

KOAU – LIVING SPROUTS

YEAR-ROUND VITAMINS - Sprouts are the super food of all super foods as they are living right until you eat them. They are one of the most complete nutritional foods available.

Sprouts are real 'Life Vitamins, Minerals, Proteins, and Enzymes.

What may surprise you is the sheer variety and availability.

- Lentils
- Blue pea
- Red clover
- Fenugreek
- Broccoli
- Alfalfa

Great in salads, sandwiches, tossed through a quick stir fry and on their own as a nutritious snack. I particularly like pairing them with quinoa, cracked wheat, or lentil. Try them warm with roasted vegetables with sprouts tossed through at the end or scattered over your hot baked potato. Be experimental and enjoy the benefits!

THANK YOU TO THE FOLLOWING VENDORS FOR
THEIR WONDERFUL PRODUCE.

SAM YOUNG LTD
ORGANICLAND
KOAU FLOWERS
ISLAND STREAM HAZELS

PARSNIP & TOASTED HAZELNUT CAKE

Parsnips add a delightful subtle twist to this wonderfully moist and nutty cake.

Ingredients

- 250g unsalted butter, softened
- 250g caster sugar
- 4 medium eggs
- 250g self-raising flour, sifted
- 1 tsp ground mixed spice
- 175g toasted hazelnuts, finely chopped
- 250g peeled and finely grated parsnips (weight after preparation)

For the topping:

- 250g cream cheese or Ricotta
- 60g unsalted butter, softened
- About 250g icing sugar, sifted
- 60g toasted hazelnuts, roughly chopped

Method and preparation

Preheat the oven to 180C

Lightly grease and line with baking paper, either a rectangular (28x18cm) or round tin (25cm diameter).

Cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, adding a spoonful of flour with each one. Fold in the remaining flour, plus the spice, nuts, parsnips and milk.

Spoon the mixture into the tin and place in the centre of the oven and bake for 40-50 minutes, or until a skewer inserted in the centre comes out clean. Remove from the oven and leave in the tin for 10 minutes before turning out on a wire rack to cool completely.

To make the topping, place the cream cheese (or ricotta) and butter in a bowl and beat until soft. Now beat in enough icing sugar to give it a thick and glossy consistency. Spread it over the cake and scatter the chopped hazelnuts over the top.

Serve and enjoy.



Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



ORGANICLAND SLOW COOKED SHIN OF BEEF

This is the perfect time of the year for cuts of meat like this, which require long and slow cooking methods. Whether you are making a brown stew, casserole or braising larger cuts of meat the principles are all the same. You need a good heavy pot or casserole dish preferably with a lid and a selection of good quality vegetables such as celery, onion, carrots and leeks. A few sprigs of the more aromatic wintery herbs like thyme, rosemary, sage, a few fresh bay leaves, a good quality stock and patience make it worth the wait.

Ingredients

1 kg shin of beef
1 onion, diced small
4 cloves garlic, sliced thinly
3 Tbsp vegetable oil
2/3 bottle red wine
200g plum tomatoes
2 carrots, peeled and cut into bite size chunks

Serves 4

2 fresh bay leaves
1 sprig fresh rosemary
1 cinnamon quill
2 large strips of orange zest
1 Tbsp flour (optional)
Salt and freshly ground black pepper

Method and preparation

Preheat the oven to 150 C

Heat a heavy-based fry pan over high heat, add the oil and brown the meat on all sides. You may need to do this in batches as you don't want to overcrowd the pan. Remove from the pan, lower the heat and add the vegetables allowing them to colour slightly. Sprinkle over the flour if using and coat all the vegetables. Return the meat back to the pan along with any juices, add the wine and tomatoes and stir well to combine. Add the herbs, cinnamon, orange zest and seasoning. Cover and cook gently for 2 hours. Do check it regularly as it may need a stir from time to time. During this time the sauce will reduce and intensify and the meat will start to fall apart. If this has not happened yet return it back to the oven and cook gently.

Check for seasoning and adjust if required. It goes well with mashed potato, mashed carrots and parsnips, wet polenta or traditionally with saffron risotto (risotto Milanese).

MASHED CARROTS AND PARSNIPS

Serves 4

Ingredients

4 carrots, peeled and roughly chopped
4 parsnips, peeled and roughly chopped
1 tsp honey
Sea salt and pepper
1 fresh bay leaf (optional)
50g butter

Method and preparation

Put the carrots and parsnip together in a suitable sized pot. Cover with water, add the honey, bay leaf if using and a sprinkle of salt. Cook until the carrots and parsnips are tender. Drain 90% of the water out and discard. Leave the remaining 1-2 tsp of water in the pot add the butter and mash coarsely. Check for seasoning (pepper is good). Serve immediately.

NB: you can substitute parsnips for swede and carrots for pumpkin or squash.

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Visit Alison at her ever-changing blog
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