



## SILVER BEET- a few of my favourite ways to cook it!

-Remove the stalks and cook first in boiling salted water, then add the leaves and cook for a further couple of minutes. Drain immediately and lay on a tea towel covered tray. Do not cool under running cold water. Heat up a frying pan with a little olive oil, add a couple of cloves of garlic sliced thinly. You want these to turn slightly golden brown, (I also sprinkle in a couple of dried chilli flakes, but that is optional) add the silver beet stalks and leaves and season with salt and cracked pepper, toss to combine and heat through. Serve.

- Cook the silver beet in boiling salted water for 1 minute, then drain, and cool. Squeeze out all the liquid. Fry some sliced garlic in olive oil until soft, add the silver beet and toss with raisins and toasted pine nuts. Season and serve. It is also great with a grating of fresh Parmesan cheese.

-Great added to soups

- Mix 200g cooked silver beet with 1 egg, 200ml double cream, 1 tablespoon of grated Parmesan and some seasoning. Bake in a gratin dish or in a pastry case at 150°C for about 25 minutes, until just set.

## GRILLED APPLES

### Ingredients

2 servings

2 dessert apples, Balaiaic or peasegood nonsuch (fantastic cooking)  
Juice of ½ lemon  
30 g butter, melted  
1 Tbsp runny honey

### Method

Preheat the grill on your oven to hot  
Halve the apples and remove the stalk and core. Squeeze over a little lemon juice and brush with melted butter. Place on a baking tray flat side down and pop under your preheated grill (about 10cm away from the element) until the apples begin to brown, about 10 minutes. Turn them over and brush with a little more butter and lemon juice and grill until the apples start to colour. Pour the honey into the hollows where the cores were, and return to the grill. When the honey bubbles, and the apples are tender to the point of a knife, they are done.  
Best eaten with cream or ice cream!

Classic Hits proud supporters of the  
Otago Farmers Market Kitchen.



## SILVER BEET PIE

Rustic country pie made with plenty of hearty winter greens makes for a perfect lunch or dinner.

### Ingredients

Serves 8

#### Filling

1kg silverbeet, kale, spinach, cavalo nero  
3 Tbsp olive oil  
1 leek, washed well and cut thinly  
1 onion, sliced thinly  
3 rashers smoked bacon (optional) finely chopped  
3 cloves garlic, made into a paste  
1 tsp fresh rosemary or thyme leaves, finely chopped  
Pinch of freshly grated nutmeg  
½ tsp chilli flakes  
3 eggs  
½ cup parmesan, pecorino or vintage cheddar grated

#### Crust

1 cup breadcrumbs, fresh or dried  
3 Tbsp olive oil  
½ cup grated parmesan cheese  
Cracked pepper

### Method

Bring a large pot of salted water to the boil. Meanwhile, remove the stalks from the silver beet and from any other large greens you may be using. When the water is boiling add the stalks first and cook for 2 minutes then add the leaves, cook for a further 2-3 minutes. Drain well and cool on a tray lined with a clean cloth (this will soak up any excess moisture and cool the greens without losing any excess flavour).

Preheat the oven 180C

In a large fry pan heat the oil and add the bacon, cook over moderate heat for 2-4 minutes or until the bacon has started to colour. Add the onions, leeks and rosemary and cook until soft (5-8 minutes). Remove any excess water from the greens and chop roughly, add them to the pan along with the garlic, chilli flakes, nutmeg and seasoning. Cook for a further minute or two allowing the flavours to mingle, remove from the heat and place in a bowl to cool.

Meanwhile brush a deep pie dish or cake tin with 2 tablespoons of oil and scatter enough breadcrumbs to coat the dish well.

Add the eggs, half the grated cheese, half the breadcrumbs and mix well to combine. Check the seasoning and adjust if necessary. Pour the mix into the prepared pie dish and spread out with the back of a spoon.

Mix together the remaining half cup of breadcrumbs, half cup of grated cheese and tablespoon of olive oil.

Season with salt and pepper and mix well.

Sprinkle this crumb mixture over your pie and bake until set and lightly browned, about 45 minutes. (If the top begins to get too brown simply cover with foil.)

Cool to room temperature before slicing.

## WHOLE GRILLED FLOUNDER OR SOLE

### Ingredients

1 portion

1 whole fresh flounder or sole  
1 chilli, de-seeded (optional) cut thinly  
1 clove garlic, sliced thinly  
1 lemon  
2 sprigs fresh thyme, parsley or coriander  
Salt and freshly ground pepper  
Good quality oil

### 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.

## PASTA WITH BROCCOLI AND CHILLI

### Ingredients

400 g slaters, penne, orecchiette pasta  
1 head broccoli, cut into florets  
1 red chilli, deseeded and chopped finely or a pinch dried red chilli flakes  
2 cloves garlic, finely sliced  
olive oil, for frying  
grated parmesan, to serve

### Method

Bring a large saucepan of salted water to the boil, add the broccoli and cook for 1-2 minutes or until it is tender to the bite. Remove carefully from the water and drain.

Add the pasta and cook until tender (read cooking instructions on packet). Drain pasta, reserving about 1 cup of the pasta water (this will be used in the sauce).

Heat a generous amount of olive oil in a large, heavy-based pan, then add the chilli and garlic and cook for 1 minute over a gentle heat.

Add the broccoli and drained pasta and toss well until heated through. Season to taste with salt and freshly ground black pepper. Add 1-2 tablespoons of the pasta water and add a generous handful of the freshly grated parmesan cheese. Toss to combine.

Serve with more grated parmesan cheese and freshly ground pepper.

## THANK YOU TO THE FOLLOWING VENDORS FOR THEIR FANTASTIC PRODUCTS.

PASTA DORO – pasta  
EDMONDS FRESH FISH – fish  
HARWARDEN ORGANICS – apples  
KAKANUI PRODUCE – chillies  
BRYDONE ORGANICS – broccoli  
ETTRICK GARDENS – silverbeet  
JUDGE ROCK WINES – wine  
LEVITIO BAKERY – bread

## Recipes for Saturday 19th May 2012

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