



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 7th May 2016

This week's chef: *Alison*

PUMPKIN SOUP

Serves 6-8

This soup with the simple combination of flavours went down a treat at last week's Harvest celebration, so I thought I had better write this up for you all to make at home.

Ingredients

1.5kg crown pumpkin	1 Tbsp fresh rosemary leaves
1 Tbsp oil	¼ tsp freshly grated nutmeg
1 Tbsp butter	Salt and pepper
1 onion, diced	1 Tbsp honey
1 leek, sliced	Stock or water

Method

In a large pot, add 1 tablespoon oil and 1 tablespoon butter, add the onions and leeks and cook over moderate heat for about 10 minutes.
Peel and deseed pumpkin, and cut into chunks. Add the roughly chopped rosemary and pumpkin, stir and cover with a lid. Cook without colouring for another 15 minutes. This will help to extract natural flavour from the ingredients.
Cover with stock or water, season with salt and pepper and plenty of freshly grated nutmeg and to finish add the honey.
Simmer until the pumpkin is tender and mushy (approx. 40 minutes).
Using a stick blender or processor blend until smooth. Or you could use a masher.
Taste and adjust if necessary.

WHOLE ROAST BUTTERCUP SQUASH

Serves 8-10 as a side

When an ingredient is so beautiful you want to leave it like that and by adding only a few flavours and not tampering with it you end up with quite a magical result.

Ingredients

1 whole buttercup squash	1 tsp fresh rosemary leaves (approx.)
50 g butter	2 cloves garlic, sliced thinly
2 Tbsp olive oil	Sea salt and freshly cracked pepper
Freshly grated nutmeg	

Method

Preheat the oven to 180C
Carefully cut the squash in half horizontally, open out and remove all the seeds.
Place on a baking tray with the flesh side facing up.
Place half the butter on each, squash half, and generously grate over the nutmeg so the surface has a thin coating.
Add the rosemary leaves, garlic, salt and pepper and drizzle over the oil.
Wrap loosely in foil and bake on baking tray until flesh is tender (approx. 40 minutes).
Remove and serve the halves as they are, or scoop out the flesh and serve.

EVE'S PUDDING

Serves 6

One of the easiest puddings to make and one of the most memorable to eat. Try using a variety of apples to give a subtle twist to this dish.

Ingredients

6 large Braeburn, Pacific Beauty, or Granny Smith apples, finely sliced
200g unsalted butter
140g raisins
100g soft brown sugar
1 tsp cinnamon
4 eggs
200g self-raising flour

Method

Heat oven to 180C.
Peel, core and slice the apples. Grease a large serving dish, about 2.5 litre with 25g of the butter and tip in the apple. Scatter the raisins over the top.
In a separate dish beat the remaining butter and sugar together for 10 minutes until the butter turns pale and the sugar starts to dissolve. Beat in the eggs, then carefully fold in the flour with a large spoon. Spread the batter over the apples, bake for 45 minutes until golden.
Serve with custard and or good quality vanilla ice-cream.

SILVERBEET AND FENNEL SALAD Serves 4

A little creativeness goes into salads at this time of the year. Adding different textures, flavours and a punchy dressing will add a wonderful twist to your salad.

Ingredients

1/3 cup raw sunflower seeds
1 Tbsp whole-grain mustard
2 Tbsp fresh lemon juice
¾ tsp sea salt
1 Tbsp honey
2 Tbsp good quality oil, preferably cold-pressed
4-5 stalks silver beet, stalks removed and leaves thinly sliced
1 bulb fennel, thinly sliced

Method

Bring a medium sized pot of salted water to the boil. Slice the silver beet stalks thinly and blanch for 2 minutes until just tender. Drain and refresh under cold water.

Preheat oven to 180C.

Toast sunflower seeds on a baking tray until lightly toasted about 10 minutes. Set aside to cool.

Meanwhile, stir mustard, lemon juice, salt, and honey together in a small bowl; whisk in oil until emulsified.

Toss together the silver beet leaves, stalks, and fennel together. Add the sunflower seeds and pour in the dressing; toss well to coat. Serve immediately.

Thanks to the following vendors for their fantastic produce

LECKIES BUTCHERY – shin of beef

BRYDONE GROWERS – buttercup squash and pumpkin

HARWARDEN ORGANICS – apples

ETTRICK GARDENS – fennel

BEANOS BAKERY – freshly baked bread

MCARTHURS BERRY FARM – silverbeet

BRIDGE HILL (Montes) – creamed horseradish sauce



BRAISED SHIN OF BEEF Serves 4

This is the perfect time of the year for cuts of meat like this which require longer and slower cooking methods.

Whether you are making a brown stew, casserole or braising larger cuts of meat the principals are all the same. You need a good heavy pot or casserole dish preferably with a lid. You need to have a selection of good quality vegetables such as celery, onion, carrots and leeks. A few sprigs of the more aromatic wintery herbs like thyme, rosemary, sage and a few fresh bay leaves and a good quality stock and patience! It is worth the wait.

Ingredients

1 kg shin of beef	2/3 bottle red wine
2 carrots	200g plum tomatoes
1 onion, diced small	1 cinnamon quill
4 cloves garlic, sliced thinly	2 large strips of orange zest
2 fresh bay leaves	1 Tbsp horseradish sauce
1 sprig fresh rosemary	1 Tbsp flour (optional)
3 Tbsp vegetable oil	Sea salt and freshly ground black pepper

Method

Preheat the oven to 150 C

Heat a heavy-based fry pan over high heat, add the oil and brown the meat on all sides. You may need to do this in batches as you don't want to overcrowd the pan. Remove from the pan, lower the heat, peel and cut carrots into bite size chunks, and add all the vegetables to the pan allowing them to colour slightly. Sprinkle over the flour if using and coat all the vegetables. Return the meat back to the pan along with any juices, add the wine and tomatoes, stir well to combine. Add the herbs, cinnamon, orange zest and seasoning. Cover and cook gently for 2 hours. Do check it regularly as it may need a stir from time to time. During this time the sauce will reduce and intensify and the meat will start to fall apart. If this has not happened yet return it back to the oven and cook gently.

Check for seasoning and adjust if required. It goes well with mashed potato, mashed carrots and parsnips.



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