



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 9<sup>th</sup> July 2016

This week's chef: *Sandra Kellian*

## Earth gem and monk fish samosas

### Ingredients

500g monk fish, finely diced	1 ½ teaspoons black mustard seeds
700g earth gems	1 teaspoon ground turmeric
salt	1/4 teaspoon chilli powder
25g butter	1 teaspoon freshly grated ginger
1 tablespoon oil	1 tablespoon fresh lemon juice
1 long fresh green chilli (optional)	1/4 cup chopped fresh coriander
2 teaspoons cumin seeds	Puff pastry sheets
Oil to fry	1 cup peas

### Method

Cook the washed gems in a saucepan of salted water for around 20 minutes or until just tender. Drain them well and allow to cool for 10 minutes before smashing into 2cm sized chunks.

Heat butter and oil together in a frying pan and add the deseeded, finely chopped chilli, cumin, mustard, turmeric chilli and ginger. Cook for a minute or 2 and then add earth gems, monkfish, peas, lemon juice and coriander. Toss to coat the potatoes and cook the fish in the spices, add salt to taste.

Adjust seasonings as needed and then set filling aside to cool.

Cut 12cm wide discs from the pastry and then cut each disc in half. Place a large spoonful of filling on one side of the pastry and then fold over to form a triangle shape. Press the edges with a fork to seal.

Heat enough oil to come to a depth of 2 cm in a large saucepan. When hot quickly cook samosas until puffed and golden on each side. Drain on paper towels.

Alternatively, you can bake these in the oven but be sure to give them a gentle toss in some oil first to help them crisp and colour up.

Serve with Port Larder Ceylon Sauce

## Aged cheddar & pear jalousie

*In culinary terms, jalousie is a small cake made with flaky pastry, filled with a layer of almond paste topped with jam with a latticed pastry topping allows the colourful filling to peek through. In this recipe, the almond paste and jam are replaced with a tasty pear filling.*

### Ingredients

4 pears  
1/4 firmly packed cup (60g) brown sugar  
1/4 cup (55g) caster sugar  
1 tablespoon lemon juice  
1 teaspoon ground cinnamon  
1/4 teaspoon mixed spice  
60g unsalted butter  
375g block frozen puff pastry, thawed  
250g aged cheddar, grated  
1 egg, beaten with 1/4 cup (60ml) milk  
Warm honey, to serve

### Method

Preheat oven to 200°C. Line a large baking tray with baking paper.

Peel, core and thinly slice the pears. Place in a bowl with the sugars, lemon juice and spices, then toss well to coat. Melt butter in a large pan over medium heat. Arrange pears in a single layer, reduce heat to low and cook, turning, for 4-5 minutes until tender. Cool.

Roll out pastry to a 25cm x 40cm rectangle. Halve pastry lengthways to make 2 long rectangles. Place 1 rectangle on the baking tray and prick with a fork, leaving a 1cm border. Scatter half the cheese within border, top with cooled pears then scatter with remaining cheese. Brush border with egg wash.

Gently fold remaining pastry rectangle in half lengthways and use a sharp knife to make cuts at 2cm intervals in the folded side, leaving a 2cm border on the unfolded style. Carefully unfold the pastry and place over the filling, pressing the edges to seal – the cuts in the pastry should separate slightly to reveal some of the filling. Brush all over with remaining egg wash and bake for 25 minutes or until puffed and golden. Rest for 5 minutes, drizzle with honey, slice and serve.



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## **Romanesco Cacio e Pepe**

*Cacio e pepe simply translates as cheese and pepper. This is a very classic Roman dish, simple and satisfying spaghetti (or in this case with orecchiette and Romanesco) adorned with just cheese, black pepper and some olive oil. A grown up and sophisticated mac 'n' cheese*

### **Ingredients**

1 head of broccoli Romanesco  
1 clove garlic  
120g Pecorino Romano cheese, 60g finely grated and 60g coarsely grated (about 1 cup of each)  
50g Parmigiano Reggiano cheese, finely grated (about 1 cup)  
500g orecchiette pasta  
2 tablespoons cream  
1 tablespoon + 2 teaspoons extra-virgin olive oil  
1 1/2 teaspoons finely ground black pepper  
Salt to taste

### **Method**

Prep the broccoli Romanesco by removing the exterior leaves and core, and separating it into bite-sized florets. Wash the florets and then blanch them in a large pot of boiling, salted water until they just turn tender (about 3 minutes). Shock them in an ice bath or very cold water to stop the cooking. Set aside. Bring a large pot of salted water to boil, and add the pasta. Cook until al dente, giving it a stir every once in a while to keep the pasta from sticking together. Place the finely grated Pecorino and Parmigiano in a medium bowl, this will be made into a sauce. Slice the garlic as thin as you can and sauté in 1 tablespoon of olive oil until lightly toasted. The garlic slices will brown quickly so be careful not to let them burn. Add the Romanesco florets and a pinch of salt, and sauté briefly, coating them in the olive oil. Set aside until the pasta is done cooking. Drain the pasta, reserving 1 1/2 cups of the cooking water. Return the pasta to the empty pot. Slowly whisk 1 cup reserved pasta cooking water into the finely grated Pecorino and Parmigiano until smooth. Whisk in cream, 2 teaspoons olive oil, and black pepper. Gradually pour cheese mixture over pasta, tossing to coat. Let pasta rest 1 to 2 minutes, tossing frequently. The sauce will thicken a bit as it sets. If it is too thick, add more of the reserved pasta water. Toss in the Romanesco. Salt to taste. Top with coarsely grated Pecorino and enjoy immediately!

## **Roasted Romanesco and Kale Soup with Wildsmoke Salmon**

*Sometimes called "Roman cauliflower" the lineage of the vegetable goes back to the cauliflower. It has the same texture, but the flavour is closer to that of broccoli, except more subdued.*

### **Ingredients**

2 heads of Romanesco, cut into florets, washed and rinsed  
1 tablespoon whole cumin seeds  
1 small brown onion, chopped  
1 bunch of kale, washed, rinsed and roughly chopped (including stalks)  
olive oil  
2 cups of vegetable or chicken stock  
½ cup of cream  
Salt and pepper to taste  
Smoked salmon to garnish

### **Method**

Preheat the oven to 180-200°C. Place the Romanesco florets in a roasting tray, drizzle with olive oil and cumin seeds and roast for 30 minutes. Heat the remaining olive oil in a large saucepan. Add the chopped onions and sauté at medium heat until soft and golden, about 10 minutes. Add the kale and cook until it starts to become tender. Add the Romanesco and stock and cook, about 15-20 minutes. Place the mixture in a food processor and process until smooth. Return the puree to the saucepan, stir in the cream, and simmer for another 5 minutes. Add cracked pepper and salt to taste. When ready to serve, ladle the soup into bowls, add smoked salmon and pepper.

## **Thanks to the following vendors for their outstanding products**

**Ettrick Gardens**- Romanesco, kale

**Harbour Fish** - monk fish

**Beans Bakery** - bread

**Wild Smokehouse** - smoked salmon

**Rosedale Orchard**- pears

**Agreeable Nature** - eggs

**Port Larder** - sauce

**Wairuna Organics** - earth gems

