



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## BARLEY RISOTTO WITH PUMPKIN AND PARSLEY

Barley is wholesome, filling and easy on the pocket it also has a wonderful texture which compliments the sweet roasted pumpkin and fresh parsley.

Serves 4

### Ingredients

850g pumpkin, skinned and de-seeded  
5 Tbsp olive oil or any good quality oil  
150g butter  
1 medium onion, or leek, finely diced  
Salt and freshly ground pepper  
2 garlic cloves, finely chopped  
350g barley  
1.5 litres hot vegetable stock  
75ml dry white wine or vermouth (optional)  
75g parsley, finely chopped  
100g Parmesan cheese, freshly grated

### Method

#### Preheat the oven to 220C

Peel the pumpkin and cut into 3 cm chunks and place into a bowl along with 3 table-spoons of the oil and season with salt and pepper. Pour onto a baking tray and roast in the oven for about 30 minutes or until browned on the outside and tender on the inside. Remove from the oven and set aside.

Melt half the butter and the remaining olive oil in a large, heavy based saucepan and cook the onion without colouring until soft and transparent (about 5 minutes). Add the garlic and barley and continue to cook so that every grain gets coated in butter. I like to almost toast the grains of barley for a few extra minutes so that the flavour goes a little nutty.

Turn the heat up and add the wine (if using) stir well and let the liquid reduce. Once that has reduced add one ladleful of hot stock at a time and stir well so that it can absorb into the barley. Continue adding ladleful by ladleful of hot stock until the barley is becoming plump and tender (30 minutes). Add the cooked pumpkin and fold through. Season well with salt and pepper add the parsley and a generous handful of the grated parmesan cheese, mix gently to combine.

Serve with a little more grated parmesan on top and a grind or two of pepper.

## CAULIFLOWER SOUP

This is one of those surprising soups, especially when you think of the main ingredient – cauliflower! The final product is velvety smooth, creamy, nourishing and economical on the pocket.

1 large cauliflower (about 1kg), stalks discarded and florets chopped  
1 large potato, peeled and chopped into large chunks  
1 medium onion, chopped  
1 ½ tsp curry powder                      25g butter  
4 Tbsp olive oil                              600ml milk  
1 litre light chicken or vegetable stock  
100ml cream (optional, but highly recommended)

### Method

Put the cauliflower, potato and onion in a large saucepan with the butter and half of the oil. Gently heat the contents until they start to sizzle, add the curry powder, then cover with a lid and sweat over a low heat for about 10 minutes, stirring occasionally. The vegetables should be softened but not coloured.

Pour in the stock and bring to the boil, then pour in the milk and return gently to a boil. This way, there will be no scum forming from the milk. Season to taste, then simmer, uncovered, for 10-15 minutes until the vegetables are soft. Pour in half the cream.

Blend everything in a food processor or blender, in batches. If you would like it extra creamy, pass it through a fine sieve.

Always reheat your soup before consuming. Serve in warm bowls or large cups (try a few finely cut chives on top and a generous grind of pepper).

## Thank you to the following producers for their fantastic produce

WAITAKI BACON AND HAM / BEEF – beef  
ROSEDALE ORCHARDS – pumpkin and fruit juice  
BUTLERS BERRIES – jam  
NUT COMPANY – fresh walnuts and walnut products  
SUNRISE BAKERY – fresh bread  
ETTRICK GARDENS – cauliflower  
WAIRUNA ORGANICS – beetroot  
JUDGE ROCK WINES – wine

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## BAKEWELL TART – MARKET STYLE

Serves 8 (20cm round tart tin) or the tart can also be made as individual portions.

Use a 12-hole muffin tin instead of a tart tin and follow the methods as above.

### For the Pastry

150g plain flour	pinch of salt
80g butter or an equal mix of butter and lard	2-3 tbsp cold water

### For the Filling

2 Tbsp raspberry jam	150g butter
3/4 cup/ 150g caster sugar	3 medium eggs plus 1 yolk, beaten
1 ½ cups 150g ground walnuts	Zest of 1 medium orange
2 Tbsp lightly crushed fresh walnuts	1 egg white, lightly beaten

### Method

Preheat the oven 170C

**PASTRY** - Place the flour, butter and salt into a large clean bowl. Rub the cubed butter into the flour with your fingertips until the mixture resembles fine breadcrumbs, working as quickly as possible to prevent the dough becoming warm.

Add the water to the mixture and using a cold knife stir until the dough binds together, add more cold water a teaspoon at a time if the mixture is too dry. Wrap the dough in plastic wrap and chill for a minimum of 15 minutes, up to 30 minutes.

**Tart** - Roll out the pastry on a lightly floured board to 5mm thick. Grease and then line a 20cm deep tart tin with the pastry. Prick the base all over with a fork. Chill in the refrigerator for 15 minutes.

Line the tart case with baking/greaseproof paper and fill with baking beans. Cook for 15 minutes or until the pastry is a pale golden color. Remove the baking beans, lightly brush the inside of the pastry case with a little egg white, cook for a further 5 minutes. Spread the raspberry jam onto the base of the pastry case. Leave to cool.

**Filling** - Cream the butter and sugar together until pale in color using an electric hand whisk. Add the beaten eggs and egg yolk a little at a time. Gently fold in the ground walnuts and orange zest.

Pour the mixture in to the pastry case and gently level the surface to ensure the whole case is filled. Bake for 20 minutes. Sprinkle the lightly crushed walnuts on to the surface and bake for a further 20 minutes or until golden and set.

Leave to cool and serve with cream.

## SEARED STEAK WITH PARSLEY & GARLIC SAUCE

One of the most frequently asked questions' being a chef is how to cook a great steak! It has to start from the beginning - the meat! It needs to have had a good life, (a bit like us, stress free), hormone free and a good environment from start to finish.

**HOW TO COOK A GREAT STEAK** - When selecting your meat, have a look at the colour, you don't want bright red, it needs to be aged. Fine marbling is an indicator of flavour, and lean meat should be tender. The cut depends on what you want it for - thick / thin - lean/ fatty.

Have steaks out of fridge for at least ½ an hour before cooking. Season well with cracked black pepper and only season with salt just before you cook it as it will draw out the moisture from the meat. Add a drizzle of oil to each side.

Heat up a good heavy-base fry pan or griddle pan until almost smoking. You need it super-hot as you want the meat to sear instantly.

Once your pan is HOT carefully add the steak. If you are cooking for the family try not to over crowd the pan. If necessary use two pans! Try not to prod and prick the steak, leave it so it sears and caramelises - depending on how well you like your steak. You only need to cook an average steak for 3-4 minutes on both sides.

The next vital step is to let the meat rest, simply remove the meat from the pan and transfer on to a warm plate and cover with foil. Quickly return the pan back to the heat and add a glug of red wine, beef stock or even water, swirl around pan so all the delicious little caramelised pieces of flavour are removed from the bottom and get incorporated into your sauce. Once the liquid has bubbled and reduced remove from heat and add a couple of knobs of cold butter, and swirl round to emulsify into your sauce. You may need salt and pepper. Simply drizzle your sauce over the steak and enjoy every mouthful....!

## Recipes for Saturday 9th June 2012



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