



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 12<sup>th</sup> November 2016

This week's chef: **Adam Doesburg**

## Herby rice noodle salad

*This cheerful gluten-free salad is so fast to prepare and goes great with grilled or poached fish. Zesty, fresh and light, it screams 'summer is coming!'*

1 packet flat rice noodles prepared to instructions, drained, tossed with olive oil

1 cup finely shredded bok choy, spinach, watercress or the like

1 cup of your favourite soft herbs, picked or shredded

3-4 spring onions shredded

1T sesame oil

Juice of 2 lemons

Salt, pepper, sugar to season

2T toasted sesame seeds to garnish

Combine oil, lemon juice, a couple of pinches each of salt, pepper and sugar in a large bowl. Add and all but the last ingredient and toss, adjusting seasoning as desired. Serve immediately, sprinkled with sesame seeds, alongside lean grilled protein of your choice, or topped with a creamy soft poached egg.



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
[www.novaenergy.co.nz](http://www.novaenergy.co.nz)*

## Thanks to the following vendors for their fantastic produce

**Whitestone Cheese** – cheese

**Butlers Fruit Farm** – rhubarb

**Palmerston Asparagus** – asparagus

**Indigo Bakery** – bread

**Ettrick Gardens** – potatoes

**Janefield Paeonies and Hydroponics** – herbs, greens

**Evansdale Cheese** – cheese curd

**Lebanese Cuisine** – labneh

**Ann Robertson Free Range Eggs** – eggs

**Hammerhead Foods** – smoked paprika

## Asparagus and potato frittata

*Frittata is so versatile - eat it from brunch to supper, warm or cold, at the table, on a picnic or out of a lunch box. Try it with your favourite sauce or chutney from one of our creative vendors. It's worth making a frittata as left-overs keep for 3-4 days and, in my opinion, improve in flavour.*

### **Ingredients**

2 large white onions sliced thin

2-3 sprigs of thyme, stripped

500g asparagus

500g firm fleshed potato, such as Nadine

1 cup cheese curd

½ cup cream

1 doz eggs

1 tsp smoked paprika

Salt, pepper

### **Method**

Lightly parboil your potatoes, skins on, and when almost done drop in your asparagus spears for 90sec. Drain. Set asparagus aside. Cut potatoes into half-inch slices.

Meanwhile lightly sauté your onion slices, with the thyme, in the large skillet you intend to assemble your frittata in.

When onions are opaque, add in your potatoes and asparagus spears and toss to combine. In a bowl combine eggs, cream, two thirds of the cheese curd, the paprika, and pepper. Go easy on any additional salt as the curd is very salty. Pour over the vegetables.

With the skillet on a low heat, cook through the bottom half of the frittata, meanwhile heat your grill. Transfer your skillet to the oven and grill until egg is almost set on top. Crumble over remainder of the cheese curd and a good pinch of paprika. Return to oven until cheese is melted a little.

Allow frittata to stand for 30min – 1 hour, then turn out on to a plate, and then onto another plate or board, cheese side up, for serving. Cut into wedges, and enjoy with a crisp salad and a chutney or sauce of your choosing.

## Upside-down rhubarb cake with cardamom caramel

*I love rhubarb; it has an unparalleled flavour- tangy and a little musky - and marries particularly well with apple in a host of applications. In this recipe I match it with some equally special flavours; green cardamom, and tangy labneh perfumed with rose water. Note the slightly lower baking temp to avoid scorching the topping*  
Position an oven rack mid-oven, and preheat oven to 170.C.

Grease and line the bottom of an 8 inch cake tin with baking paper. Set aside.

### **For the syrup**

1 ½ cup brown sugar

1 ½ cup water

50g butter

4-6 green cardamom pods, cracked open with the side of a knife

Melt together in a shallow pan and, over a moderate heat, reduce by half. As with any sugar work watch like a hawk, and don't stir, but rather swirl the pan.

Meanwhile wash, de-string and cut your rhubarb into appropriate lengths to fit the bottom of your cake tin in a snug single layer. Bear in mind the rhubarb will shrink a little as it poaches. Carefully lay the rhubarb into the hot syrup and remove pan from the heat.

Meanwhile prepare your **cake batter**

In a small bowl combine

300g plain flour

2 tsp baking powder

¼ tsp salt

In a larger bowl cream

200g soft butter

200g soft brown sugar

2 tsp ground cardamom

1 tsp ground cloves

1 tsp real vanilla essence

Cream butter mix until light and doubled in volume, then stir in 3 eggs, one after the other. Tip a third of the dry ingredients into the creaming bowl and incorporate fully. Gently fold in the remainder, half at a time, with a gentle hand or mixer on slowest speed. Scrape down the sides of your bowl as you work. If the batter is too thick add a little milk at a time, until only just loose enough\*.

Line your prepared cake tin with a single layer of poached rhubarb, and tip over enough syrup to fill any small gaps. Reserve the remaining syrup for serving. Tip in your batter, smooth it down, and gently tap the tin on the work surface to knock out any large air bubbles. Place in the oven and set a timer for 30min. From this point check your cake regularly through the oven door to ensure it isn't colouring up too much; if it is cover with baking paper or foil. At 45min press the top of your cake lightly; if it springs back it is done; if not return to oven and check at 5min intervals. Remove and allow cake to stand in the tin for 30min. To plate, cover the

top of your cake tin with serving plate and, holding it in place, invert your tin. If the tin doesn't immediately lift off, hold it firmly to the plate and give a couple of short sharp shakes. Lift the tin off and if necessary peel the baking paper from your cake. Drizzle a little of the reserved syrup over the top and allow to stand for a moment while you whip up

1 cup of labneh

1T icing sugar

½ tsp of rose water

Serve a spoon of labneh alongside slices of your cake. Best enjoyed still warm with friends and family!

*\*it may seem counter intuitive, but adding milk to 'lighten' cake batters actually makes for a tougher finished product, because it enables the gluten in the flour. My advice - use as little milk as you can get away with.*

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## Asparagus pesto

*Try and make only as much of this as you will eat fresh, as blitzed asparagus will lose its verdant hue if it languishes in the fridge. However, if you do end up with extra, or plans change, just add your pesto to a little cream reduced with stock and you have a super quick pasta sauce!*

*Today we're enjoying this pesto with artisan bread from Dunedin's Indigo Bakery.*

### **Ingredients**

250g asparagus, washed, drained and roughly chopped

1 small clove garlic peeled, or whites of 2 spring onions chopped

Handful of flat leaf parsley

½ cup pumpkin seeds, toasted and cooled

quality extra virgin olive oil to blend

¼ cup dry sharp cheese, finely grated

salt, pepper

Juice of a lemon

### **Method**

In a food processor pulse asparagus, garlic/onion, and parsley, scraping down the sides of the bowl as necessary. Add pumpkin seeds and 3-4T of olive oil and pulse again until desired consistency. For a thinner paste add a little water, a splash at a time. By hand stir in your grated cheese, and pepper, adding salt as necessary. Lastly stir in juice of half a lemon. Continue to adjust seasoning to taste. Serve immediately or store for a few hours with cling film pressed against the surface of the pesto, or a layer of oil on top.

