



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 23rd July 2016

This week's chef: *Alison Lambert*

CELERY, GREEN APPLE AND WALNUT SALAD Serves 4

A classic combination which is fresh, crunchy and highly nutritious

Ingredients

Dressing

- ½ -1 lemon juice only
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- ½ cup extra virgin olive oil

Salad

- 6 stalks celery and any lighter coloured leaves
- 2 large granny smith apples, cores removed and cut into thin wedges
- ¾ cup toasted walnuts, lightly crushed
- Pinch sea salt flakes and cracked black pepper

Method

For the **dressing** - Whisk first 3 ingredients in small bowl to blend. Gradually whisk in oil. Season vinaigrette with salt and pepper.

Trim celery leaves and pull leaves off (roughly about a cup).

Slice the celery stalks thinly on the angle.

Combine celery, celery leaves, apples, and walnuts in large bowl.

Add vinaigrette and toss to coat.

Season salad to taste with salt and pepper, toss once again to combine and serve.

CAULIFLOWER SOUP Serves 4

Cauliflower makes a creamy, luxurious soup which is comforting and also great on the pocket.

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 800g cauliflower florets, roughly chopped
- 1 litre chicken or vegetable stock
- 150ml cream (can be omitted)

Method

For the cauliflower soup, heat the oil in a deep, heavy-based pan over a medium heat. Add the onion and garlic and fry for 2-3 minutes, or until just softened.

Add the ground cumin and ground coriander and fry for a further 1-2 minutes, or until fragrant.

Add the chopped cauliflower and stock. Bring the mixture to the boil, then reduce the heat and simmer for 8-12 minutes, or until the cauliflower is tender. Remove from the heat and set aside to cool.

Carefully pour the soup mixture into a food processor and blend to a purée (or alternatively, use a stick blender in the saucepan). Return the puréed soup mixture to the pan and add the cream. Season, to taste, with salt and freshly ground black pepper and warm through for 1-2 minutes.

Serve in warm bowls and enjoy!



*The Market Kitchen is powered by Nova LPG,
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BEEF, PEPPER AND PUMPKIN STEW Serves 4

This stew is one that I make every winter. The combination of tender beef, sweet pumpkin and piquant crushed peppercorns works every time!

Ingredients

4 Tbsp extra virgin olive oil
1kg stewing beef, cut into 2cm cubes
2 carrots, diced
2 onions, diced
2 sticks celery, diced
Salt to taste
2 cups red wine, something gutsy
3 cups chicken stock
1 tin tomatoes, crushed
450g (about 3 cups) pumpkin or butternut squash, diced into 2cm cubes
1-2 Tbsp crushed black peppercorns

Method

In a heavy casserole over high heat, warm half the olive oil. Add the beef and sear (colour on all sides to seal juices in) about 6 minutes. Remove the beef and set it aside.

Reduce the heat to low, and add the remaining olive oil.

Add the carrots, onion, celery and salt.

Add the seared beef in the pan with the vegetables and cook together for 2 minutes.

Add the red wine and scrape the browned bits from the bottom of the pan. Continue cooking until there is almost no liquid left in the pan, about 4 minutes.

Add the stock and the tomatoes, simmer for 15 minutes.

Add half the pumpkin and all the pepper.

Add water if there is not enough liquid to cover the solids. Bring to a boil, reduce the heat to low, cover and simmer for an hour, stirring occasionally.

When the meat is tender, add the rest of the pumpkin and cook for further 20 minutes, covered until the pumpkin is tender.

Adjust seasoning if necessary and serve.

BRAISED BUTTERED LEEKS Serves 2-4

A classic way of serving leeks. This will go alongside almost anything.

Ingredients

30g butter
2 small leeks, finely sliced
splash boiling water
salt and freshly ground black pepper

Method

Heat the butter in a small saucepan.

Add the sliced leeks and a splash of boiling water and fry gently for 3-4 minutes, or until the leeks are just tender.

Season, to taste, with salt and freshly ground black pepper, then spoon into a bowl and serve.

Thanks to the following vendors for their fantastic produce

LECKIES BUTCHERY – gravy beef

BRYDONE GROWERS – cauliflower, celery and leeks

BEANOS BAKERY – fresh baked bread

ROSEDALE ORCHARD – pumpkin

THE PORRIDGE BAR – walnuts

WILLOWBROOK ORCHARD - apples

KIWI AS MUESLI – straight up paleo – samples to taste at the kitchen

