

HEIRLOOM TOMATO SALAD

Sun ripened, soil-grown, sweet tasting tomatoes make for a wonderful salad. However add some Rams Horn, Black Cherry, Sun Gold, Guernsey Island and Money Maker, to name but a few of the impressive array of tomatoes found at the farmers market and you will have a salad to be enthusiastic about

Ingredients

4 large handfuls of mixed tomatoes
100 etc
sea salt and freshly ground black pepper
6 Tbsp extra virgin olive oil
1-2 Tbsp good red wine vinegar

Serves 4

Method

To showcase the tomatoes I like to cut the tomatoes into different shapes – some into thick slices, other in half, some in lengths and little ones and whole, it adds texture and variety to your salad.

Drizzle over the extra virgin olive oil and vinegar add a generous sprinkle of salt and pepper. Ideally let the tomatoes sit for 10-30 minutes before serving as this will get the juices flowing.

BAKED MARROW GRATIN

Ingredients

500g marrow, peeled and chopped
salt and pepper
65 g butter
3 Tbsp cream
1 egg
2 oz (50 g) cheese, grated

Serves 4

Method

Preheat oven to 220C. Put the marrow in a saucepan with salt, pepper and a very little water. Cook gently until the marrow is tender.

Drain if necessary and turn into a heated ovenproof serving dish.

Mix together 50 g of the butter, the cream and a little of the cheese, season with salt and pepper fold through the marrows. Sprinkle the remaining cheese over the top and dot with the rest of the butter.

Bake for 5 to 10 minutes or until lightly browned.

FOIL BAKED FISH WITH CHILLI

Ingredients

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)

Serves 2

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 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.

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

EDMONDS FRESH FISH – fish

TE MAHENO – marrow, garlic

BRYDONE ORGANICS – beetroot

WAIKOUAITI GARDENS – tomatoes

CAITHNESS ORCHARDS – apricots

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Otago Farmers Market Kitchen.

BEETROOT RISOTTO

Ingredients:

1.5 litres of vegetable or chicken stock (approx.)
3 tablespoons butter or olive oil
1 medium onion, diced
350 g (12 oz) Arborio (risotto) rice
120 ml white wine
2 Tbsp chopped fresh parsley
2 Tbsp roughly torn fresh basil
2 to 3 medium beetroots, peeled and grated
2 to 3 handfuls beetroot tops or ruby chard (silver beet) kale finely chopped
Salt and pepper to taste
Grated peel and juice of 1 lemon
1 handful freshly grated Parmesan cheese, to serve

Serves 4

Method

Bring the stock to a simmer.
Heat the butter in a separate wide pan over medium heat; add the onion and sauté for 3 minutes. Add the rice, stir to coat well, cook for 1 minute. Add the wine and simmer until it's absorbed, then stir in the parsley, basil, and the beets.

Add 500ml stock, cover, and simmer until the stock is absorbed. Begin adding the remaining stock a ladle at a time, stirring constantly until each addition is absorbed before adding the next,

BRAISED BEETROOT WITH THEIR LEAVES

Never underestimate the tops of beetroot – their leaves can be used as you would silverbeet or kale. The smaller more tender ones are perfect added to your salad or try them wilted through your stir-fry.

Method

Cut the leaves from your beetroot, wash well and chop coarsely. Peel the beetroot and cut them into wedges 1.5cm thick. Cook 1 chopped onion and a clove of garlic in a tablespoon of olive oil, until softened then add the beetroot wedges and enough water to just cover. Season and cook slowly for about 30 minutes, until the beetroot is tender.

Add the chopped leaves and cook for 5 minutes. Season and sprinkle with lemon juice or balsamic vinegar.

APRICOT-RAISIN CHUTNEY

Ingredients

2 Tbsp olive oil
1/2 small onion, finely chopped (about 1/2 cup)
1 kg apricots, peeled, quartered, and pitted
1/2 cup sugar
1/2 cup good-quality honey
1/3 cup raisins
1/4 cup cider vinegar

Make 2 ½ cups

Method

Heat oil in a large heavy-based pot over medium heat until hot but not smoking. Add onion; cook, stirring frequently, until soft and translucent, about 4 minutes.

Add apricots, sugar, honey, raisins, and vinegar. Cook over medium heat, stirring, until thickened, about 25 minutes.

Pour chutney into a large bowl. Let cool completely. Serve at room temperature.
Chutney can be refrigerated in an airtight container, up to 1 week.

Recipes for Saturday 18th February 2012

*The Market Kitchen is powered by Nova LPG,
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