



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 19<sup>th</sup> November 2016

This week's chef: *Sandra Kellian*

## **BROAD BEAN, ASPARAGUS AND NEW POTATO SALAD** Serves 8 (ish)

*This salad is spring. If you can't find fresh broad beans, substitute with frozen (follow the same method below for the fresh beans) or English peas or sugar snap peas instead.*

### **Ingredients**

¼ cup coarsely chopped toasted hazelnuts	¼ cup olive oil
1½ cups shelled broad beans	1 bunch asparagus,
Sea salt	About 15 baby new potatoes
1 small shallot, finely chopped	2 cups trimmed watercress or rocket
2 Tbsp Champagne or white wine vinegar	½ cup mint leaves
Freshly ground black pepper	2 tablespoons tarragon leaves
	2 tablespoons chive blossoms (optional)

### **Preparation**

Preheat oven to 180°C. Toast hazelnuts on a baking sheet, tossing occasionally, until fragrant but not browned, 5–8 minutes. Remove the skins then coarsely chop when cool enough to handle. Cook broad beans in a large saucepan of boiling salted water until tender, about 4 minutes. Using a slotted spoon, transfer to a colander set in a bowl of ice water. Drain, remove skins, and transfer beans to a small bowl. Slice new potatoes in half or quarters (depending on size) and place in a large pot. Cover with cold water and bring to a boil. Turn down the heat to a slow boil and cook for 12 to 15 minutes - until fork tender. Combine shallot and vinegar in another small bowl; season with salt and pepper and set aside at least 10 minutes. Whisk oil into shallot mixture; season vinaigrette with salt and pepper. Slice asparagus thinly lengthwise on a mandolin or with a vege peeler. Combine beans, asparagus, potatoes, watercress, mint, and tarragon in a large bowl; add vinaigrette and hazelnuts and toss to combine. Transfer to a serving platter and top with chive blossoms, if using.

## **SPICY PICKLED ASPARAGUS**

*Don't skip the blanching step in this recipe. It helps to soften the asparagus and allow the pickling liquid to soak in more effectively.*

### **Ingredients**

1 kg asparagus, trimmed to fit your jars  
1 ½ cups apple cider vinegar  
1 ½ cups filtered water  
2 Tablespoons pickling salt  
4 garlic cloves, peeled  
2 teaspoons crushed red pepper flakes  
1/2 teaspoon cayenne pepper

### **Preparation**

Prepare a boiling water bath and two jars that will hold roughly 700mls of liquid (you can also substitute four 350mls jars). Place lids in a small pan of water and bring to a bare simmer. Combine apple cider vinegar, water and salt in a saucepan and bring to a boil. While the blanching pot lids, wash asparagus and trim to fit in your jars. Add the jars to the boiling water bath to sterilise. In a separate pot, blanch asparagus for 60 seconds. When time is up, transfer asparagus to a colander and rinse with cold water. Carefully remove the jars from the water bath and drain. Divide garlic cloves, crushed red pepper flakes and cayenne pepper evenly between jars. Pack asparagus spears into jars. Pour the pickling liquid over the asparagus, leaving about 1cm of headspace. Tap jars gently to remove any air bubbles. Add more liquid to return headspace to 1cm, if necessary. Wipe rims, apply lids and rings, and process jars in a boiling water bath for 10 minutes. When time is up, remove jars from the water bath and let them cool on a folded kitchen towel. Let them cure for at least a week before eating.

## **CRUSHED NEW POTATOES** à la Gordon Ramsay

### **Ingredients**

1kg peeled or scrubbed new potatoes  
3 Tbsp olive oil  
4 spring onion, sliced  
handful pitted black olives, chopped (optional)  
handful crumbled feta cheese (optional)

### **Preparation**

Cook the potatoes in boiling salted water for about 15 mins until completely cooked through. Peeling the potatoes isn't essential, but it gives a smoother finish to the dish. Drain, tip into a bowl, and crush with the olive oil until broken but not mashed. Stir through the spring onions and the olives, then season to taste and serve.



