

PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





pairing recipes

MOROCCAN LAMB TAGINE

2 tbsp butter or ghee
1 kg (2 lbs) lamb shoulder, diced
Saveur Seasoned Salt, to season
1 onion, sliced
2 red capsicums (bell peppers), seeded and sliced
2 tbsp Saveur Turkish Mix
1.5 tbsp Saveur Tagine Spice
1 tbsp tomato paste
½ cup raisins
3 chopped tomatoes
2 cups chicken stock
1 can chickpeas, drained and rinsed

METHOD

Heat butter in a saucepan over medium heat.

Season diced lamb shoulder with Saveur Seasoned Salt. Working in 2 batches, cook lamb for 5 minutes or until browned.

Remove from pan and set aside, then add onion and capsicums to pan.

Cook, stirring, for 4 minutes or until softened. Add ground Turkish Mix and cook, stirring, for 1 minute or until fragrant. Add tomato paste and Tagine Spice and cook, stirring, for 1 minute. Return lamb to pan.

Add raisins, chopped tomatoes, chicken stock and chickpeas. Bring to a simmer, then cover and cook for 2 hours or until lamb is very tender. Season to taste with Saveur Seasoned Salt and lemon juice. Scatter over coriander sprigs and serve with couscous.

recipe by Deborah Hammond



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MOROCCAN CHICKEN TAGINE

1 whole chicken, cut into four or eight pieces

2 medium onions, grated

3 to 4 cloves of garlic, pressed or finely chopped

3/4 tsp Saveur Seasoned Salt

2 tsp Saveur Tagine Spice

1 tbsp Saveur Turkish Mix

3 tbsp butter or ghee

1/2 cup chicken broth

3/4 cup water

1 cup dried apricots

3 tbsp honey

1 tsp Saveur Cinnamon Blend (optional)

A handful of dry pan fried almonds (optional)

1 to 2 tsp sesame seeds (optional)

METHOD

If desired, remove the skin from the chicken. Combine the Saveur Turkish Mix and Tagine Spice. In a large bowl, add the chicken and toss to evenly coat the chicken pieces with the Saveur Spices.

Over medium-low heat, melt the butter in the base of a large tagine. (Use of a diffuser is necessary with electric or ceramic stovetops, and recommended for other types as well.) Add the onions, garlic and Saveur Cinnamon Blend. Add the seasoned chicken, meat-side down, in a single layer on top of the onions.

Add the broth to the tagine. Swirl the water in the bowl to cleanse it of the spices, and then add the water to the tagine as well. Cover and leave the liquids to reach a simmer over medium-low heat.

Once simmering, cook the chicken, undisturbed, for one hour. Remove and reserve 1/2 cup of the cooking liquids.

Carefully turn the chicken pieces over so that they are meat-side-up. Cover and continue simmering for another 30 minutes to one hour, until the chicken is done and the liquids are thick and reduced. If you feel the liquids are excessive, it is quicker to reduce them in a small pot or skillet and then return them to the tagine.



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MOROCCAN VEGETARIAN TAGINE

1/4 cup fresh pressed extra virgin olive oil
2 medium yellow onions, peeled and chopped
8-10 garlic cloves, peeled and chopped
2 large carrots, peeled and chopped
2 large russet potatoes, peeled and cubed
1 large sweet potato, peeled and cubed
Saveur Seasoned Salt or Himalayan Salt & Pepper, ground
1 tsp Saveur Tagine Spice
2 tbsp Saveur Turkish Mix
2 cups canned whole peeled tomatoes
1/2 cup heaping chopped dried apricots
2 cups low-sodium vegetable broth (or broth of your choice)
2 cups cooked chickpeas
1 lemon, juice of
Handful fresh parsley leaves

METHOD

In a large heavy pot, heat butter or ghee over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly. Add garlic and all the chopped veggies. Season with Saveur Season Salt and Saveur Turkish Mix and Tagine Spice. Toss to combine. Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon. Add tomatoes, apricot and broth. Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender. Stir in chickpeas and cook another 5 minutes on low heat. Stir in lemon juice and fresh parsley. Taste and adjust seasoning. Transfer to serving bowls. Serve hot with your favourite bread, couscous, or rice. Enjoy!

recipes by Kaela Zade

AUGUST 1 - 15, 2018 | ISSUE NO 7



pairing recipes

TURKISH BREAKFAST EGGS

8 eggs, yolks broken but not beaten
4 to 5 tbsp cream cheese, broken into small pieces
1 tbsp chopped fresh parsley
2 tbsp butter or ghee
1 onion, chopped
1 green pepper, finely chopped
1 tomato, chopped
1 - 2 tbsp Saveur Turkish Mix
Saveur Seasoned Salt to taste

METHOD

In a large non-stick skillet over medium heat, saute the onion and green pepper in the butter for several minutes. Add the chopped tomato, Saveur Turkish Mix and Saveur Seasoned Salt to taste. Saute the vegetables for several more minutes, or until the tomatoes are very soft.

Add the eggs and cook as you would for an omelet, by lifting the edges of the eggs as they set and tipping the pan to allow uncooked egg to run underneath and make contact with the bottom of the pan, where they'll cook faster.

When the eggs are almost cooked through and just a little runny on top, distribute the cream cheese over the top.

Place the pan several inches beneath a broiler to set the top and soften the cheese. Serve immediately



pairing recipes

KOFTA KEBAB

- 1 lb (500 g) ground beef (or lamb, or a combination of the two)
- 1 medium onion (chopped very fine or grated)
- 3 tbsp Saveur Turkish Mix
- 1 tsp Saveur Tagine Spice
- 1 tsp Saveur Seasoned Salt

METHOD

Mix all ingredients together in a large mixing bowl, and let sit for 1 hour or longer to allow the flavours to blend.

The kofta is then ready to shape and cook.

To make kebabs, take small amounts of kofta and shape them into cylinders or sausage shapes. Skewer the meat, squeezing it to mould it to the skewer.

Cook over hot coals or grill, approximately 5 minutes each side. (It may take less or more time, depending on how hot the coals/grill is, and how thick you shaped the kofta.)

Watch the kebabs carefully, so you don't dry out the meat.

Serve immediately, or wrap in aluminium foil to keep hot while you cook additional kebabs.

recipe by Colleen Walters

AUGUST 1 - 15, 2018 | ISSUE NO 7