

PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





pairing recipes

FRESH APRICOT SALSA

500 grams/1 pound fresh ripe apricots

1 tomato

1 green capsicum (green bell pepper), halved, deseeded, finely chopped

¼ red onion, finely diced

1 tbsp fresh lime juice

1 tbsp finely chopped coriander (cilantro)

2 tsp Saveur Californian Onion Mix

1 tsp Saveur Spicy Cajun Mix

DIRECTIONS

Finely chop the tomato, onion, capsicum & coriander

Combine in a medium sized bowl.

Sprinkle with salt, and lime juice, stir until mixed.

Chop the apricots, remove and discard the stone, and add to the mixture.

Stir in Saveur Californian Onion Mix and Spicy Cajun Mix

Serve in lettuce leaves.

recipe by Deborah Hammond



pairing recipes

CAJUN SPICED GRILLED LAMB

2 tbsp butter, melted or ghee

1 tablespoon Saveur Spicy Cajun Mix

12 Lamb Cutlets / chops

METHOD

Combine oil and Saveur Spicy Cajun Mix in a shallow glass or ceramic dish.

Add lamb cutlets and toss to coat.

Cook lamb on the grill for 3 mins each side or until cooked to your liking.

Transfer to a plate.

Cover with foil and set aside for 5 mins to rest

recipe by Deborah Hammond

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BBQ CAJUN CHICKEN

- 2 tbsp brown sugar
- 2 cloves garlic
- 2 tsp Saveur Spicy Cajun Mix
- 1 tsp Saveur Californian Onion Mix
- 10 plump even sized Chicken drumsticks
- 2 tbsp butter or ghee
- ½ cup onion, finely chopped
- 2 tbsp white wine vinegar
- 2 tbsp Worcestershire Sauce
- ¾ cup tomato sauce

METHOD

Mash brown sugar, garlic, & 1 tsp of Saveur Spicy Cajun Mix & Californian Onion Mix together in a mortar and pestle to form a paste. Spoon paste into a resealable plastic bag. Add the chicken, coat with the paste, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours to overnight.

Heat butter in a small saucepan over medium heat. Cook and stir onion in butter until softened, about 5 minutes. Stir tomato sauce, vinegar, 1 tsp Saveur Spicy Cajun Mix and Worcestershire Sauce into onions; bring to a simmer and cook until flavours blend, about 10 minutes.

Preheat grill for medium heat. Remove chicken from bag and discard marinade. Cook chicken on the preheated grill until lightly browned on all sides, about 1 minute per side.

Turn off one of the grill burners or move chicken so there is no heat source directly below it. Baste drumsticks with the sauce and cook another 10 minutes; turn again and baste chicken with sauce.

Continue to grill drumsticks until juices run clear, 10 to 15 minutes more.

recipe by Deborah Hammond



pairing recipes

SOUTHERN SLAW

- 1 head cabbage, finely shredded
- 2 carrots, finely chopped
- ½ red onion, finely sliced
- ½ cup mayonnaise or avocado substitute
- ¼ cup milk
- ¼ cup butter milk
- 2 tablespoons lemon juice
- 2 tsp sugar or sugar substitute
- 2 tbsp white vinegar
- ½ tsp Saveur Seasoned Salt or table salt
- 2 tsp Californian Onion Mix

METHOD

Mix cabbage, carrots, and onion in a large salad bowl. Whisk mayonnaise, milk, buttermilk, lemon juice, vinegar, salt, and Saveur Californian Onion mix in a separate bowl until smooth and the sugar has dissolved.

Pour dressing over cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw at least 2 hours (the longer the better). Mix again before serving.

recipe by Deborah Hammond



pairing recipes

CALIFORNIA ONION MIX CORN BREAD

- 3 1/2 tsp baking powder
- 1 tsp salt or Saveur Seasoned Salt
- 1 cup cornmeal (polenta)
- 1 cup milk
- 1/4 cup ghee or melted butter
- 1 tbsp Saveur Californian Onion Mix
- 1 egg, lightly whisked

METHOD

Preheat oven to 220C / 400 F. Brush an 11 x 22 cm loaf pan (8 1/2x 4 1/2x 2 1/2 inches or 6 cup loaf pan) with the ghee or butter to lightly grease. Lightly dust with flour and shake out the excess.

Sift flour, baking powder and salt into a bowl. Add cornmeal, Saveur Californian Onion Mix, milk, melted butter and egg, and use a wooden spoon to stir until well combined.

Pour the mixture into the prepared pan.

Bake in preheated oven for 25-30 minutes or until a skewer inserted into the centre comes out clean.

Set aside for 5 minutes before turning onto a wire rack.

recipe by Deborah Hammond



pairing recipes

SPICY CAJUN COLLARD GREENS

4 slices bacon

1 tbsp butter or ghee

2 bunches collard greens, stemmed and roughly chopped

1/3 cup apple cider vinegar

1 onion sliced

2 cloves garlic minced

1tbsp Saveur Spicy Cajun Mix - Add more if you prefer a spicier dish

6 cups Water

METHOD

Heat butter in a large pot over medium high heat. Add bacon, onion and cook, turning occasionally, until bacon is just crisp.

Transfer to a paper towel-lined plate, then carefully discard bacon fat and return pot to the stove.

When cool enough to handle, roughly chop bacon.

Add water to the pot and bring to a boil. Add bacon, greens, Saveur Spicy Cajun Mix & vinegar, reduce heat to medium low, cover and simmer until greens are tender and liquid is flavourful, about 1 hour.

recipe by Deborah Hammond

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SPICY CAJUN PRAWNS

1 1/2 tbsp Saveur Spicy Cajun Mix

1/4 tsp salt (Saveur Seasoned Salt optional)

3/4 kg (1 1/2 pounds) prawns (large shrimp), peeled and deveined

1 tbsp butter or ghee

METHOD

Combine Saveur Spicy Cajun Mix, and salt in a sealable plastic bag; shake to mix. Add prawns and shake to coat.

Heat oil in a large non-stick skillet over medium high heat. Cook and stir prawns in hot butter until they are bright pink on the outside and the meat is no longer transparent in the center, about 4 minutes.

SPICY CAJUN SALMON

1 1/2 tbsp Saveur Spicy Cajun Mix

1/4 tsp salt (Saveur Seasoned Salt optional)

4- 6 salmon fillets, skin on or off

2 tbsp butter or ghee

METHOD

Sprinkle Saveur Spicy Cajun Mix and salt liberally over salmon fillets on both sides.

Melt butter in a large pan over medium high heat until sizzling hot.

Place salmon fillets in butter and cook each side 4-8 minutes, depending on the size of the fillet. Be sure to cook one whole side before flipping to blacken properly.

recipes by Colleen Walters

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