

ROMANESCO OR BROCCOFLOWER This interesting vegetable was first documented in Italy in the sixteenth century. It is a cross between a cauliflower and broccoli, with a crunchy texture and a flavour more like cauliflower.

WARM SALAD OF ROMANESCO, GRILLED LEEKS & HARICOTS

Serves 4

Ingredients

4 leeks, trimmed and cut lengthways in half
1 Romanesco, divided into florets
3 Tbsp cooked haricot or cannellini beans
1 Tbsp chopped parsley
2 tsp balsamic vinegar
2 Tbsp olive oil
1 Tbsp freshly grated parmesan cheese
Sea salt and freshly ground black pepper

Method

Cook the leeks in large pan of boiling salted water for a few minutes, until just tender, then drain and dry well. Heat a ridged grill pan, place the leeks on it and grill on both sides until ridge marks appear. Remove from the grill, cut into strips and set aside.

Cook the romanesco in boiling salted water until just tender. Drain well and toss with the leeks, white beans, parsley, vinegar and olive oil. Season well and sprinkle with parmesan and serve.

ROMANESCO WITH SPICED OIL & LEMON

Ingredients

1 head romanesco, cut into florets
2 cloves garlic, sliced thinly
1 chilli, deseeded and chopped
1 crumbled dried chilli
1 tsp dried oregano
1 Tbsp fresh parsley
2 Tbsp olive oil
Sea salt and freshly ground pepper
1 lemon

Method

Gently cook the garlic in the oil until softened, add the fresh and dried chilli along with the oregano and parsley. Squeeze in juice from ½ a lemon.

Bring a pot of boiling salted water to the boil and blanch the romanseco until just tender. Drain and immediately toss through the spiced oil. Sprinkle with sea salt flakes and pepper.

Recipes for Saturday 6th August 2011

SOUTH AFRICAN OR BOEREWARS SAUSAGE

Boerewars Sausage goes great with almost anything but I particularly like it with a creamy leek and potato mash or try with some potatoes sauted with onions, garlic, smoked paprika and a few rose-

Ingredients

1 boerewars sausage
1 large stick of rosemary or fresh bay stalk
Oil for cooking

Method Holding the tip of the rosemary or bay stick (so you have a few leaves) remove the remainder so you have a large fragrant skewer. Carefully push the skewer through the sausage and then push the other skewer through so it forms across. The skewers will help hold it together and also enhance the flavour.

Heat up a large fry pan with a little oil to medium-high heat. Add the whole sausage and fry gently for 5 minutes or until golden brown. Turn over and cook for a further 5 minutes. Remove from the pan and cut into four. Serve.

EVES PUDDING

One of the easiest puddings to make and one of the most memorable to eat. Try using a variety of apples to give a subtle twist to this dish.

Ingredients

6 large braeburn, pacific beauty, granny smith apples, finely sliced
200g unsalted butter
140g raisins
100g soft brown sugar
1 tsp cinnamon
4 eggs
200g self-raising flour

Method

Heat oven to 180C.

Peel, core and slice the apples. Grease a large serving dish, about 2.5 litre with 25g of the butter and tip in the apple. Scatter the raisins over the top.

In a separate dish beat the remaining butter and sugar together for 10 minutes until the butter turns pale and the sugar starts to dissolve. Beat in the eggs, then carefully fold in the flour with a large spoon. Spread the batter over the apples, bake for 45 minutes until golden.

Serve with custard and/or good quality vanilla ice-cream.

INDIAN SPICED SWEDE CAKES

Ingredients

1 Swede, peeled and chopped
1 onion, finely chopped
75g butter
2 garlic cloves, peeled and minced
1 tsp ground cumin
2 tsp mustard seeds
1 tsp ground ginger
1 tsp turmeric
A pinch of cayenne pepper
200g breadcrumbs or Panko crumbs
Oil for frying

Method

Cook the swede in simmering, salted water for 20 minutes or until soft.

While it is cooking gently fry the onion in 2 Tbsp of the butter until soft and caramelised – this will take about 15 minutes. Towards the end of cooking, add the spices and garlic and cook for a further 2 minutes.

Drain the swede and let sit and steam for a minute, then combine it with the onion and spices.

Mash until smooth, season with salt and plenty of black pepper. Form into small balls or larger if desired.

Add a pinch of salt and pepper to your crumbs and place into a suitable dish so you can crumb your swede cakes. Coat the cakes well by gently pressing the balls into flat little cakes.

Drizzle enough oil in a frying pan to coat the base of a heavy-based fry pan. Heat to a medium-high heat and carefully add the cakes, remembering not to overcrowd the pan. Cook so they are golden on each side (2-3 minutes).

Drain on paper towels and serve with a squeeze of lemon or lime and some natural yoghurt with a little fresh mint and garlic

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

LECKIES BUTCHERY -Boerewars Sausage

KAKANUI PRODUCE-Swedes

BRYDONE GROWERS - Romanesco

ROSEDALE ORCHARD- Apples



Classic Hits proud supporters of the
Otago Farmers Market Kitchen.