

CHORIZO – can be a fresh sausage, in which case it must be cooked before eating.

In Europe it is more frequently cured by smoking. The distinctive smokiness and deep red colour usually comes from dried smoked red peppers.

They are great added to soups, cassoulets, wonderful with eggs, and tossed with potatoes and mixed through salads.

CHORIZO BROTH WITH CAVOLO NERO

Ingredients

3 Tbsp olive oil
2 onions, finely chopped
4 garlic cloves, crushed
2-3 cooking chorizo, sliced
4 large potatoes
1 ½ litres chicken stock
200g cavolo nero, stalks removed and finely shredded

Method

Heat 2 Tbsp of the oil in a large saucepan. Add the onions, garlic and chorizo, then cook for 5 minutes until soft. Throw in the potatoes and cook for a few mins more. Pour in the stock, season lightly and bring back to the boil. Cook everything for 10 minutes until the potatoes are on the brink of collapse.

Use a masher to squash the potatoes into the soup, then bring back to the boil. Add the cavolo nero and cook for 5 minutes until tender. Ladle the soup into bowls, then serve drizzled with the remaining olive oil.



Otago Farmers Markets

PASTA-DORO

Whether it is fresh or dried pasta is arguably one of the all-time great meals. It makes the perfect light lunch or a comforting dinner, and it is always a hit with children.

A lot of people think fresh pasta is superior to dried - not true! It's just that they have a different role to play in your dish. Dried pasta generally is made from flour and mostly water, which means that it lasts longer and retains a fantastic bite. It is great with seafood, oily tomato sauces. Whereas fresh pasta is silky and tender and suits being stuffed

HOW TO COOK PASTA

FRESH AND DRIED

The most important lesson I have learnt with cooking pasta is not to over-cook it! It needs to have a slight bite. Choosing the right pasta for the right sauce is also important.

Always use a large pot with enough water so the pasta has plenty of room to move around. Simply 2/3 fill a good-size pot up with water and a generous pinch of salt.

Bring to the boil. Only add the pasta when it is on a rolling boil. I tend to read the instructions on the pasta packets as they can vary. But the best test is to remove a piece and bite into it to test it. It should be tender to the bite but not soft!

Give the pot of pasta a frequent stir to prevent over-cooking. As soon as it is done, drain most of the liquid, but reserve some of the liquid as it is good to add to your sauce. Add to your favourite sauce!

Alison would like to thank the following vendors for their wonderful produce

BOUCHE – PICKLES, SAUCES AND CHUTNEYS

WHITESTONE CHEESE

WAITAKI BACON AND HAM

BRYDONE ORGANICS

PASTA WITH CAVOLO NERO, CHORIZO & PARMESAN

Ingredients

Serves 4

400g pasta
80 ml olive oil
2 onions, peel and sliced
3 cloves garlic, peeled and sliced
300g chorizo (or bratwurst)
24 sage leaves
300g cavolo nero (or silverbeet, kale or spinach), remove stalks and wash well
1 tsp salt
180ml boiling water
Oil for frying
80g parmesan

Method

Bring a large saucepan of salted water to the boil. Meanwhile, heat olive oil in a large pan and fry onions, and garlic over high heat until they begin to caramelize. Add chorizo slices and half the sage leaves and gently stir until sausage is partly cooked.

Plunge the prepared cavolo nero into the boiling water and cook for 3 minutes. Remove and drain well.

Bring the pot of water back to the boil and cook your pasta (following the directions on the packet).

Roughly chop the cavolo nero and add to the chorizo slices, when the pasta is cooked drain and add immediately to the pan. Season with salt and cracked pepper, toss to combine and cook for 1-2 minutes. Serve immediately with plenty of freshly grated parmesan cheese.

WILTED CAVOLO NERO WITH GARLIC & CHILLI

Ingredients

Serves 4

1-2 bunches cavolo nero
2 cloves garlic, finely sliced
Sea salt
Freshly ground black pepper
Pinch dried chilli flakes
Extra virgin olive oil
Lemon (optional)

Method

Bring a large pot of salted water to the boil.

Lay a clean cloth on a tray or large plate, to drain and cool your cavolo nero down. Meanwhile prepare the cavolo nero by removing the leaves from the fibrous stalk. Discard the stalk and wash the leaves well in cold water. Drain.

When the pot of water is boiling add the leaves and cook for 5 minutes. Drain and lay out in a single layer on the cloth.

Heat a large frypan up to medium hot, add a glug of oil then add the garlic and let fry for a few seconds so it turns a light golden colour and it gives off a nutty smell. Add the chilli flakes and all the leaves, season with salt and pepper and toss to combine and warm through.

Serve with a half of lemon if desired and a generous drizzle of extra virgin olive oil. It partners well with all meats, fish and also great with a toasted slice of good bread.



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CHEESE PLATE

– If you are serving cheese **always have it at room temperature**, match it with some good quality chutney or relish that will work with the cheese. Strong cheese goes well with something sweet, aged with something fresh like pears or apples. Soft cheese pair's well with crisp celery, a few grapes and some oat cakes.

Try to concentrate on either one or two good quality cheeses, some fresh market bread or good quality oat cakes and team it up with the appropriate accompaniment.