



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 10th September 2016

This week's chef: *Alison Lambert*

PICKLED PORK Serves 4-6

Pickled pork is simply pork that has been brined which adds flavour and moisture. You need to cook it slowly which can be done in a slow cooker or in a pot simmering for many hours.

Ingredients

1.5 kg piece pickled pork (approx.)	1 carrot, roughly chopped
2 Tbsp cider vinegar	4 cloves
1 onion, roughly chopped	2 bay leaves
½ leek, sliced	4 sprigs thyme
2 sticks celery, cut into large chunks	1 Tbsp honey

Method

Place all the ingredients into a large heavy based pot or slow cooker, cover with plenty of cold water.

If using a slow cooker, cook on low for 4-5 hours or if cooking on the stove top 2 -3 hours.

Pickled pork can be served hot with a creamy mustard sauce or fresh salsa verde and it can be sliced thinly and used in your favourite sandwich.

INDIGO BAKERIES FILLED PIDE

Indigo Bakery makes these hand-rolled pides (*pee-day*) – a type of Turkish flat bread - which I love to fill with my favourite fillings and eat as a sandwich/roll.

Pickled pork, mustard and leaves – warm the pide, slice almost through, either butter or mayonnaise, Dijon mustard, peppery leaves like rocket and thin slices of cheese – enjoy

POTATO AND LEEK ROSTI Serves 4

Rosti are made from grated raw potato which is then fried. It is that easy.

Ingredients

- 4 large potatoes
- 1 leek, sliced thinly
- 4 sage leaves, finely shredded
- 1 Tbsp butter
- Salt and freshly cracked pepper

Method

Add the butter to a fry pan and sweat off the leeks until soft and translucent (5 minutes). Remove and cool.

Coarsely grate the potatoes, then squeeze out the excess liquid.

Combine the potatoes, leek, sage and seasoning, mix well with your hands and shape into 4 large or 8 medium sized cakes.

Heat the oil in a pan and fry the rostis over a medium-low heat for about 8 minutes on each side, turning carefully and adding more oil, if needed.

They are cooked when they are a golden in colour on both sides and the potato is tender.

Thanks to the following vendors for their fantastic produce

INDIGO BAKERY – pide

MCARTHURS BERRY FARM – leeks and carrots

ROSEDALE ORCHARDS – pears

LECKIES BUTCHERY – pickled pork

ETTRICK GARDENS – cauliflower and red ruby potatoes

JANEFIELD HYDROPONICS - kale

WHOLE ROAST CAULIFLOWER WITH FENNEL AND LEMON

Serves 6 as a side

By roasting a cauliflower whole, you get a fantastic texture and taste. You can slice the cauliflower and serve it like that or you could chop it finely and turn it into a cauliflower type cous cous.

Ingredients

2 cauliflowers (500g each approx.)

Extra virgin olive oil

½ tsp sumac

½ tsp fennel seeds, roughly ground

½ tsp ground cumin

2 lemons

A handful of parsley, chopped

Sea salt

Method

Preheat the oven to 190C.

Pour ¼ cup olive oil into a bowl and add the spices and 2 Tbsp lemon juice.

Hold the cauliflower by the base and dunk and rub the head of the cauliflower in the flavoured oil, making sure you get it well covered.

Season with sea salt flakes and roast for 45 minutes or until the centre of the cauliflower is tender. If the cauliflower is getting too dark, lower the temperature.

When ready to serve, pour over any roasting juices, sprinkle of sea salt, fresh squeeze of lemon and scatter the chopped parsley over the top.



Follow Alison on face book
—Alison Lambert taste of my life—
or at her blog www.tasteofmylife.com

ROAST PEAR AND KALE SALAD Serves 4 – 6

Roasting pears add a delicious twist, almost like when you roast a potato, beautifully crisp on the outside and tender and juicy on the in.

Ingredients

4-6 medium ripe pears, quartered and cored

A small handful of rosemary sprigs

4 Tbsp olive oil

1 Tbsp runny honey

400g kale leaves, tough stalks removed and discarded.

100g hazelnuts (roasted), lightly crushed

1 tsp red wine or cider vinegar

Salt and black pepper

Method

Preheat the oven to 200C

Lay the pears skin-side down in a roasting tin. Scatter over the rosemary, drizzle everything liberally with olive oil, spoon over the honey, then season with salt and freshly ground black pepper.

Bake for 20-25 minutes, or until the pears are tender and golden.

Place the kale leaves and hazelnuts into a large bowl, add the caramelised pear and any oil/juices, add the vinegar and season lightly. Toss gently to combine.

Serve at once.



*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas
www.novaenergy.co.nz*
