



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 24th September 2016

This week's chef: *Sandra Kellian*

Grilled fish on bread with sumac, red onion and tomato salad

4 fillets of white fish of your choice
10ml/1bsp olive oil
Salt and ground black pepper to taste

For Salad

1/2 red onion, cut in half and thinly sliced
3 medium tomatoes, finely chopped
A handful of flat leaf (Italian) parsley, finely chopped
30 ml/2 tbsp extra virgin olive oil
Juice of 1 lemon
5 ml/1 tsp ground sumac
Sea salt and ground black pepper to taste

To Serve

Slices of crusty bread

Method

Work the salt and sumac into the onion slices with your hands. This will soften the onions, make them more palatable and let the sumac really penetrate to the onions. Add the chopped tomatoes, parsley, juice of lemon and extra virgin olive oil into the bowl and combine well. Season with ground black pepper.

Set aside while you **cook the fish**

Preheat the oven to 180°C

Grease the baking tray with a little olive oil or line with greased aluminium foil on a baking tray. Place the fillets of the fish, drizzle a little olive oil over them. Coat the fish with the seasoning and bake or grill until the flesh turns white all the way through.

Once the fish is baked, slice the bread (you can toast the bread if you like too.) Spread a thin layer of mayonnaise over the bread and place a cooked fish fillet over it. Then place a spoonful of the sumac salad over the bread and simply enjoy.

Pan Seared Fish with Raspberry Vinaigrette

Raspberry Vinaigrette

About 25 raspberries
1 1/2 tablespoons red wine vinegar
1 -2 tablespoon honey (or maple syrup)
1/2 teaspoon Dijon mustard
4 1/2 tablespoons olive oil

Pan Seared Fish

2 fish fillets
2 sprigs rosemary (about 3 inches long)
1 garlic clove (halved)
1 chilli pepper (halved and seeded)
2 tablespoons olive oil
salt and pepper

Method

To make the vinaigrette, begin by mashing the raspberries with a fork then mix with the red wine vinegar. Let stand for 30 minutes. Strain through a sieve to remove raspberry seeds.

Add the rest of the ingredients for the vinaigrette and whisk to make the vinaigrette.

Salt and pepper the fish fillets to taste.

Heat olive oil in pan on medium high heat and add rosemary, chili and garlic to flavour the oil. Remove rosemary, chili and garlic when slightly browned.

Sear fish fillets in pan in the flavoured oil on both sides until done or fish flake easily. Time for searing depends on thickness of your fillets and type of fish you use.

Arrange fillets on plates, add rosemary, chilli and garlic.

Add raspberry vinaigrette and serve with crusty bread and a green salad.

Thanks to the following vendors for their fantastic produce

Ettrick Gardens – beetroot, raspberries

Janefield Paeonies and Hydroponics – salad greens, mint

McArthurs Berry Farm – silverbeet

Harbour Fish – fish fillets

Indigo Bakery – baguette

Agreeable Eggs - eggs



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Silver beet and mint salad

Ingredients

2 cups silver beet leaves,	2 tablespoons golden or brown linseeds
2 spring onions, finely sliced	1 tablespoon olive oil
1 cup mint leaves, shredded	1 tablespoon balsamic vinegar
3 cooked beetroot, sliced	fresh lemon juice
100g feta, broken into chunks	sea salt
1/4 cup walnuts, crushed	ground black pepper

Method

Trim stalks and shred silver beet, place with spring onions, mint leaves and beetroot in a salad bowl but do not toss.

Sprinkle feta, walnuts and linseeds over the top and drizzle with olive oil, balsamic and a good squeeze of lemon. Season with salt and pepper and serve with a serve of quality protein.

Beetroot ravioli with broad bean pesto

These little pockets of purple filling are made using wonton wrappers instead of traditional pasta for a lighter alternative.

Ingredients

Ravioli

350g beetroot
2 tbsp spring onion or chives
150g ricotta cheese
50g grated fresh parmesan cheese
Salt and freshly ground black pepper
Freshly ground nutmeg
1 packet wonton wrappers
Freshly grated parmesan to serve.

Broad bean pesto

350g fresh or frozen shelled broad beans
1 bunch fresh mint
1 tbsp pine nuts, toasted
2 garlic cloves
40g freshly grated parmesan cheese
100ml olive oil

Method

Broad bean pesto

Blanch the beans in boiling water for approx. 1 minute, refresh in cold water. Drain and peel off the skins. Setting a quarter of the beans aside, place the remaining, except the oil, in a blender and whiz until they are finely chopped. With the motor still running, drizzle in the olive oil and season to taste.

Ravioli

Cook the beetroot in a large saucepan of boiling salted water until tender, refresh in cold water and drain well. Peel and cut into 1cm cubes and dry on kitchen paper. Purée in a food processor.

Place in a bowl with the finely chopped spring onion, both cheeses and mix lightly together; season with salt, pepper and nutmeg. Take a wonton wrapper, place a generous spoonful of beetroot mix in the middle, and lightly brush the edges around the filling with a tiny amount of water and place another square over top.

Press down the edges to seal the ravioli and make sure that any air is pushed out as you go. Neaten and trim the edges as required and then transfer to a tray generously dusted with plain flour. Set aside for 15 minutes to dry out a little.

Cook the ravioli in batches, in a large pot of boiling salted water until *al dente*. Drain well and return to the pan, adding the reserved beans, half the pesto and season to taste. Distribute between serving plates and sprinkle with the remaining parmesan.

Raspberry shortcake with walnuts

Ingredients

Crust

200g flour
60g cup icing sugar
3/4 cup or 12 Tbsp butter

Filling

75g chopped walnuts
283g frozen or fresh raspberries (do not defrost if frozen)
2 eggs
150 white granulated sugar
35g cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla

Method

Make the crust. Place the crust ingredients—flour, powdered sugar, and butter—in a blender or food processor. Process until a dough forms, about 30 seconds to a minute. Lightly grease the inside of a 9 to 10 inch wide, 1 inch high, tart pan with a little butter. Place the dough in the tart pan. Use your fingers to spread the dough and press it evenly all over the inside of the tart pan. (You can use a rolling pin to roll over the top of the tart pan to remove any excess dough and create an even top edge.) Place in the freezer and freeze for one hour or longer.

Pre-bake in a 175°C oven for 25 minutes. (It helps if before baking you line the crust with aluminium foil and fill with pie weights, such as dry beans; this will keep the tart crust from slumping.) Remove from the oven and let cool for 15 minutes. Place the chopped walnuts in the crust in the tart and spread evenly over the bottom.

Place the fresh or frozen raspberries on top of the walnuts and spread in an even layer. Beat together the remaining filling ingredients—eggs, sugar, flour, baking powder, salt, vanilla—until smooth. Pour the egg mixture over the raspberries and walnuts in the crust. Bake in the oven on the middle rack for 40 minutes, or until the top is nicely browned all over and the filling has set. When you remove the tart from the oven the centre should still wiggle just a little. Take a sharp knife around the edge of the tart to separate it a little bit from the pan. This will make it easier to remove pieces once the tart has cooled.

Let cool to room temperature to serve