



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

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

## Recipes for Saturday 17<sup>th</sup> December, 2016

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

### **Pan fried fish with sautéed spuds**

Here's a twist on fish and chips which makes for great presentation on a platter. Use the freshest white fish you can get your hands on. Try it with Toum; this punchy garlic sauce is egg-free and a great alternative to aioli.

#### **Ingredients**

New rocket potatoes (2-3 per head)

White fish of your choice (a fillet per head)

A little fine polenta or flour for dusting

Spice of your choice; try cinnamon, paprika, or cumin for starters

Spring onions; green tops whole, whites sliced

A few sprigs thyme or rosemary

A large handful of roquette, baby spinach or similar

A handful of parsley

Toum (Lebanese garlic sauce)

Get ahead of the game by washing, cubing, boiling, draining, cooling, and re-draining your potatoes. Be sure to undercook them slightly so they maintain their shape during sautéing. Divide your filets into manageable sized pieces then lightly coat both sides with polenta or flour seasoned with salt, pepper and the spice you've chosen. In one pan, heat a little oil and butter over a moderate heat. Add fish fillets, turning once only after 90sec or so.

Fish continues to cook through once taken out of the pan; to avoid overcooking remove the moment the flesh feels just firm to the touch.

In another pan heat 3-4 tablespoons of olive oil and add a sprig of rosemary, thyme and the green lengths of the spring onions to fragrance your oil. Add your potatoes taking care not to overcrowd the pan (otherwise you will struggle to get your potatoes crisp). Allow the first side to cook for a good couple of minutes before seasoning with salt and pepper, and turning or tossing.

In the last seconds of cooking remove the lengths of green onion and any woody herb steams which will have done their job, add the sliced whites of your spring onions, and a handful of shredded parsley and another of roquette or baby spinach. Pile potatoes onto a platter and arrange fish on top. Dress with a scattering of roquette/spinach, parsley and sliced spring onions. Drizzle with a little Toum. Serve without delay.

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

**Harbour Fish** - Fish

**Te Mahanga** - Rocket Potatoes

**Janefield Hydroponics** - Herbs, Greens

**Lebanese Cuisine** - Baba Ganoush, Toum

**Earnsclough Orchard Coop** - Cherries

**Ettrick Gardens** - Raspberries

**Wataki Bacon & Ham** - Pork & Fennel Sausages

**Bennies Honey** - Thyme Honey

**Wairuna Organics** - Elderflowers

**Revival Food Company** - Raspberry, Rhubarb & Kawakawa Syrup

**The Porridge Bar** - Lily's Date Confit

**The Port Larder** - Cranberry, Orange And Port Sauce

**Agreeable Nature** - Free-Range Eggs

**Indigo Bakery** - Pita



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100% New Zealand owned and operated gas  
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## Risotto Bianca with pork and fennel meatballs

A good risotto is about a clean, sweet stock, temperature control, gentle attentive stirring, it needs nothing more than a little organisation. This dish's simplicity belies its rich flavours; it is very moreish.

**Ingredients** (Serves 6 as a starter)

3 pork and fennel sausages

whites of 6 spring onions finely chopped. (Add the green tops to your hot stock)

1 ½ cups short grain rice, such Arborio or similar.

¼ dry white wine

1L light stock

Salt & pepper

Parsley

To make your meatballs, pull marble-sized balls of sausage meat from one end of the casing. You should get 8-10 per sausage. Place the meatballs in a shallow pan, preheated with a splash of water and a tightfitting lid, and steam for 2-3 min. Remove from heat. To make the risotto heat a little olive oil in a pan, toss in your onions and sauté for a few seconds. Tip in your rice and sauté until it looks glassy. Add a ladle of hot stock and stir until fully absorbed. Repeat this step until all your stock is incorporated or your rice is al dente then season. While stirring your risotto finish your meatballs by removing lid and turning up heat to drive off any residual water. Once pan is dry add a little olive oil and fry lightly, colouring each meatball. To finish your risotto, stir in a small nob of butter and some finely chopped chives, dill, or parsley. Divide the risotto between warmed serving bowls and top each with 4-5 pork balls. Serve with a wedge of lemon and some sharp greens.

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## Fresh Raspberry Fizz

Here's a quick refresher with which to toast the arrival of fresh raspberries.

### Ingredients

Rhubarb, raspberry and kawakawa syrup

Fresh raspberries

Mint leaves, torn

A lemon or orange, slice

To a cold serving jug add syrup to taste, fresh raspberries, a half dozen torn mint leaves and a few slices of lemon or orange. Top up with ice-cold soda water. Serve over ice in chilled glasses.

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## Cherry Clafoutis

Of all the fruit flans, the French classic clafoutis must surely be the easiest, packing maximum appeal with minimum fuss. In a sense clafoutis is part baked pudding, part flan, in that it's actually crust-less. The batter is no more involved than that for pancakes, yet this dish takes a special breakfast to a whole new level. Be sure to try this again with plums or nectarines in the New Year.

### Ingredients

2-3 cups cherries, pitted

2 x 1/3 cups caster sugar

½ cup plain flour (*for gluten free try ¼ cup fine polenta, ¼ c rice flour*)

1 cup milk

1T melted butter

3 eggs

A few gratings of fresh nutmeg

1 tsp vanilla extract

Optional ½ tsp baking powder (this is not traditional, but an option if you want a little extra height in your product)

Preheat oven to 200°C. Grease and sugar a flan tin or baking dish. In a bowl toss cherries with the first 1/3 cup caster sugar and stand to one side. In a food processor, or with a vigorous spoon, combine all remaining ingredients until smooth. Scatter cherries across bottom of dish. Pour over batter and shuffle/tap dish to fill spaces. Transfer to hot oven. Set timer for 15min at which point turn down to 170°C and bake for a further 25-30 min or until set. Allow to stand until lukewarm, dust with icing sugar and serve with cream or yoghurt.

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**This week's breadboard** features pita from the Indigo Bakery, sage derby a unique mild cheese from Evansdale Cheese, which matches well with cranberry, orange & port sauce from Port Larder, baba ganoush from Lebanese Cuisine and Lily's date confit from the Porridge Bar.