



From far left to right: fresh produce is one of the main drawcards for shoppers at the Orange Grove Market; Dennis Kahrilas freshly smokes salmon at his Orgazmo Smoked Foods stall; apples, pears, lemons and rhubarb at The Farm Gate stall; Malaysian chef Jackie M fires up the wok; Tony Attwood from the Moo & More stall.



They didn't know they wanted it back then, but I know they want it now," roars an animated Elizabeth Taylor about Orange Grove Market. Inspired by a 1991 report in *The Independent* about consumers yearning for farm-fresh produce, Elizabeth decided to establish an organic farmers' market in the old Spitalfields site, what she says was the first in England.

When she moved to Australia at the end of 1993, Elizabeth saw potential for a market at Orange Grove Public School in Leichhardt, an inner-city suburb of Sydney. "It's very accessible being on a busy road and the Leichhardt area is very built up," she says.

The school was very supportive, though council approval took two years. By then, Elizabeth had already established an organic growers' market at Frenchs Forest in 1995. "When the council approval finally came, I'd completely forgotten about the application," Elizabeth laughs. But she eagerly accepted it and in 1996, Orange Grove Market began with just 20 stalls.

These days there are 100 stalls selling certified organic goods, high-quality non-organic fruit and vegetables and other gourmet produce. Elizabeth believes that it's the freshness and quality of the goods that has resulted in the market's popularity.

John Gates from The Mushroom Company agrees. "The first question we get asked is 'where is your farm?' - market-goers want to know that you're growing the produce yourself," he says. John sells more than

10 types of mushrooms at The Mushroom Depot stall. He grows them on his farm in the historic Glenbrook Railway Tunnel in the Blue Mountains. "Our mushrooms are produced with natural hardwood sawdust, so there's no pesticides and no chemicals," says John.

According to Libby Attwood of Moo & More, customers come from all over Sydney for their fresh milk, as far north as Berowra and as far south as Kogarah. "There's great resistance to the supermarkets and dairy conglomerates. Our milking is Thursday and Friday, to sell Saturday," she says. The milk is supplied by Libby and her husband Tony's business partner, Malcolm Rose, a dairy farmer near Tamworth with a herd of Jersey cows, who processes and bottles his milk onsite.

"Fresh milk is full-bodied and has a sweetness that you just can't get in milk that's been over-processed, it's very creamy and very sweet. We have 1000 regular customers who love the taste - they've brought their children up on it," Libby says.

Each week, Beau Baddock from The Farm Gate cranks up his truck for the 250km, four-hour trip from Nashdale, near Orange. He brings apples, pears, peaches and more from his farm and others in the region. On the way he picks up seasonal vegetables from farms in Canowindra, Yetholme and Windsor. Despite the punishing, constant travel, Beau says selling direct is the only model that works for his farm.

Similarly, when Jackie M quit a career in IT to cook Malaysian food professionally, she found a market stall was her best option, being the most cost effective way to start. And she hasn't stopped. She has been serving up Malaysian favourites at the market for 12 years and sells a range of curry pastes and frozen meals, including a popular beef rendang. In the early days, Malaysian food wasn't that well known and she's proud that her stall has helped educate diners. But Jackie says there's still work to be done. "Customers still ask whether beef rendang is a green or red curry - it happens more often than you'd think."

Each Saturday, locals come out to catch up and enjoy a cup of coffee. And all the stallholders agree there's a sense of community here, which is what they love about Orange Grove. Beau from The Farm Gate says the market has given him an opportunity to meet people he wouldn't normally come across, and Libby from Moo & More enjoys the strong camaraderie between the stallholders. "We're very close with Ben Clinch from the Free Range Butcher, we've been to his wedding and the christening of his children," she says.

Elizabeth Taylor is right - they may not have known it at the start, but everybody wants Orange Grove Market now. *Orange Grove Public School, cnr Perry St and Balmain Rd, Leichhardt, NSW, Saturdays, 8.00am - 1.00pm, organicfoodmarkets.com.au*

~ TO MARKET ~
ORANGE GROVE MARKET

EACH SATURDAY A PUBLIC SCHOOL IN SYDNEY'S INNER WEST TRANSFORMS INTO A BUSTLING MARKETPLACE SELLING FRESH PRODUCE AND GOURMET GOODS WITH THE HELP OF A MARKET PIONEER AND A STRONG COMMUNITY OF STALLHOLDERS.

3 RECIPES INSPIRED BY ORANGE GROVE MARKET

LAMB, SILVERBEET AND FETA GÖZLEME

Makes 6 • Prep 1 hr, plus 3 hrs resting
• Cooking 1 hr 10 mins

635g (4½ cups) plain flour, plus extra, to dust
1 tbs olive oil, plus extra, to brush
80ml (⅓ cup) vegetable oil, to brush
1 onion, finely chopped
2 garlic cloves, finely chopped
500g minced lamb
1 tsp smoked paprika
½ tsp ground cumin
½ tsp ground allspice
200g feta, crumbled
80g (2 cups) finely chopped silverbeet leaves
½ cup flat-leaf parsley leaves, chopped
¼ cup mint leaves, chopped
3 spring onions, thinly sliced
Lemon wedges, to serve

1 Sift flour and 1 tsp salt into a bowl of an electric mixer fitted with a dough hook. Slowly add 375ml (1½ cups) lukewarm water and knead for 10 minutes or until smooth and elastic. Cover with plastic wrap and set aside for 3 hours to rest.

2 Heat olive oil in a frying pan over medium heat, add onion and garlic and cook for 5 minutes or until softened. Add lamb, paprika, cumin, allspice and ½ tsp pepper and cook, breaking up meat with a wooden spoon, for 6 minutes or until lamb is browned. Transfer to a bowl, add feta, silverbeet, parsley, mint and spring onions. Season with salt and mix to combine. Set aside.

