

PEBRE – CHILEAN SAUCE (FANTASTIC WITH FISH)

Ingredients

2 large handfuls coriander, chopped
3-4 spring onions, roughly chopped
2-3 cloves garlic, crushed
2-3 jalenpo chillies, seeds removed and roughly chopped
¼ cup red wine or sherry vinegar
Salt and pepper to taste
¾ cup olive oil

Method

Add all the ingredients except for the olive oil to a blender or food processor and pulse until smooth but still a little chunky.

Remove to a bowl and stir in the olive oil. Adjust seasoning and let stand at least ½ hour to allow the flavours to mingle. Serve at room temperature.

FOIL BAKED FISH WITH CHILLI

Ingredients

(Serves 2)

1 Tbsp oil
2 large or four small fillets of fish – cod, gurnard, elephant, moki etc
2 cloves garlic
1 chilli, deseeded and finely sliced (Kakanui Produce cherry chilli is perfect for this)

Method

Preheat the oven to 190C.

Take two pieces of strong kitchen foil, roughly 25cm square, and brush them with the oil. Season the fish fillets generously and place them on the foil – either two small fillets or one large one per parcel.

Divide the garlic and chilli between the fish add a squeeze of little lemon juice and a good grinding of black pepper over each pile, then bring up the sides of the foil and scrunch them together tightly to form well-sealed but baggy parcels.

Place the parcels on a baking tray, transfer to the oven and bake for 15 minutes.

Serve immediately – I highly recommend trying the PEBRE sauce below with this fish!

SUMMER TOMATO SALAD

Ingredients

(serves 6)

4 large handfuls of mixed tomatoes
sea salt and freshly ground black pepper
6 Tbsp extra virgin olive oil
1-2 Tbsp good red wine vinegar
½ a clove of garlic, grated
a small handful of fresh flat-leaf parsley, basil, oregano or marjoram, ripped into small pieces

Method

Cut the bigger tomatoes into slices about 1cm thick. You can halve the cherry tomatoes or leave them whole.

Place the tomatoes in a large bowl and dress with enough extra virgin olive oil and vinegar to loosen, but do add these to your own taste. Add a little salt and pepper and give a gently toss to combine. Add the garlic and herbs and toss together well. Place onto a serving platter and serve at room temperature with plenty of good bread to soak up the delicious juices.

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

KAKANUI PRODUCE – beetroot and chillies

WAIKOUAITI GARDENS – tomatoes

BRYDONE ORGANICS – zucchini

AQUARIUS GARDENS – basil

EDMONDS FRESH FISH - fish

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BEETROOT SALSA

Ingredients

4 cooked small-medium beetroot
8 spring onions, sliced thinly
1 seeded green chilli, sliced thinly
2 Tbsp fresh mint, or basil, roughly torn
Juice from 1 lemon
5 Tbsp extra virgin olive oil

Method

Put the diced cooked beetroot into a bowl. Add the spring onions, seeded and sliced green chilli, fresh mint or basil, lemon juice and olive oil. Season and stir well.

MARROW WITH DILL AND LEMON

Ingredients

1 good size (about 900g) marrow
50 g butter and 1 Tbsp olive oil
2 onions, finely chopped
1 sprig of fresh dill, chopped
juice of ½ -1 lemon
salt and freshly ground black pepper

Serves 4

Method

Peel the marrow, remove the seeds and chop into cubes.
Melt half the butter and add 1 tablespoon olive oil in a large frypan, add the onion and cook for 5 minutes. Add the marrow and cook quickly until starts to colour and soften (about 8 minutes)
Add the remaining butter, dill and squeeze of lemon juice and seasoning. Toss to combine, and for the flavours to mingle. Adjust seasoning and enjoy.

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ZUCCHINI CARPARCCIO WITH LEMON, HERBS & RICOTTA

This can only be made with firm little zucchinis as you want the crunch. With the addition of zesty lemon and fragrant soft summer herbs this will be fast become a summer favourite.

Ingredients

(Serves 4 as a side)

2 medium or 3 small zucchini, washed and thinly sliced into rounds, leaving skin on
salt and fresh ground pepper to taste
1 lemon (use all the zest and juice, and I would choose a large lemon)
1/4 cup best quality extra virgin olive oil
1-2 Tbsp chopped marjoram
2 Tbsp thinly sliced chives
(Other herbs such as basil, mint, dill or parsley can be used).
2 Tbsp crumbled ricotta (you could also use Feta, Goats, or Parmesan cheese for an alternative)

Method

Wash zucchini and dry with paper towel, then thinly slice into rounds, using a mandoline or sharp chef's knife. (I used the 1.5 mm size for my mandoline.) Arrange the zucchini slices on a serving platter in a single layer or two, season with salt and fresh ground black pepper.

Zest the lemon and put it into a small dish. Squeeze all the lemon juice into the dish with the zest, discarding seeds. (If you don't get at least 2 Tbsp lemon juice I'd use two lemons.)

Whisk 1/4 cup extra virgin olive oil into the lemon zest/juice mixture, then pour the dressing over the zucchini slices. Let zucchini marinate for 15-30 minutes while you prep other ingredients.

Pick through the herbs discarding any large stalks, chop herbs.

When you're ready to serve the salad, sprinkle with chopped herbs and ricotta cheese and serve immediately.



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