



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 2nd July 2016

This week's chef: *Alison Lambert*

PORK, POTATO AND SAFFRON STEW Serves 6

This stew is fragrant and light compared to some, it is inspired with hints of flavour and techniques similar to those found in and around the Mediterranean. I have splashed out and used saffron threads in this dish as the earthy, smouldering flavours and glowing hues lift this peasant dish into a splendid

Ingredients

4 Tbsp olive oil
1.5kg pork shoulder or belly, cut into large bite sized chunks
2 onions, sliced thinly
1 leek, sliced thinly
4 garlic cloves, sliced thinly
4 sage leaves
250ml dry white wine
3 Tbsp cider vinegar (good quality)
A generous pinch of saffron
1 Tbsp tomato paste
500g waxy potatoes, peeled and cut into large chunks
A large bunch of flat-leaf parsley, roughly chopped
Salt and plenty of freshly ground pepper

Method

Heat half the olive oil in a large heavy based fry pan or something similar. Brown the pork in batches so that the pan doesn't get too crowded. You want the meat to brown on all sides to sear in the juices. When the pork is browned remove and set aside. Add the remaining oil and add the onions, leeks and garlic cook gently until soft and translucent. Add the pork and all the juices and stir briefly. Turn up the heat and add the wine and vinegar. When the wine is bubbling, add the saffron and tomato paste and stir well to combine, reduce the temperature to low and allow the stew to simmer. You may need to add a little more water as the pork should just be submerged, but not swimming. Season with salt and pepper. Cook gently until the pork is tender about 1 ½ hours. Add the potatoes and cook until the potatoes are tender but not falling apart. Adjust the seasoning if necessary and sprinkle over freshly chopped parsley and if like me I like to mop up the delicious sauce with plenty of fresh bread.

CREAM OF JERUSALEM ARTICHOKE SOUP Serves 4

Jerusalem artichokes are actually related to the sunflower and are commonly known as 'sunchokes'. They have a wonderfully unique flavour similar to mushrooms.

Ingredients

600g Jerusalem artichokes, scrubbed well and cut into large pieces
400g potatoes, cut into similar sized pieces
2 Tbsp oil
½ leek, white only, sliced thinly
1 small onion, diced
4 sprigs fresh thyme
750ml chicken or vegetable stock
150 ml cream
Salt and cracked pepper

Method

In a large pot add the oil, leeks, onion and thyme, sweat off gently without colouring for 5 minutes. Add the Jerusalem artichokes and potatoes, stir to coat in the onion and leek mix, cover with a lid and cook for further 5 minutes. Cover with stock, season. Simmer for 30 minutes or until the potatoes and Jerusalem artichokes are soft and soupy. Puree until very smooth and silky. Bring back to the boil, add the cream and adjust seasoning if necessary. Serve in warm bowls.

VEGETABLE STOCK MADE FROM LEFT OVERS Makes 1 litre

Get on board with lowering our wastage and improving our nutrition. Keeping the offcuts from your vegetables and making your own stocks is a great way to begin. They freeze beautifully and they have loads of natural flavour.

Ingredients

1 Tbsp oil
2 cloves garlic, bruised
2 large onions, chopped or if you have saved tough outer layers
2-3 sticks celery, chopped
1 leek, roughly cut or use the outer leaves and ends
3 carrots, chopped or ends and peelings
Cold water (enough to cover vegetables)
2 bay leaves
A few sprigs of parsley and thyme
Fennel, tomato and mushroom scraps also work well. Never add starchy ingredients!



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Stock continued

Method

Heat the oil in a large pot over medium heat. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often. Cover with cold water, add the bay leaves, parsley, and thyme. Reduce heat to low and simmer, for 45 minutes, removing any scum that may have settled on the surface. Strain through a sieve, discard vegetables and use your stock in soups, stews, risottos etc. Will keep in fridge for up to 4 days and great for the freezer.

ASIAN INSPIRED YAMS Serves 6

Cooking the yams this way adds a lightness to them and also opens up a new avenue of flavour combinations.

Ingredients

1 kg yams, washed and cut into thirds
2-3 jalapeno chillies, seeds and membrane removed (wear rubber gloves)
2 cloves garlic
2 cups fresh coriander, roughly chopped
2 shallots, roughly chopped
2 Tbsp cider vinegar
6 Tbsp extra virgin olive oil
A few splashes of Thai fish sauce
Salt and pepper to taste

Method

In a large saucepan, add enough water to just cover the yams add a generous pinch of salt and bring to the boil, reduce to a simmer and cook until tender (10 minutes). Be careful not to overcook them or they will break up.

While the yams are cooking pulse the jalapenos, coriander, shallots and garlic cloves, add the vinegar and oil. Taste and add a few drops Thai fish sauce, and freshly ground pepper, taste once again and correct if necessary.

Drain the yams and pour over the dressing immediately so the yams soak up the dressing. Serve hot or at room temperature.

RAW APPLE AND BRUSSEL SALAD Serves 4-8

Ingredients

1 kg Brussels sprout, discoloured leaves discarded and stems left intact
2 apples, sliced thinly
1 red onion, sliced thinly
1 handful fresh parsley, roughly chopped
1 cup hazelnuts or walnuts lightly toasted (optional)
¼ cup olive oil
3 Tbsp apple cider vinegar
Sea salt flakes
Freshly ground pepper

Method

Holding each Brussels sprout by stem end, cut into very thin slices using a mandolin or by slicing as thin as possible with a knife, add to a suitable size bowl. Slice the onion and apples to the same thickness as the Brussels sprouts. With your fingers toss Brussels sprouts, apples, and onions to separate layers.

Lightly crush the hazelnuts and add to Brussels sprouts.

In another bowl add the vinegar and oil and mix well to combine. Season with a little salt and pepper, taste and adjust if necessary.

Drizzle the dressing over the Brussels sprouts and toss to combine. Allow the dressing to mingle into the salad for a few minutes before serving.

APPLE AND PEAR TART Serves 8 -12

Thin and crisp and ready to eat in minutes this is a great go-to pudding or afternoon tea treat.

Ingredients

1/3 cup walnuts, lightly crushed
1/3 cup ground almonds
¼ cup sugar, plus more for sprinkling
½ tsp ground cinnamon, plus more for dusting
6 sheets filo pastry
100g butter melted
3 firm pears
2 Granny Smith apples, peeled

Method

Preheat oven to 200C. Combine pecans, almonds, sugar, and cinnamon. Line a baking tray with baking paper. Place a sheet of filo pastry on the tray, brush with butter then repeat with another sheet, butter this sheet then sprinkle over walnut and cinnamon mixture, repeat these layers until finished. Slice the pears and apples thinly and arrange over the pastry in a single layer. Brush fruit with remaining butter and sprinkle over remaining walnut mixture. Bake until golden and crisp (20-25minutes). Cool slightly and cut into desired size, great served with whipped cream or good quality vanilla icecream.

Alison wishes to thank the following vendors for their outstanding products

HAVOC PORK CO – pork shoulder

MCARTHURS BERRY FARM – Brussels sprouts

BRYDONE GROWERS – yams

WAIRUNA ORGANICS – Jerusalem artichokes

EVANSDALE CHEESE – bay blue cheese

HAMMERHEAD FOODS – ancho chilli Mexican

INDIGO BAKERY – sesame seed roll

EARNSCLEUGH CO-OP – apples and pears

REVIVAL FOOD CO – crackers and dips

