



ASPARAGUS AND THYME FRITTATA

Frittata is quite simply an Italian omelette. Quick to prepare and great for lunch or as a light dinner. The secret of a good frittata is to make them thinner rather than thicker and to slightly undercook it!

Ingredients

Serves 2

10 spears asparagus, ends snapped off
4 large eggs
1 tsp fresh marjoram leaves roughly chopped
Salt and freshly ground pepper
1 Tbsp butter
50g grated parmesan cheese
2 Tbsp crème fraîche
Olive oil

Method

Preheat oven to 200C

Break the eggs in a bowl and lightly beat, season with salt and pepper.

Heat 2 tablespoon of oil in a large oven-proof frypan 18- 20cm. Add the asparagus and cook over a moderate heat until the asparagus starts to lightly colour. Sprinkle over half the marjoram and the salt and pepper. Remove the asparagus and set aside.

Wipe out the pan with a paper towel and bring back to a moderate-high heat with 2 tablespoons olive oil and the butter, tilting the pan to cover the surface.

When the butter starts to froth add the egg mixture and almost immediately add the crème fraîche. Push the mixture carefully from the outside of the pan into the centre using a wooden spoon. When you see the frittata beginning to set, leave it alone so it forms a base. Arrange the asparagus, remaining marjoram, parmesan and a sprinkle of seasoning. Drizzle over a little olive oil and place in the preheated oven for a minute or two.

Remove from the oven. A good frittata must have a crisp edge and slightly runny in the centre.

Loosen the frittata from the pan with a spatula and serve warm with a little more parmesan if desired.

APPLE PANCAKES

I cannot take the credit for these wonderful pancakes as it is a recipe from Stephanie Alexander. It is a great way to use up excess apples and are great served for dessert or brunch. I like to serve them with a little Greek yoghurt and honey or a generous drizzle of maple syrup.

Ingredients

Makes 16

2 crisp apples, unpeeled, quartered and cored
1 Tbsp caster sugar
Juice of ½ lemon
100g plain flour
A pinch of salt
¼ tsp baking soda
2 eggs (room temperature)
180ml milk or buttermilk
40g butter, melted and cooled, plus extra for greasing

Method

Grate the apple and put into a bowl and cover with glad wrap.

Sift the flour, salt and baking soda into a mixing bowl. In another bowl whisk the egg yolks with the buttermilk or milk and melted butter. Make a well in the flour mixture then pour in the egg mix. Whisk to form a smooth batter. Stir in the apple mixture. Whisk the egg whites to form snowy peaks, then fold into the batter.

Brush a large heavy-based pan with a little butter. Drop small spoonfull of batter into the pan. They will spread a little. Wait until you see bubbles appearing on the uncooked side (about 1 minutes) before flipping the pancakes. Cook for another 1-2 minutes. Serve at once.

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

KAKANUI PRODUCE – basil, parsley and lettuce

WAITAKI BACON AND HAM – bacon ends

ARDROSS FARM – asparagus

ROSEDALE ORCHARDS - apples



SIMPLE EVERYDAY SALAD

To make a great salad need not be difficult but it does require very fresh and crunchy ingredients and combining all the ingredients at the last minute so every component is coated in the dressing.

Ingredients

4-6 handfuls washed and dried salad leaves
Dressing: 1 tsp sherry, red wine or cider vinegar
1 Tbsp good quality extra virgin olive oil
A pinch sea salt
Freshly ground pepper.

Method

Add all the ingredients for the dressing together in a small bowl, stir to combine and taste for correct balance. Adjust if necessary.

Put the lettuce leaves in to a large bowl, drizzle over the dressing and toss gently to combine. Ensure all the leaves are lightly coated in the dressing as this is what will make the difference between an average salad and a great salad.

Things you might like to add to your salads

Sliced radish
Crumbled feta, blue cheese or parmesan
Spring onions, red onions sliced thinly
Toasted seeds or nuts
Croutons
Crispy bacon bits

HERB AND BACON SCONES

These are great on their own or try them alongside a bowl of soup.

Ingredients

Makes 8 medium size scones

80g butter
240g flour
1 Tbsp baking powder
Pinch fine salt
80 ml buttermilk or yoghurt
½ cup (approx) milk
Handful fresh herbs (basil, parsley, thyme, rosemary or chives)
100g bacon, cut small and cooked in a pan until crispy (bacon ends work a treat)

Method

Preheat oven to 200C

In a large bowl add the flour, baking powder and salt. Stir to combine.
Rub in the butter with your finger-tips until your mix resembles coarse breadcrumbs.
Add the herbs and bacon bits and mix to combine.

Using a bread and butter knife add the buttermilk or yoghurt and ½ the milk. Cut through the mixture with your knife and add more milk if your mixture looks dry. Tip the dough out onto a lightly floured bench, lightly knead the dough so it just forms together. Flatten it slightly and mould it into a rectangle about 15-20cm long and 10 cm wide. Cut into 8 scones either with a round cutter or cut into 8 even sized pieces.

Place onto a baking tray and bake for 15 -20 minutes. Remove from oven when golden and fluffy. Wrap in a clean tea-towel and cool on a wire rack.

TIPS FOR LIGHT AND FLUFFY SCONES

The biggest tip for making any type of scone is not to over-work the dough. The less you handle it the better!

Use up old (sour) milk or cream as it works the same as buttermilk or yoghurt. If you don't have buttermilk or yoghurt at home then by all means use milk.

If using cheese you can omit the butter as a lot of fat seeps out of the cheese.

When moulding ready for cutting, keep your dough on the thick side as you will get higher and more impressive scones.

Recipes for Saturday 5th November 2011
