



Ballance Farm
Environment Awards®
PROMOTING SUSTAINABLE PROFITABLE FARMING

ROUND THE FARM TABLE

A collection of delicious recipes that celebrate wonderful farming families and the outstanding food they produce on the land they love



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Chef and good keen man Al Brown has created 12 delicious recipes using meat and produce from the farms and orchards of Ballance Farm Environment Awards entrants from around the country.

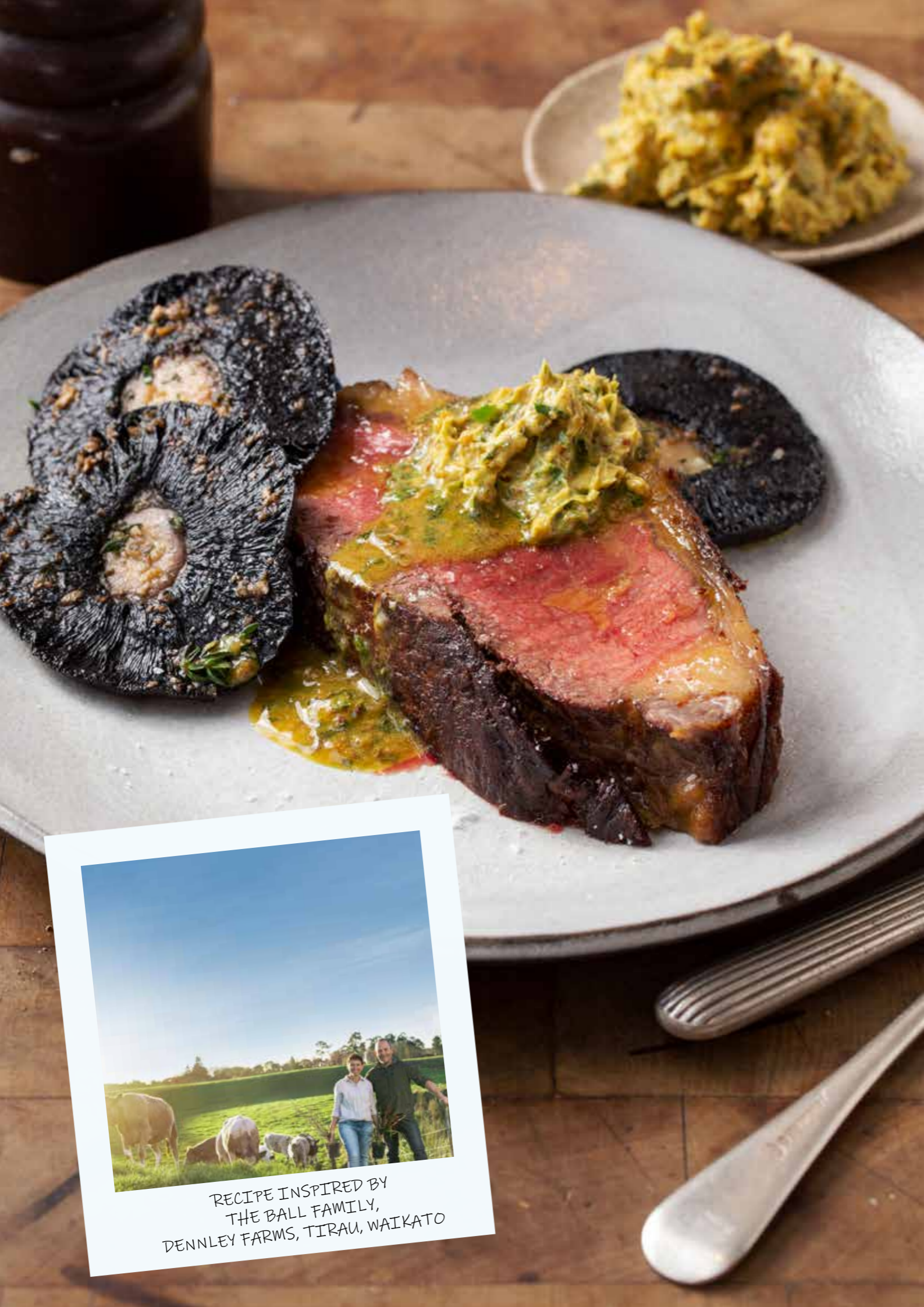
New Zealand farmers and growers are world-leading in sustainable food production. They are superb at what they do, and these recipes were created in celebration of them and their families.

