



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 3rd September 2016

This week's chef: *Alison Lambert*

PUMPKIN, BEAN AND RICE SOUP Serves 4-6

This soup is one of those ones that could almost be classified as a stew. It is packed with flavour, textures and aromas.

Ingredients

¼ cup extra-virgin olive oil, plus extra to serve
1 onion, finely diced
1 leek, sliced thinly
4 garlic cloves, sliced thinly
½ tsp smoked paprika
2 sticks of celery (including the tender pale leaves), finely sliced
2 fresh bay leaves
½ tsp fresh rosemary leaves, finely chopped
400g pumpkin, cut into 1cm dice
330g tin borlotti, cannellini beans or chickpeas, rinsed
200 g tin peeled tomatoes, crushed
100 gm (½ cup) short grain (risotto) rice
Small handful flat-leaf parsley, coarsely chopped
40g feta cheese (sheep) or freshly grated parmesan cheese

Method

Heat oil in a large pot over moderate heat. Add the onion, leek, garlic and celery. Cook without colouring until the vegetables are tender (10 minutes). Add the pumpkin, smoked paprika, bay leaves and rosemary. Stir to combine. Add the tomatoes and approximately 1.25 litres of water. Bring to the boil then lower to a gentle simmer, add the rice. Season with salt and freshly cracked pepper. Cook until the rice is tender (20-25 minutes). Taste and adjust if necessary. Add the parsley. Serve in warmed bowls with feta or parmesan cheese over top and a little drizzle of extra virgin olive oil.

BBQ PORK BALLS Serves 4

This recipe has come from simply talking to the producers and combining their harmonious ingredients. These balls have been twice cooked which adds a wonderful texture and they are delicious eaten as is or teamed up with your favourite sauce.

Ingredients

500g minced pork	2 tsp Hammerheads smoky BBQ spice mix
100g cooked rice	2 Tbsp natural yoghurt
Salt and cracked pepper	1 Tbsp olive oil
1 onion, grated	3 eggs
2 Tbsp flat leaf parsley	A little flour
1 Tbsp fresh coriander or mint	Oil for cooking
75g butter	Lemon for serving

Method

Place the meat in a bowl with the rice, seasoning, onion, roughly chopped herbs, bbq spice mix, yoghurt, oil and 1-2 eggs. Mix together to form a smooth paste. Using wet hands, divide the mixture into 16 -24 balls depending on your desired size. Flatten each ball a little with your hands. Place a large pot of lightly salted water to the boil. Add the meatballs, reduce the temperature and cook for 10 minutes. Drain and leave to cool. Beat the remaining egg/s, dip the meatballs in it, then roll in flour. Heat the butter and oil in a fry pan, add the balls and fry until crisp and brown. Enjoy with your favourite sauce, salad or as I do with a little squeeze of lemon juice.



*The Market Kitchen is powered by Nova LPG,
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Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

BRUSSELS SPROUT, APPLE AND CITRUS SALAD Serves 4

This combination works really well and the salad combines all the components needed for a tasty and nutritious salad.

Ingredients

200g sprouts, cleaned, trimmed and finely sliced
2 oranges, peeled and segmented
2 apples, peeled or skin on, as preferred
4 celery sticks, sliced thinly and keep any light coloured leaves
1 red onion, finely sliced
6 sprigs mint and parsley, roughly chopped
50g mixed nuts and seeds, such as poppy seeds and hazelnuts, lightly roasted
Extra virgin olive oil and a squeeze of lemon, to dress the salad

Method

Combine all the ingredients.
Season with a little salt and dress with the oil. Toss gently and eat at once.



Thanks to the following vendors for their fantastic produce

HAMMERHEAD FOODS LTD – smoky bbq spice mix

HAVOC PORK – pork mince

ETTRICK GARDENS – Brussels sprouts

McARTHUR'S BERRY FARM – pumpkin and leeks

GILBERTS FINE FOODS – freshly baked bran loaf

BUTLERS FRUIT FARM – frozen raspberries

ROSEDALE ORCHARDS - apples

RASPBERRY AND APPLE COBBLER Serves 4-6

Cobblers are more traditionally found in the USA, but they are a great go-to pudding as you can jumble together the fruit (it can be frozen), make a quick scone dough and place on top. Voilà - pudding is done!

Ingredients

4 apples, peeled and cut into bite sized chunks
3 cups raspberries, (frozen are fine)
¾ cup sugar
2 Tbsp cornflour
¼ tsp salt

For the Scone Topping

1 ¾ cups flour
1 ¾ tsp baking powder
1/4 cup sugar
6 Tbsp cold butter
¾ cup cream, plus more for brushing

Method

Preheat oven to 180C
Begin by making the filling. Mix together the apples, raspberries, sugar and cornflour.
Pour into a 18cm (approx.) deep, baking dish
Now make the scone topping: Whisk together flour, baking powder, sugar, and salt.
Cut in butter and rub in with your fingertips.
Add cream, and use a bread and butter knife to incorporate, stirring just until cream is absorbed. Do not overmix.
Turn the dough out on a lightly floured bench and only knead once or twice just to bring it together. Pat the dough to a 3cm thickness. Cut into 9 rough squares or circles, and place them on top of filling. Brush with cream, and sprinkle with a little sugar.
Bake the cobbler until bubbling in centre and the scones are golden brown and cooked through, about 1 hour.
Let stand at least 15 minutes before serving.