



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, September 20th, 2016

This week's chef: **Sandra Kellian**

Sprouting broccoli with poached egg, capers, parsley and lemon dressing

It's fresh and 'minerally', with a touch of saltiness. All the components – eggs, broccoli, capers, lemon and olive oil – go brilliantly together. If you don't want the hassle of breaking soft boiled eggs over the broccoli you could just poach them.

Ingredients

150g (5oz) purple sprouting broccoli, trimmed

2 large eggs

For the dressing

¼ tbsp white wine vinegar

Salt and pepper

¼ tsp Dijon mustard

4 tbsp extra-virgin olive oil

¼ tsp caster sugar

1 tbsp capers, rinsed of salt or brine

1 tbsp parsley, finely chopped

Method

Make the vinaigrette by whisking all the ingredients together.

Snip any dry bases off the broccoli stems. Steam or boil them until just tender. (How long this takes depends on the thickness of the stalks – push the tip of a sharp knife into them to test for doneness).

At the same time add the eggs to a pan of boiling water and cook for 5½ minutes, then immediately plunge them in cold water. As soon as the broccoli is cooked put it into a dish and cover with most of the dressing.

Peel the eggs carefully and put one on top of each serving, gently breaking the egg so that the yolk starts to run out. Spoon over the rest of the dressing and serve immediately.

Thanks to the following vendors for their fantastic produce

Wairuna Organics – parsnips, earth gems

Ettrick Gardens – orange and purple carrots, sprouting broccoli

McArthurs Berry Farm – pumpkin, leeks

Hammerhead Foods – ras el hanout spice mix

Otago Preservation Pantry – powdered vegetable stock

Evansdale Cheese – fresh cheese curd

Gilberts Fine Food – Briatta

Janefield Paeonies and Hydroponics - coriander

Spiced pumpkin cheesecake

Pumpkins are coming to their end so make the most of them while you can with this delectable treat.

Ingredients

Biscuit Crust:

2 cups gingernut biscuit crumbs (or biscuit of your choice)

¼ cup sugar

¼ cup melted butter

Pumpkin Cheesecake:

900g fresh cheese curd, room temp

½ teaspoon ground ginger

1½ cups brown sugar

¼ teaspoon ground cloves

425g cooked pumpkin, pureed

¼ teaspoon ground nutmeg

3 large eggs

¼ teaspoon salt

1 teaspoon ground cinnamon

2 teaspoons vanilla extract

Method

Preheat oven to 180°C.

Combine biscuit crumbs, sugar, and melted butter in a medium bowl. Pour into a 10" spring form pan and press buttered crumbs into the bottom and 1 ½" up sides of pan. Bake crust in preheated oven for about 10 minutes. Cool completely.

Place the curds into a food processor and process until smooth. Add the brown sugar and pulse until just until combined. Pulse in the pumpkin puree, then eggs one at a time to ensure that they are fully incorporated. Stir in spices, salt and vanilla.

Place pan with crust on a baking sheet (this will just make it easier to take in and out of oven). Pour filling into cooled crust.

Bake cheesecake for 1½ hours, or until filling is set.

Remove cheesecake from oven and carefully run a small, sharp knife around the edge of the cheesecake to loosen it from the sides of the pan. (Do not release the springform latch yet.)

Cool 1 hour on countertop, then chill overnight in refrigerator.



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Moroccan Seven Vegetable Couscous with dried fruits and ras el hanout

Serves 4-6

Don't be too put off by the list of ingredients, this is a super easy and delicious dish to make.

Why seven vegetables and not 6? Traditionally in Morocco, seven is a lucky number.

Ingredients

150g dried chickpeas - soak overnight	3 carrots, cut into 2.5cm slices
3 litres vegetable stock	2 large parsnips, cut into wedges
2 tbsp olive oil	400g earth gems, washed
3 cloves garlic, finely chopped	75g raisins
½ tsp saffron	100g dried apricots
1/2 tsp turmeric	75g dried dates
1/4 tsp cinnamon	500g quick cook couscous
1 tbsp ras el hanout	fresh coriander, mint, parsley, chopped
2 red onion, cut into wedges	
400g tomatoes fresh or canned, skinned and chopped	
4 courgette, quartered and cut into 2 inch batons	
400g pumpkin, peeled, cut into large cubes	

Method

In a large pot, add the drained and rinsed chickpeas, vegetable stock, garlic, spices and butter and cook until tender. Drain off the chickpeas and strain off the liquid but do not discard.

