

- 1 Tbsp butter
- 1 leek, washed and sliced thinly
- 1 shallot, sliced
- 1 clove garlic, crushed
- 150g chestnuts, cooked, peeled and chopped
- 100ml dry sherry
- 300ml chicken stock or veg stock
- 150ml cream

Method

Melt the butter in a saucepan and once it starts to foam, add the leeks, shallots, garlic and chestnuts and sauté over a high heat for 6-7 minutes or until golden brown. Add the sherry and let it bubble, stirring and scraping the base to remove all the sediment stuck on the bottom. Boil rapidly over a medium heat until the sherry has reduced and become syrupy. Add the stock, cover and bring to the boil, then reduce the heat to a gentle simmer, remove the lid and simmer until the sauce has slightly thickened. Add the cream and simmer until well combined and thickened. Blend until smooth and creamy. Return to the heat and serve.

PANFRIED FISH WITH SEAWEED SEASONING Serves 4

Simply panfrying fish in a light seasoning keeps the fish moist and you can eat the fish within minutes.

Ingredients

- 4 fillets 100-120g each
- 2 Tbsp flour or gluten free flour
- 1 Tbsp Kiwi Wakame seaweed flakes
- Salt and pepper
- 1-2 Tbsp oil
- 1 Tbsp butter
- 1 lemon

Method

Add the flour, seaweed flakes and a light seasoning of salt and pepper to a flat dish or plate, mix to combine. Heat the oil and butter in a large heavy based fry pan over a moderate to high heat until the butter melts. Place the fillets of fish into the seasoned flour mixture and coat on both sides, patting down so the seasoning sticks. Shake off excess seasoning. Place the fillets of fish in the pan and fry for 3 minutes, turn over and cook for a further 2 minutes. Squeeze over half the lemon. Remove and serve with more lemon wedges.

NB this dish would also work beautifully with the chestnut sauce.

Thanks to the following vendors for their fantastic produce

Bennies Honey – bush honey

Wairuna Organics – collard greens

Harbour Fish – fresh fish

NZ Nuts Ltd – chestnuts, walnuts and fresh almonds

KiwiWakame – seaweed products

Ettrick Gardens – blackberries and Peasgood Nonsuch apples

Otago Organics – Nettle tea with rose

The Port Larder – wild apple jelly, green pesto

Gilberts Fine Foods – Trebor loaf

COLLARD GREENS Serves 4 as aside

Collard greens are a major staple down south in the USA, but they are commonly known to us as a form of cabbage. The leaves are tough enough to cook through in a good old boil-up, great in a soup and lovely stewed with beans or chickpeas. However, you can also cook them quickly as you would cabbage.

Ingredients

600g collard greens, tough stalks removed
2 Tbsp butter
1 clove garlic
Pinch caraway seeds
Salt and freshly cracked pepper

Method

Wash and drain the greens, remove any tough centre stalks. Finely slice the leaves. In a large pot or fry pan add the butter and garlic and caraway seeds, fry until the garlic starts to colour lightly and give off a lovely nutty aroma. Add the greens and toss through the butter. Cook until the leaves wilt down and soften. Season with salt and plenty of freshly ground pepper. Enjoy!

SEAWEED BATTERED FISH Serves 4

Battered fish is a kiwi classic and adding some natural KiwiWakame seaweed to the batter is a perfect partnership for the fish.

Ingredients

100g plain flour, plus 4 Tbsp for dusting
100g cornflour
2 tsp baking powder
300ml sparkling water
about 1 litre sunflower oil, for frying
600g – 700g fillets white fish – gurnard, cod, brill, sole
Lemon for serving
Sea salt flakes

Method

To make the batter: Combine the flour, cornflour, seaweed seasoning, and baking powder in a large bowl, season. Gradually pour the water into the bowl, stirring with a wooden spoon until you have a smooth, lump-free batter. Set aside until ready.

To cook the fish: heat the 1 litre oil in a deep saucepan until a drop of batter sizzles and crisps up straight away. Pat the fish dry with kitchen paper, then toss it in the reserved flour. Shake off any excess, then dip into the batter. Carefully lower each

fillet into the hot oil and fry for 6-8 mins – depending on the thickness of the fish – until golden and crisp. Using a large slotted spoon, lift out the fish, drain on kitchen paper, then sprinkle with salt, and serve with lemon or vinegar.

APPLE AND BLACKBERRY PIE Serves 6

This is the ultimate family pie. You make and bake the pie in the dish that you will serve it in – and reduce the dirty dishes!!

Ingredients

450g sweet short pastry (ready-made or homemade)
150g blackberries
200g cooking apples (Peasgood Nonsuch)
20g ground almonds
50g golden caster or light brown sugar
A pinch salt
A pinch ground ginger
1 egg yolk beaten with ½ tsp sugar
20cm round pie plate (enamel or ceramic)

Method

Preheat the oven to 200C

Roll out the pastry on a lightly floured surface to about 5mm thick. Cut to rounds both 22cm.

Use one to line the pie plate and the other will be used later on for the top. Put the blackberries, apples, almonds, golden sugar, salt and ginger into a bowl and mix gently to combine. Pile high on the pastry lined plate and brush the edges of the pastry with the egg mixture.

Lay the second round of pastry over the top and press the edges together to seal. Use a knife to trim off any excess pastry, then crimp around the edges of the pastry. Pierce the top with a sharp knife.

Brush the top of the pie with the remainder of the egg mixture.

Bake in preheated oven for 15 minutes then reduce the temperature to 180C and continue to bake for a further 20-25 minutes or until the pastry is golden brown. Remove from the oven and let the pie rest for 10 minutes before serving with hot custard and cream.



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