3 Divide dough into 6 equal pieces. Roll each piece out on a lightly floured surface into a 30cm x 40cm rectangle, making sure the dough is very thin. Brush rectangle with 1 tsp vegetable oil and fold into a square. Repeat rolling, brushing and folding 2 more times. Repeat process with remaining dough pieces.



4 Working with one square of dough at a time, roll out to a thin 30cm square. Sprinkle filling over half the square and fold over to enclose. Press down lightly all over, seal edges and brush with olive oil on both sides. Repeat with remaining squares.

5 Heat a large frying pan over medium-low heat. Cook gözleme one at a time, pressing down lightly with a spatula, for 5 minutes on each side or until golden and cooked through. Cut into pieces and serve with lemon wedges.

BEEF RENDANG

Serves 4 • Prep 20 mins, plus 20 mins soaking
and 2 hrs chilling • Cooking 1 hr 50 mins

1kg beef chuck steak, cut into 3cm pieces
80ml (⅓ cup) vegetable oil
1 cinnamon quill
3 cloves
4 cardamom pods, bruised
1 lemongrass stalk, halved
250ml (1 cup) coconut milk
1 tbs tamarind concentrate

6 kaffir lime leaves
1 tbs brown sugar
45g (½ cup) desiccated coconut, toasted
Steamed rice and lime wedges, to serve

Rempah (spice paste)

12 dried red chillies, seeds removed, chopped
5 Asian red eschalots, peeled, chopped
3cm-piece galangal, peeled
3 lemongrass stalks, trimmed, chopped
5 garlic cloves, peeled
3cm-piece ginger, peeled

1 To make rempah, place chillies in a bowl and cover with boiling water. Stand for 20 minutes or until softened and rehydrated. Drain. Place chillies and remaining ingredients in a food processor and process until fine.

2 Place beef in a large bowl, add rempah and mix to coat. Cover and refrigerate for 2 hours.

3 Heat oil in a large wok with a lid over medium heat, then add beef, cinnamon, cloves, cardamom and lemongrass and cook for 2 minutes or until meat is browned. Add



Beef rendang

Tender beef chunks are slow-cooked in an aromatic coconut sauce for hours until fragrant and the sauce thickens to a dry paste.



Flourless orange, hazelnut and poppy seed loaf. Right: Dominic Walsh with apples and pears from The Farm Gate stall.



coconut milk, 250ml (1 cup) water, tamarind, kaffir lime leaves and sugar and stir to combine. Bring to the boil and cook, stirring, for 15 minutes or until reduced by one-third.

4 Reduce heat to low, add coconut, cover and simmer, stirring occasionally, for 1½ hours or until beef is very tender, liquid has evaporated and sauce is dry. Season with 1½ tsp salt, adding more sugar to taste, if needed. Serve with rice and lime wedges.

FLOURLESS ORANGE, HAZELNUT AND POPPY SEED LOAF

Serves 8 • Prep 10 mins, plus ½ hr cooling

• Cooking 2 hrs 35 mins

You will need a 9cm x 20cm (2L capacity) loaf pan for this recipe.

2 oranges
4 eggs
220g (1 cup) caster sugar
150g (½ cups) hazelnut meal
150g (¼ cups) almond meal
2 tbs poppy seeds
1 tsp baking powder

Orange syrup

440g (2 cups) caster sugar
125ml (½ cup) orange juice
1 orange, thinly sliced

1 Place whole oranges in a saucepan over high heat, cover with cold water and bring to the boil. Reduce heat to low, cover and simmer for 1 hour or until oranges are completely soft. Drain and cool completely.

2 Meanwhile, to make orange syrup, place sugar, orange juice and 375ml (1½ cups) water in a saucepan over medium heat and stir until sugar dissolves. Bring to the boil and add orange slices. Cook for 20 minutes or until oranges are translucent and candied. Set aside.

3 Preheat oven to 160C. Lightly grease and line a 9cm x 20cm (2L capacity) loaf pan with baking paper. Set aside.

4 Place cooked whole oranges in a food processor and process until smooth. Add eggs and sugar and process until smooth. Transfer to a large bowl and fold through hazelnut and almond meals, poppy seeds and baking powder.

5 Spoon mixture into prepared pan and bake for 1 hour 30 minutes or until a skewer inserted into the centre of the cake comes out clean. Using a skewer, prick top of cake all over and pour over three-quarters of the orange syrup. Set aside to cool completely.

6 Turn cake out and top with candied orange slices and remaining syrup.

SHOPPING LIST

Free-range meat

The Free Range Butcher specialises in grass-fed, free-range meat, most of which comes from their 3000-acre property in the Barraba district, north of Tamworth. No antibiotics and no hormones.

Smoked salmon

Dennis Kahrilas from the Orgazmo Smoked Foods stall smokes salmon each Saturday, a process that takes around 90 minutes. Ask Dennis for recipes that use his freshly smoked salmon.

Enoki mushrooms

Widely used in Japan, China and Korea, these long, thin

mushrooms from The Mushroom Company add a distinctive taste and texture to salads, hot pots and stir-fries.

Grab-N-Go Malaysian

For the time-poor, Jackie M's fresh meal kits include all the ingredients needed for restaurant-quality Malaysian food, such as laksa and beef rendang, that is ready to heat and eat.

Bacon and egg roll

Follow the aroma of fried bacon and join the long queue at Bowens' for their famed bacon and egg roll. These rolls are worth the wait with crispy bacon and fried free-range eggs.