



EDMONDS FRESH FISH

Edmonds Fish are a family-run business with boats moored at Taieri and with a fish shop in Green island. They only have fish for sale if the boats can go out, so that's a true indication of just how fresh the fish actually is.

PANFRIED SKATE WINGS, WITH LEMON, PARSLEY & CAPERS

Skate wings are not so commonly used here in New Zealand, which is a shame as they are moist and delicious. They are also one of the cheapest types of fish on the market, making it a very reasonable meal for the family. The recipe below is a classic, but don't be afraid to experiment with skate. As you would other fish it will take on any flavours to add to it very well!

Ingredients

- 3 Tbsp vegetable oil
- 2 skate wings
- 75g butter
- 1 tsp red wine vinegar
- 1 tbsp extra-fine capers
- 1 lemon, juice only
- 2 Tbsp roughly chopped parsley

Method

Set the oven to 200C. Heat the oil in an ovenproof frying pan and add the skate wings. Fry for 1-2 minutes on each side or until golden. Transfer the fish to the oven and roast for 6-7 minutes, until tender. Remove the fish to serving plates and keep warm. Melt the butter in the pan over a high heat until it begins to brown. Add the vinegar, capers, lemon juice and chopped parsley. Pour the brown butter sauce over the skate and serve immediately.

Serves 2

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



PICKLED CARROTS

I stumbled across pickled carrots once or twice on my travels, served alongside some salami, good quality bread and perhaps a few olives. I thought it was a refreshing way to serve carrots.

Ingredients

- 400g carrots, cut into thick slices on the diagonal
- Salt
- 1 fresh bay leaf
- 2-4 slices fresh red chilli
- 1 tsp salt
- 12 black peppercorns
- 375ml verjuice or good quality white wine vinegar
- ½ cup raw cane sugar

Method

Cook carrots in a saucepan of lightly salted simmering water until just tender (about 5 minutes). Add the verjuice, sugar, chilli, bayleaf, peppercorns and salt, heat gently until sugar dissolves (3-5 minutes). Place carrots into 750ml capacity sterilised glass jar. Pour over the verjuice mixture until the carrots are well covered. Seal tightly with a lid. Invert the jar a couple of times to mix contents. Leave upside down for at least 24 hours to allow mixture to settle. Turn upright and store in a dark cupboard for at least several months. However once opened store in the fridge.

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

EDMONDS FRESH FISH SUPPLY – SKATE WINGS
SAM YOUNG LTD – CARROTS
HARWARDEN ORGANIC ORCHARDS – APPLES
EVANSDALE CHEESE – RICOTTA CHEESE



Classic Hits
proud supporters of the
Otago Farmers Market Kitchen.

GREEK ISLAND PIES

I have so many memories of my time in Greece and in particular were the many food stores selling these cheesy pies encased in wonderfully oily pastry. This is one of many that I make time and time again.

Ingredients

Makes 6 large pies

175g plain flour
175g wholemeal flour
5 Tbsp olive oil, plus extra for brushing
Lukewarm water
350g ricotta cheese
Grated parmesan, aged cheddar or cheese of your liking, for sprinkling
Pinch Greek oregano
Pinch sea salt flakes

Method

In a large bowl add the flours, pinch of salt and oil, and mix with your hands whilst pouring in a little warm water at a time. You are wanting the dough to be soft and pliable! Knead the dough until it loses its stickiness about 3-5 minutes.

Divide the dough into 12 even-sized balls, cover with a damp cloth and let rest for 30 minutes. Roll out the dough into thin rounds about the size of your fry pan, continue until all are done.

Spread a thin layer of ricotta cheese over the base of 6 rounds, sprinkle with a pinch of oregano and light sprinkle of salt, leaving a narrow margin around the edges. Moisten the edges with a little water or egg, and place another round on top, and press down to seal. Dust with a little flour.

Heat up a heavy frypan brushed with oil to medium-low heat. Add one pie at a time and cook for 5-7 minutes on each side, or until lightly browned. Drain on paper towel and sprinkle with grated cheese.

Cook the remaining pies, brushing the pan with oil each time.
Best served hot.

TOFFEE APPLES

The secret to a crystal clear and crisp toffee is to never stir the mixture once the sugar has dissolved!

Always keep children away from the toffee and never leave the pot unattended as hot toffee is very, very dangerous.

Ingredients

Makes 12 small apples

12 small wax free apples, washed and dried
12 ice-block sticks
2 cups white sugar
 $\frac{3}{4}$ cup water
1 Tbsp vinegar (white or malt)
Food colouring

Method

In a clean, deep heavy-based pot add the water, sugar, and vinegar. Bring to a boil stirring only to dissolve the sugar. Once it has come to the boil leave it alone. Meanwhile remove the stalk from the apples and push an ice-block stick into the cavity. Lightly grease your work surface with a little oil (to prevent them sticking).

When you see the bubbles in the toffee becoming larger and slower, get a little bowl of cold water and carefully with a spoon scoop a tiny amount of toffee and drop into your cold water. It should crack and go hard when ready (hard ball stage) 10-15 minutes approximately. If this stage has not been reached then continue cooking until it does, it is paramount that it reaches this stage or you will not have hard toffee!

Remove from the heat and very carefully (stand back a little) add a few drops of food colouring. Stir to combine but be careful as it splutters and spits. Let toffee sit for a minute or two.

Hold your toffee apple by the stick and very carefully dunk your apple into the hot toffee. Let it run off the apple, twist the apple and place onto your greased work surface. Continue until all the toffee is used up. Allow the apples to set. Wrap in gladwrap or put into cellophane bags.

Toffee Apples last 1-2 days only!