



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

Recipes for Saturday, 3<sup>rd</sup> December 2016

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

## Moroccan style carrot and radish salad

*This fantastic salad captures the eye as much as it does the palate and is an ideal dish to celebrate sweet new carrots and crunchy radishes.*

### Ingredients

1 bunch new carrots, topped, scrubbed, quartered lengthwise  
1 bunch radishes, topped and sliced into moons  
2-3 spring onions, shredded  
a chilli, cut into rings (leave seeds in for more warmth)  
a handful of sultanas  
1T pinenuts and 1tsp cumin seeds, dry toasted  
a handful of fresh soft herbs, shredded (I'm using basil mint because it's going mad in the garden)

For the **dressing**, in a small bowl or a lidded jar combine

2T vinegar  
2T olive oil  
1T pomegranate molasses  
½ tsp sesame oil  
½ tsp smoked Manuka spice  
½ tsp salt

### Method

Toss everything together and serve immediately with your choice of some lean grilled protein or a soft poached egg.

## This pesto is tops

*Don't discard the greens from your radishes, carrots, and daikon; make this punchy pesto and serve it with bread and cold cuts or a cheese board.*

Blitz whatever green tops you have at hand with a clove of garlic or, if it grows nearby, a handful of onion weed, a teaspoon of toasted cumin seeds, glug of olive oil, a squeeze of lemon juice, and a grind of salt and pepper. For a richer product stir in some finely grated sharp cheese. Makes a great dressing for a pasta or egg salad.

## New potato, watercress, and daikon salad with smoked fish.

*With the body of the new potatoes and the richness of smoked fish this salad is a complete meal and ideal for a fast, fresh, alfresco dinner.*

### Ingredients

500g new potatoes, boiled in well salted water, drained, and cooled; larger ones cut into fork-sized pieces  
large handful of watercress, washed and torn  
bunch of daikon, scrubbed and quartered through the length  
½ a preserved lemon, shredded  
To serve; smoked fish, flaked

### For the dressing

2T olive oil  
juice of two lemons  
1tsp honey  
1tsp Dijon mustard  
salt & pepper

### Method

Toss everything (except fish) together, plate up, and scattered flakes of smoked fish over top. A cold glass of your favourite aromatic white is a must. Or try Judge Rock's rose – it'd be a perfect match!

Note: Boiled eggs, capers, gherkins, horseradish, wasabi, anchovies would all be great additions or substitutes to this salad. Complementing fresh market produce with whatever you have at hand in pantry or fridge makes for an extra satisfying dish.



*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas  
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## Juicy Bircher

*Just because the weather is warming up there's no reason to relegate your winter oats to the back of your culinary wardrobe. With a splash of juice and a last minute sprinkle oats go from porridge to rejuvenating Bircher muesli. Experiment with your favourite juice blend. I am using 'Lover' featuring sweet and earthy beetroot.*

### Per serve

½ cup oats  
½ cup juice  
optional nuts/seeds  
½ an apple grated  
2 mint leaves shredded

yoghurt

### Method

Soak oats in the juice in a covered dish in the refrigerator overnight. To serve stir in some freshly grated apple and a few shredded mint leaves, and top with a spoon of yoghurt.

Experiment with adding a spoon of your favourite seeds and/or nuts – if you go for chia seeds be sure to add half the volume of juice again. Play with a mixture of rolled, whole, or steel cut oats for a more interesting texture. For a richer nuttier taste without adding any fat try toasting your oats in a dry pan and letting them cool before you soak them. There's no end of options and toppings!

## Gooseberry chutney

*Are you brave enough to take on sour gooseberries? I remember picking them from bushes at the back of my grandparents' house in Christchurch. As a small child there was something daring about biting into those brilliantly green berries simultaneously alluring and menacing like some sort of poisonous insect. While there's a fairly narrow window for eating gooseberries raw - where they are blushing purple and have that perfect balance of sweet and tangy - they are fantastic at their greenest too and there's no shortage of recipes for gooseberries in dessert sauces, jams, and baked goods. Here I've devised a gutsy chutney to go with the cold cuts and cheese boards of summer. Go on; give green gooseberries a whirl!*

### Ingredients

500g green gooseberries, stalk ends removed, quarter  
2 red onions, peeled and diced  
2 apples, peeled, cored and quartered  
1 cup sugar (go brown for a richer product, white for a cleaner, fruitier taste)  
1 cup white wine vinegar (cider vinegar fine too)

half dozen curry plant leaves  
1T black mustard seeds  
3 black cardamom pods, crushed open

### Method

In a large high-sided pot, heat a little olive oil. Add the spices and allow to sizzle for 10-15sec, add the onions and salt and sauté for a minute or two. Add apples, sultanas, and gooseberries and sauté for a further 10min or until you notice sweet aromas on the nose. Be careful not to let the mix catch on the pan. Add the sugar and vinegar and bring to the boil before reducing to a simmer. Once glossy and thick, check the sweet/sour balance and salt, and adjust as necessary. Remove from the heat and transfer into sterilised jars. Best left for a week before enjoying.

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

**Brydone Growers** – jersey bennie potatoes

**Design Juicery** – 'Lover' juice

**Ettrick Gardens** – carrots, daikon, radishes

**Hammerhead Foods** – handsmoked Manuka spice

**Indigo Bakery** – ciabatta

**Janefield Paeonies and Hydroponics** – watercress and herbs

**McArthurs Berry Farm** - gooseberries

**Otago Preservation Pantry** – preserved lemons

**Waitaki Bacon and Ham** - ham

**Wild Smokehouse** – smoked gurnard

**Willowbrook Orchard** - apples

