

PLUM AND BUTTERMILK DROP SCONES

The combination of fresh plums, cooked into a scone and served warm with spiced sugar is a great way to start any day!

Makes 30

6 free-stone plums	Additional 50g sugar
250g flour	Zest of 1 orange
¼ tsp baking soda	1 tsp cinnamon
½ tsp salt	Cooking oil
50g sugar	300 ml buttermilk
75g butter	

Method

Place a large cast-iron or heavy-based fry pan on to medium heat. Sift the flour, baking soda and salt together into a medium size bowl, rub in the butter with your fingertips until you have coarse breadcrumbs, add the sugar and mix well. Add the plums and buttermilk and mix together until just combined.

Lightly brush the pan with oil. Drop spoonfuls of batter into the pan allowing space between for spreading. Cook gently for a couple of minutes, turn over and cook through – 2 minutes. Transfer to a wire rack covered with a clean cloth and repeat process with remaining batter.

Mix together the sugar, orange zest and cinnamon and sprinkle onto the drop scones or serve in a dipping bowl and dip your warm scones into the spiced sugar.

CORN FRITTERS

Ingredients (makes around 12 medium sized fritters)

100g butter or ghee	
3 cobs corn, husks and silk removed	430ml milk
240g plain flour	1 Tbsp chopped parsley
3 tsp baking powder	1 tsp chopped chives
a pinch of salt	30 g butter, melted
1 free range egg	Good quality bacon and maple syrup (optional)

Method

First clarify the butter! This is not as daunting as you might think and of course you can certainly cook them in oil, but like most things a little butter can improve things quite dramatically.

To clarify butter, melt the butter in a small pot over low heat and cook for 5 minutes or until a white crusty foam appears on the surface and the milk solids have dropped to the bottom. Remove from the heat and allow to settle for a few minutes. Then carefully pass through a muslin lined sieve or very fine sieve - I gradually pour the butter leaving behind any white milky residue which you will see on the bottom of the pot, discard this. Set aside the clarified butter until required. Any leftover will keep covered in the fridge for several weeks.

Fill a large pot with water and bring to the boil over high heat. Drop in the corn cobs and cook for 8 minutes or until tender. Remove the corn and drain and cool over a colander. When you are able to handle the corn, run a sharp knife down sides of each one. You should have about 250g corn.

Sift flour, baking powder and salt into large mixing bowl, then make a well. Whisk egg with milk and pour into dry ingredients. Whisk well until you have a smooth batter, add the herbs, corn and melted butter. Allow the batter to stand for 1 hour at room temperature, covered with tea towel. If you don't have the luxury of 1 hour then by all means you can still cook them straight away they just don't have quite the same finish!

Heat enough clarified butter to cover the base of a non-stick or a heavy based fry pan over medium heat, then using a small ladle to ladle in a few portions of batter. Leave to cook until the underside is golden. Flip over and cook through. Continue until all the batter is used, adding clarified butter as needed. Serve corn fritters immediately with bacon, maple syrup if desired or tart tomatoes!

Recipes for Saturday 24th March 2012

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

FRUIT GARDEN – PLUMS

WAIRUNA ORGANICS – TURNIPS

ROSEDALE ORCHARDS – CORN

JANE FIELD HYDROPONICS – BOK CHOY

JIA HE ASIAN FOOD – TOFU

KAKANUI PRODUCE - CHILLIES

FRIED TOFU SALAD

Ingredients

250 - 500 g fried tofu, cut into slices
2 Generous handful bean sprouts
1 bunch spring onions, sliced finely

Dressing

3 Tbsp soy sauce
1 tsp white rice wine vinegar
1 tsp white sugar
½ tsp chilli, chopped finely
1 clove garlic, crushed into fine paste
Pinch pepper

Serves 4

Method

Place the tofu into a bowl along with the bean sprouts and spring onions. Mix the soy sauce, vinegar and sugar together then add the chilli, garlic and pepper. Stir to combine. Drizzle over tofu, toss gently to combine and serve immediately.

STIR FRIED TOFU WITH BOK CHOY

Ingredients

1 bok choy, washed well and drained
1 block firm tofu, cut into medium cubes
1 medium onion, thinly sliced
1 clove garlic
Thumb size fresh ginger, thinly sliced
1 cup oil
¼ tsp salt (depending on salt content of soy sauce)
2 Tbsp good quality soy sauce
1 red chilli, de-seeded and sliced finely
2-3 Tbsp water approx

Method

Heat the oil in a wok or frying pan over medium-high heat. Fry tofu until golden brown (approx 3-5 minutes) and set aside. You will be using the same pan for stir frying the bok choy. Carefully remove most of the oil leaving about 1 tablespoon behind. Add the onion, bok choy, soy and salt and stir fry over high heat for a minute or two. Add a little water to avoid the sauce drying out. Add the chilli and tofu continue tossing all the ingredients

TURNIP GREENS/TOPS

Ingredients

1 bunch turnip greens, tough stems discarded, leaves chopped
2 Tbsp medium onion, sliced
1 large garlic clove, minced
2 teaspoons bacon fat (optional)
1 Tbsp olive oil
2 Tbsp dark sesame oil
Chili pepper flakes, a pinch
Salt, a couple pinches
Sugar, a couple pinches

Method

Use a large fry pan with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat. Sauté onion until transparent, a couple of minutes, add garlic and cook until fragrant, about 30 seconds. Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-15 minutes.

SCALLOPED TURNIPS

Ingredients

4 Tbsp butter
½ cup thinly sliced onions
4 cups peeled, thinly sliced turnips
2 Tbsp flour
1/3 cup cream
3/4 cup milk
Freshly ground black pepper
1 tsp salt

Serves 4-6

Method

Preheat oven to 180. Butter a 20cm square oven dish. Melt 1 Tbsp butter and lightly sauté onions until just wilted. Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice. Mix milk and cream together and pour over the turnips. Cover and bake in a 180 oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

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