



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

Recipes for Saturday, 8<sup>th</sup> October 2016

This week's chef: *Sandra Kellian*

## Shredded cabbage, mint and hazelnut salad

### INGREDIENTS

3 cups shredded green cabbage  
¼ cup sunflower seeds, lightly toasted  
½ hazelnuts, lightly toasted and crushed  
¼ cup coarsely chopped fresh mint  
1/4 cup extra virgin olive oil  
3 tablespoons pure maple syrup  
Zest of 1 lemon  
Juice of 2 lemons  
1 garlic clove, minced  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper

### METHOD

Combine the cabbage, hazelnuts, sunflower seeds, and mint in a large serving bowl.  
In a small jar with a tight-fitting lid, combine the olive oil, maple syrup, lemon zest, lemon juice, garlic, salt, and pepper. Shake to thoroughly combine.  
Pour the dressing over the salad and toss to coat well.  
Let sit for about 20 minutes before serving.

## Pork tenderloin with Riesling poached rhubarb

*You can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature. After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful pathogens.*

### INGREDIENTS

700g rhubarb, trimmed and cut into 4cm pieces on an angle  
1 cup Riesling  
2 tablespoons honey or to taste  
½ tsp salt  
8 green cardamom pods  
2 whole star anise  
Thumb size piece ginger, peeled and thickly sliced crosswise  
1 kg pork tenderloin

### METHOD

Heat oven to 200°C.  
Mix together rhubarb, Riesling, salt, cardamom, star anise, and ginger in a baking dish. Bake, stirring occasionally, until rhubarb is tender, 14-16 minutes. Let cool to room temperature.  
While the rhubarb is cooking, prepare the pork by seasoning generously with salt and black pepper.  
Heat a large frying pan over high heat and warm the olive oil. Brown the tenderloin on all sides, about 5 minutes in total. Brush the tenderloin with about 1/2 cup of the rhubarb mix, taking care to cover all sides. Roast the pork in the middle rack of the oven for about 30 minutes, or until a food thermometer reads above 70°C degrees.  
Remove from the oven and allow to sit for 5 minutes before slicing.



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## Rhubarb, mascarpone and hazelnut tart(lets)

*Make 4 individual or one large tart.*

### INGREDIENTS

1/4 cup plain flour

2 tablespoons light brown sugar

50g hazelnuts

3 heaped tablespoons mascarpone cheese

1 teaspoon vanilla bean paste

2 teaspoons Frangelico liqueur (optional)

8 stalks fresh rhubarb, chopped into 2.5cm pieces

3 tablespoons caster sugar

Pre-rolled vanilla bean/sweet shortcrust pastry

### METHOD

Pre-heat oven to 200°C.

Butter 4 individual non-stick tartlet tins (or 1 non-stick tart tin) and line with pre-rolled pastry. Place a small sheet of non-stick baking parchment into each then fill with baking beads or something heavy like rice or coins and blind-bake for 15 minutes in pre-heated oven before removing paper/rice etc. Bake for a further 5 minutes. Remove pastry cases from oven and allow to cool slightly.

Scatter hazelnuts onto a baking tray and toast for 10-15 minutes then remove from oven and blitz to a fine/medium sandy texture in a food processor, or chop by hand.

Combine flour, brown sugar, mascarpone, vanilla bean paste, and Frangelico along with the ground hazelnuts in a bowl and stir thoroughly to combine into a thick paste.

Place chopped rhubarb and caster sugar into a medium-sized saucepan and bring to a simmer over medium heat for 2-3 minutes. Remove from heat and strain juices into a bowl through a strainer, retaining both stewed fruit and liquid. Return the juice to the pan and continue simmer over medium-high heat until reduced by 3/4 and you are left with a very thick, glossy syrup.

Spoon a heaped tablespoon of hazelnut paste into each tartlet case and smooth over base, repeat with other cases and paste then top with stewed rhubarb.

Bake for 30 minutes or until pastry is golden and rhubarb fully cooked.

To serve brush top of tartlets with reduced rhubarb syrup and serve warm with cream.



**Thanks to the following vendors for their fantastic produce**

Beam Me Up Bagels – bagels, mini bagels

Waitaki Bacon and Ham– pork loin

Butlers Fruit Farm – rhubarb

Judge Rock Wines– Riesling

McArthurs Berry Farm – cabbage

Gilberts Fine Foods - briatta

