

STEAK WITH PERSILLADE

Persillade is a simple mixture of parsley, shallots and garlic which adds a classic French finishing touch to many a dish!

Ingredients

Serves 4

4 x 225g porterhouse steak, 2cm thick
2 pinches of salt
1 Tbsp coarsely ground black pepper
2 Tbsp olive oil
65g butter

Persillade

1 handful of fresh parsley
½ medium shallot
1 garlic clove

Method

Prepare the steaks by seasoning them with salt and pepper and oil, pressing it firmly into the steaks on each side.

Prepare the persillade by finely chopping the parsley, shallot and garlic and mix them together. Set aside.

Using a large heavy-based pan heat it up on a medium-high heat. Place the steak into the hot pan and cook without touching it for 1 ½ minutes on each side for rare, 3 minutes for medium rare or 4 minutes for medium. Add the butter and let it go foamy and the aroma is nutty. Spoon over the steak and remove the steak when cooked. Put it onto a warm plate and keep warm so you can finish off the sauce.

Quickly add the persillade to the pan. Then add the water and lemon juice and simmer for 10 seconds. Pour the persillade and meat juices over the steak and serve right away!



Otago Farmers Markets

BORSCHT

One of Russia's better known dishes. Simple to prepare, inexpensive and highly nutritious. It is wonderful served hot in winter and equally as good in summer chilled.

Ingredients

Serves 4

50 g butter
500g beetroot, peeled and roughly chopped
1 onion, chopped
1 carrot, chopped
3 garlic cloves, chopped
1 Tbsp sugar
1 ½ litres beef stock or vegetable if desired
Salt and pepper
Juice of 1 lemon or red wine vinegar
Soured cream to serve
A handful of chopped chives to garnish or dill

Method

Melt the butter in large pan over a gentle heat and slowly sweat the beetroot, onion, carrot and garlic, turning the vegetables (which will become a lurid pink) over the butter.

Add the sugar and stock to the pan, season with a few grinds of pepper and bring the soup to a simmer. Cook for about 40 minutes until the vegetables are tender.

Using a blender or food processor (covered with a tea towel just encase it splutters out the top) whizz the soup until it is entirely smooth. Add the lemon juice or vinegar and salt to taste. Serve with a swirl of sour cream and a scattering of herbs.

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BRYDONE ORGANICS
ETTRICK GARDENS

CARAMELIZED PEARS WITH HAZELNUT BUTTER

Ingredients

Serves 6

Caramelized Pears

3 firm, ripe, firm pears
1 cup sugar
½ cup water
1 vanilla bean, split and scraped
¼ tsp cream of tartar or a squeeze of fresh lemon juice
2 Tbsp unsalted butter

Hazelnut Butter

¾ cup hazelnuts, lightly toasted and skinned
2 Tbsp olive oil
2 tbsps granulated sugar
½ tbsps salt
Good quality ice cream or whipped cream (optional)

Method

Peel and halve the pears, leaving the stem intact on one half. Set aside in acidulated water.

To make the caramel, place the sugar, water, and vanilla bean seeds in a shallow and wide saucepan. Add the cream of tartar or lemon juice and stir together. Heat the mixture over medium heat, until the sugar has completely dissolved and the syrup begins to bubble. Remove the lid, increase the heat slightly and allow the syrup to boil undisturbed until it turns golden in colour. Add the butter and swirl until combined and colour is uniform.

Carefully place the pear halves in the caramel, cut side down. Cook over medium heat, occasionally basting the pears with caramel, until the sauce begins to attach itself to the pears and give them colour, about 15 minutes. Carefully transfer the pear halves to a small tray lined with foil or grease-proof paper and drizzle with the remaining caramel sauce. Cool at room temperature.

Preheat the oven to 180C. While the pears are cooling, make the hazelnut butter.

Spread the hazelnuts onto a small tray and toast the nuts until they are lightly golden and aromatic, about 8 minutes. Cool completely, set aside ¼ cup and transfer the remaining ½ cup hazelnuts to a blender or food processor. Add the olive oil, sugar, and salt and blend briefly on low speed. Gradually increase the speed until a smooth paste forms, adding water a tablespoon at a time to achieve the right consistency, slightly looser than peanut butter (the hazelnut butter should coat the back of a spoon).

To serve, lightly crush the reserved hazelnuts with a rolling pin, try to keep them coarse. Drain excess caramel from the pear halves, coat them with hazelnut butter and roll in the crushed nuts. Serve warm or at room temperature with vanilla ice cream or lightly whipped cream.

MAPLE SYRUP OR HONEY ROASTED YAMS

Ingredients

Serves 4

500g yams
3 Tbsp olive oil
Salt and pepper
50-100ml maple syrup or honey

Method

Preheat oven to 200

Line a baking tray with baking paper.

Cut the yams lengthways and toss through the oil and season well. Roast for 20 minutes pour over the maple syrup and continue to roast until it caramelises and the yams are tender. Serve straight from the oven. They are also great tossed through some rocket or spinach leaves and a little red onions for a quick warm salad.

SAUTED YAMS WITH CHILLI

Ingredients

Serves 4

500g yams, sliced into 2-3mm rounds
1 onion, sliced thinly
1 chilli, deseeded and sliced thinly
1 clove garlic
Splash of Thai fish sauce (optional)
3 Tbsp olive oil
Squeeze of lemon juice or splash of vinegar
Salt and freshly ground pepper
Handful roughly chopped coriander

Method

Heat a heavy-based fry pan up to medium-hot, add the oil and yams. Toss regularly to evenly colour, add the onions, garlic and chilli after 5 minutes. When the yams are just tender and the onions have softened and caramelises, add a couple splashes Thai fish sauce, season with salt and pepper. Taste, adjust seasoning and squeeze over the lemon and scatter over the coriander. Serve warm.