

KOAU – LIVING SPROUTS

YEAR-ROUND VITAMINS - Sprouts are the super food of all super foods as they are living right until you eat them. They are one of the most complete nutritional foods available.

Sprouts are real 'Life Vitamins, Minerals, Proteins, and Enzymes.

What may surprise you is the sheer variety available

Lentil, Blue pea sprouts, Red clover, Fenugreek, Broccoli, Alfalfa

Great in salads, sandwiches, tossed through a quick stir fry, on their own as a nutritious snack. I particularly like paring them with quinoa, cracked wheat, or lentil, try them warm with roasted vegetables and sprouts tossed through at the end or scattered over your hot baked potato. Be experimental and enjoy the benefits!

Recipes for Saturday 10th December 2011

BASECAMP WILD VENISON BACON WITH NEW SEASON CABBAGE

This product from Basecamp is truly luxurious; it can be heated through or eaten raw as I have done with this salad, it would be lovely wrapped round asparagus and grilled, added to pasta, cooked until crispy and tossed over roasted beetroot – I am sure you get the idea.

Ingredients

½ -1 new season cabbage (about 1kg)
Sea salt flakes and freshly ground black pepper
Extra virgin olive oil
150g Danseys Pass cheese from Whitestone or Parmesan

Serves 6

2-4 slices venison bacon per person
3 Tbsp good quality balsamic vinegar
Juice of 1 lemon

Method

Remove the outer leaves of the cabbage. Cut the firm pale heart of the cabbage in half. Shave the cabbage as finely as you can. Place in a bowl and season with salt and pepper. Shake over the balsamic vinegar and drizzle with extra virgin olive oil.

Lightly flatten the slices of venison with the palm of your hand and cut the venison into 1cm shreds and add to the cabbage. The proportion of venison bacon should almost be equal to the cabbage. Squeeze over the lemon juice, shave on the cheese and mix with the salad.

FRESH WALNUT PESTO

This is one of those sauces that can only be made with the freshest walnuts. It can be tossed through pasta, mixed through a potato salad, spread over flatbreads or used as a base for tarts and perfect for dipping asparagus spears into. It will last in the fridge if covered with oil for up to a month.

Ingredients

250g Fresh walnuts, shelled weight, grated
60g butter
100g tasty or smoked cheddar, grated
2 Tbsp grated parmesan cheese
1 garlic clove, peeled and crushed
3 Tbsp chopped fresh marjoram, oregano or flat leaf parsley
Pinch of freshly grated nutmeg

Method

Melt the butter in a frypan, add the walnuts and garlic and push around just to colour the garlic and soften the walnuts. Add the marjoram, salt, pepper and nutmeg. Remove from the heat and leave to cool.

Put the cooled walnuts, garlic and herbs into a mortar and pestle or food processor and blend until you get a coarse paste. Add the cheese and a drizzle of good quality oil to loosen the mixture a little. Check for balance of flavours and adjust if necessary. Store with a layer of oil on top in clean container it will last up to a month.

THANK YOU TO THE FOLLOWING VENDOS FOR THEIR FANTASTIC PRODUCE

BASECAMP VENISON SALAMI – wild venison bacon

KOAU SPROUTS – living sprouts

HARWARDEN ORGANICS – wild asparagus, fresh walnuts

BRYDONE ORGANICS – new season cabbage

KANUKA ORGANICS – dried rosepetals

FROGROCK CHERRIES – spray free cherries

THE FRUIT GARDEN - peas

CHERRY FOCACCIA

I have made this very festive bread at the market before, it is so delicious and fun to make. I have sprinkled it with rose petal sugar (rose petals available from Kutash Organics), which adds a wonderful, subtle flavour to the bread and enhances the cherries.

Ingredients

1 kg cherries	1 tsp dried yeast
350 ml plain flour	Extra virgin olive oil
100g caster sugar blend with 2 Tbsp sugar	Sea salt

Serves 10

Method

In a bowl mix the yeast with the warm water, let it ferment for 5 minutes or until it goes frothy. Gently pour in and combine the flour; the dough should be very soft. Pour in 50ml olive oil along with half the sugar and pinch of salt. Knead on a floured work surface for about 5 minutes. Return to the bowl, cover with a cloth, and set aside to rise for an hour – this stage can be made the day ahead and stored in the fridge until needed. Just ensure you remove in plenty of time for it to get to room temperature.

Remove the stones from the cherries, and put the flesh in a bowl.

When the dough has risen, roll it out and place on a lightly oiled pizza pan or baking tray (about 30cm). Place the cherries over the dough and let it rise again for half an hour.

Preheat the oven to 180C

Sprinkle the remaining rose sugar over the top of the cherries and drizzle with a small amount of olive oil. Place the bread in the oven and bake for about 30 minutes until brown.

Serve warm or at room temperature.

NB – To make rose petal sugar it is paramount that the rose petals are dried, spray-free and preferably organic. I about 2 Tbsp to a food processor along with 100g icing or caster sugar and blend until fragrant and pinkish in colour. Store in an airtight jar.

NEW SEASONS CABBAGE, POTATO & PEA SOUP

This soup is the essence of summer it is light, refreshing and full of flavour!

Ingredients

Serves 4-6

1 Tbsp olive oil
200g good quality bacon (can be omitted if vegetarian)
300g new season potatoes (jersey benne), cut into quarters
Bunch spring onions, finely cut
3 garlic cloves, crushed
2 litres chicken or vegetable stock (hot)
300g spring cabbage, thinly sliced
300g fresh or frozen peas
1-2 lovage leaves (optional)
Handful fresh basil
Extra virgin olive oil
Sea salt and freshly ground black pepper
To serve: crusty bread

Method

Heat the oil in a pot over medium-high heat, add the bacon and cook until golden (2-3 minutes). Add the potato, onion, lovage (if using) and garlic, cover and stir occasionally. Cook for about 5 minutes or until the potatoes become tender.

Add the stock hot stock and simmer until the potato is tender 10-15 minutes.

Add the cabbage and cook for a couple of minutes, add the peas and few torn leaves of basil. Simmer for 5 minutes, taste and adjust seasoning.

Mash up the basil in a mortar and pestle with a pinch of salt, add a drizzle of olive oil so you get a thick green paste.

Serve the soup warm in bowls with a spoonful of basil sauce on top and crusty fresh bread.



Follow Alison on face book

—Alison Lambert taste of my life—

or at her blog www.alisonmarketchef.blogspot.com



Classic Hits
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