We hope you enjoy these meals with your own families and loved ones.

- The NZ Farm Environment Trust



SIRLOIN OF BEEF WITH PORTABELLA MUSHROOMS AND CAFÉ DE PARIS BUTTER



1.2kg piece of sirloin

Cooking oil

Café de Paris butter

2½Tb unsalted butter

¼ cup shallots (finely diced)

1Tb garlic (finely diced)

2tsp curry powder

¼ cup white wine

2Tb worcester sauce

250g unsalted butter (diced)

1½Tb dijon mustard

1½Tb wholegrain mustard

Pinch of cayenne pepper

1Tb lemon juice

2 anchovies (finely diced)

2Tb capers (finely diced)

½Tb fresh thyme (finely chopped)

1Tb fresh dill (finely chopped)

1Tb fresh parsley (finely chopped)

1Tb tarragon (finely chopped)

1Tb chives (finely chopped)

Sea salt and fresh black pepper

Portabella mushrooms

6 large portabella mushrooms (or 12 medium)

½ cup olive oil

1Tb fresh thyme (finely chopped)

2tsp fresh garlic (finely chopped)

Sea salt and fresh black pepper

Preheat your oven to 180 degrees.

Place a small sauté pan on medium low heat.

Add the 2½Tbsp of butter along with the chopped shallots, garlic and curry powder. Sweat for five minutes then add the white wine and the worcester sauce.

Cook for another five minutes or so until the liquid has reduced. Pull off the heat and cool to room temp.

In a suitable sized bowl add the chopped butter (room temp) followed by all the rest of the ingredients including the cooked shallot curry mix.

Using clean hands work all the ingredients together until combined. Taste and season liberally with sea salt and fresh black pepper.

Spoon out in two lots onto some cling wrap in the shape of a log. Carefully wrap and twist the ends like a sausage. Freeze one log of Café de Paris butter for another occasion and refrigerate the other until required.

Peel the mushrooms and pour the olive oil into a small bowl. Add the chopped thyme and garlic. Brush the mushrooms liberally with the thyme and garlic oil. Season with sea salt and fresh black pepper. Cover until required.

Take the sirloin and season with sea salt and fresh black pepper. Brush over liberally with cooking oil.

Heat a skillet up over high heat. Once very hot, sear the sirloin in the pan until golden all over. Remove and put in roasting pan then place in the pre-heated oven.

Cook the sirloin for 20 - 25 minutes, then remove and rest for another 10 minutes.

Roast the mushrooms on an oven tray for 15 minutes or so until soft and slightly golden.

To serve, place a mushroom in the centre of each plate. Slice sirloin to the thickness you desire and place on the mushroom. To finish, cut a couple of rounds of the Café de Paris butter and place on each steak. Let it start to melt before serving.

Add a green salad, some crusty bread, and pull the cork out of a red or two then go for it.



RECIPE INSPIRED BY
THE BALL FAMILY,
DENNLEY FARMS, TIRAU, WAIKATO

LENTIL, AVOCADO AND WALNUT SALAD WITH WHIPPED FETA

Whipped feta

200g feta
1 cup thick natural yoghurt

Salad

2 cups cooked lentils
2 ripe avocados (largely diced)
1 cup oven roasted walnuts
½ cup Italian parsley leaves
1 radicchio lettuce
Inner yellow leaves of celery
1 apple (matchstick sliced)
Flaky sea salt and fresh black pepper
Walnut oil
Apple syrup

Crumble the feta into a bowl, add the yoghurt, then whip until smooth. Refrigerate until required.

Bring the whipped feta out of the fridge, to take the chill off it prior to making the salad.

In a suitable sized bowl, add the lentils along with the six other main ingredients. Season with sea salt and a good few grinds of black pepper.

