



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

Recipes for Saturday, 26th November 2016

This week's chef: *Sandra Kellian*

GRILLED FISH WITH STRAWBERRY SALSA AND BABY NEW POTATOES

Ingredients

Fish

1 firm white fish fillet per person
¼ cup all-purpose flour
Salt and pepper to taste
1 ½ Tablespoon olive oil
Washed baby new potatoes

For the salsa

250g fresh strawberries
1 red onion, finely chopped
¼ cup fresh basil or Italian parsley
Salt and pepper to taste
Fresh lemon juice to taste

Instructions

For the **salsa**, clean, hull and cut strawberries small, finely chop parsley, then mix all the ingredients in a medium bowl. Add a Jalapeno chilli -- deseeded and finely chopped if you like it spicy, and chill for 1 hour before serving.

In a deep plate, mix the flour with fresh ground pepper and salt. Coat the fish and with the flour mix.

Using salted cold water to start, place potatoes in a pot and bring to the boil, turn down to a simmer and cook until tender. Drain off the water, toss in butter and black pepper and keep warm until ready to serve.

In a fry pan add the olive oil and pan fry the fish on both side to your likeness. Remove from the heat and top with the fresh strawberry salsa with a side dish of buttery new potatoes and serve immediately.

Thanks to the following vendors for their fantastic produce

Harbour Fish

Brydone Growers – baby new potatoes

Ettrick Gardens – strawberries

Evansdale Cheese – Ruby Bay, Mt Cargill Tudor

Havoc Pork – cooked ham

Janefield Paeonies and Hydroponics – basil

Jar Up – sauerkraut

Willowbrook Orchard – Gala apples

Gilberts Fine Foods - briatta

HAM AND SAUERKRAUT BALLS

Ingredients for balls:

600g cooked ham very finely ground
500g drained and chopped sauerkraut
50g onion, finely chopped
1 garlic clove, minced
3 Tablespoons dry bread crumbs
150g cream cheese, room temperature
3 Tablespoons fresh flat leafed parsley
2 Tablespoons Dijon mustard
½ teaspoon pepper
dipping sauces of your choice

Ingredients for frying

½ cup flour
2 eggs
¼ cup milk
¾ cup dry bread crumbs
oil for deep frying

Instructions

In a large bowl combine ham, sauerkraut, onion, garlic and 2 Tablespoons of the breadcrumbs; add cream cheese, chopped parsley, mustard, and pepper and mix ingredients together, by hand. Chill for 1 hour to firm up for shaping into small balls. Prepare three containers for coating each ball: flour, egg mixture, panko bread crumbs. Dip each frozen ball into the flour, then the egg mixture, and roll to cover in the crumbs. Place on parchment lined cookie sheet and keep chilled in the freezer until ready to fry. Heat oil in a deep pot or fryer. Fry in small batches until golden, about 5 minutes. Serve immediately with a range of condiments: whole grain or dijon mustard, chutneys of your choice, apple sauce to name a few.



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HAM, APPLE, SAUERKRAUT AND CHEESE QUESADILLA

Ingredients

- 1 cup sauerkraut, rinsed
- ½ cup water
- 1 ⅓ cups grated cheese
- 1 small juicy apple, peeled and very thinly sliced
- 3 Tablespoons ham, diced small
- 2 9-to-10-inch (burrito-size) flour tortillas

Instructions

Put sauerkraut and water in a medium nonreactive frying pan. Gently heat just until the liquid has evaporated but not so much that the sauerkraut begins to stick to the pan. Remove from the heat. Gradually heat a large cast-iron pan over medium heat. Put a tortilla in the pan and immediately sprinkle ⅓ cup cheese over half of it. Quickly arrange about half the apple slices over the cheese, then top with half the sauerkraut, spreading it evenly, and half the ham. Sprinkle with another ⅓ cup cheese. Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat the tortilla until the bottom is golden, about 2 minutes, then carefully flip and lightly brown the other side. Slide the quesadilla onto a cutting board and cut it into halves or quarters. Prepare the second one in the same fashion.

APPLE, SAGE AND CHEDDAR BISCUITS makes approx 8 biscuits

Ingredients

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| 2 cups spelt flour | 1 tsp black pepper |
| ¼ cup sugar | ½ cup butter |
| 1 ¼ tsp baking powder | ½ cup cream |
| ¼ tsp baking soda | 2 Gala apples, |
| ½ tsp salt | 1 Tablespoon chopped sage |
| 1 cup cheddar cheese such as Evansdale Cheese Ruby Bay or Mt Cargill Tudor, grated | |

Instructions

Place rack in middle of the oven and preheat to 200°C. Line a baking pan with parchment paper. In a large bowl, whisk together the first six ingredients. Add the butter (cold and cut into small chunks or coarsely grated) to the bowl and, using two knives or a pastry blender (you can even just give it a couple pulses in the food processor), cut into the dry ingredients until the butter has mixed in. Slowly add the cream to the dry ingredients, stirring until it's fully incorporated. Fold in the apple (peeled and chopped into 1-2 cm cubes) and sage. Transfer the dough to a lightly floured work surface and knead a couple of times. Flatten the dough out until it is about 3-4 cm thick. Cut into the dough using a biscuit cutter

that's around 7 cm in diameter. Transfer cut dough to a lined baking tray. Repeat with remaining dough. This should result in approximately eight biscuits. Add a little mound of cheddar cheese to each scone. Bake for 18-20 minutes, or until the tops are golden brown.

SAUERKRAUT, CINNAMON AND APPLE CAKE WITH CREAM CHEESE

FROSTING

Vegetables in cakes are nothing new, think carrot, pumpkin or zucchini. This interesting combination results in a tangy sweet and sour flavour topped with a luscious cream cheese icing.

Ingredients

- 4 eggs
- 1 cup sugar
- ½ cup packed brown sugar
- 400g sauerkraut, rinsed and drained
- 1 large gala apple
- 1 cup canola oil
- 1 cup chopped walnuts
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg

CREAM CHEESE ICING:

- 250g cream cheese, softened
- 2 to 3 Tablespoons cream,
- 4 ½ cups icing sugar
- 1 Tablespoon orange zest
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Chopped walnuts, optional

Instructions

Preheat the oven to 180°C.

Line the bottom of two 20 cm (8 inch) round baking tins with baking paper. Grease and flour the paper and sides of pan. In a large bowl, beat eggs and sugars and set aside. Squeeze sauerkraut until dry, finely chop and add to egg mixture. Peel and finely grate apple and squeeze dry. Stir into the egg mixture. Add oil and the walnuts. Combine flour, baking powder, cinnamon, baking soda, salt and nutmeg and stir into the egg mixture. Pour the batter into tins. Bake at for 35-40 minutes or until a toothpick inserted near the centre comes out clean. Cool for 10 minutes before removing to wire racks to cool completely.

For **frosting**, beat cream cheese and 2 Tablespoons cream in a small bowl. Add sugar; beat until fluffy. Add orange peel, cinnamon and vanilla; mix well. Add remaining cream if needed. Spread between layers and over entire cake. Garnish with chopped walnuts if desired. Store in the refrigerator.

