



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 25<sup>th</sup> June 2016

This week's chef: *Sandra Kellian*

## Moroccan spiced mince with preserved lemons and couscous

*When using preserved lemons, remember to wash each lemon to remove the brine and scoop out the pulp within, which will be too salty -the thin skin is all you need to impart the flavour. They can be used in stews or tagines, or chopped finely and added to couscous dishes or salads*

### Ingredients

2 Tbsp olive oil  
2 medium onion roughly chopped  
350g lamb mince (for a vegetarian option, replace with a soy mince and omit the browning process)  
1 Tbsp ground cumin  
1 tsp ground cinnamon  
2 tsp ground turmeric  
100g soft dried apricots  
600ml vegetable stock

### For the couscous

280g couscous  
2 preserved lemons, flesh removed, rinsed and finely sliced  
4 Tbsp chopped fresh mint  
50g unsalted roast cashews or almonds

### Method

Heat the oil in a large non-stick pan, add the onions and cook gently for 5 minutes until they soften. Stir in the lamb mince and brown, add the spices then add the apricots and stock. Bring to the boil, then turn the heat down and cook gently for 10-15 minutes. Meanwhile, make up the couscous following the packet instructions. Fork through the preserved lemon and mint. Season to taste.  
Spoon the couscous onto serving plates, pile the lamb mixture on top and scatter with the cashews.

## Greek lamb and feta meatballs

*Serve these on their own with a lemon infused Greek yoghurt dipping sauce, in a slider, or make the balls bigger and serve as a main with warm pita bread and a fresh salad.*

### Ingredients

500g minced lamb  
1 onion, finely diced  
½ Tbsp chopped mint leaves  
½ Tbsp chopped oregano leaves  
1 tsp ground cumin  
1 tsp ground coriander  
1 egg  
50 g dry breadcrumbs  
100 g crumbled feta cheese  
salt and freshly ground black pepper  
oil for cooking

### Method

Mix the lamb with the onion, herbs, spices, egg, breadcrumbs and feta and season with the salt and pepper. Roll into small golf-ball-sized pieces – you should get about 16–18 meatballs from the mixture.  
Preheat the oven to 180°C.  
Heat a heavy-based frying pan over medium–high heat and add a splash of oil. Cook the meatballs in batches, for 3–4 minutes on each side, or until brown. As they cook, lift them onto a baking tray and transfer to the preheated oven. When all the meatballs are cooked, serve straight away with tzatziki and a Greek salad.

## Silverbeet balls

1-2 bunches of silverbeet or spinach or a combination  
1 egg  
¾ cup breadcrumbs  
½ cup grated parmesan cheese  
2 Tbsp melted butter  
2 Tbsp plain yogurt  
2 Tbsp onion, thinly sliced  
½ tsp pepper  
½ tsp paprika



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## Silverbeet Balls cont

### Method

Heat a little oil or butter in a pan and sweat the silverbeet or spinach until just wilted. Cool and squeeze out any moisture. Combine all ingredients in a bowl and mix well to combine. Form into balls with your hands, squeezing tightly. Bake at 350 degrees for 13-15 minutes, turning once. Serve as an entrée or main with warm pita bread, condiments and salad.

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## Borscht with horopito chorizo

### Ingredients

2 large or 3 medium beetroot	2 bay leaves
2 large or 3 medium potatoes	10 cups water for cooking beetroot
4 Tbsp of cooking oil	6 cups chicken or vegetable stock
1 medium onion, finely chopped	5 Tbsp tomato sauce/ketchup
2 carrots, grated	4 Tbsp lemon juice
1/2 head of cabbage, thinly sliced	1/4 tsp freshly ground pepper
1 can kidney beans with their juice	1 Tbsp chopped dill
2-3 thinly cut chorizo slices, fried till crisp (omit if making a vegetarian version)	

### Method

Fill a large soup pot with 10 cups of water. Add 2 – 3 beetroot, thoroughly washed. Cover and boil for about 1 hour (some take longer, some take less time. It depends on how old the beets are). Once you can smoothly pierce the beetroot with a butter knife, remove from the water and set aside to cool. Keep the water.

Slice potatoes into bite-sized pieces and cook in the beetroot water for 10 – 15 min. Add the cabbage to the pot when potatoes are half way done. Grate both carrots and dice one onion, and sauté in the oil (in a separate pan) until soft. Stir in ketchup when they are nearly done cooking.

Peel and slice the beetroot into match sticks and add them back to the pot.

Add 6 cups of chicken or vegetable stock, lemon juice, pepper, bay leaves and can of kidney beans (with their juice) to the pot.

Add the carrots and onion to the pot along with chopped dill.

Cook another 5-10 minutes.

Serve with a dollop of sour cream or real mayo topped with the crispy chorizo slices and a few extra dill fronds.

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## Beetroot and mint dip

### Ingredients

250g cooked beetroot  
½ tsp ground cumin  
2 tsp chopped mint plus a few leaves for sprinkling  
squeeze lemon juice  
3 Tbsp half-fat crème fraîche  
a few pinches nigella seeds

### Method

Put the beetroot and cumin in the small bowl of a food processor, season and blend until smooth. Tip into a bowl, add the mint and lemon juice, then gently stir through crème fraîche to get a rippled effect. Sprinkle with mint leaves and nigella seeds.

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## Chocolate beetroot brownies

### Ingredients

1 cup all-purpose flour  
1/4 cup cocoa powder  
1/4 tsp salt  
225 g chopped semi-sweet chocolate  
1/2 cup canola oil  
3 eggs  
1 cup granulated sugar  
2 tsp vanilla  
2 cups peeled and grated raw beetroot

### Method

Whisk flour with cocoa powder and salt in a medium bowl. Microwave (or in a pot on a low heat element) chocolate in a small bowl until melted, about 1 min. Stir in canola oil until smooth.

Whisk the eggs, sugar and vanilla in a large bowl. Whisk in the chocolate mixture, then fold in flour mixture and 2 cups grated beetroot until just combined. Scrape into a lined brownie baking pan.

Bake at 160° until a skewer inserted into the centre comes out just clean, 45 to 50 min. Cool on a rack before cutting into squares.

## Thanks to the following vendors for their fantastic produce

**Otago Preservation Pantry** - preserved lemons

**Organicland** - lamb mince

**Brydone Growers** - beetroot and cabbage

**Wild Smokehouse** - horopito chorizo

**Ettrick Gardens** - silverbeet and spinach

**Gilberts Fine Foods** - rye bread