Now dress the salad with liberal amounts of walnut oil and apple syrup.

To plate, smear the whipped feta onto the base of your serving platter. Gently top with the dressed salad, and you're good to go.



RECIPE INSPIRED BY
THE WADE FAMILY, LYNWOOD
AVOCADO NURSERY, MAUNU, WHANGAREI

WAGYU RIBEYE WITH YORKSHIRE PUDDING, CREAMED CAULI AND BURNT BUTTER

6 Wagyu ribeye steaks

Cauliflower puree

½ cauliflower
1 cup cream
Flaky sea salt and fresh black or white pepper

Yorkshire puddings

2 whole eggs
⅔ cup milk
½ cup water
¾ cup canola oil
1 cup all purpose flour (sieved)
1-2 cups canola oil
¼ tsp salt

Brown butter sauce

250g salted butter
¼ cup capers (roughly chopped)
Juice of 2 lemons
½ bunch Italian parsley (finely chopped)

Preheat oven to 200 degrees. Cut the cauliflower into medium sized florets (stems too). Either steam or boil in salted water until soft for 10-15 minutes. Drain, then add the cream.

Place back on the heat and cook for another 5 or so minutes until the cream has reduced a little. Puree with a wand blender or similar until silky smooth. Check seasoning, and if you want it runnier just add a little more cream. Refrigerate until required.

Place eggs in a blender and pulse to combine. Pour in the milk, water and canola oil, then pulse again to combine. Now add the flour and salt, and blend ingredients into a smooth batter. Pour into a jug and allow to rest at room temperature for 20 minutes.

Place a 12-count muffin tin onto an oven tray with a lip. Pour a liberal amount of oil into each slot, and place in the oven until tray is very hot, but not smoking.

Quickly remove the tray from the oven and ¾ fill each slot with batter, then return to oven immediately. Bake for 15-20 minutes until the puddings have puffed up and turned golden and crisp. Carefully remove from the oven and cool the yorkies on a wire rack. Store in an airtight container until required.

Roughly chop the butter and place in a small heavy bottomed saucepan. Place on medium-high heat. Stir constantly until the milk solids begin to caramelize (until quite brown) and the butter gets foamy (about 5-7 minutes). Remove from heat and add the capers and the juice of the lemons. Be careful as the butter will boil up for a few moments when you add the juice. Keep the sauce in a warm place, and just prior to serving add the finely chopped parsley, and season with a little sea salt and fresh black pepper. Reduce oven to 180 degrees.

In a skillet or similar, cook your steaks in a couple of batches. Cook until caramelised on the first side then turn and place the skillet in your preheated oven to finish cooking to your desired doneness. Let the steaks rest.

While the steaks are resting, place the yorkies in the oven for a couple of minutes to crisp up and refresh. Heat up the cauli puree in a saucepan or microwave. Place the steaks on plates, add a yorkie filled with cauliflower puree.



RECIPE INSPIRED BY
THE HARDIE - LONG FAMILY,
TE MAUNGA FARMS, DANNEVIRKE

LAMB BURGERS WITH BEETROOT RELISH AND MINT BASIL MAYO

Beetroot relish

1kg beetroot – peeled
400g onion
2Tb fresh thyme
Pinch of chilli flakes
1 cup sugar
 $\frac{3}{4}$ cup balsamic vinegar
 $\frac{3}{4}$ cup orange juice
 $\frac{1}{3}$ cup olive oil
Flaky sea salt and fresh black pepper

Mint and basil mayonnaise

1 cup mayonnaise
1 cup fresh mint leaves
1 cup fresh basil leaves

Lamb burger patties

1kg lamb mince
1 medium onion finely diced
1Tb minced garlic
1Tb wholegrain mustard
 $1\frac{1}{2}$ Tb fresh rosemary, very finely diced
Hot sauce – a few drops
2Tb flaky sea salt
Fresh black pepper

For cooking and serving

Cooking oil
6 buttered burger buns
Watercress

You need to julienne the beetroot, so if you have a mandolin, well and good. If not, slice the beetroot into as long and thin matchsticks as you can. Likewise, for the onion – cut with the grain in long thin strips.

