



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 14<sup>th</sup> May 2016

This week's chef: *Alison*

## LAMB SHANKS WITH QUINCE

Serves 4

*This combination is delicious, aromatic and warming.*

### Ingredients

- 2 Tbsp olive oil
- 4 lamb shanks
- 1 large onion, cut into thick slices
- 1 leek, sliced thickly
- 4 garlic cloves, crushed
- 1 lemon zested, plus the juice or use 1 preserved lemon
- 2 tsp ground cinnamon
- 2 tsp ground coriander
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 heaped Tbsp tomato purée
- 1 Tbsp clear honey
- 400ml good lamb or beef stock
- 2 quinces, peeled, quartered and cored

### Method

Heat the oil in a large frying pan. Season the shanks, then brown in the oil for 10 mins, or until dark golden all over.

Meanwhile, in a casserole dish or large pan, melt the butter. Soften the onions for 10 mins on a medium heat until they're turning golden, then add the garlic.

Heat oven to 160C

Add the strips of lemon zest and spices to the onion pan. Cook for 1 min, then stir in the tomato purée, honey, stock and half the lemon juice. Sit the shanks in the pan, then poke the quince quarters in and around the meat.

Bring to a simmer, then cover with a lid and braise in the oven for 2 hrs.

Remove the lid and cook for 30 mins more. Spoon away any excess fat.

Season, add the lemon juice and serve with the lamb.

## SCOTCH BROTH

Serves 4-6

*Lamb broths always remind me of home - the warm, sweet smelling aroma always filled our house through winter. I am using Cardrona Merino's front shanks which are a little smaller, yet sweeter and they make a wonderful base to this soup.*

### Ingredients

- 2 lamb shanks
- 250g carrots, peeled, diced
- 2 onions, peeled, diced
- 1 celery stalk, diced
- 1 leek, white part only, sliced, green reserved
- 100g pearl barley
- 125g/4oz dried peas, soaked in water for 4-5 hours, drained
- salt and freshly ground black pepper
- 2.5 litres water
- 85g kale, finely sliced
- salt and freshly ground black pepper

### Method

Place the lamb shanks and all the ingredients except the kale and bring to a boil. Reduce the heat and simmer gently for a 2-3 hours, or until the peas and pearl barley are soft.

Add the kale and cook for a further 10-12 minutes, or until the kale is tender. Season to taste, with salt and freshly ground black pepper.



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or at her blog [www.tasteofmylife.com](http://www.tasteofmylife.com)

## HOW TO BAKE THE PERFECT SPUD

*Firstly, it has to start with a great potato*

Preheat oven to 180C

Wash the potato, prick lightly with a fork, rub over a little oil, season with a little salt and bake directly onto rack in the oven for 40 mins to 1 hour depending on the size of the potato.

Remove carefully from the oven, cut across the surface and push together so the fluffy steaming flesh pops through.

Add a generous knob of butter, sea salt and plenty of freshly cracked black pepper. Scatter over *Evansdale Curds* or a cheese of your choice, followed by a crisp slaw.

## COLLARD GREEN SLAW WITH BUTTERMILK DRESSING Serves 4

*I love buttermilk and when combined in a dressing it becomes quite decadent. It is easy to create yourself by adding 1 tablespoon of vinegar or lemon juice to 1 cup of milk or cream. Let sit at room temperature for 30 minutes and use as desired!*

*This will be a great topping for your baked potatoes*

### Dressing

½ cup buttermilk

2 Tbsp mayonnaise

2 Tbsp cider vinegar

1 tsp sugar

### Salad

½ green cabbage, finely sliced

2-4 leaves collard greens, stalks removed and finely sliced

½ red onion, finely diced

1 carrot, grated coarsely

2 celery sticks, peeled and thinly sliced

Handful parsley, roughly chopped

2 Tbsp olive oil

1 lemon, juice

Sea salt and freshly ground black pepper

### Method

Whisk together buttermilk, mayonnaise, vinegar, onion, sugar, pinch of salt, and generous grind of pepper in a bowl until sugar has dissolved. Set aside in fridge. Toss collard greens, carrot, onion, celery and half the parsley together and place into bowl.

Drizzle the buttermilk dressing generously over the salad. Sprinkle over the last of the parsley, a grind or two of pepper and a squeeze of fresh lemon juice.

Enjoy

## ROASTED BRUSSELS SPROUTS WITH GARLIC

Serves 4 as a side

*The first of the season sprouts are in and these little morsels take on a whole new flavour and texture when roasted.*

### Ingredients

500g Brussel sprouts

4 Tbsp extra virgin olive oil, to coat bottom of pan

5 cloves garlic, peeled

Salt and pepper to taste

1 Tbsp balsamic vinegar

### Method

Heat oven to 200C.

Trim bottom of sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan.

Add garlic, and sprinkle with salt and pepper.

Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.

Taste, and add more salt and pepper if necessary.

Stir in balsamic vinegar, and serve hot or warm.

## Thanks to the following vendors for their fantastic produce

**CARDRONA MERINO** – lamb shanks

**BEAM ME UP BAGELS** – freshly baked bagels

**EVANSDALE CHEESE** – fresh curds

**WAIRUNA ORGANICS** – collard greens and carrots

**BRYDONE GROWERS** – award winning organic potatoes, cabbage

**ETTRICK GARDENS** – Brussels sprouts

**JANEFIELD PEONIES and HYDROPONICS** – baby red onions and spring onions

