

Otago Farmers Market

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

Recipes for Saturday 8th October 2011



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Spicy crumbed chicken, lemon aïoli

10 portions

Ingredients
5 chicken breasts

80g seasoned flour

4 eggs, beaten with a little water

250g bread crumbs 75g Parmesan grated

2½ tbsp chopped parsley

225g butter

4 chillies, diced

Oil for frying

Lemon aioli

5 egg yolks

1 clove garlic, chopped 125ml lemon juice

tbsp Dijon mustard 250ml rice bran oil

250ml olive oil

Method

Slice each chicken breast into four thin slices and beat between two sheets of plastic until they are even and flat.

Combine crumbs, Parmesan cheese, parsley, melted butter with chillies and mustard. Pané the schnitzel in flour, egg and crumbs.

Heat the oil and gently fry until golden brown and cooked through.

Drain on kitchen paper and keep warm.

Serve with roasted garlic and rosemary potatoes and lemon aïoli.

In a food processor mix yolks, garlic, lemon juice and mustard.

With a blender on high gradually pour in the oils being careful not to pour too quickly or the mixture will split.

Adjust thickness with a little water if needed.

Roast garlic & rosemary potatoes

Ingredients

1.2kg potatoes50ml olive oil50g butter4cloves garlic, chopped2 tsp rosemary leaves, finely chopped salt and pepper

Method

Dice the potatoes, skin on.

Cook in salted water until just done.

Drain and dry in between two tea towels.

Heat the oil and gently fry the potatoes until golden brown and heated through.

Add the butter, garlic and rosemary.

Toss together over low heat for a further two minutes.

Season to taste.



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



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