



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday June 4th, 2016

This week's chef: *Alison Lambert*

WARM WATERCRESS AND BACON SALAD

Peppery watercress combined with crispy, salty bacon is one of those combinations that always works.

Ingredients

2 bunches or 400g watercress, thick stalks removed
100g bacon ends (thickly cut)
½ red medium onion, sliced thinly
¼ cup apple cider vinegar
1 tsp honey
Pinch paprika
¼ tsp mustard

Method

Place the watercress and sliced onion in a large serving bowl.
In a medium sized fry pan, add the bacon pieces and fry until golden and crispy. Remove, leaving as much bacon fat in the pan as possible, and scatter over the watercress.
Add the vinegar, honey, mustard and paprika to the pan, stir to get all the bacon bits of the base of the pan and allow the dressing to bubble a little and reduce. Taste and adjust if necessary. The dressing should be a sweet/sour combination. Pour over the salad, toss gently and serve straight away or the watercress will wilt.

Thanks to the following vendors for their fantastic produce

Waitaki Bacon And Ham – pork shoulder and \$5 bacon end packs

Brydone Growers – cabbage and potatoes

Gilberts Fine Foods – bran loaf

McArthurs Berry Farm – leeks

Rosedale Orchard – pumpkin

Willowbrook Orchard – apples

Janefield Hydroponics - watercress

CABBAGE AND POTATO PIE Serves 8-10

This is a great combination of vegetables arranged and baked simply to create a splendid pie which is great for all dietary requirements.

Ingredients

1 savoy or green cabbage
2 onions, sliced thinly
500g potatoes, scrubbed and sliced very thinly
250g fresh curds or cheese of your liking
Salt and freshly ground pepper
Olive oil

Method

Preheat the oven 160C
Bring a large pot of lightly salted water to the boil.
Carefully remove the outer leaves of the cabbage keeping them in one piece if possible. You will need around 10 good sized leaves. Remove with a knife the thick core that runs through part of the leaves and discard.
Plunge the cabbage leaves into the boiling water and cook for 3 minutes or until just tender. Drain and pat dry with cloth.
Line a 20-26cm cake tin or fry pan with tin foil, lightly brush with oil.
Line the tin with the cabbage leaves, slightly overlapping to ensure there are no holes. You will need to reserve 2-3 leaves for the top.
Season the leaves lightly with salt and pepper. Begin by layering the potatoes evenly and neatly around the base of the pie, follow with a few onions and a sprinkle of cheese, repeat with more potatoes, onions and cheese, season and continue until all the mix is used. I finish with a potato round.
Drizzle over about 1 tablespoon of olive oil over the potatoes. Cover the top with overlapping cabbage leaves and if need be place reserved leaves over to completely encase the pie. Cover with foil and press lightly down on the pie to press a little.
Bake for 45 minutes and then pull back the foil and return to the oven to colour up for further 15 minutes. It is cooked when a skewer goes easily through the potatoes.
Remove from the tin and foil, cut into wedges and enjoy whilst hot.

ROAST PUMPKIN WITH SPICES Serves 4

I love roasted pumpkin as the flavour intensifies whilst the flesh softens to an almost silky texture. Sprinkling it with herbs and spices will lift the pumpkin and it can partner well with many cuisines.

Ingredients

800g pumpkin, de seeded and skin removed	Tahini sauce
4 Tbsp olive oil	100 ml greek yoghurt
8 cloves garlic, left in skin, slightly squashed	2 Tbsp sour cream or crème fraiche
Generous pinch dried chilli flakes, or 2 whole dried chillies	1 lemon, juice of ½
1 tsp cumin seeds	2 Tbsp tahini paste
½ tsp coriander seeds, lightly crushed	2 Tbsp parsley, roughly chopped
1 sprig fresh rosemary	1 Tbsp coriander, roughly chopped
4 gratings fresh nutmeg	Salt
Sea salt and freshly cracked black pepper	2 Tbsp extra virgin olive oil

Method

Preheat oven to 190C and place a large roasting pan in the oven to heat up.

Cut the pumpkin into 8 even sized wedges and place into a large bowl. Add the garlic, oil and spices, season, toss together to coat the pumpkin well.

Place a large piece of baking paper onto the tray and pour the contents including all the seeds onto it spreading the pumpkin out so it evenly bakes. Cook the pumpkin for about 20 minutes or until it is golden brown and caramelised and the flesh is tender.

Whilst the pumpkin is cooking make the refreshing sauce. Add the yoghurt and sour cream into a bowl, add the tahini, lemon juice and season lightly, mix well to combine. Add the herbs and half the amount of olive oil and stir to combine. Taste and adjust if necessary. Put into a clean serving bowl and drizzle over the remaining oil. Chill until required.

To assemble: When the pumpkin is cooked place onto a large platter, ensuring all the toasted seeds, roasted garlic are scattered over the pumpkin, drizzle any fragrant oil over as well and serve with the creamy yoghurt herb.

PORK WITH LEEKS AND RED WINE

I once had a dish similar to this when I lived in Greece. It is hearty and rich would commonly be served as a mezze (small plate) in winter.

Ingredients

2 Tbsp olive oil
50g butter
1kg shoulder of pork, diced into 1 cm cubes
150ml red wine
3 leeks, washed and sliced thinly (only the white part)
Sea salt and freshly ground pepper.

Method

Preheat the oven 170C

Place the oil and butter into a large heavy based fry pan. Heat to medium.

Add the meat in batches so you don't overload the pan and brown on all sides until brown. Remove with slotted spoon and place into an oven dish. Repeat with remaining pork. Add the leeks to the fry pan and stir to coat in any juices in the pan. Add the red wine and allow to bubble. Using a wooden spoon stir the pan removing any sediment stuck to the bottom. Pour the wine and leeks over the pork and season with salt and plenty of cracked pepper. Cover the oven dish with a lid and bake for 45 minutes or until the pork is tender.

This can be served with plenty of crusty bread or with buttery mashed potato.

APPLE SAGO Serves 4

Ingredients

500g apples (2-4) granny smiths or a variety that is tart and mushy when cooked.
½ -¾ cup sugar
1 ¼ cup water
1 lemon, zest and juice to taste
¾ cup sago
Cream or vanilla ice-cream to finish

Method

Peel, core and cut the apples into bite sized pieces. Put in a heavy based saucepan and add sugar, water and zest. Cook over moderate heat until the apples are tender. Add the sago and stir well to combine. Lower the temperature and cook gently for a further 20 -30 minutes, stirring frequently until the sago becomes tender and translucent.

Spoon into bowls and serve with pouring cream or vanilla ice-cream.



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