

PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES





pairing recipes

TANDOORI GRILLED SALMON STEAKS

2 tbsp Saveur Tandoori Spice
1 1/2 cups plain low-fat yogurt
1/4 cup melted butter or ghee, plus more for grilling
8 skinless salmon steaks (about 8 ounces/ 225 grams each)

METHOD

Add the Saveur Tandoori Spice to yogurt and the 1/4 cup of melted butter and whisk until smooth.

In a glass baking dish, coat the salmon with the marinade. Cover with plastic wrap and refrigerate for at least 2 hours and up to 4 hours.

When ready to cook, light a grill. Grease the grill grates and a fish basket. Scrape off the excess marinade from the salmon and lightly brush the fish with ghee.

Grill over moderate heat, turning once or twice, until golden in spots and nearly cooked through, about 8 minutes.

recipe by Colleen Walters



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CURRIED EGGS

6 eggs
4 tbsp butter
1 medium onion, peeled and chopped
1 garlic clove, peeled and crushed
2 tbsp Saveur Curry House Mix
2 tbsp tomato paste
 $\frac{3}{4}$ cup water
1 tbsp lemon juice
Saveur Seasoned Salt to taste
1 lemon, zest of
2 tbsp fresh flat-leaf parsley, chopped

METHOD

Hard boil the eggs, using your favorite method. Cool slightly and peel. Cut them in half lengthwise.

Melt the butter in a frying pan and saute the onion and garlic, until onion is just soft.

Stir in the Saveur Curry House Mix, tomato paste, water, lemon juice and Saveur Seasoned Salt.

Allow the mixture to cook over a low heat until it is just bubbling.

Add egg halves to onion mixture and stir gently, until reheated through. Add a little more water if sauce gets too thick.

Add lemon zest and parsley. Stir again and serve while hot.

recipe by Colleen Walters



pairing recipes

TANDOORI STEAK

4 lean rib-eye, sirloin or rump steaks
2 tbsp Saveur Tandoori Spice
2 tbsp plain yogurt
1 tsp lemon or lime juice

METHOD

Place the steaks on a shallow dish.

Mix together the Saveur Tandoori Spice, yogurt and lemon juice to create a paste.

Brush the mixture over the steaks on both sides.

Cover and marinate for up to 2 hours or overnight in the refrigerator.

Brush off any excess paste from the steaks and cook under a moderate preheated grill according to your preference.

Serve the steaks with plain basmati rice, poppadoms or naan bread, raita and mango chutney.

recipe by Deborah Hammond

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CURRIED EGGPLANT

1 large aubergine, cubed
2 tbsp butter or ghee
1 onion, sliced
2 garlic cloves, chopped
2.5 tbsp Saveur Curry House Mix
3 tsp tomato paste
1 (14 ounce/ 400 ml) can coconut milk
1 tomato, diced
Saveur Seasoned Salt or ground Himalayan Salt to taste

METHOD

Heat the ghee in a pot and fry the onion till light golden colour.
Add the Saveur Curry House Mix, cook for 2 minutes.
Add the tomato paste, stir in the coconut milk.
Cook to form a gravy.
Add the aubergine, and tomato, stir into the gravy, reduce heat to medium and cook till aubergine is tender.
About 30 minutes.

recipes by Kaela Zade

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CURRIED QUINOA SALAD

QUINOA

1 cup quinoa (well rinsed and drained)

1 pinch Saveur Seasoned Salt

1 tsp Saveur Tandoor Spice

1 3/4 cups water

DRESSING

4 tbsp Saveur Curry House Mix (

3 tbsp tahini

2 tbsp lemon juice

1 tbsp maple syrup

1/4 tsp Saveur Seasoned Salt or Himalayan Salt & Pepper

1-2 tbsp water

FOR SERVING

1 large red bell pepper (capsicum) (diced)

3 whole radishes (thinly sliced)

1 cup fresh chopped cilantro (coriander leaves)

1/2 cup pomegranate arils (optional)

4 stalks green onion (spring onion) , thinly sliced (optional)

2 tbsp nut or seed of choice (e.g. hemp seeds or roasted cashews or pepitas)
(optional)

METHOD

Add quinoa to a small saucepan and toast over medium heat for 2 minutes, stirring occasionally, being careful not to burn. Then add Saveur Seasoned Salt, Saveur Tandoori Spice, and water and bring to a boil.

Once boiling, reduce heat to a simmer, cover, and cook for 20 minutes or until all water is absorbed. Set aside off heat, uncovered, to cool - at least 15 minutes.

In the meantime, prepare dressing by adding Saveur Curry House Mix, tahini, lemon juice, maple syrup, Saveur Salt and whisk to combine. Then add water to thin until a pourable dressing is achieved.

Taste and adjust seasonings as needed, adding more maple syrup for sweetness, lemon for acidity, salt for saltiness, or Saveur Curry House Mix for intense curry flavor. Add all ingredients (quinoa mostly cooled) to a mixing bowl and top with dressing. Then toss to combine and serve. Enjoy at room temperature or chill. Garnish with additional pomegranate, radish, green onion, or cilantro (optional).

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ROASTED CURRIED CAULIFLOWER

¼ cup melted butter or ghee

2 tsp Saveur Curry House Mix

1 tsp lemon juice

½ tsp Saveur Seasoned Salt or ground Himalayan Salt & Pepper

4 cups cauliflower florets, washed

2 tbsp slivered almonds

METHOD

Preheat oven to 400F/205C.

Mix the melted butter, Saveur Curry House Mix, lemon juice, Saveur Salt in a small mixing bowl.

Place the washed and well drained cauliflower florets in a 13 x 9 inch baking dish; pour the mixture over the florets and toss gently.

Cover with foil and bake 15 minutes; remove from oven and stir in almonds mixing lightly.

Return to oven and bake uncovered for an additional 10 to 15 minutes or until cauliflower is browned and almonds are toasted.

recipe by Kaela Zade



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RCURRIED SAUSAGES

8 links sausages (beef, chicken, lamb or pork sausages)

1 tbsp ghee or butter

2 onions

2 garlic cloves

2 carrots, quartered, then cut into 1/2 in chunks

2 potatoes, diced

2 tbsp Saveur Curry House Mix

2 tbsp tomato paste

2 tbsp fruit chutney

½ cup applesauce

1 cup chicken stock

1 (400 ml/ 14 ounce) can coconut milk

1 cup frozen peas (optional)

Saveur Seasoned Salt to taste

fresh coriander (to garnish)

METHOD

Cover the sausages with cold water; bring to the boil and simmer about 5 minutes.

Drain, cool, remove skins and cut each into 4 or 5 pieces.

Heat the oil in a large saucepan and fry the onion, garlic, carrots and potatoes, stirring until the onions are soft. Add the Saveur Curry House Mix and cook a minute or two.

Add the tomato paste, chutney, apple sauce, stock and coconut milk. Stir well, then return the sausage chunks to the saucepan.

Bring too the boil then cover and simmer about 45 minutes. Remove the lid and allow to cook about 15 minutes more to reduce the sauce a bit. If you can't be bothered, mix two tablespoon cornflour (corn starch) with 2 tablespoons water and stir this through to thicken.

1 cup of peas can be added in the last 15 minutes as well.

Season with Saveur Seasoned Salt and serve garnished with chopped fresh coriander.

recipe by Kaela Zade