Take a suitable-sized heavy bottomed saucepan and add the sliced beetroot and onion. Top this with the fresh thyme, chilli flakes, sugar, balsamic vinegar and orange juice.

Place on medium-low heat and stirring occasionally, cook for approximately two hours, until the beetroot is cooked and the liquid has reduced and become a little syrupy.

Remove from the heat, stir in the olive oil, season with flaky sea salt and fresh black pepper to taste. Refrigerate or preserve in sterile sealed jars.

Using a small processor or wand blender, place a couple of tablespoons of mayo in the bottom of a jar or similar. Add the fresh mint and basil leaves. Now add another tablespoon of mayo on top, then process into a paste. To finish, fold the paste back through the rest of the mayonnaise. Refrigerate until required.

In a suitable sized bowl, add all the lamb patty ingredients. With clean hands combine and mix, then form six equal sized patties.

Heat your char-grill or pan to high heat. Oil the lamb patties then season with a little sea salt and fresh black pepper. Cook the patties to your desired doneness. I'm a medium sort of guy.

Once the burgers are off the heat, use the grill or pan to toast and warm through your buns.

To build your burger, add a smear of the mayo to the base, top with watercress, add a cooked patty, a decent spoonful of the beetroot relish, another dollop of mayo on the lid to top off the burger. Eat now!

*I like to serve a few kumara chips on the side.



RECIPE INSPIRED BY THE KING WHANAU,
KIRIROA STATION, MOTU, EAST COAST

SMASHED GRIDDLE POTATOES WITH BLACK OLIVE MAYO AND FRESH HERBS

Black olive mayonnaise

- 1 cup mayonnaise
- 1-2 anchovies
- 1/3 cup kalamata olives (pitted)

Smashed griddle potatoes

- 1kg cooked small new potatoes (skin on)
- Flaky sea salt and fresh black pepper
- Cooking oil
- 1/2 cup Italian parsley
- 1/2 cup fresh basil

Place about a quarter of a cup of mayonnaise in the bottom of a small food processor, or in a suitable container using a wand blender. Add the anchovies and the olives. Blitz until relatively smooth then fold the paste back through the rest of the mayonnaise. Refrigerate until required.

Place a large skillet on medium heat. Once hot add a liberal amount of cooking oil then carefully add the cooked new potatoes. With a spatula, squish down the potatoes so they cover the entire pan. Season with flaky sea salt and fresh black pepper. Cook for 5-7 minutes until caramelised on the bottom, then turn and repeat on the other side.

Turn out the caramelised potatoes onto a platter, add dollops of the black olive mayo then finish by tossing over the fresh parsley and basil.



RECIPE INSPIRED BY THE OAKLEY FAMILY,
OAKLEY'S PREMIUM FRESH VEGETABLES,
SOUTHBRIDGE, CANTERBURY



FEIJOA AND ALMOND CAKE

125g butter (room temperature)
200g sugar
2 eggs
165g flour
2tsp baking powder
Pinch of salt
40g ground blanched almonds
250g sour cream
1tsp almond essence
400g peeled ripe feijoas
1Tb caster sugar
1Tb brown sugar
1Tb almond meal
1tsp cinnamon

Pre-heat oven to 200 degrees.

Butter and line the base of a 22cm cake tin with wax or baking paper.

Cream butter and sugar until light and fluffy, then add the eggs one at a time until incorporated.

Now add the flour, baking powder, salt and 30 grams of ground almonds, then mix in the sour cream and almond essence.

Carefully pour or spoon the cake batter into the prepared lined cake tin.

Put the feijoas in half and press into the cake batter.

Finally, mix the sugars, ground almond, and cinnamon in a small bowl and sprinkle over the raw cake.

Bake for 10 minutes at 200 degrees and then drop the temp down to 180 degrees for another 30 or so minutes – the cake is ready when a skewer comes out clean.

Cool, then serve with a dollop of your favourite yoghurt or cream.

NB: You can use a bunch of other fruit in this sort of cake . . . tamarillos, par-cooked apple or pears for example!



