



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 16th July 2016

This week's chef: *Sandra Kellian*

Salted caramel parsnips

Ingredients

1kg parsnip, peeled
3 Tbsp rapeseed oil
50g golden caster sugar
large knob of butter
1 tsp sea salt

Method

Heat oven to 220°C. Halve the parsnips, then cut the thicker end in two lengthways. Boil for 5 mins, then drain well and leave to steam-dry for a few mins. Meanwhile, pour the oil into a shallow roasting tin or a lipped baking tray and heat in the oven for 3 mins. Remove the tin from the oven and carefully add the parsnips to the hot oil. Turn them to coat, and make sure they aren't overcrowded (otherwise they won't crisp up). Roast for 30-35 mins or until golden and crisp, turning them halfway through the cooking time. About 10 mins before the parsnips are ready, tip the sugar and 2 Tbsp water into a small frying pan. Heat very gently until the sugar has dissolved. Turn up the heat and bring the liquid to the boil. Measure 3½ Tbsp cold water into a jug. Keep swirling the pan around until the sugar reaches a rich, dark-reddish caramel colour, then remove from the heat. Stand well back and add the water (it will splutter!). Return to the heat, add the butter and the salt, and stir to remove any lumps. The caramel should be runny, so add a splash more water if needed. Pile the parsnips into a serving dish, then drizzle over the salted caramel.

Thanks to the following vendors for their fantastic produce

Cardrona Merino lamb ribs
Evansdale Cheese smoked cheese – Tania
Brydone Growers Yams and Agria potatoes
Wild Smokehouse smoked salmon
Wairuna Organics parsnips
Gilberts Fine Foods baked goods

Honey- roasted yams with ginger

Ingredients

400g yams, washed
1 Tbsp honey
1 Tbsp grated root ginger
Salt and pepper
Olive oil (in spray form if possible)

Method

Heat oven to 200 degrees Celsius.
Wash and dry the yams, then spread them in a roasting dish and spray or drizzle with olive oil. Season the yams with salt and pepper, toss to coat.
Roast in the oven for 30 to 40 minutes. Once or twice while cooking the yams, pull out roasting dish and toss the vegetables.
Once the yams are cooked, drizzle the honey over the yams and add ginger.
Toss the yams so they are well coated. Pop back in the oven for a couple of minutes, making certain the honey doesn't burn.
Serve the yams with roast meat, chicken or fish.

Sticky hoisin sesame short lamb ribs

Ingredients

2 lamb short rib racks	3 Tbsp hoisin sauce
1 Tbsp grated ginger	1 Tbsp honey
2 Tbsp Chinese rice wine	1 tsp soy sauce
1 tsp sesame oil	2 tsp toasted sesame seeds

Method

Place the ribs into a large container with the ginger, rice wine, sesame oil and 2 Tbsp of hoisin sauce. Stir well, cover and leave to marinate for 3 hours or up to overnight. Preheat the oven to 170°C. Place the racks and marinade into a large baking dish, cover tightly with foil and cook for 2 ½ hours or until very tender. Set the racks aside and allow to cool slightly. Increase the temperature to 220°C. Using a large, heavy knife, cut the racks into individual ribs. Place the ribs onto a large baking sheet covered with baking paper. Mix the remaining hoisin sauce with the honey and soy sauce and brush onto the ribs. Cook for 5 minutes or until dark and sticky. Sprinkle with the sesame seeds and serve.

Vegetable Frittata with smoked Tania cheese

Ingredients

500 g Agria potatoes
1 Tbsp rice bran oil
1 red onion, cut into thin wedges
120 g baby spinach
8 large sundried tomatoes, patted dry and thinly sliced
1 large red pepper, seeded and diced
8 medium eggs
½ cup cream
½ cup parmesan cheese, finely grated
¼ cup Tania cheese, grated

Method

Preheat the oven to 200C. Lightly grease a 26cm x 17cm by 5cm deep baking dish. Pierce the potatoes with a fork in several places. Cover and microwave on high (100 per cent) for 2 minutes. Turn the potatoes over and continue to microwave for 2 to 3 minutes, until just cooked. Cool, then peel. Thinly slice. Heat the oil in a frying pan. Sauté the onions until softened. Add the spinach and cook until wilted. Remove from the hob and mix in the sundried tomatoes and red pepper. Season well with salt and pepper. Place half the sliced potatoes in a single layer in the baking dish. Cover with half the spinach mixture. Repeat the layers. Whisk the eggs and cream. Season. Pour over the vegetables. Sprinkle with the parmesan and tasty cheese. Bake for 30 minutes until the egg mixture is set and the top golden.

Agria potato rosti with smoked salmon

Ingredients

3 medium peeled Agria potatoes, coarsely grated
1 lightly whisked egg
2 tablespoons plain flour
20g melted butter
Salt and pepper
1 tablespoon olive oil
Sour cream, to serve
Wild Smokehouse Smoked salmon, sliced, to serve
Fresh dill, chopped, to serve

Method

Place peeled and grated potato in a colander and squeeze out all moisture. Transfer to a large bowl, then add egg, flour butter. Season with salt and pepper. Heat oil in a frying pan over medium-high heat. Add heaped Tablespoonfuls of the potato mixture and flatten slightly with a potato masher. Cook for 1-2 minutes each side or until crisp and

golden then drain on paper towel. Repeat with the remaining potato mixture and allow to cool slightly. Top each rosti with a dollop of sour cream, sliced smoked salmon and chopped fresh dill. Season with cracked black pepper.

Parsnip spice cake with ginger cream cheese frosting

Ingredients

1 ½ cups all-purpose flour	½ cup canola oil or vegetable oil
1 cup sugar	½ cup whole milk
1 tablespoon ground ginger	1 ½ teaspoons vanilla extract, divided
2 teaspoons baking powder	2 cups (packed) parsnips (about 3 large)
1 ½ teaspoons ground cinnamon	½ cup walnuts, toasted, chopped
¾ teaspoon plus 1/8 teaspoon salt	150g cream cheese, room temperature
¾ teaspoon ground nutmeg	2 tablespoons butter, room temp
¾ teaspoon ground allspice	2 teaspoons grated peeled fresh ginger
¾ teaspoon ground cloves	3 cups icing sugar
3 large eggs	

Method

Preheat oven to 350°F. Butter and flour 13x9x2-inch baking pan. Combine flour, sugar, ground ginger, baking powder, cinnamon, 3/4 teaspoon salt, nutmeg, allspice, and cloves in large bowl; whisk to combine. Whisk eggs, oil, milk, and 1 teaspoon vanilla in medium bowl to combine. Pour egg mixture over dry ingredients; stir until just combined. Stir in the shredded and peeled parsnips and walnuts. Transfer batter to prepared pan. Bake until tester inserted into centre comes out clean, about 25 minutes. Cool cake completely in pan on rack.

Beat cream cheese and butter in large bowl until smooth. Beat in fresh ginger and remaining 1/8 teaspoon salt and 1/2 teaspoon vanilla. Gradually add icing sugar and beat until frosting is smooth. Spread over cake. (Can be prepared 1 day ahead). Cover and chill.



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