

# PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





# pairing recipes

## GLUTEN FREE GARLIC DUMPLINGS

3 whisked eggs  
1/4 cup Coconut flour  
1/4 cup arrowroot flour  
1/2 cup almond flour  
2 tbsp Butter or Ghee  
1/4 tsp sea salt  
1 tsp Saveur Garlic Mix

## METHOD

Mix with electric mixer and let rest for ten minutes or longer. (The longer it rests the thicker it will become.)

When your broth is simmering (I use about 6 cups of broth) add the dumplings one heaped tablespoon at a time (a tablespoon that you eat with, not the measurement).

You can get six or so dumplings into your broth with this amount. When all the dumplings are in, bring the broth back to a simmer.

Reduce the heat to low and cover with the lid, but keep the lid cracked a little bit. Dumplings will be done in about 20 minutes.

Like magic they have become full and plump.

recipe by Deborah Hammond



# pairing recipes

## GARLIC CAULIFLOWER

1.5 tbsp Saveur Garlic Mix

2 tsp Saveur Roast Rub.

Butter or Ghee

1 lemon

1 large cauliflower, with outer leaves (1kg)

4 tbsp dry sherry

1 x 400 g tin of cherry tomatoes or blanched fresh

40 g flaked almonds

½ a bunch of fresh flat-leaf parsley ,

(1 tbsp ghee or butter

## METHOD

Preheat the oven to 180°C/350°F

Mix the Garlic Mix and Roast Rub together in 2 tbsp of butter or Ghee to make a paste.

Zest the lemon into a separate bowl and set aside.

Trim the outer cauliflower leaves. Trim away and discard the stalk so the cauliflower can sit flat, then cut a cross into the base.

Rub the Saveur paste all over the cauliflower, then place in a medium casserole dish. Drizzle over the sherry and squeeze the lemon juice on top.

Cover and pop in the hot oven for around 1 hour 20 minutes, or until tender, removing the lid for the final 20 minutes. Remove the pan from the oven, then pour in the tomatoes, Sprinkle over the lemon zest. Return the pan to the oven for a further 10 minutes, or until the cauliflower is golden.

Meanwhile, toast the almonds in a dry frying pan over a medium-low heat until golden, then leave to cool.

Once ready, take the pan out of the oven. Scrunch over the toasted almonds, then pick, roughly chop and scatter the parsley leaves on top. Drizzle with extra melted butter, then it's ready to serve.

recipe by Deborah Hammond

**JULY 15 - 31, 2018 | ISSUE NO 6**



# pairing recipes

## SWEET POTATO FRIES WITH GARLIC DIP

For The Fries:

- 1 medium sweet potato
- 1 tbsp ghee
- 1.5 tbsp Saveur Roast Rub

For the Dip:

- 1 cup low fat greek yogurt
- 1.5 tbsp Saveur Garlic Mix
- 2 tsp lemon juice

## METHOD

Cut the sweet potato into 1/4" matchsticks. Soak the fries in a bowl filled with ice water for one hour. This process removes some of the starch, making for much crispier fries. Drain and rinse the fries, then pat dry with paper towels.

Preheat your oven to 425/220 C. Toss the fries with the melted ghee directly on a baking sheet. Place the fries in a single layer, making sure the fries aren't too close to one another. Sprinkle with Roast Rub. Place on the middle rack in your oven and bake for 15 minutes. After 15 minutes, carefully flip the fries and bake for an additional 5-10 minutes, or until both sides are browned.

Mix greek yogurt, Garlic Mix and lemon juice together and season to taste with Saveur Seasoned Salt. Serve on the side of sweet potato fries.

recipes by Kaela Zade

**JULY 15 - 31, 2018 | ISSUE NO 6**



# pairing recipes

## PUMPKIN RISOTTO

1 1/2 cups arborio rice (risotto rice)

1 brown onion, diced

600 g / 20 oz pumpkin, diced into 1.5cm/0.5" cubes (about 4 heaped cups)

2-3 tbsp Saveur Garlic Mix

1/4 cup dry white wine (optional - but see notes)

3 1/2 cups vegetable or chicken stock/broth

4 tbsp butter

1/2 cup grated parmesan cheese

To Garnish

Grated parmesan

Finely chopped parsley

## METHOD

Preheat oven to 180C/350F.

Heat 2 tbsp butter in ovenproof pot (preferably with a lid) over medium high heat.

Add Saveur Garlic Mix and onion and cook until onion is translucent.

Add rice and stir so all the rice grains are coated with the butter.

Add white wine and cook until the the liquid evaporates - about 1 minute.

Add pumpkin and stock, and bring to boil.

Put lid on (or cover tightly with foil) and place in oven for 25 to 35 minutes. (Baking time - if you are using a heavy cast iron casserole pot with a lid, 20 - 25 minutes, if you are using a lighter weight pot covered with foil, 35 to 40 minutes.)

Check it at 20 minutes. The risotto is ready to come out of the oven when the rice is cooked - ideally, the rice should be a bit firm on the inside (ie. al dente), but it is very difficult to achieve that using the baking method, more likely it will be on the soft side. The rice should be very wet like porridge, not dry like a pilaff. Don't worry if there is excess liquid, it will evaporate in the next step when you stir it.

Add the rest of the butter and parmesan cheese. Add more if you want - the more you add, the creamier the risotto will be.

Gently stir the risotto so that the pumpkin turns into a puree and blends into the risotto. If it's too thick then add a splash of boiled water (it means it was left in the oven for a bit too long). Add salt and pepper to taste. Serve, garnished with parsley and extra parmesan if desired.

recipe by Kaela Zade

**JULY 15 - 31, 2018 | ISSUE NO 6**



# pairing recipes

## LEG OF LAMB WITH GARLIC SAUCE

- 1 leg of lamb, about 5 lbs/ 2 kg
- 2 - 3 tbsp of Saveur Roast Rub
- 2 tbsp of Saveur Garlic Mix
- 3 tbsp melted butter or ghee
- 1/2 cup dry white wine
- 1/2 cup beef broth, plus extra if needed (see below)

## METHOD

Preheat oven to 350F/175C.

Rub lamb with melted butter/ghee and rub with Roast Rub.

Place lamb in roasting pan on a rack.

Roast lamb for about 1 hour and 20 minutes, or until temperature reaches 140 degrees when thermometer is inserted for medium rare, or longer if you like it more well done.

You may want to check it early to ensure not to overcook.

Remember lamb will continue to cook while it rests.

While the lamb is roasting, combine Garlic Mix, 1/2 cup wine and 1/2 cup broth over medium high heat.

Bring to a boil, reduce heat to medium low and simmer, about 15 to 20 minutes.

When the lamb is done, remove to a platter and tent with foil.

Add the garlic sauce to the juices in the roasting pan and heat on the stove top.

(If using a pan that is not stove top safe, combine the juices and the garlic sauce in a small saucepan to heat).

Add additional broth to your liking.

Adjust the seasonings at this point if needed.

Carve the lamb and serve with garlic sauce on the side.

recipe by Kaela Zade