



FARM GATE RECIPES

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I hope you enjoy using these recipes, and perhaps try putting your own twist on them. I'm always excited when I find out someone's been inspired to make something from a recipe I've shared, so I'd love to hear if you do! You can get in touch by email, or tag your photos [@freshfieldgrove](#) on Instagram or Facebook.

Happy cooking!

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Snow Pea and Walnut Pesto

Make this alternative to basil pesto and enjoy the fabulous fresh flavors.

Ingredients

Serves 4

- 200g snow peas, topped and tailed
- 60g walnuts
- 60g parmesan cheese, grated
- 4 - 6 tbsp extra virgin olive oil
- 1 -2 cloves of garlic, crushed.
- Juice of 1/2 lemon.
- Salt and pepper.

Method

- Blanch the snow peas by plunging into boiling water for 30 seconds, then cooling immediately in cold water.
- Place the blanched snow peas, walnuts, and garlic in a blender or mini chopper and process until finely chopped.
- Add the grated cheese, lemon juice, and olive oil and process to combine, adding more olive oil if a looser texture is desired.

Serving suggestions

Serve with spaghetti for a light meal, or make bruschetta for a snack or entrée. Garnish with pea shoots or micro greens and finish with a drizzle of lemon agrumato olive oil. It's also delicious as a dip with some crunchy veggie sticks.

Substitutions

- Double podded or baby broad beans instead of snow peas.
- Pine nuts instead of walnuts.
- Pecorino, feta, or plant based cheese instead of parmesan.

Crunchy Radish Salad

This salad combines crunchy veggies with the natural sweetness of apple. Serve as an entrée, or a side dish with barbequed pork chops or halloumi.

Ingredients

Serves 4

- Juice of 1 lemon
- 2 tsp honey
- 4 tbsp extra virgin olive oil
- 120g radishes, chopped
- 2 apples, chopped
- 2 carrots, chopped
- 60g walnuts, chopped
- 100g salad leaves
- Salt and pepper

Method

- Make the dressing by whisking together the lemon juice, olive oil, and honey (or shaking in a small jar).
- Place the chopped apples, carrots, and radishes in a bowl, pour over half the dressing and stir gently to coat. Place in the fridge if not using immediately.
- When ready to serve, take your serving dish and place the salad leaves in the bottom.
- Drain excess dressing from the apples, carrot, and radish mixture and place on top of the leaves.
- Sprinkle chopped walnuts on top.
- Finish with the remaining dressing or serve this on the side.
- Season with salt and pepper to taste.

Patatas Bravas

Also known as fried potatoes with spicy sauce, and perfect for new season local potatoes. Vary the spice level by changing the heat of the paprika used, or add a little hot sauce for more of a kick. The potatoes can be deep fried if preferred and a good quality extra virgin olive oil is great for this too.

Ingredients

Serves 4

- 4 medium potatoes, cut into roughly 2cm chunks.
- 3 tbsp extra virgin olive oil
- Salt

- 1/3 cup extra virgin olive oil
- 1 tsp hot smoked paprika
- 2 tsp sweet smoked paprika
- 1 tbsp plain flour
- 1 cup chicken or vegetable stock

Method

- Heat the oven to 200degC.
- Put the chopped potatoes on a baking sheet and coat with extra virgin olive oil and a sprinkle of salt.
- Bake for 45 minutes until crispy, giving them a bit of a shake up once during cooking.
- Heat the other 1/3 cup extra virgin olive oil over a medium heat.
- Add both types of paprika and mix to a paste.
- Stir in the flour and cook for 1 minute, stirring constantly.
- Add the stock gradually until your sauce is the desired consistency.
- Season to taste, then pour over your crispy potatoes and enjoy.

Quiche with Olive Oil Pastry Crust

Swapping out butter for pastry makes the crust light and crispy, and the pastry is easier to manage on warm days.

Ingredients

Serves 6

- 200g plain or "00" flour
- Pinch of salt
- 60ml (1/4 cup) extra virgin olive oil
- 60ml cold water

- 4 eggs
- ½ cup milk
- 50g cheese
- Chopped vegetables of your choice (eg. silverbeet, pumpkin, zucchini, onion), approximately 1 cup volume after cooking.

Method

- Mix salt with flour.
- Combine with extra virgin olive oil to make a crumbly mixture.
- Add the water and mix until you have a ball of dough.
- Rest dough in the fridge for 30 minutes.
- Heat oven to 170degC.
- Sauté the vegetables in a pan until just cooked and allow to cool.
- Roll out the pastry to approx. 3mm thick and use it to line a 20cm flan tin. (Alternatively press the crumbs straight into the tin.)
- Prick the base with a fork and blind bake for 15-20 minutes.
- Beat together eggs and milk, then stir in cheese and cooked vegetables.
- Pour the mixture into the partially cooked pastry case.
- Bake for 40 minutes at 180degC.

Apricot Cake

A delicious German inspired cake with fresh extra virgin olive oil replacing the traditional butter. The apricots can be substituted with other seasonal fruit, and the recipe can also be baked as individual muffins.

Ingredients

Serves 10

- 80ml (1/3 cup) extra virgin olive oil
- 80g raw sugar
- ½ tsp vanilla extract
- 2 large eggs
- 1 tsp lemon zest
- 50ml soured milk (1 tsp lemon juice or white vinegar + 3tbsp milk)
- 160g self-raising flour
- Pinch of salt
- 10 fresh apricots (about 500g, washed, halved, and pitted)

Method

- Heat oven to 170degC.
- Grease a 20cm square cake tin and line with a strip of baking paper that overhangs the sides (to help remove the cake after baking).
- In a large bowl, beat olive oil with the sugar and vanilla.
- Beat in the eggs and lemon zest.
- Beat in the soured milk (make this up a few minutes in advance).
- Add the flour and salt, and beat in until just combined.
- Spread the batter into the prepared baking pan.
- Place the apricot halves on top, cut side down (4 rows of 5 halves, some slightly overlapping, works well in my tin).
- Bake for 40 minutes or until golden brown.
- Cool in the tin until firm enough to handle, then lift out using baking paper strip and finish cooling on a wire rack.

Notes



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