

PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





pairing recipes

SAN CHOY BAU

750 g extra lean ground beef/ pork / chicken mince

1 tbsp sesame seed oil (optional)

1 ½ cups grated carrot

3 spring/green onions, finely sliced

1 can water chestnuts sliced

2 garlic cloves diced

2 tsp Saveur Wok Spice

4 tbsp aminos or tamari sauce

3 tbsp oyster sauce

2 tbsp toasted sesame seeds

1 iceberg lettuce to serve

1 cup rice vermicelli chopped, prepared as per packet instructions

METHOD

Heat ghee and sesame oil (option) in wok over high heat, then add protein of choice and Saveur Wok Spice. Use whisk or wooden spoon to break apart chunks of mince.

Once meat is browned, add garlic, carrot, shallots, water chestnuts and stir fry for a few minutes.

Add tamari, oyster sauce and stir fry around for another 2-3 minutes.

Remove from heat and add prepared as per package - vermicelli.

Serve in lettuce cups and sprinkle with toasted sesame seeds.

recipe by Colleen Walters



pairing recipes

EGG FRIED RICE

2 tbsp ghee or butter

2 garlic cloves , minced

1/2 onion , finely chopped

120 g/4 oz bacon , chopped (optional, or use ham)

1 - 1 1/2 cups frozen diced vegetables 2 cups, packed, cooked white rice (day old refrigerated or frozen defrosted)

1 1/2 tbsp Saveur Wok Spice 3 eggs, whisked

3/4 green onions/spring onions, sliced

Sauce:

1 tbsp Chinese cooking wine (or sake or Mirin or dry sherry or Chicken Broth

1 tbsp Oyster Sauce

1 tbsp aminos or tamari sauce

1/2 tsp sesame oil , optional

1/2 tsp Saveur Himalayan Salt & Pepper, ground

METHOD

Heat about 1 1/2 tbsp ghee in a wok

Add onion, garlic and bacon. Cook until bacon is light golden - about 1 1/2 minutes.

Add vegetables (still frozen is fine). Cook for 2 minutes so they defrost and water evaporates.

Add rice and Sauce ingredients. Cook for 1 1/2 minutes until liquid evaporates. Shove rice to the side of the wok / skillet. Add 1/2 tbsp ghee into the cleared space, shift wok so the heat is centred over the cleared space. Pour in egg then scramble - cook it through properly, don't "soft scramble".

Add green onions, then stir the egg into the rice. Remove from heat and serve immediately!



pairing recipes

CRISPY HIMALAYAN OVEN BAKED WINGS

Crispy oven baked wings in 3 easy steps:

Pat wings dry with paper towels;

Toss wings in baking powder and 1 1/2 tsp Himalayan Salt & Pepper, ground

Bake at 250F/120C for 30 minutes, then at 425F/220C for 40 - 50 minutes until golden brown and crispy.

Recipe by Colleen Walters

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pairing recipes

PORK & GREEN BEAN STIR FRY

10 oz / 300 g green beans

7 oz / 220 g pork mince/ground pork

1/2 small onion, finely chopped (about 1/2 cup)

2 - 3 tsp Saveur Wok Spice

2 1/2 tbsp ghee or butter

Sauce

1 tbsp aminos or tamari sauce

1 tbsp Chinese cooking wine or dry white/sherry or sub Chicken Stock

1/2 tsp Saveur Himalayan Salt & Pepper, ground

METHOD

Mix Sauce ingredients in a bowl.

Trim the tough end of the beans, then chop into 2 - 2.5cm / 4/5 - 1" pieces.

Charred Beans: Heat 1 1/2 tbsp ghee in a heavy based skillet over high heat (I use cast iron). Add beans, spread out to cover base. Leave for 1 minute. Quick stir, spread out, cook for 30 seconds. Stir, then leave for 30 seconds, then repeat once more (so 2 1/2 minutes in total cook time) until beans are charred but tender crisp (not withered and floppy). Remove into bowl.

Turn heat down to medium high, add 1 tbsp ghee. Add onion, then Saveur Wok Spice. Cook for 1 minute until edges of onion are golden.

Turn heat back up to high. Add pork and cook, breaking it up as you go. Cook for 2 minutes until the pork is cooked through, then add Sauce. Cook for 30 seconds, then add beans and stir for another 30 seconds.

Serve over rice.

Recipe by Colleen Walters



pairing recipes

ASIAN CHILLI GARLIC PRAWNS (SHRIMP)

10 oz / 300g prawns / shrimp (peeled and deveined)
1 tbsp ghee or butter
1 tsp sesame oil (optional)
2 garlic cloves , minced
2 tsp Saveur Wok Spice
1/2 cup water
2 tbsp Sriracha (optional if you want heat or chili flakes)
1 1/2 tsp aminos or tamari sauce
Garnish (optional)
Sesame seeds
Finely chopped green onions/scallions/spring onions
Finely chopped red chillies

METHOD

Coat prawns in ghee. Heat well seasoned skillet or non stick pan over high heat. Cook prawns for 2 minutes, or until light golden and just cooked. Transfer onto a plate. Remove skillet from stove to cool down slightly, and decrease stove to medium. Add sesame oil into skillet (if using), return to stove. When heated, add garlic, and Wok Spice and Sriracha or chili flakes. Cook until garlic is fragrant and starting to turn golden.

