



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 6th August 2016

This week's chef: *Alison Lambert*

CAULIFLOWER FRITTERS Serves 4-8

Cauliflower can be cooked in so many ways. I love deep frying cauliflower as it ends up with great flavour and texture.

Ingredients

1 litre vegetable oil
280 g self-raising flour
600 ml chilled soda water
1 cauliflower (1kg), broken into large florets, then thinly sliced
½ tsp dried oregano

To serve: lemon wedges and sea salt flakes

Method

Heat oil in a large deep saucepan or deep-fryer to 175C.

Place flour in a bowl, season to taste, add oregano then whisk in soda water until smooth.

Dip cauliflower in batter in batches, shaking off excess, then deep-fry, turning occasionally, until golden (3-5 minutes; be careful, hot oil may spit).

Drain on paper towels and keep warm.

Season cauliflower with sea salt flakes and serve with lemon wedges.

A QUICK PASTA WITH SAUSAGES AND PUMPKIN Serves 4-6

I love to cook pasta and when adding such delicious ingredients, you will be amazed at how easy and tasty this meal is.

Ingredients

3 Tbsp olive oil
500g pumpkin, peeled, deseeded and cut into small cubes
1 sprig fresh rosemary, stalk removed and finely chopped
2 cloves garlic
1 onion, finely diced
1 Tbsp Ceylon Sauce - optional
4 pork sausages, meat removed into small meat balls
500g farfalle or something similar
Freshly ground parmesan cheese
Handful freshly chopped flat leaf parsley
Salt and freshly ground pepper

Method

Bring a large deep pot of salted water to the boil. Using a large heavy based fry pan, heat with 2 tablespoons oil. Add the pumpkin and rosemary and cook until tender and golden (about 8-10 minutes). Remove and set aside.

Add the remaining oil to the fry pan and add the sausage balls, moving the pan occasionally brown the sausage balls all over, add the onion and garlic and continue to cook for a couple more minutes. Add the cooked pumpkin, and turn down the heat. Add the pasta to the boiling water and stir briefly to prevent sticking. Cook the pasta as directed on the packet (do not overcook). Drain the pasta reserving 1 cup of the cooking water. Add ¼ cup of the cooking water to the pan with the pumpkin. Allow to bubble and absorb a little. Add the cooked pasta, season with salt and pepper and drizzle over a little extra virgin olive oil. Grate over a good handful of parmesan and toss to combine. If it is looking dry add more cooking liquid until the sauce loosens a little, yet sticks to the pasta. Serve immediately with plenty of parmesan and oil.



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog www.tasteofmylife.com



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ROASTED BRUSSEL SPROUTS Serves 2-4

Roasting Brussels will change the flavour and texture completely. They will have crispy outer leaves, with a wonderful nutty flavour.

Ingredients

500g Brussels sprouts
3 Tbsp olive oil
1 tsp sea salt flakes
Freshly ground black pepper
1 lemon, juice

Method

Preheat oven 200C

Trim the sprouts and if very large cut in half.

Mix the sprouts, with the oil, salt and pepper and juice of ½ lemon. Toss to combine.

Spread evenly over a baking dish and roast until golden, tender and outer leaves crisp (20-30 minutes depending on size).

Serve with a little more salt and pepper and a touch of fresh lemon juice.

Thanks to the following vendors for their fantastic produce

WAITAKI BACON AND HAM – ham hocks and pure pork sausages

JACOBS DREAM – Aslee hummus

INDIGO BAKERY – pita breads

MCARTHURS BERRY FARM – Brussel sprouts

WAIRUNA ORGANICS – collard greens

BRYDONE GROWERS – cauliflower

THE PORT LARDER – Ceylon sauce



SMOKED HAM HOCK AND BARLEY SOUP Serves 4-6

Ham hocks are a life saver at times. Once they have been boiled you can then use the stock for soup and the meat can be removed and added to the soup. Or you can roast the hocks until golden and crackly and pull apart and added to any number of dishes. This soup is wholesome, nutritious and economical.

Ingredients

To cook **ham hocks**

2 small smoked ham hocks or 1 large (about 400g)
1 fresh bay leaf
1 thyme sprig
1 each carrot, onion and celery stalk, coarsely chopped

Soup

1 Tbsp oil
1 each carrot, onion, leek and celery stalk, diced
1 thyme sprig
1 garlic clove, crushed
300 g pearl barley
1.5 litre ham stock
4 collard green leaves, finely shredded
To serve: The Port Larders Ceylon Sauce, chopped parsley.

Method

Place ham hock in a large saucepan with bay, thyme and vegetables. Cover with cold water, bring to the boil over medium-high heat, then reduce heat to low and simmer until meat falls from the bone (2 hours). Then pull meat from the bone, coarsely shred (discard bone and skin) and set aside.

To make the soup. Add the oil and all the vegetables, thyme and garlic in a large pot and cook gently for 5 minutes, add the barley and cook for a further 2 minutes. Add the ham stock and the collard greens. Bring to the boil over high heat, then reduce heat to a gentle simmer again until barley is tender (30 minutes). Add the ham, adjust seasoning (watch the amount of salt as the stock maybe salty). Serve in warm bowls with a spoonful of The Port Larder's Ceylon Sauce and plenty of freshly chopped parsley.