



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 27th August 2016

This week's chef: *Sandra Kellian*

Parsnip and carrot latkes with beetroot walnut tofu whip

Stack these fritters, layering with the beetroot whip to create a rainbow of colour, texture and flavour.

Ingredients

7 small-medium carrots	2 cloves garlic
3 medium parsnips	4 eggs
1 medium sweet onion	3 Tbls flour
1 1/2 tsp ground cumin	1/2 tsp salt
1 1/2 tsp ground coriander	1/2 tsp pepper
1 bunch fresh coriander	Olive oil or grapeseed oil for frying

Directions

In a small pan, toast cumin and coriander until fragrant. Remove from heat and set aside.

Peel and grate carrots and parsnips. Combine them with the finely diced onion, minced garlic, chopped coriander, cumin and ground coriander. Fold in the flour then add the beaten eggs, salt and pepper.

Heat pan to a medium and add a glug of oil (about 2 Tbsp). Place a large tablespoon of the carrot/parsnip mixture (do 3 at a time) into the hot oil and spread out with the back of the spoon. Fry the latkes on both sides until golden brown, crispy and cooked through. Keep in a warm oven until you're ready to eat.

Beetroot, tofu and walnut whip

Ingredients

2 medium beetroot, peeled	1/2 tsp salt
1/3 cup chopped walnuts	1 tsp ground coriander
125 g firm tofu	1 Tbsp lemon juice
1 Tbsp walnut oil or extra-virgin olive oil	1/2 tsp lemon zest
1 garlic clove, peeled and sliced	Freshly ground black pepper, to taste
2 Tbsp) warm water	1 tsp parsley, chopped

Directions

Preheat oven to 190C

Place steamer basket in small saucepan. Fill saucepan with water until just below the steamer basket. Bring to a boil. Cut beets in half and steam until tender, about 10 to 15 minutes. Make sure to check periodically that the water has not all evaporated. Remove beets from steamer and let cool slightly.

Meanwhile, place walnuts on baking sheet and bake until fragrant, about 8 minutes. Cool to room temperature. Grate beets and add to bowl of food processor along with remaining walnuts, tofu, oil, garlic, water, salt, coriander, lemon juice, and lemon zest. Blend until smooth. Season to taste with black pepper and more lemon juice, if desired.



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
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Thanks to the following vendors for their fantastic produce

Jia He Asian Food soft tofu

Wairuna Organics beetroot, Parsnips, and carrots

Wild Smokehouse biersticks

Ettrick Gardens walnuts

Beanos Bakery breads

Cumin and honey roast carrot, parsnip, beetroot with crispy bierstick

Ingredients

500 g carrots
500 g parsnips
500 g beetroot
4-5 biersticks, cut into pieces

2 Tbsp cumin seeds
2 Tbsp olive oil
2 Tbsp runny honey

Directions

Peel the carrots, parsnips and beetroot. Keep the beetroot separate to the other veg. Slice the carrots and parsnips into quarters lengthways, or sixths if they're really big. Slice out the core from each parsnip after slicing it. Cut the beetroots into 8 segments. Place each of the veg on a separate tray, then drizzle over the olive oil, salt, pepper and the cumin seeds. Toss each vegetable on their trays to coat them. Place the bierstick on a separate tray. Place the veggies into the oven and cook until just soft, that'll be about 30 minutes for the carrots and parsnips and 40 for the beetroot, then drizzle with the honey and return the oven for another 5-10 minutes to gain a golden glaze. If your oven can't fit all three veg at once, just cook one or two at a time, then move them to one tray or dish and reheat just before serving. Put the bierstick tray into the oven and cook until crispy or to your liking. Place all the veggies on a serving platter, top with the bierstick and any remaining juices.

Beetroot, Parsnip & Coconut Soup with Horseradish

Parsnips, interestingly enough, are high in Vitamin C and manage sugar blood levels and horseradish is a natural gastric juice stimulant, which aids digestion. Both parsnip and horseradish are good sources of folic acid, same as beetroot, making this dish perfect for cleansing you and your blood.

Ingredients

3 large beetroot, ends trimmed
1 large parsnip
1 garlic head
1 Tbsp + 2 tsp cold-pressed coconut oil, a bit more if melted
1 onion, coarsely chopped
750 ml (3 cups) vegetable stock
1 can (400 ml) full-fat coconut milk
1-2 tsp horseradish
Sea salt & black pepper, to taste
2 tbsp lemon juice + zest of 1 un-waxed lemon
Fresh dill, lemon zest, nuts or seeds of choice, to serve

Directions

Preheat oven to 200°C. Wash the vegetables. You can leave the skins on (there's a whole lot of nutrient in the skins) or peel off. Cut beets and parsnips in small wedges or cubes, coat very well in 1 Tbsp coconut oil. Use hands if needed. Cut the top of the garlic head to expose all the cloves, and place in the centre of the baking tray. Roast for 30 minutes. Heat 2 tsp coconut oil in a large pot. Add the onion and sauté until soft. Add vegetable stock, coconut milk (reserve some for serving), ginger, salt and pepper. Mix to combine. When it starts to boil, add roasted vegetables and reduce the heat. Simmer for further 5 minutes. Lastly, add the lemon juice. Using a hand blender or food processor (or you could use a magic bullet or blender), puree until completely even and smooth. If too thick, add a bit of boiling water. Serve with a drizzle of coconut milk, fresh dill, lemon zest and pistachios or other nuts/seeds.

Silky chocolate tofu tart

This can easily be made vegan by using vegan margarine and biscuits for the base and a vegan chocolate for the topping.

Ingredients

110g butter, melted
200g digestive biscuits, broken into small pieces
60g walnuts, lightly toasted
500g plain chocolate, chopped
340g silken (soft) tofu, drained
2 tablespoons vanilla extract

Directions

Preheat an oven to 200 C. Place the butter, digestive biscuits and almonds into a food processor. Cover, and pulse until the mixture resembles coarse crumbs. Transfer the crumbs to a 23cm tart tin, and press into the bottom of the tin to form the base. Bake in the preheated oven until lightly golden, about 15 minutes. Remove from oven, and cool for 15 minutes. Meanwhile, melt the chocolate bowl over barely simmering water, making sure the bottom of the bowl doesn't come into contact with the water. Stir frequently, scraping down the sides with a rubber spatula to avoid scorching. Place the chocolate, tofu and vanilla extract into the cleaned food processor. Blend until smooth, scraping down the sides several times. Pour chocolate mixture into the prepared base. Chill for 4 hours before serving with a light dusting of cacao or cocoa powder.