Add water, then remaining ingredients. Stir, increase heat to medium high, and let it simmer for 3 minutes or until the sauce starts to thicken to a syrup consistency. Return prawns into skillet and toss to coat in sauce and reheat, and cook until the sauce thickens a bit more.

Garnish with sesame seeds, fresh chilli and shallots if desired. Serve with rice and steamed baby Bok Choy

Recipe by Colleen Walters



pairing recipes

WOK SPICE BEEF BOWL

Sauce:

1 tbsp Hoisin Sauce (or sub with Oyster Sauce)

2 tbsp Oyster Sauce (or sub with 1 1/2 tbsp Hoisin)

1 tbsp Chinese cooking wine (or dry sherry, sake or any rice wine or sub with Chicken Stock)

2 1/2 tbsp aminos or Tamari sauce

1 tsp sesame seeds

1/4 tsp Saveur Himalayan Salt & Pepper, ground

Stir Fry:

1 tbsp ghee

2 garlic cloves, minced

1 small onion, finely chopped

2 tsp Saveur Wok Spice

500 g / 1 lb beef mince (ground beef)

1/2 cup green onions/ spring onions or shallots, sliced, plus more for garnish

Garnishes:

Sesame seeds

IMETHOD

Mix Sauce together in a bowl

Heat ghee in a large skillet over high heat. Add garlic and onion, cook for 1 minute or until onion starts browning.

Add Saveur Wok Spice, beef and cook, breaking it up as you go.

Once the beef has all changed from red to brown, add Sauce. Cook for a further 2 minutes, or until Sauce has evaporated and beef is cooked.

Stir through green onion, then serve over rice, garnished with more green onions and sesame seeds, if desired.

Note: works well with chicken too!

Recipe by Colleen Walters



pairing recipes

STICKY CHINESE CHICKEN WINGS

1-1.5 kg /2-3 lb chicken wings , cut into drumettes and wingettes

Marinade

1/2 tsp ghee or butter

2 tbsp lemon juice

2 tbsp Chinese cooking wine

1/4 cup aminos or tamari sauce

2 tbsp date sugar or honey

1/4 cup ketchup or tomato sauce

2 tbsp hoisin sauce

2 tbsp oyster sauce

2 tbsp Saveur Mango, Apricot Strawberry Balsamic Vinegar

2 cloves garlic , minced (optional as the spices have garlic)

1 tbsp Saveur Wok Spice

1/2 tsp Saveur Himalayan Salt & Pepper

Garnishes (optional)

Finely sliced green onion/spring onion or shallots

Sesame seeds

Coriander/cilantro leaves

Finely sliced fresh chili

METHOD

Combine marinade ingredients in a large bowl or in a ziplock bag.

Add wings and coat well, then leave aside for 10 minutes.

Preheat the oven to 180C/350F.

Line baking tray with greaseproof paper.

Shake excess marinade off wings (but reserve the marinade) and spread wings on baking tray.

Baste generously once or twice during baking, using up all the remaining marinade (for the 2nd baste, just pour the remaining marinade all over the wings).

Bake for 40 to 50 minutes until the meat comes off the bone fairly easily and the wings are just starting to char and are a sticky, dark red/golden colour.

Garnishes to serve: coriander/cilantro leaves, sesame seeds, chilli, sliced green onions.

recipe by Colleen Walters



pairing recipes

ASIAN STEAK

2 beef tenderloin steaks, around 150g/5oz each

1 tbsp ghee or butter

Sauce

1 tbsp aminos or tamari sauce

2 tbsp Mirin

3 tbsp cooking sake

45g/3tbsp unsalted butter

1 small garlic clove, minced

2 tsp Saveur Wok Spice

1/2 tsp Saveur Himalayan Salt & Pepper

METHOD

Take the steak out of the fridge 20 minutes prior to cooking.

Combine tamari, Mirin and sake in a small bowl.

Heat ghee in a skillet over medium high heat until hot. Add steak and cook to your liking.

Transfer steak onto a plate and cover loosely with foil. Rest for 5 minutes.

Let the skillet cool down a bit then return to the stove over medium high heat. Add Sauce and bring to simmer, then add butter. When the butter melts and is incorporated into the sauce, immediately remove it from the stove.

Stir through garlic, Wok Spice, Himalayan Salt & Pepper, the sauce should be slightly thickened (if not, keep stirring, thickens more as it cools).

Place steak on plates and spoon over sauce.

recipe by Colleen Walters