



**Otago Farmers Market**  
Every Saturday morning at the Dunedin Railway Station  
[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

Recipes for Saturday 13th August 2011

## Citrus Crumbed Cauliflower

### Ingredients

½ head cauliflower  
300gms breadcrumbs  
¼ cup Italian parsley  
Zest of 2 lemons  
3 eggs  
Seasoned flour to coat.

### Method

Cut the cauliflower into florets. In boiling salted water cook the cauliflower until tender. Drain and allow the cauliflower to cool on a tray. Note; Do not rinse the cauliflower under cold water as it has a tendency to absorb water. While the cauliflower is cooling prepare the crumb mixture for the coating. Finely chop the Italian parsley and the lemon zest and combine with the breadcrumbs. Once the cauliflower is cold toss it in the seasoned flour. In a bowl beat the two eggs. Coat the floured cauliflower in the egg followed by the citrus crumb mixture.



Thank you to the Otago Polytechnic  
School of Hospitality for their  
continued support



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## Cauliflower and Artichoke Soup

### Ingredients

1 cauliflower  
5 medium artichokes  
1 large onion  
20gmg butter  
1 litre chicken stock  
500mls milk  
100mls cream

### Method

Finely slice the onion and sauté in a pot with the butter. Once softened, add the chopped cauliflower and artichokes, and sweat them until soft. Add in the chicken stock and milk. Simmer until everything is tender. Puree and pass through a sieve. Return to the heat and add the milk and cream.



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