RECIPE INSPIRED BY
THE DE JONG FAMILY,
SOUTHERN BELLE ORCHARD, MATAMATA



T-BONE STEAK WITH KŌURA AND HORSERADISH HOLLANDAISE

6 T-Bone steaks

2kg fresh whole kōura or
500g frozen prawn tails

Hollandaise

500g salted butter
6 egg yolks
¼ cup lemon juice
2Tb water
⅓ cup creamed horseradish
(Mandy's' brand is great)
1tsp sugar
Flaky sea salt and fresh black
pepper
Cooking oil

For fresh kōura, bring a large saucepan of salted water to the boil. Add the fresh kōura and cook for 2-3 minutes. To check they are cooked, extract one and twist off the tail to check doneness. Then plunge into an ice bath to arrest the cooking.

If using prawn tails, again bring a suitable sized saucepan with salted water to the boil. Cook for about one minute, then plunge into an ice bath to arrest the cooking. Drain the crustaceans once cold, peel the tails, discarding the shells.

Roughly chop butter and place in a small saucepan. Place on low heat, once melted, remove from heat.

In a food processor, or similar (I use a wand blender), place the yolks, lemon juice, water, creamed horseradish and sugar. Blitz until incorporated, then while the motor is running, slowly drizzle in the melted hot butter, until the hollandaise has formed.

Season to taste with flaky sea salt and fresh black pepper. Keep the hollandaise warm using a hot water bath or place in thermos until required.

Season the T-Bone steaks liberally with flaky sea salt and fresh black pepper. Rub or brush the steaks with canola oil.

If you are cooking indoors, pre-heat your oven to 200 degrees.

Place a skillet or similar on the stove top. Bring the pan up to high heat, add a little more oil, then sear each steak on both sides, before they have finished, place them in the pre-heated oven to your desired doneness.

If barbecuing, likewise heat up the grill to good and hot, cook the oiled steaks to your desired doneness. Either way, let the steaks rest for at least five minutes before serving.

To serve, place the steaks on a warm plate and bring the kōura or prawn tails up to room temperature. Roughly chop some of the kōura/prawns to fold through the hollandaise. Spoon a generous amount of the hollandaise over the steaks, then add a few more tails to complete the picture.

Serve with a green salad or similar – and a bunch of cooked new potatoes alongside.



RECIPE INSPIRED BY
THE TEMPLETON FAMILY, THE ROCKS
STATION, STRATH TAIERI, OTAGO

BEEF CARPACCIO WITH PARMESAN AND TRUFFLE

Red wine vinegar syrup

½ cup red wine vinegar

½ cup caster sugar

Beef carpaccio

1kg Angus beef eye fillet

Flaky sea salt

Coarsely ground black pepper

Canola oil

Parmesan reggiano

½ cup Italian parsley leaves

1 cup wild rocket leaves

Red wine vinegar syrup

White truffle oil

Flaky sea salt

Freshly cracked black pepper

To make the sauce, pour the vinegar and sugar in a saucepan, and place on medium heat. Simmer for 10 minutes to reduce, then remove from heat and cool. Store in a jar at room temperature indefinitely.

To prepare the beef, with a sharp knife, trim the silver skin off the beef fillet. Cut the beef fillet into manageable sized lengths (around 3-4cm in circumference).

Place a skillet on high heat to get hot. Season your pieces of beef generously with salt and coarsely ground black pepper. Add a dash of canola oil to the skillet, then sear the beef pieces as quickly as possible to caramelize the outside (around 1 minute each side).

Cool, then wrap the lengths of seared beef in cling wrap, and place in the refrigerator for at least two hours to firm up and become cold right through. This can easily be done one or two days before, if required.

Using a sharp knife, slice the beef across the grain, into slices as thick as you would like them. Lay beef slices out flat on a wooden chopping board or platter.

With a vegetable peeler, peel shards of the parmesan over the beef, then scatter with parsley and rocket leaves. Drizzle over a little of the red wine vinegar syrup, and a little white truffle oil, and then lightly season with salt and pepper.

Serve now...



