



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

**Recipes for Saturday, 21<sup>st</sup> May 2016**

**This week's chef: Sandra Kellian**

## **Pulled pork with apple and chard**

### Ingredients

2 teaspoons olive oil  
1.2kg boneless pork rolled roast, rind removed  
2 teaspoons ground smoked paprika  
1 teaspoon fennel seeds  
1 teaspoon cumin seeds  
2 tablespoons brown sugar  
1 1/2 cups (375ml) apple juice  
1 bunch of fresh chard, chiffonade  
1 granny smith apple, cut into thin rounds  
1 red onion, thinly sliced  
Barbeque sauce (optional)  
Aioli or mayo

### Method

Preheat oven to 200C. Use a small knife to remove and discard excess fat from pork. Combine the paprika, fennel, cumin and sugar in a small bowl. Season with salt and pepper. Place the pork in a casserole, sprinkle the paprika mixture evenly and rub all over the pork. Pour apple juice around pork. Bake, uncovered, for 30 minutes. Reduce heat to 140C. Bake, covered, for 3 hours or until pork is very tender. Remove from oven. Set aside for 15 minutes to rest.

Meanwhile, combine the apple, red onion and chard in a large bowl. At this point you can either dress with a little apple juice or mix in a dollop of aioli or mayo. Season with salt and pepper.

Use 2 forks to coarsely shred the pork. Spread bread rolls with aioli. Divide pork among bread rolls, top with chard salad and a zing of barbeque sauce if you are using. Serve immediately.

## **Pumpkin gnocchi with sage and chard**

### Ingredients

½ pumpkin or 1 squash, halved, deseeded and cut into wedges  
2 garlic cloves  
sprig thyme  
2 tbsp olive oil  
freshly grated nutmeg  
1 egg  
up to 4 Tbsp plain flour  
140g Parmesan, grated  
1 bunch of chard, chiffonade

### For the sauce

100g butter  
handful sage leaves  
1 red chilli, deseeded and chopped

### Method

Heat oven to 220°C fan forced. Tip the pumpkin into a roasting tray. Toss with the garlic, thyme and olive oil, then season. Cover the dish with foil and roast for 40 mins until soft. Leave to cool slightly.

When the pumpkin is cool enough to handle, remove the flesh and use a spatula to force it through a fine sieve. Tip into a clean pan, then gently cook for 30-40 mins until reduced to a dense mass that comes away from the sides of the pan. Leave to cool.

Tip purée into a bowl, then season with the nutmeg, salt and pepper. Mix in the egg, flour and 100g of the parmesan. You should have a soft pliable dough so, if it's too wet, add more flour until it's the right consistency.

Take a third of the dough and, on a floured surface, roll into a long strip about the thickness of your thumb. Cut the strip into little pillows about 3cm long, then press each one gently with the back of a fork, repeat with the remaining dough.

Bring a large pan of water to the boil, then drop in the gnocchi in batches. Cook until they float, then give them a minute more before scooping out and putting them in a bowl of iced water. When they're all cooked, drain well.

To serve, heat a grill to high. Melt the butter in a large pan until sizzling, then throw in the chilli, chard and sage – sizzle for a minute before throwing in the gnocchi and tossing through, tip into a heatproof dish, scatter with parmesan, flash under the grill until browned, then serve immediately.

### **Easy leek and herb tart**

#### Ingredients

Flour, for dusting

1 sheet frozen puff pastry, from one 17-ounce package, thawed

2 small leeks (white and light green parts only), well rinsed, dried and thinly sliced (about 2 1/2 cups)

½ red onion, thinly sliced

1/2 cup coarsely grated smoked cheese

1/4 cup freshly and finely grated Parmesan (use a microplane grater or the smallest holes on a box grater)

Kosher salt and freshly ground black pepper

2 tablespoons finely chopped herbs (such as sage, Italian parsley, chives, thyme or whatever is at hand)

#### Method

Preheat the oven to 200°C. On a lightly floured surface, roll the puff pastry into a rectangle and transfer to a lined baking sheet. Prick the pastry all over with a fork and scatter with the leeks, onion and both cheeses. Sprinkle with a pinch of salt and 1/4 teaspoon pepper.

2. Bake until the pastry is a deep golden brown and the leeks are tender, 25 to 30 minutes. Cool for 10 minutes. Garnish with the chopped herbs, cut and serve.

---

### **Healthy Baked Apples with Muesli Crisp**

#### Ingredients

1 granny smith apple per person

1 teaspoon unsalted butter

1 teaspoon brown sugar (optional)

1/3 cup muesli

1/8 teaspoon ground cinnamon

1/3 cup honey or vanilla Greek yogurt

#### Instructions

Preheat the oven to 170°C. Begin by halving the apples lengthwise and scooping out the core plus a little extra.

Smear the butter evenly on each apple and sprinkle with the brown sugar.

Top with the muesli and bake for 30 minutes or until the apples are just tender but not mushy and the topping is golden.

Remove from the oven and transfer to serving plates.

Dollop with the Greek yogurt and eat immediately.

### **Vendors**

Wairuna Organics – chard

Brydone Growers – pumpkin, red onion, leeks

Gilberts Fine Food – Briatta buns/bread

Havoc Pork – rolled pork roast

Willowbrook Orchard – granny smith apples

Blueskin Bay Honey

Evansdale Cheese – smoked cheese

The Porridge Bar - muesli



***The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)***

---