In the base of a large pot, heat the olive oil and add the ras el hanout to infuse for about 30 seconds then add the chickpea stock.

Start adding the vegetables, starting with the hard vegetables first and cook for around 10-15 minutes. Then add the remaining vegetables, chickpeas, dates and apricots and cook for 10 minutes more or until all vegetables are tender.

In another pot, add 500ml of stock or water and heat. When boiling, sprinkle over the couscous, season with salt & pepper, drizzle with some olive oil and quickly mix it in with a fork, not a spoon. Cover with clingfilm or a tight fitting lid and leave to absorb for 10 minutes.

When ready to serve, fluff the couscous up to separate the grains again, with a fork and taste for seasoning. Pile a mound of couscous onto each plate (or a large serving dish/tagine). Using a slotted spoon, transfer the vegetables and arrange on top of the couscous. Ladle some of the cooking stock left in the pan over the dish and transfer the rest into a jug to serve alongside for everyone to help themselves to. Top with some toasted almonds, chopped fresh herbs and serve immediately.

Purple sprouting broccoli, leek & almond tart

Ingredients

1 tbsp extra virgin rapeseed oil or olive oil
2 leeks, finely sliced
flour, for dusting
500g pack puff pastry
1 tbsp polenta or semolina

6 spears purple sprouting broccoli, trimmed
150ml crème fraîche (you can use half-fat)
50g Parmesan (or vegetarian alternative), finely grated
2 egg yolks
25g flaked almonds

Method

Heat oven to 220°C/200°C fan. Heat a frying pan with a lid over a medium heat and add the oil. Cook the leeks, with the lid on, stirring occasionally until just tender – about 5 mins. Set aside.

On a lightly floured surface, roll out the pastry and cut out a rough 26cm circle – use a big dinner plate as a template. Cover a baking tray with baking parchment, sprinkle the polenta or semolina over it, and place the pastry circle on top. Score a circle about 2cm from the edge. Spread the leeks out evenly inside the scored circle, then bake for 10 mins until the edges have puffed up. Remove from the oven and turn heat down to 200°C/180°C fan. Bring a medium pan of water to the boil. Blanch the broccoli in the boiling water for 1 min, then drain and cool under running water. Drain again and arrange on top of the leeks. Mix together the crème fraîche, Parmesan, egg yolks and some seasoning, then pour evenly over the veg. Sprinkle with the flaked almonds. Bake the tart for 15-20 mins until golden. Serve warm or cold.

Sprouting broccoli pasta Serves 4

Ingredients

1kg purple sprouting broccoli
1 medium sized red chilli (not too hot)
2 large cloves garlic, peeled
1 small tin of anchovy fillets in olive oil, drained
Good quality olive oil
350g (14oz) pasta: fusilli, penne rigate, spaghetti, linguine or conchiglie
4Tbsp grated parmesan cheese

Method

Put a large pan of water on to boil with a little salt for the pasta.

Trim the outer leaves and tough stalks from the broccoli. Wash the broccoli well to get out any grit and chop into 1cm pieces. Cut the chilli in half lengthways and scrape out the seeds and pith. Chop the chilli flesh, the garlic and the anchovies finely. In another large pan, warm 60ml (4 tablespoons) of olive oil over a medium heat and add the chilli, garlic and anchovies. Gently cook these for a minute then add the broccoli, season with a little salt and pepper, then continue to cook gently whilst the pasta boils to el dente.

After the pasta has been cooking for 5 minutes transfer a small ladle of the cooking water to the broccoli. Turn up the heat to high, add another 30ml (2 tablespoons) of oil and add the cheese. Cook for 2 minutes. If the broccoli is cooked and tender, cover and set aside until the pasta is done. When ready, drain the pasta then toss with the broccoli and serve immediately.