

UPSIDE-DOWN RHUBARB CAKE

Rhubarb is back and this cake is not only magical in taste but also in appearance.

Ingredients

Serves 8

300g butter
200g soft brown sugar
350g rhubarb, trimmed and cut into 2cm pieces
200g plain flour
1 tsp baking powder
¼ tsp baking soda
½ tsp salt
200ml buttermilk
2 medium eggs
80mls vegetable oil
2 Tbsp finely chopped crystallised ginger

Method

Preheat oven to 170C

Melt the butter in a 24cm ovenproof frypan over a medium heat. Stir in half the soft sugar and cook for about 5 minutes or until the sugar has dissolved and a caramel has formed. Remove from the heat.

Add the rhubarb neatly starting from the centre and working outwards in a spiral shape, ensuring that the rhubarb is standing upright and is placed close together. Set aside whilst you make the topping.

Combine the flour, baking powder, baking soda and salt.

Whisk the remaining sugar with the buttermilk, eggs, oil and ginger. Add the flour mixture and mix well. Pour over the rhubarb and smooth the surface.

Bake for 30 minutes or until the cake springs back when pressed in the centre.

SPICED PUMPKIN SOUP

This is yet another great recipe for the humble pumpkin. This recipe has a little spice to liven up the cold nights

Ingredients

Serves 4

1 Tbsp vegetable oil
1 Tbsp butter
1 clove garlic, chopped
4 shallots, or 1 small onion, chopped
2 small fresh red chilli peppers, chopped
1 tablespoon chopped lemon grass
1.5 litres chicken or vege stock
4 cups peeled and diced pumpkin
1 ½ cups unsweetened coconut milk
1 handful fresh basil leaves, roughly torn
1 handful fresh coriander (stalks and all) roughly chopped
Fish sauce – a couple of splashes
Pinch of salt and crack of pepper

Method

In a medium saucepan, heat oil and butter over low heat. Cook shallots, chilli, and lemongrass in oil until fragrant (be careful not to burn the garlic), add the pumpkin and garlic and cook for a further 5 minutes. Stir in chicken stock and coconut milk; bring to a boil. Cook until pumpkin is tender.

Add the basil and coriander and blend the soup in batches to either a smooth or slightly chunky consistency, whichever you prefer.

Serve.

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RASPBERRY ETON MESS

Butler's berries have saved us time and effort by cleverly bottling fresh raspberries, macerated in sugar syrup and sealed in a jar. I thought this is not only great over ice cream but delicious folded through this glorious pudding known as Eton Mess.

Ingredients

Serves 4

2-3 cups fresh raspberries or strawberries or 1 jar of macerated berries and 1 -2 cups fresh
2 tsp caster or vanilla sugar
2 cups cream
4-6 meringues

Method

If using the fresh berries which are already in syrup then you won't need to add anything to your berries, however if using only fresh, you will need to cut the strawberries into chunks, sprinkle with a couple of teaspoons of sugar and a little fresh orange or pomegranate juice to add a little moisture. Whip the cream in a large bowl until thick but still soft. Roughly crumble in 4 of the meringues nests - you will need chunks for texture as well as a little fine dust.

Take out about half a cupful of the chopped berries, and fold the meringue cream and rest of the fruit mixture together.

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

ROSEDALE ORCHARDS – pumpkin and corn

McARTHURS BERRIES – rhubarb

TE MAHENO – marrow

BUTLERS BERRIES – raspberries

JUDGE ROCK WINES – wine

LEVITIO BAKEERY – selection of bread

Recipes for Saturday 21st of April 2012

FRESH CORN, MARROW AND BARLEY SALAD

Ingredients Serves 4-6

200g barley
400g marrow, peeled, seeds removed
2 cobs of fresh corn, kernels removed
1 red onion, cut into wedges
1 red chilli seeds removed and finely chopped (i used cherry-chilli)
Generous handful wild rocket or any robust leaf
Generous handful flat leaf parsley, roughly chopped
1 tsp sumac
Sea salt flakes and freshly ground black pepper
Extra virgin olive oil
Sherry or red wine vinegar

Method

To make the dressing; 2 Tbsp sherry vinegar. 5 Tbsp extra virgin olive oil, sea salt and pepper. Stir to combine. Set aside

Cook the barley in lightly salted water until tender (15 minutes). Drain, drizzle over a little dressing, cool. Set aside.

Heat up a fry pan with a little olive oil, and add the marrow and cook until golden in colour, add the onion and corn, cook gently for 5 minutes.

Add to the barley and mix through, add the herbs, chilli and rocket, sprinkle over the sumac and add a little more dressing. Mix gently together and taste, adjust seasoning as needed.



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—Alison Lambert taste of my life—

or at her blog www.alisonmarketchef.blogspot.com