

World Environment Day at The Adelaide Farmers Market

Recipes by Rosa Matto and Kane Pollard

1. Leaves – salsa verde

Ingredients:

1 cup flat-leaf parsley leaves
1 cup carrot top leaves, fennel tops
1 garlic clove, chopped
2 tsp capers, drained
1/2 cup extra-virgin olive oil
1 lemon, zested and juiced
sea salt, pepper

Directions:

Place leaves, garlic and capers in a food processor. Process until finely chopped.

With the motor running, add oil and 2 tablespoons lemon juice and zest to a coarse puree. Season with sea salt and pepper.

2. Chard, Silverbeet and Spinach Stems – dressed with orange juice dressing

Directions:

Blanch stems of greens briefly, drain and refresh in cold water.

Make a dressing with wild fennel seeds, orange segments, zest and juice, olive oil. Salt and pepper.

3. Peels - Citrus dust

Directions:

Peel the citrus and reserve the skins. Dehydrate the peels in the sun, or in a dehydrator or an oven set to low. The peel should be completely dry.

Place the dehydrated peels in a blender and process until they become a fine powder. Keep in a glass jar.

4. Citrus cleaner

Directions:

Put all the pith, pits and peels in a glass jar and keep topped up with white vinegar. Add thyme, rosemary or lavender for aroma.

Allow to steep for at least a week before using as a cleaner.

5. Apple Peel Tisane

Directions:

Place apple peels, cores and spices in pot with 4 cups of water. Add any bruised apples as well if you have them. If you like, add a stick of cinnamon or two star anise.

Bring to a gentle boil and then reduce heat to simmer for about 10 minutes. Strain.

6. Stale Bread Dumplings or CANEDERLI

Ingredients:

200g of stale rye bread, processed into coarse crumbs (including crusts)
200ml milk or broth
2 eggs, beaten

1 pinch of nutmeg
80g parmesan grated
1 handful of parsley, chopped
salt, pepper

To serve:

homemade broth
Grana Padano, grated

Directions:

Combine the bread with broth or milk. Season with salt, pepper and a pinch of nutmeg and leave to soak for thirty minutes

Divide the mixture into 24 round balls around 2–3cm in size

Cook in batches in salted boiling water for around 5 minutes

Serve the dumplings in bowls of warm beef broth with plenty of grated Grana Padano over the top.