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## ASPARAGUS, LEMON AND MINT RISOTTO

### Ingredients

#### FOR THE RISOTTO BASE

1 litre organic vegetable or chicken stock  
2 Tablespoons olive oil  
1 large onion, peeled and finely chopped  
4-5 sticks celery, trimmed, finely chopped  
600 g risotto rice  
250ml dry white wine

#### FOR THE RISOTTO

2 bunches asparagus, remove woody ends  
700 ml organic vegetable or chicken stock  
50 g butter  
1 sm. handful Parmesan cheese, freshly grated  
1 bunch fresh mint leaves finely chopped  
2 lemons, zest and juice of  
sea salt  
freshly ground black pepper  
extra virgin olive oil

### Preparation

Start by finely chopping the asparagus stalks into tiny discs to just below the tips, keeping the tips whole. Then start making your basic risotto recipe. Bring the stock to a simmer in a saucepan. Put the olive oil in a separate large pan, add the onion and celery and cook very gently for about 15 minutes, without colouring, until soft. Add the rice (it will sizzle) and turn up the heat. Don't let the rice or veg catch on the bottom of the pan, so keep it moving. Quickly pour in the wine. You will smell the alcohol immediately, so keep stirring all the time until it has evaporated. Add the stock to the rice a ladle at a time, stirring and waiting until it has been fully absorbed before adding the next. Turn the heat down to low so the rice doesn't cook too quickly, otherwise the outside of each grain will be stodgy and the inside hard and nutty (you don't want to cook it too slowly either, or it will turn into rice pudding!) and continue to add ladlefuls of stock until it has all been absorbed. This should take about 14 to 15 minutes and give you rice that is beginning to soften but is still a little al dente. Put to one side. Put a large saucepan on a medium to high heat and pour in half the stock, followed by all your risotto base and the finely sliced asparagus stalks and the tips. Stirring all the time, gently bring to the boil, then turn the heat down and simmer until almost all the stock has been absorbed. Add the rest of the stock a ladleful at a time until the rice and asparagus are cooked. You might not need all your stock. Be careful not to overcook the rice - check it throughout cooking to make sure it's a pleasure to eat. It should hold its shape but be soft, creamy and oozy, and the overall texture should be slightly looser than you think you want it. Turn off the heat, beat in the butter and Parmesan, mint, almost all the lemon zest and all the juice. Check the seasoning and add salt and pepper if needed. Put a lid on the pan and leave the risotto to rest for a minute. Serve with a drizzle of olive oil and a scattering of lemon juice

## FLOURLESS CHOCOLATE-HAZELNUT CAKE

### Ingredients

Melted butter, to grease  
200g dark chocolate, finely chopped  
150g unsalted butter, chopped  
200g dry roasted and skinned hazelnuts  
1 ½ tablespoons cocoa powder  
6 eggs  
200g caster sugar  
1 tablespoon brandy or rum  
1 teaspoon vanilla essence

To serve: Whipped cream, mascarpone or clotted cream, and sliced strawberries

### Preparation

Preheat oven to 180°C. Brush a 23cm (base measurement) springform pan with melted butter to grease. Line the base and side with non-stick baking paper. Combine the chocolate and butter in a heatproof bowl. Place the bowl over a saucepan half-filled with simmering water (make sure the bowl doesn't touch the water). Cook for 4 minutes, stirring occasionally, until the chocolate melts and the mixture is smooth. Set aside to cool slightly. Place the hazelnuts in a clean tea towel and rub to remove the skins. Place the hazelnuts and cocoa powder in the bowl of a food processor and process until the hazelnuts are finely ground. Separate the eggs, reserving 3 egg whites. Reserve 2 tablespoons of sugar. Combine the egg yolks and remaining sugar in a large bowl. Use an electric beater to beat for 5 minutes or until thick and pale. Add the chocolate mixture, brandy or rum and vanilla, and stir until well combined. Stir in the hazelnut mixture. Use a clean electric beater to whisk the reserved egg whites in a clean dry bowl until firm peaks form. Add the reserved sugar and beat for 2 minutes or until the mixture is firm and glossy. Gently fold the egg white mixture into the chocolate mixture. Pour into the prepared pan. Bake in oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan for 20 minutes to cool before turning onto a wire rack to cool completely.

Cut into wedges. Serve with cream and sliced strawberries.

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## Thanks to the following vendors for their fantastic produce

**Amazelnuts - hazelnuts**

**Anne Robertson Free Range Eggs**

**Brydone Growers Limited – new potatoes**

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

**Ocho - 77% cacao chocolate**

**Otago Preservation Pantry- powdered vegetable stock**

**Palmerston Asparagus**

**Whitestone Cheese - fuchsia creek feta**

**Indigo Bakery**

