



HEARTY BEEF AND BARLEY SOUP

This soup is a fantastic way to use up bits and pieces – I am using organic beef bones from Organic Land which give this soup a wonderful, comforting flavour.

Ingredients

Serves 6-8

2-4 beef soup bones
4 stalks celery, diced
1 onion, diced
4 carrots, diced
2 leeks, sliced thinly
½ swede, peeled and diced
1 cup barley
Salt and pepper
4 sprigs fresh thyme
1 bay leaf
Generous handful fresh parsley, chopped

Method

Place the bones in a large pot, cover with cold water and bring to the boil, remove any scum that has risen to the top and reduce the temperature to a gentle simmer.

Add the herbs, onion, light part of the leek and carrots. Simmer away for 1 ½ hours. Add the swede, and barley, season with salt and pepper and cook for a further 30 minutes or until the barley and swede are tender. Adjust the seasoning, you may find you need to add a generous amount to salt.

Remove the bones and pick off any meat and return it to the soup, discard the bones. Add the chopped parsley and serve.

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BRAISED RED CABBAGE WITH CIDER & HAZELNUTS

Warming flavours of autumn combined with the crunch of freshly harvested nuts is delicious!

Ingredients

50 ml olive oil	1 onion, thinly sliced
2 garlic cloves, thinly sliced	1 tsp caraway seeds
½ red cabbage (about 700g), thinly sliced	150ml cider
100ml red wine or cider vinegar	100g (1/2 cup firmly packed) brown sugar
100g hazelnuts, lightly roasted	

Method

Heat olive oil in a large saucepan. Add onion, garlic and caraway seeds stir occasionally over medium heat until soft (7-10 minutes). Add cabbage and stir occasionally (8-10 minutes). Add cider, vinegar and sugar, stir to combine and cook until liquid has almost evaporated (20-25 minutes), season to taste. Lightly crush the toasted hazelnuts and scatter over the cabbage. Serve. It is great with all meats, duck and game.

POACHED QUINCE

Poached quince will last in the fridge for up to a week. Great for breakfast with cereal or French toast, fantastic braised with pork and can be added to any number of puddings. I like to place the poached quince in the bottom of a pan with a little syrup and then cover snugly with flaky pastry and bake. Turn over when cooked and you have almost a quince tartin!

Ingredients

7 cups water
1 cup sugar
1/2 cup honey
1 lemon (preferably unsprayed), cut in half
1 vanilla bean, split lengthwise
6 large, or 8 medium, quince

Method

Mix the water, sugar, honey, lemon and vanilla bean in a large non-reactive pot and turn it on to medium-to-high heat.

While the liquid is heating, quarter, peel, and remove the cores of the quince. Make sure to removed anything tough or fibrous, being very careful with the knife.

As you peel and prepare the quince quarters, slip each one into the simmering liquid. Once they're all done, cover the pot with a round of parchment paper with a walnut-sized hole cut in the center and place it on top as this will ensure that they stay submerged or they will discolour.

Simmer the quince (do not boil) for at least an hour, until the quince are cooked through. Cooking time will vary, depending on the quince. They're done when they are cooked through, which you can do by piercing one with the tip of a sharp paring knife. It's not unusual for them to take up to 2 hours, or more.

Serve warm, or at room temperature. To store, pour the quince and their liquid into a storage container and refrigerate for up to one week.

TURKISH RED CABBAGE SALAD

Ingredients

½ red cabbage, sliced thinly

1 Tbsp salt

Dressing

50 ml extra virgin olive oil

½ lemon

Salt and pepper

Yoghurt Sauce

½ cup plain yoghurt

1-2 cloves garlic, minced with pinch of salt

Paprika Oil

2 Tbsp olive oil

Generous pinch paprika and cayenne pepper

Method

Remove the thick white core in the centre of the cabbage and discard. Slice the remaining cabbage as thin as possible. Sprinkle with 1 tablespoon of salt and massage into the cabbage, leave for at least 30 minutes to 1 hour. Rinse under cold water and drain well.

Make the dressing and toss through the cabbage and place into a serving dish.

Mix the yoghurt with the garlic and drizzle on top.

Warm the oil in a small pan or saucepan add the paprika and cayenne pepper and warm through.

Pour over the yoghurt and serve.

Serves 4-6

Recipes for Saturday 28th of April 2012

WAITAKI'S PORK & FENNEL SAUSAGES WITH POTATOES

This is one of those one pot wonders where you only need a few ingredients but it's paramount that the ingredients are of the highest standard and flavour.

Ingredients

800g small potatoes, scrubbed

1 teaspoon sea salt

300g pork and fennel sausages

50ml olive oil

1/2 cup white wine or cider

2 tablespoons capers

1/2 preserved lemon, flesh removed, finely sliced (optional) or a little fresh lemon juice

2 tablespoons finely chopped chives or fennel tops

Serves 4

Method

Place the potatoes on a board then use a rolling pin or some other heavy object to lightly crack them. Sprinkle with the salt and stand for 5 minutes. If you can't get hold of small potatoes to do these methods then use the smallest potatoes you can find and cut them into chunks. You do not have to do the rolling pin thing. Simply cook them in the same way as mentioned below in the recipe.

Meanwhile, squeeze the sausage meat from its casings and break into bite-sized pieces. Heat 1 tablespoon of the oil in a wide saucepan then add the sausage pieces. Fry until browned and crisp then remove from the saucepan and set aside. Add the remaining oil and the potatoes and fry for a few minutes then return the sausages to the saucepan. Cover and cook for 20 minutes or until the potatoes are tender, shaking the pan occasionally. Add the wine, capers and preserved lemon. Cover and remove from the heat then stand for 5 minutes to allow the flavours to infuse. Sprinkle with the chives or fennel tops before serving.

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

ORGANICLAND MEAT – beef bones and meat

YOUNGS LTD – red cabbage

ROSEDALE ORCHARDS – quince

WAITAKI BACON AND HAM – pork and fennel sausages

JUDGE ROCK WINES – wine

LEVITIO BAKERY – selection of baked goods



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