

GREEN TOMATO RELISH

This is a fantastic relish which goes beautifully with cheese, smothered in a sandwich or dolloped generously on cold roast meats.

Ingredients

Makes 7-10 jars

2.5kg green tomatoes, roughly chopped
500g onions, finely sliced
4 tsp / 30g salt
1 litre malt vinegar
500g soft light brown sugar
250g sultanas, roughly chopped
3 tsp / 20g ground pepper

Equipment

Preserving pan or other large lidless pan
7 - 10 jars with lids
Glad wrap/plastic wrap
Sticky labels

Method

Finely slice your onions and washed green tomatoes, cutting out any bad bits. Add to a large bowl and stir. Add the 4 teaspoons of salt, stir again and then cover with gladwrap or a large plate and leave overnight – this draws out a lot of the unnecessary moisture from the tomatoes and helps to enhance the flavour. However if you don't have the time, reduce the salt by half and skip this stage although you will have to cook it a little longer to thicken it up!

Place the litre of vinegar into a large pan. Add the 500g of light brown soft sugar and stir over a medium heat until all the sugar has dissolved.

Bring to the boil. Add the sultanas and add to the simmering vinegar and sugar. Bring the whole lot to a gentle boil.

Remove the cover from the tomatoes and onions that you've left overnight. Drain well but **do not rinse** as rinsing will add more water and the goal of leaving it overnight with salt was to remove as much water as possible without pulping them.

Add to the chutney and stir in well. Add the 3 teaspoons / 15g white pepper.

Once all the ingredients have been added they need to be boiled gently for 1.5 to 2 hours until thick and golden.

Over the next 1 - 2 hours, ensure that you stir it occasionally and adjusting the heat if they start to boil too vigorously.

Wash your jars well in hot soapy water and rinse. Place upside down in a very low oven 50C to completely dry and sterilise. Place the lids in a small pot covered in water and boil for 10 minutes to sterilise. Set aside until required.

When the relish is thick, golden and pulpy cool slightly then pour carefully and as tidily as possible into the jars. Wipe the rims with a clean cloth and place your sterilised lid on tightly. Label with date, what it is and store out of direct sunlight.

CRUSHED ROAST CARROTS WITH CUMIN AND WALNUTS

Ingredients

Serves 4

1 bunch (500) fresh carrots
4 Tbsp olive oil
2 tsp cumin seeds, lightly toasted in a dry frying pan and then ground
2 cloves garlic
2 -4 Tbsp fresh walnuts, lightly roasted
75g feta cheese, crumbled
1 Tbsp chopped oregano, marjoram, mint or dill
Good quality extra virgin olive oil for drizzling
To serve – crisp flatbreads

Method

Preheat oven 180C

Scrub and trim the carrots, cut them in half lengthways and put them in a roasting dish along with the garlic and olive oil. Season lightly with sea salt flakes and freshly ground pepper and place into preheated oven and roast for about 30 – 50 minutes depending on thickness of carrots or until they are tender, and slightly browned.

Remove from the oven and cool slightly, add the cumin seeds, and half the fresh herbs. Mash coarsely with a fork or masher and spread out onto a platter. Sprinkle with toasted walnuts, crumbled cheese and a sprinkling of herbs. Drizzle generously with extra virgin olive oil, a couple more pinches of sea salt flakes and serve with plenty of toasted flat breads!

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

WAITAKI BACON AND HAM – pork belly

ETTRICK GARDENS – carrots

WILLOWBROOK ORCHARDS – apples

LEVITIO BAKERY – brioche

JUDGE ROCK WINES – wine

BRYDONE ORGANICS – green tomatoes



APPLE PUREE

Apple puree is simple enough to make and is a good thing to have around, as a base for breakfast, or any number of puddings.

Ingredients

500g cooking apples
 1 tsp cinnamon (optional)
 A pinch of lemon zest
 Caster or raw sugar to taste

Makes about 350g

Method

Cut the apples in quarters, remove the stalks and any damaged parts, but do not peel or core them. Put into a pot with 120ml water. Cover and cook over a low heat for 15-20 minutes. Process in a food processor until smooth or pass through a fine sieve – discarding pips and skin. Transfer to clean container, cover and refrigerate for 2-3 days.

A QUICK DESSERT USING APPLE PUREE

Grilled brioche with apple yoghurt fool

Ingredients

4 thick slices brioche
 350g chilled apple puree
 250g Greek yoghurt or you can use ½ yoghurt and ½ softly whipped cream
 1 Tbsp runny honey
 Icing sugar to serve

Serves 4

Method

Preheat a griddle pan or grill up to medium hot.
 Stir the chilled apple into the yoghurt or half and half mixture; add the honey and combine.
 Grill the brioche until lightly toasted.

FRIED GREEN TOMATOES

This is a fantastic way to use up the end of the season green tomatoes.

Ingredients

4 to 6 green tomatoes
 Salt and pepper
 Cornmeal (polenta)
 Bacon grease or vegetable oil

Serves 2-4

Method

Slice the tomatoes into ½ cm slices. Salt and pepper them to taste. Dip in meal and fry in hot bacon fat or oil for about 3 minutes or until golden and crisp. Gently turn and fry on the other side. Serve as a side dish - delicious with breakfast!

Recipes for Saturday 14th of April 2012

PORK BELLY WITH APPLES & MUSTARD SAUCE

Ingredients

1kg piece pork belly, scored
 3 apples, quartered and cored
 500ml white wine (optional water or stock is fine)

Serves 4

2 onion, thickly sliced
 2 tsp fennel seeds, crushed lightly
 Salt and pepper

Method

Heat the oven to 220C. Cut the pork belly into 6 pieces, rub the skin of each piece with seasoning and crushed fennel seeds. Place the pork on a wire cooling rack over a roasting dish and roast for 30 minutes to get the crackling started.
 Add the onions and apple and pour the wine around the pork and turn the oven down to 160C. Cook for a further 40 minutes or until the pork is tender. The apple should have broken down by now and the wine reduced.
 Serve the pork with the apples, onions and mustard sauce!

QUICK MUSTARD SAUCE

Warm 150ml of cream in a small saucepan with 2 sprigs of thyme and 2 tsp of grain mustard. When the sauce is thoroughly hot but not boiling, add a palmful of chopped parsley. Season carefully, and serve with pork.



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