



Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station
www.otagofarmersmarket.org.nz

LEEK AND POTATO SOUP Serves 4

Not only is this soup tasty and comforting it is also fantastic on the pocket. I like to keep it as natural as possible which is why I only use a masher to blend my soup. If however you like it smoother, then by all means go ahead and process it.

Ingredients

50g butter
3 fat, firm leeks, sliced thinly and washed well
3 medium floury potatoes, peeled and chopped
Sprig fresh thyme or 1 fresh bay leaf
700ml hot chicken or vegetable stock
50ml cream to serve (optional)

Method

For the soup, heat the butter in a medium pot over a moderate heat, add the sliced leeks and herbs and cook without colouring for 3-4 minutes. Add the chopped potatoes and stir to coat in the butter and leek mixture. Put the lid on the pot and cook for a further 5 minutes so that all the flavours start to sweat out of the ingredients, this will help improve the overall flavour of the soup. Add the hot stock, bring the mixture to the boil, then reduce the heat and simmer for 15 minutes, or until the vegetables are tender. Adjust the seasoning and carefully mash with a potato masher to break down any large lumps of potatoes and to help amalgamate the ingredients into a chunky, rustic soup. Serve in warm bowls with a swirl of cream and a crack of pepper.

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



Classic Hits proud supporters of the
Otago Farmers Market Kitchen.



BEEF, PEPPER AND PUMPKIN STEW Serves 4

Ingredients

1/3 cup extra virgin olive oil
900-1kg stewing beef, cut into 2cm cubes
2/3cup carrot, diced
2/3cup onion, diced
1 tin tomatoes, crushed
450g (about 3 cups) pumpkin or butternut squash, diced into 2cm cubes
2 cups red wine, something gutsy
3 cups chicken stock
Salt to taste
2/3 cup celery, diced
2 Tbsp crushed black pepper-corns

Method

In a heavy casserole over high heat, warm half the olive oil. Add the beef and sear (colour on all sides to sear juices in) about 6 minutes. Remove the beef and set it aside.

Reduce the heat to low, and add the remaining olive oil to the casserole. Add the carrots, onion, celery and salt. Mix the seared beef in the pan with the vegetables and cook together for 2 minutes. Add the red wine and scrape the browned bits from the bottom of the pan.

Continue cooking until there is almost no liquid left in the pan, about 4 minutes. Add the stock and the tomato sauce and simmer for 15 minutes.

Add half the pumpkin and all the pepper. Add water if there is not enough liquid to cover the solids. Bring to a boil, reduce the heat to low, cover and simmer for an hour, stirring occasionally.

When the meat is very tender, add the rest of the pumpkin and cook for another 20 minutes, covered, until the cubes of pumpkin are tender. Adjust seasoning if necessary.

Thank you to the following producers for their fantastic produce

SUNRISE BAKERY – fresh baked goods

WAITAKI BEEF – beef

BRYDONE ORGANICS – leeks and potatoes

ROSEDALE ORCHARDS – fruit juice and pears

WAIRUNA ORGANICS – turnips

JUDGE ROCK WINES – wine

JANEFIELD HYDROPONICS – baby pak choi



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TURNIP AND POTATO GRATIN

Ingredients

550g medium potatoes (Desirée, King Edward, or Maris piper)
550g large turnips or swede
500ml cream (or you can do ½ cream and ½ milk)
1 tsp fresh thyme leaves (if possible)
10g/10 pinches sea salt
1g/2 pinches freshly ground pepper
10g/2 cloves garlic peeled and crushed

Method

Pre-heat the oven to 160°C

Wash & peel the potatoes and turnips. Pat dry and slice them 2mm thick (a Japanese mandolin is perfect for this job).

On medium heat, in a small saucepan, bring the cream to a simmer. Add the seasoning, thyme leaves and crushed garlic and leave to infuse off the heat

Mix the sliced vegetables in a large gratin dish and layer the sliced vegetables halfway up the dish; pour half the warm cream through a strainer over the sliced vegetables. Add the remaining sliced vegetables, making sure you top the gratin with a layer of just potatoes as this will give you a golden crust.

Pour over the remaining sieved cream and discard the garlic. Press gently with the back of a spoon to ensure the cream is evenly distributed

Cover with tin foil and bake in the pre-heated oven for 40 minutes

Remove the tin foil and continue to cook for a further 30 minutes until the top is golden brown and the vegetables are just cooked in the middle

Leave to cool for 5 minutes before serving.

A FEW TIPS ON COOKING AU GRATIN

Don't wash the potatoes after you have sliced them as the starch present will bind the layers together and also give a good caramelisation.

If you leave a layer of turnips on the top they will dry out and curl up.

Cooking - The gratin is cooked when the tip of a sharp knife cuts into the gratin with little resistance (you shouldn't feel the layers).

PAK CHOI WITH SESAME

Ingredients

6 pak choi
2 Tbs oil
2 Tbsp toasted sesame oil
1 Tbsp Thai fish sauce (optional)
1 large garlic clove, crushed and finely chopped
1 mild green chilli, seeded and finely chopped

Method

Cut a thick slice from the pak choi root to separate the leaves. Rinse and drain.

Heat the groundnut oil in a large wok over a medium heat and add 1 table-spoon sesame oil, the garlic, chilli, fish sauce (if using) and pak choi.

Toss until coated and clamp a pan lid over them.

Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the

Recipes for Saturday 23rd June 2012

POACHED PEARS IN FRUIT JUICE

Rosedale orchard not only grow exquisite fruit but also produce fantastic fruit juice which I am going to use to poach some of their juicy pears.

Ingredients

1 litre juice – pear, blackcurrant or apple
½ - 1 cup of sugar
1 vanilla pod (optional)
Couple strips of orange zest
6 pears, peeled and cored

Method

Place the fruit juice into a deep medium size pot, add the sugar (sweetness is up to you) add the vanilla pod and orange zest. Bring to the boil then reduce the temperature to a gentle simmer. Place the pears in the liquid and place a round of greaseproof paper on top to help keep the moisture in and to keep the pears submerged. Poach gently for 10 – 20 minutes or until the pears are tender all the way through.

Remove the pears carefully onto a platter and return the liquid back to heat and boil vigorously until the liquid has reduced to thick syrup.

Serve the pears whole with the fruit syrup poured over with either vanilla ice cream, cream or perhaps crème fraiche.