RECIPE INSPIRED BY THE EADE FAMILY,
GRANITY DOWNS, POURAKINO VALLEY,
SOUTHLAND

GOLDEN KIWIFRUIT AND COCONUT CUSTARD TART

Sweet pastry and tart cases

125g unsalted butter
100g caster sugar
1 egg
2 egg yolks
250g flour
Extra flour for rolling

Coconut custard

10 egg yolks
300g sugar (2/3 cup)
2Tb cornstarch
6 limes (lemons OK too)
2 425g cans coconut cream
2/3 cup cream
2tsp vanilla
Few drops coconut essence

To serve

6 golden kiwifruit (peeled and sliced in thin rounds)
3 limes
2 cups whipped cream
1/2 cup toasted coconut

Pre heat your oven to 180 degrees.

Take a medium-sized mixing bowl and cream the butter and sugar together until pale in colour. Add an egg and stir to combine. Next, lightly mix through the flour until dough forms. Cover with cling wrap and refrigerate until required. *Let rest for at an hour before rolling out.

Roll out the sweet pastry until about 2-3 millimetres thick.

Cut larger circles than the circumference of the tart shell cases that you are using (or one big tart shell case). Carefully lift the pastry into the cases. With clean hands push the pastry into the corners and up the sides. Don't worry if it breaks off, just patch up again with the extra pastry. Slice off any overhanging pastry from the top edges.

Line the pastry with baking paper and weight down with rice or similar to keep the pastry from rising up in the baking process. Place in the pre-heated oven and bake for 15-20 minutes until cooked golden around the edges.

To finish, take the tarts out of the oven, carefully remove the paper and weights. Keep these for next time or a different application. Brush the egg yolk around the inside of the cooked tart cases, then place them back in the oven for another couple of minutes to cook the yolk.

In a suitable sized mixing bowl, whisk together the egg yolks along with the sugar and cornstarch. Finely zest the limes and add this to the egg yolks and sugar.

In a medium-sized saucepan, add coconut cream, regular cream, vanilla and coconut essence. Place on medium heat and bring up to a simmer. Slowly temper, by adding small amounts of the hot cream liquid back into the egg yolks while whisking constantly. Once all the liquid has been whisked back into the egg yolks, pour it all back into the saucepan and place back on medium low heat, and while constantly stirring, cook for another five minutes or so until thick and bubbling.

Remove from the heat and lastly whisk in the juice from the three limes. Cool at room temperature, then refrigerate.

Carefully demold baked pastry cases. Divvy out the custard into the tart cases, top with the golden kiwifruit. Zest the limes, then squeeze a little of the lime juice over the kiwifruit. Add a dollop of whipped cream, then finish with some toasted coconut and a sprinkle of the lime zest.



RECIPE INSPIRED BY THE WHITE FAMILY,
COASTAL KIWIS ORGANIC ORCHARD,
OPOTIKI, BAY OF PLENTY

COFFEE AND SHEEP MILK PANNA COTTA

750ml sheep milk (cow's milk is also fine)

250ml cream

½ cup sugar

1tsp vanilla paste

4-6Tb instant coffee

5 gelatine leaves

1 cup cream for serving

Dark chocolate shards

White chocolate shards

Place the milk, cream, sugar, vanilla and coffee in a suitable sized saucepan and place on medium-low heat. Scald the milk, stirring occasionally until the sugar and coffee are dissolved. Remove from the heat.

Roughly rip up the gelatine leaves and place in a small bowl, then cover with cold water for 5 minutes until soft and jelly like.

Discard the cold water and stir the gelatine into the warm coffee liquid.

Pour even amounts of the custard into 10 x 100ml panna cotta molds, then refrigerate for at least six hours until set. Preferably overnight.

Whip the cream to medium soft peaks.

To invert the panna cotta out of their molds, carefully lower the molds into a bowl of hot water for a few seconds, then tip upside down over each plate, now run a sharp thin knife down the side of the mold to release the custard.

Finish with a dollop of the whipped cream, then grate or add shards of the dark and white chocolate to finish.



