



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 30th July 2016

This week's chef: *Alison Lambert*

POTATO, CABBAGE AND SPICY SALAMI/CHORIZO SOUP Serves 6-8

This is a market version of the famous Portuguese soup. I am using bits and pieces of salami from Wild Smokehouse to make this. Traditionally it is made with chorizo.

Ingredients

- 1 large onion, finely chopped
- 2 large garlic cloves, finely chopped
- 100ml good olive oil, plus extra to serve
- 4-5 large baking potatoes, peeled and diced
- 200g spiced salami or chorizo
- 400g cabbage or greens
- 1 cup Sauerkraut and juice
- 1 tsp smoked paprika (if using normal salami)
- Salt and freshly ground pepper

Method

Gently cook the onion, chorizo and garlic in the olive oil for a few minutes until softened. Add the potatoes and pour over enough water to cover. Bring to the boil and simmer until the potatoes begin to collapse. Mash the potatoes in the pot and then thin the soup with 1 litre of water, season with salt and pepper.

Shred the cabbage into fine slices about 1-2mm wide

When almost ready to serve, throw the cabbage into the soup and simmer until it is bright green, and then add sauerkraut.

Serve with a drizzle of extra virgin olive oil over the soup and plenty of crusty bread.

EGGS are a rich source of nutrients, including vitamins, iron and sulphur. They do need to be eaten very fresh and it is wise to take the eggs out of the fridge 1-2 hours before using.

PLAIN OMELETTE

- 2-3 eggs per person
- Salt and pepper
- 1 Tbsp butter

Method

Beat the eggs with the salt and pepper in a bowl. Heat a non-stick fry or omelette pan and melt the butter. When the butter is very hot and a *light* nut-coloured, pour the eggs into the pan. When the eggs are setting and small bubbles are forming, bring the edges of the omelette towards the centre with a fork while shaking the frying pan. Fold the edge of the omelette nearest to the handle of the pan towards the outside edge and quickly slide on to a hot dish.

A good omelette should be slightly runny!

Variations for omelettes

- **Herb omelette** – chop handful fresh herbs such as flat-leaf parsley, chervil, chives and tarragon
- **Cheese omelette** – a few seconds before folding the omelette, add 50g grated cheese
- **Bacon, ham or onion omelette**- dice the meat or onion and cook briefly, then add the beaten egg mixture and cook as usual



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—Alison Lambert taste of my life—
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ROASTED VEGETABLES Serves 4-6

This time of year is all about warming roasted vegetables. The array at the market is full of exciting and interesting flavours, colours and textures. If you want, you can add a handful of leaves to wilt through before serving.

Ingredients

300g yams
300g earth gems
300g parsnips, peeled and cut into similar size to above ingredients
300g purple potatoes, cut in half
6 cloves garlic
Salt and cracked pepper
2 sprigs rosemary
Olive oil

Method

Preheat oven 200C. Place roasting tray in the oven.
Toss all the ingredients together and place into the hot oven dish with all the oil and herbs.
Roast until golden, and the vegetables are tender (30-40 minutes).
Serve straight from the oven.

JAR UP SAUERKRAUT – made with Brydone Growers cabbages these jars of fermented goodness are a welcome addition to the market. Sauerkraut has many health benefits - it contains high levels of dietary fibre, as well as significant levels of vitamin A, vitamin C, vitamin K, and various B vitamins. Furthermore, it is a good source of iron, manganese, copper, sodium, magnesium, and calcium, in addition to contributing a moderate amount of protein to your diet.

Sauerkraut can be added to your soups as I have done above, the Germans place sausages on top and bake in the oven. It can be added to your salads and sandwiches or simply add alongside your meal to get some good bacteria going whilst eating.

The juice from the sauerkraut can be added to your dressings, hollandaise, juices, marinades and drunk in small batches as you would cider vinegar.



WARM PEAR AND CHOCOLATE PUDDING Serves 4-6

Who doesn't like a warming pudding? This one is super easy but oh so delicious. Chocolate and pears just work!!

Ingredients

4 pears, peeled, cored and cut into bite sized piece
150g butter, softened
125g sugar
125 g flour
30g cocoa powder
1 ½ tsp baking powder
2 large eggs
2 Tbsp milk
1 tsp vanilla extract

Method

Preheat the oven to 200°C and grease a 22cm ovenproof dish lightly with butter.
Arrange the pears evenly over the base of the dish.
Put all the remaining ingredients in a food processor and blitz (or you can do this by hand) until you have a soft consistency.
Spread the batter evenly over the pears, and bake in the oven for 30 minutes or until the surface bounces back when lightly touched.
Serve warm with cream or ice cream.

Thanks to the following vendors for their fantastic produce

GILBERTS FINE FOODS – Zupfe loaf – traditional Swiss bread

ANN ROBERTSON FREE RANGE EGGS – free range eggs

WILD SMOKEHOUSE – selection of salamis

JAR UP- IT'S GOOD FOR YOU – sauerkraut

BYDONE GROWERS – cabbage and yams

ROSEDALE ORCHARD – pears

WAIRUNA ORGANICS – earth gems, parsnips, potatoes