



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 11th June 2016

This week's chef: *Alison Lambert*

PUMPKIN AND KALE RISOTTO WITH BROWN BUTTER HAZELNUTS Serves 4

This is one of the wonderful natural combinations which makes you hungry on just reading the recipe. The natural sweetness and silky texture of the pumpkin mingling with the creamy rice and texture of the greens and nuts just works!

Ingredients

600g pumpkin or buttercup flesh,	1 stick of celery, finely diced
250g kale leaves, finely shredded	300g Arborio or carnaroli rice
2 Tbsp olive oil	1 litre vegetable or chicken stock, hot
80g butter	50g Parmesan cheese, freshly grated
2 sprigs of fresh rosemary, finely chopped	100g hazelnuts, lightly crushed
1 whole sprig rosemary	50g butter
1 garlic clove	Freshly grated nutmeg
1 small onion, finely diced	Salt and pepper to taste

Method

Begin by cooking the pumpkin in a pan - heat the oil and a third of the butter. Chop pumpkin into very small chunks. Add the garlic clove and rosemary sprig - this will enhance the pumpkin whilst cooking. Add the pumpkin and cook for 20 minutes or until the pumpkin is very soft. Remove the garlic clove and rosemary sprig.

Now onto the risotto. In a wide base large pan add the remaining butter. Add the diced onions and celery and cook over a moderate heat until soft and translucent. Add the rice and coat well in the onion mixture, cook for a couple of minutes stirring continuously. Add a little a ladle of hot stock and stir to combine. Add the pumpkin mixture and another ladle of stock gradually until it is has been absorbed. Now add the kale and more stock and continue until all the stock has been used up and been absorbed by the rice, stirring frequently to get the rice to absorb and soften as it cooks.

In a small pan add the 50g butter, hazelnuts and rosemary. Fry gently until the butter goes a light brown and gives off a wonderfully nutty fragrance. Take off the heat immediately!

Take risotto off the heat, season, grate over a little nutmeg and beat in the Parmesan, then drizzle over the brown butter and rosemary infused hazelnuts. Serve immediately with more parmesan.

ORGANIC SILVERSIDE SPICED WITH HAMMERHEAD SEASONING

Organic silverside will change your salty views on this old fashioned brined cut of meat. You will find the meat tender and moist and by adding the Hammerhead seasoning for corned beef you will be pleasantly impressed by how it uplifts this delicious meat to another level.

Ingredients

- 1 kg organic lands silverside
- 1 packet hammerhead Go Gourmet Corned Beef seasoning
- 1 carrot, roughly chopped
- 1 onion, roughly chopped
- 1 stick celery, roughly chopped
- 1 Tbsp malt vinegar

Method

Wash the meat and add to either a slow cooker or large deep pot and cover with cold water.

Add all the vegetables, seasoning and vinegar. Cover with a lid and cook if using slow cooker for about 8 hours or cooking on stove top on a very gentle simmer 2-3 hours.

Remove from the liquid, slice thinly and serve alongside your favourite accompaniments.



*The Market Kitchen is powered by Nova LPG,
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—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

HOT ROASTED YAMS WITH MUSTARD Serves 4-6 as a side

Yes, they are back in season and with this cheeky little mustard dressing they will pop in your mouth.

Ingredients

1kg yams, washed	1 Tbsp honey
2 Tbsp whole grain mustard	2 Tbsp apple cider vinegar or fresh lemon juice
1 Tbsp Dijon mustard	3 garlic cloves, crushed
2 Tbsp extra-virgin olive oil	1 Tbsp rosemary leaves
2 Tbsp butter	1 tsp salt

Method

Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 200C. Whisk mustard, olive oil, butter, honey, vinegar/lemon juice, garlic, oregano, and salt in large bowl to blend. Add yams; sprinkle generously with freshly ground black pepper and toss to coat. Spread yams in a single layer over a preheated baking tray. Roast yams for 20 minutes or until the yams are crusty on the outside and tender inside, turning occasionally, (you may need to cook them a little longer depending on their size).

PARSNIP AND PUMPKIN MASH Serves 4-6

This aromatic mash will go splendidly with the organic silverside, or alongside a plate of wilted winter greens.

Ingredients

600g (peeled weight) pumpkin or buttercup squash, cut into 2–3cm dice
5 medium parsnips, peeled and cut into large chunks
4 cloves garlic, peeled and finely sliced
2 Tbsp olive oil
2 onions, sliced thinly
80g butter
ground nutmeg
100g crème fraîche,
50g butter
salt and black pepper

Method

Place the pumpkin, parsnips and 2 cloves garlic in a large pot and cover with cold water and add 1 teaspoon salt. Bring to the boil then simmer until tender (20 minutes). In a fry pan add the oil and half the butter. Add the onions and garlic and allow to fry so they soften, sweeten and go a sweet golden brown. Add the

pumpkin and mash with back of spoon or masher. Add the remaining butte, crème fraîche, seasoning and nutmeg. Whip with a spoon or spatula until light and airy. Enjoy.

MUESLI BARS Makes about 12 squares

These are great to fill the lunch boxes. I am making life easy by using Church Road (Bridge Hill) pre-made muesli and their dried fruit.

Ingredients

2 cup prepared muesli	1 cup dried fruits and nut or seeds
½ cup honey	1/3 cup nut butter (almond or peanut)
1/3 cup oat flour*	60g melted butter
½ tsp salt	1/3 cup maple syrup
¼ tsp ground cinnamon	1 Tbsp water

Method

Preheat the oven to 170C

Line an 18cm square slice tin with baking paper, allowing it to go up the opposing sides. Lightly grease the paper and the exposed parts of the pan.

Stir together all the dry ingredients, including the fruit and nuts.

In a separate bowl, whisk together the melted butter, maple syrup, nut butter and water. Toss the wet ingredients with the dry until the mixture is evenly crumbly.

Spread in the prepared pan, pressing them in firmly to ensure that the mix is pressed firmly into the shape of the pan. Bake the bars for 30 to 40 minutes, until they're brown around the edges. Cool the bars in their pan completely on a cooling rack, then cut into desired size.

*(or 1/3 cup oats, processed till finely ground in a food processor or blender)

Thanks to the following vendors for their fantastic produce

Organicland – organic silverside

Hammerhead Foods – go gourmet corned beef seasoning

Indigo Bakery – raisin and cinnamon bread

Butlers Fruit Farm – raspberry jam

Wairuna Organics – organic yams

Ettrick Gardens – parsnips

Brydone Growers – organic buttercup squash and curly kale

Church Road – muesli and dried central Otago fruits

