

# PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





# pairing recipes

## POTATO SALAD WITH LEMON DILL DRESSING

For the salad:

- 1 kg/ 2 pounds red or yellow potatoes, cut into large bite-sized pieces
- Saveur Seasoned Salt to taste
- 1 tsp Saveur Creamy Dill Mix
- 1/2 cup capers chopped
- 1 bunch of green spring onions, white and light green parts minced

For the dressing:

- 1 teaspoon fresh lemon zest
- 1/4 cup fresh lemon juice
- 2 tbsp Saveur Creamy Dill Mix
- 1 1/2 tsp Dijon-style mustard
- 1 1/2 tbsp tahini
- 1/4 cup sour cream or Greek Style Yogurt or cottage cheese
- 1/4 teaspoon Saveur Chilli Spice or crushed chilli flakes \*optional
- Saveur Seasoned Salt to taste

## METHOD

Put the potatoes in a large pot of salted water.

Bring to a boil. Reduce heat and simmer gently until crisp tender, about 7 minutes.

Drain potatoes and set aside to cool. Once cool, toss with the dill mix, capers, and spring onions.

Prepare the dressing by combining all the ingredients and whisking until smooth and well-combined. For the best consistency, use a blender or food processor. If the dressing is too thick add a little more sour cream or a tablespoon of water. Taste test and adjust the Saveur Seasoned Salt if needed. Toss the dressing with the potatoes.

recipe by Deborah Hammond



# pairing recipes

## GRILLING INSTRUCTIONS FOR DRY RUBS

First pat the meat with paper towels to remove any excess moisture.

Coat the meat with butter and make sure it covers the entire surface of the meat. You may need to brush it or massage it in with your hands to achieve a nice even coating.

Apply the Downunder Gourmet Grill Rub using one hand to apply the rub, and the other to vigorously rub the seasoning into the meat.

For large slabs of meat, coat the food with the dry rub on both sides.

Make sure that you have a coating of the rub covering the entire outer surface of your meat.

Be generous - the more you apply, the more great flavours you're going to have

Once you apply a generous layer of dry rub to your meat, you can transfer it directly to the grill.

Cook meats as you normally would.

Ensure the internal temperature is heated to a safe level by checking your meal with a meat thermometer.

Remove the meat from the grill, let it rest if necessary.

Slice or serve, whichever you prefer.



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## FISH PARCELS WITH LEMONY DILL

2 lemons, juiced

1 - 2 tbsp Saveur Creamy Dill Mix

4 thick (about 200g / half a pound each ) white-fleshed fish fillets

2 green onions (spring onions), thinly sliced diagonally

Saveur Seasoned Salt to taste

## METHOD

Combine 1/3 cup lemon juice and dill in a small bowl. Cut four 30cm-square pieces of non-stick baking paper.

Place 1 fillet, skin side down, in centre of 1 piece baking paper.

Drizzle with one-quarter lemon mixture and season with Saveur Seasoned Salt to taste.

Top with one-quarter green onion.

Repeat with remaining fish, paper, lemon mixture and green onion.

Fold paper edges and turn upwards to seal (so juices don't run out) to form a parcel.

Place parcels, in a single layer, in steamer basket.

Steam, covered, over boiling water for 6 to 8 minutes

Serve over rice or pasta or your favourite steamed vegetables topped with the following

## HERB BUTTER

8oz butter of your choice at room temperature

1 - 2 tbsp Saveur Creamy Dill Mix

## METHOD

Put butter to a mixing bowl and mash it with a fork or use hand blender/beaters.

Sprinkle in Creamy Dill Mix and mix through.

Arrange 2-3 layers of plastic food wrap on table and arrange herb butter in the middle of it into an even bar.

Fold the wrap to cover butter completely and put butter to freezer for at least 10 minutes.

Slice off portions of Dill Butter to use for steak, poultry, fish, or steamed vegetables.  
recipes by Colleen Walters



# pairing recipes

## MEATBALLS WITH DILL DIPPING SAUCE

### Meatballs

- 1 kg / 2 pounds ground (mince) beef
- 2 eggs
- 1 cup milk
- 2 tbsp grated parmesan cheese
- ½-¾ cup plain gluten free breadcrumbs
- 2 tbsp Saveur Downunder Gourmet Grill Rub

### Dipping Sauce

- ½ cup sour cream.
- 2 tbsp Saveur Creamy Dill Mix
- 1 tsp lemon juice.

## METHOD

### Meatballs

- Mix all ingredients together and form 20 - 30 bite size meatballs
- Heat pan and brown each meatball in batches until golden brown and cooked through

### Dipping Sauce

- Mix all ingredients together and refrigerate for 30 mins for flavours to infuse
- Add tooth picks to meatballs and serve on a platter with bowls of dipping sauce

recipe by Deborah Hammond



# pairing recipes

## POTATO SOUP

- 1 tbsp ghee or butter
- 6 large potatoes, peeled and cubed
- 3 sticks celery, chopped
- 1 onion, diced
- 6 cups vegetable stock
- ¼ cup unsweetened plain almond milk (optional)
- 2 tablespoons Saveur Creamy Dill Mix
- 1 tsp Downunder Gourmet Grill Rub

## METHOD

In a large pot, heat butter over medium heat.

Add Downunder Gourmet Grill Rub, onion, and celery. Sauté for 5 minutes.

Add diced potato. Sauté for 1 minute.

Add the vegetable stock and Creamy Dill Mix.

Reduce heat to medium-low. Cover and simmer for 15 minutes, until potato is nice and tender.

Season with Seasoned Salt. .

Blend the soup to your desired consistency.

Add almond milk, if using.

recipe by Deborah Hammond