



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

HERBY MASHED PARNSIPS

Ingredients

600g parsnips
large handful parsley
6 stems fresh thyme
50ml cream

4 spring onions
knob of butter
Freshly ground pepper

Serves 4

Method

Peel the parsnips and cut each into chunks. Put in a large pan, totally covered with salted water and bring to the boil. Put a lid on top, reduce the heat to medium and simmer for 20 minutes or until tender, then drain.

Meanwhile finely chop the spring onions and parsley. Strip the thyme leaves from the stems, place into a small pot with the cream and warm through to allow the flavours to mingle.

Return the parsnips to the pot with the butter; add the herb infused cream and seasoning.

Vigorously mash and then use a spatula to make them really fluffy.

Taste and adjust seasoning if necessary and serve. Fantastic with a roast meats, fish or simply on its own!

Thank you to the following producers for their fantastic produce

ROSEDALE ORCHARDS – Quince

WAIRUNA ORGANICS – Parsnips

LEVITIO BAKERY – selection fresh baked goods

TE MAHANGA – Pumpkin

THE NZ NUT COMPANY – Fresh Walnuts

BRYDONE ORGANICS – Lettuce

EDMONDS FISH - Fish

WHOLE GRILLED FLOUNDER OR SOLE

Ingredients –

1 whole fresh flounder or sole
1 clove garlic, sliced thinly
2 sprigs fresh thyme, parsley or coriander
Good quality oil

Serves 1

1 chilli, de-seeded (optional) cut thinly
1 lemon
Salt and freshly ground pepper

Method

Preheat the grill on your oven to hot and place the oven rack about two down (allowing enough room to fit fish).

Wash the fish under cold water and pat dry. Using a sharp knife on the dark coloured skin slash the skin 2-3 times across the fish and then cut another 2-3 times in the other direction.

Lightly drizzle enough oil to coat both sides of the fish. Place the fish cut side up on a baking tray. Sprinkle with a little chopped chilli, garlic slivers, and a little of the chopped herbs.

Season well with salt and pepper, a squeeze of lemon juice and place under the hot grill until the skin begins to bubble and the flesh turns from an opaque white to a solid white (about 5 minutes depending on the thickness of the fish).

Remove from the oven, using a fish slice carefully transfer the whole fish to your serving plate and drizzle over any juices.

Serve with more fresh lemon and crunchy salad.

TOASTED PUMPKIN SEED

Ingredients

One medium sized pumpkin Salt

Olive oil

Method

Preheat oven to 180C.

Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds.

In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water (more if you like your seeds saltier). Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.

Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack until the seeds begin to brown, 10-20 minutes.

When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed (a lot of work and in my opinion, unnecessary) or eat whole.

Classic Hits proud supporters of the
Otago Farmers Market Kitchen.





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PARSNIP, PUMPKIN AND WALNUT SALAD

Ingredients

2-4 Tbsp good quality oil
100g fresh walnuts
1 Tbsp Dijon mustard
1-2 lettuces, washed well and drained
5 Tbsp apple cider, red wine balsamic vinegar
250 ml extra virgin olive oil, rice bran or rape seed oil
2-4 parsnips, peeled and cut into even sized rounds
300g pumpkin, peeled, de-seeded and cut into even sized pieces

2 sprigs thyme
4 cloves garlic, roasted
1 tsp walnut oil
Freshly ground pepper and salt

Serves 4

Method

Preheat the oven 180C on bake. Place a suitable tray in the oven to heat up.

Place the parsnips, pumpkin, garlic and thyme together in a bowl. Drizzle lightly with a little oil, season with salt and pepper and toss together to coat all the ingredients in the oil and seasoning. Place the parsnips onto the preheated hot oven tray and roast for about 20 minutes, remembering to turn half way through cooking.

Add the walnuts to the same tray and roast until lightly golden (about 5 minutes). Remove from the oven and cool.

In a small bowl mix together the Dijon mustard, vinegar, walnut oil and extra virgin, season lightly and mix to combine.

Pick through the salad leaves, removing any tough stalks, and discoloured leaves. Try to avoid cutting the leaves with a knife as this will turn the leaves brown, tear with your fingers if needed. Place them into a suitable size bowl and add the cooked parsnips etc. Drizzle over the dressing and toss lightly with your fingers so every ingredient is coated in dressing.

Serve immediately - please note that if you want to get the salad prepared earlier do everything but do not add the dressing until right before service or your salad will go limp and eventually slimy looking.

Recipes for Saturday 12th May 2012

*The Market Kitchen is powered by Nova LPG,
100% New Zealand owned and operated gas,
<http://www.novaenergy.co.nz/>*



QUINCE AND WALNUT TART

This is a fantastic tart is truly an autumnal delight.

Ingredients

200g quince paste
For the pastry (you can use ready rolled sweet pastry)
250g plain flour
2 egg yolks
120g unsalted butter at room temperature, diced
75g icing sugar, sifted, plus extra for dusting

For the topping

200g softened butter
2 large eggs
200g ground walnuts or ½ and ½ with ground almonds
200g sugar

Method

To begin sweet pastry - in a large bowl, mix the soft butter and icing sugar to a cream: then beat in the egg yolks and add the flour, with your fingertips rub the butter mixture and flour together to achieve a crumbly texture (this can be done in the food processor). Add the water and press the mixture together to form a ball.

With the palms of your hands, knead the pastry on lightly floured work surface until it is blended (maximum 30 seconds). Wrap plastic wrap and chill for 30 minutes (this helps the dough lose its elasticity).

Line a 23cm tart tin by rolling the pastry on a lightly floured bench, evenly roll out the pastry into a circle to fit you tart tin, about 3mm thick.

Roll the pastry over the rolling pin and unroll it over your tin. With one hand lift the pastry and with the other gently tuck it into the bottom edge of the tin so that it fits tightly. Be careful not to stretch it. Cut off excess pastry by rolling the pin over the top edge of the tin. Take a small ball of pastry and gently press it all around the base of the tart to ensure a snug fit. Prick the base of the pastry all over with a fork and refrigerate for 30minutes (this helps prevent shrinkage).

Preheat oven to 160C

Cooking the pastry; Line the pastry case with tin foil and fill with dried beans, pushing them against the side. Bake for 10 minutes, then remove from the oven and lift out both foil and beans. Return the tart tin to the oven and bake for a further 20 minutes. Turn the oven down to 140C.

Meanwhile to make the walnut filling; in a medium size bowl soften the butter and cream together with the sugar until pale and creamy.

Add the eggs one at a time and beat well between each addition. Add the ground walnuts (and almonds if using) and mix gently to combine.

To assemble; spread the quince paste evenly over the base of the pastry. Spoon on the walnut mixture and gently push around to cover most of the quince, as it cooks it will spread out. Bake in preheat oven for 35- 45 minutes or until firm to touch. Cool before serving.

Makes one 23cm tart