RECIPE INSPIRED BY
THE RAVENWOOD FAMILY, FERNGLEN AND
MOTU-NUI FARM, MASTERTON

SPICED LAMB TACOS

Zatar spice mix

2Tb smoked paprika (sweet)
3Tb sumac
3Tb toasted cumin seeds
1Tb toasted coriander seeds
3Tb toasted sesame seeds
1Tb flaky sea salt

Lamb

½ cup canola oil (or similar)
2 onions, roughly chopped
2 carrots, roughly chopped
2 celery sticks, roughly chopped
1 bulb garlic, roughly chopped
2 cups chicken stock
1 lamb shoulder – deboned
Flaky sea salt and black pepper

Condiments

Roasted red capsicums
Red onion
Coriander
Hot sauce
Lemon juice
Olive oil
Sugar
Flaky sea salt and black pepper
Sour cream
Ground cumin seed
Flour tortillas
Limes, halved
Sliced red chilli

In a coffee grinder or mortar and pestle, process all the zatar ingredients to medium fine.

Pre-heat your oven to 170 degrees.

Place a large skillet or similar on medium-high heat. Once hot, add some of the oil along with the chopped onions, carrots, celery and garlic.

While the vegetables are cooking, season the lamb shoulder liberally with flaky sea salt and fresh black pepper, then rub over the zatar spice mix, hold.

Once the vegetables begin to caramelize, tip into a roasting dish.

Place the skillet back on the heat, add a little more oil, then carefully place the lamb shoulder in the skillet. Cook on either side for five minutes or so until golden.

Remove the lamb and place on top of the cooked vegetables in the roasting tray. Place the pan back on the heat and deglaze with the two cups of chicken stock. Pour into the roasting tray.

Cover with tinfoil, place the roasting dish on top of the stove top on high heat. After a few minutes place in the pre-heated oven. Check the lamb after 2 ½ hours, and remove from the oven when the lamb is super tender and falling apart with any pressure.

For the roasted capsicums, peel and discard the skin, remove pips, then slice into thin lengths. Place in a bowl. Thinly slice some red onion and add that to the capsicums along with some chopped coriander, hot sauce to your liking, lemon juice, a good glug of olive oil, pinch of sugar then season with flaky sea salt and fresh black pepper.

For the sour cream, just add a tablespoon or so of ground cumin. Taste and add a little bit more if you want to turn the taste volume up.

When ready to serve, remove the lamb from the braising liquid and roughly chop.

Wrap your flour tortillas in tinfoil and place in the oven at 180 degrees for 10-15 minutes to heat through.

Serve family style with all the condiments on the side. It's a create your own tacos situation.



RECIPE INSPIRED BY THE POTTER FAMILY,
WAIPAPA STATION, ELSTHORPE, HAWKES BAY

GRUYERE SOUFFLE

55g butter
45g flour
340ml milk
75g grated Gruyere cheese
3 egg yolks
4 egg whites
Flaky sea salt and freshly cracked black pepper
25g grated Gruyere cheese for topping

Preheat oven to 180 degrees.

In a medium sized saucepan on low heat, make a butter sauce by melting the butter and whisking in the flour, cook for 4 or 5 minutes stirring occasionally. Slowly pour the milk into the saucepan while whisking continuously until sauce is thick and smooth, then cook on low for 10 minutes, stirring occasionally to stop from sticking. Remove from the heat and cool for 10 minutes.

Once bechamel is cooled, transfer to a large mixing bowl and stir in egg yolks and grated Gruyere cheese until combined. Season with salt and pepper.

In a clean bowl, beat egg whites until they form stiff peaks.

Slowly, fold one spoonful of whites at a time into the Gruyere mixture, being careful not to over mix and knock the air out of the whites. Once all the egg white is folded in, the mixture will have doubled in size, and should be light and fluffy.

Grease a 20cm skillet or baking dish and pour in the souffle mix and cover with the remaining grated Gruyere.

Bake the souffle for 15 to 20 minutes, until puffed up in the centre and golden all around. Remove from the oven and cool for a minute or two before serving with a dressed green salad riding shotgun.



RECIPE INSPIRED BY THE VAN RAS FAMILY,
WAIORONGOMAI VALLEY FARMS,
TE AROHA, WAIKATO

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