

LECKIES LAMB SWEETBREADS

Sweetbreads have nothing to do with bread at all they are in fact the thymus or pancreas gland from sheep, calves or deer. Do not let this put you off as they are tender and creamy in taste and texture. There is a little preparation beforehand but worth the small amount of effort. Go on be daring...!

Basic preparation of sweetbreads – ideally soak them for a few hours in several changes of cold water. If a little low on time you can omit this stage and gently poach them in unsalted water for 5 minutes. Drain and leave to cool. When cool enough to handle prick each sweetbread all over to release any excess fat. Remove any gristly or sinewy bits and discard. Be careful not to remove too much of the membrane as this holds them together.

Your sweetbreads are now ready to use in whichever way you so desire!



Otago Farmers Market
Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

SPICED CARROT AND HAZELNUT SALAD

Ingredients

3 carrots, thinly sliced diagonally, or peeled into strips with potato peeler
½ red onion or spring onions, thinly sliced
70g roasted hazelnuts, coarsely chopped
1 cup (loosely packed) mint leaves, roughly torn if necessary
1 Tbsp extra virgin olive oil
1 tsp fresh orange juice
1 tsp fresh lemon juice
1 tsp each of ground cumin, coriander and fennel

Method

Place the carrot, hazelnuts, onion and mint into a large bowl. In another bowl prepare the dressing by mixing the oil, spices and juices together. Season lightly.

CRUMBED SWEETBREADS WITH LEMON, CAPERS & PARSLEY

Ingredients

Serves 4

250g sweetbreads	2 eggs,
½ cup flour	1 lemon
1 cup panko or breadcrumbs	2 Tbsp capers
Handful fresh parsley, roughly chopped	50g butter
Salt and freshly ground black pepper	

Method

Firstly get together the ingredients for crumbing – put the flour into one dish, then break the eggs and lightly whisk and put into another dish. Finally put the crumbs into another dish. Place them on your bench in the above order.

Crumb the sweetbreads in the flour, egg mixture and finally the crumbs. Lay out on a tray ensuring they are not sitting on one another. Refrigerate until required. Heat up a large fry pan with ½ the butter and drizzle of oil. Fry the sweetbreads over moderate heat, season with salt and pepper and fry until the crumbs go a lovely golden brown (2 minutes) turn over and repeat with the other side. Remove from the pan and keep warm.

To make the sauce; add the remaining butter and let it go frothy (2 minutes) it will give off a slightly nutty aroma, squeeze over the juice of the lemon, add the capers and swirl the pan around to amalgamate the flavours. Finally add the parsley, taste, adjust if necessary.

To serve; divide the sweetbreads between the warm plates and drizzle over the sauce. I like mine with crisp pepper rocket or watercress leaves.

**THANK YOU TO THE FOLLOWING VENDORS
FOR THEIR FANTASTIC PRODUCTS.**

**CORYDON GROVE HAZELS – HAZELNUTS & QUINCE CONSERVE
PASTA D'ORO – LINGUINI
LECKIES BUTCHERY – SWEETBREADS AND BACON ENDS
NZ SMOKED MANUKA EGGS—SMOKED EGGS
WILLOWBROOK ORCHARDS – APPLES**

PUFF PASTRY WITH STICKY APPLES & HAZELNUTS

I love the crunchy pastry with the brandied apples, crunchy hazelnuts and sticky quince it makes for a fantastic dessert or a very decadent high tea.

Ingredients

500g puff pastry	Juice of 1 lemon
250g caster sugar	1 cinnamon stick
50 ml brandy (optional)	125g hazelnuts
Icing sugar for dusting	
Whipped cream (optional)	
9 apples – granny smiths, braeburn or fuji work well, peel and core	

Makes 12 pieces

Method

Firstly cut the apples into 1 cm dice and put into a heavy-based saucepan with the butter, brandy and lemon juice. Add 250g (1 cup) sugar and the cinnamon stick. Cook over high heat, stirring continuously, until the butter has melted. Reduce the heat to low then cover and cook, stirring frequently for 30 minutes, or until mixture reaches a jam-like consistency. Remove from the heat and cool. Roll out the pastry on a lightly floured work bench until you get a 30x 40cm rectangle. Place it onto a baking sheet, trim the edges and prick well all over and cover with another baking sheet (this will prevent the pastry rising up too far)

Preheat the oven 220C

Bake the pastry still between the two baking sheets, for 15 minutes or until the pastry becomes golden and crisp. Remove from the oven and reduce the oven temperature to 180C.

Remove the top baking sheet and allow the pastry to cool slightly, cover with the apples, leaving a 1 cm gap around the edges. Scatter evenly with the hazelnuts and coat heavily with icing sugar. Bake for another 15-18 minutes or until the nuts are golden brown. Remove from the oven, cut into desired size pieces and enjoy it goes wonderfully well with lashings of whipped cream.



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MANUKA SMOKED EGG CARBONARA

Ingredients

Serves 4

100g bacon ends, cut into 1 cm pieces
50g parmesan or pecorino cheese, grated
3 Manuka Smoked eggs
350g Pasta d'oro Linguini
2 garlic cloves, peeled and left whole
50g unsalted butter
Sea salt and freshly ground pepper

Method

Put a large saucepan of heavily salted water on to boil. Firstly get together all your ingredients such as the cut bacon ends, grated parmesan, lightly beat together your eggs in a bowl and set aside.

In a heavy based fry pan add the butter and dash of olive add the bacon. Cook over a moderate heat so the fat renders out a little and it starts to colour. Squash the garlic and add it to the bacon. Continue cooking until the bacon has gone golden and crisp. Remove the garlic as it has done its job of imparting flavour. Cook your pasta as directed on the packet. I am using fresh pasta which is very quick to cook (2-4 minutes). Ensure the water is constantly boiling. When your pasta is cooked you can either drag it across from the pot to the fry pan with a long pair of tongs or you can drain in through a colander, but ensure you collect a little of the cooking liquor as this is vital to your dish.

Mix most of the cheese with the eggs (reserving a little cheese for serving), remove the fry pan from the heat and now quickly pour in the egg mixture. Using tongs lift up the pasta through the mixture so it evenly coats all the threads of pasta and thickens as you do so. Add a few Tbsp of the cooking water to loosen the mixture. You want it moist but not wet. Adjust the seasoning and serve with freshly grated cheese.

Follow Alison on face book—Alison Lambert taste of my life— or at her blog www.alisonmarketchef.blogspot.com