

HOMEMADE CHIPS

Serves 4

Not much beats a home-made chip! But you do need a good potato!

Ingredients

4 Large flourey potatoes (agria, red rascal), peeled, cut into ½ - 1 cm thick chips
Vegetable oil for frying

Topping options:

Homemade Aioli or Mayonnaise
Homemade Tomato Ketchup
Garlic and parsley – 1 garlic clove, thinly sliced and a handful of chopped parsley
Grated parmesan

Method

When frying safety comes first!

Never leave the fryer unattended and keep children away from the oil.
Wash the potatoes to remove some of the starch. Drain well and pat dry. It is so important that there is no water on the chips as it can be very dangerous when mixed with hot oil.
To cook chips so they are light and crispy you need to cook them twice!

The first stage of cooking a great chip

Put a deep large pot 2/3 full of vegetable oil on a medium heat (145 C) to check the oil, place one chip into the oil to test the temperature. It should bubble instantly and the chip should float. Remember that this stage is about **pre-cooking** the potato until they are just cooked and pale in colour (3-6 minutes). Carefully remove the chips, drain well and place onto a tray layered with paper towels. Continue until all the chips are cooked.

The final stage of cooking your chips

Turn the heat up on your stove and wait until the oil heats to 180 C. Once again to test the oil carefully put a chip in and if it fries and bubbles vigorously then it is ready to begin to fry off the chips.

Cook the chips in batches so the pot doesn't get overcrowded and the oil doesn't cool down too much. Once the chips go golden and crisp, carefully remove from the oil. Drain well, sprinkle with good quality sea salt flakes and a little cracked pepper if desired. Toss to coat and serve immediately with your favourite dipping sauce.

BAKED APPLES WITH GOLDEN SYRUP

Ingredients

1 Large Cooking Apple Per Person
Raisins or Sultanas
Brown Sugar
Cold Butter
Golden syrup for serving
Cream for serving (if desired)

Method

Pre-heat the oven to 200C. Wash and core the apples. Take a sharp knife and make a shallow cut around the apple just above the middle (stops the apples exploding). Place the apples in a shallow dish and fill with a mixture of raisins or sultanas and brown sugar. Cut the butter into small cubes and place one or two on top of the filling in each apple. Pour a little cold water into the dish around the apples. Bake in the oven for 45 minutes. Push a skewer or small sharp knife into the apples to check if they are cooked.

Serve with a little warmed golden syrup and cream!

Thank you to the following vendors for their beautiful produce.

LECKIES BUTCHERY LTD
BRYDONE GROWERS LTD
SAM YOUNG LTD



Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



VENISON, FREEKAH AND BEETROOT BURGERS

Ingredients

500g minced venison
½ medium onion, grated
½ cup Freekah or cracked wheat soaked until tender
1 sprig fresh rosemary, leaves removed and finely chopped
2-3 beetroot, grated
Salt and freshly ground pepper
1 free-range egg

Serves 4

Method

In a large bowl add the mince, grated beetroot, onion and rosemary. Using your hands squeeze out any excess moisture from the cracked wheat, add to your beetroot mixture. Season well with salt and pepper.

Using your hand mix all the ingredients together. If the mixture needs some binding add the egg and mix well.

Using slightly damp hands mould four even-size patties and put onto a plate. Chill until required.

When ready to cook, heat up a good size fry pan with enough oil to just cover the base of the pan. When almost smoking add the patties and turn the heat down to medium and cook on both sides so they are golden brown and ruby red. They should take around 5 minutes either side (depending on the thickness).

Serve immediately, they are great wrapped in a crunchy lettuce leaf with perhaps a tangy little relish or yoghurt dressing.

A very reasonable and very filling supper!

FENNEL – Whether you are eating it raw in salads, slow cooked in milk and butter or stir-fried with ginger you will find the fresh, crisp aniseed flavour a refreshing addition to any autumnal meal.

Ingredients

Serves 6

4 Large fennel bulbs cut lengthways
70g butter
500ml milk
30g Parmesan or Pecorino, finely grated

Method

Melt the butter in a large frying pan over high-heat. Add the half the fennel and coat with the butter, cook until just golden (5-7minutes). Remove the cooked fennel from the pan and repeat with the remaining fennel. Once they have gone golden add the milk and 80 ml water, cook until the fennel is tender and the liquid has reduced and thickened. Sprinkle over the parmesan cheese and let sit for a minute or two.

Fennel is the perfect partner with pork or fish.

OTAGO FARMERS MARKET SUMMER AUTUMN JOURNAL



Visit Alison at her ever-changing blog
www.alisonmarchef.blogspot.com

NOW ON SALE AT THE SITE OFFICE