Saturday Kitchen

- Indonesian Coconut Vegetable Stew (Sayur Lodeh)
- Chicken Tikka Masala
- Eggplant Vindaloo
- Hummus with Beetroot Horseradish Relish

**INDONESIAN TURMERIC KARI PASTE**
A delicious, nutty hand blended paste with fresh ingredients, spices and herbs - ideal with chicken, turkey, lamb and seafood.

**Indonesian Coconut Vegetable Stew (Sayur Lodeh)**

**INGREDIENTS (Serves 6)**

- ½ jar Latasha's Kitchen Indonesian Turmeric Kari Paste
- 1 kg sliced mixed vegetables (cabbage, potatoes, eggplant, carrots, baby corn, fried tofu or tofu pok [used in curry laksa], tempeh, green beans)
- Rice bran oil
- 400 ml coconut cream
- Water
- Sea salt
- 4 birds eyes chillies

**GARNISH**

- Lime juice, fried shallots, chopped coriander leaves or shredded kaffir lime leaves, 2 tbsp kerisik (toasted coconut), 1-2 red chillies, finely sliced

**METHOD**

1. Heat oil in a large pot, add Latasha’s Kitchen Indonesian Turmeric Kari Paste and chillies then fry gently for 3-4 minutes. Add 3 tbsp of water to turn the paste into a sauce and fry a few minutes longer.
2. Mix together 200 ml coconut cream, 1 litre water, some salt and add to the sauce. Next add vegetables that need longer cooking like potato, eggplant and carrot, bring to a quick boil and simmer for about 20 minutes until the vegetables are nearly cooked. Add the remaining vegetables and coconut cream, and more water if needed to cover the vegetables. Simmer until cooked.
3. Garnish with lime juice, fried shallots, coriander or kaffir lime leaves and fresh red chillies.

**Note:** Hard-boiled eggs can be added.
TIKKA MASALA PASTE
A delicious recipe that is ideal with boneless meats such as chicken, turkey, lamb, fish and prawns and paneer.

Chicken Tikka Masala

INGREDIENTS (Serves 6)
½ Jar Latasha’s Kitchen Tikka Masala Paste
1 kg boneless chicken tenderloins, thigh fillets or breast
½ cup full fat natural yoghurt
3 tbsp ghee or Latasha’s Kitchen Chilli Oil if preferred
1 red onion, roughly chopped
1 tbsp sliced green chilli, crushed dry chilli flakes (optional)
3 fresh tomatoes, sliced
Salt to taste
Juice of one large lemon

MIX TOGETHER
3 tbsp tomato sauce
3 tbsp pouring cream
1 tbsp almond meal

GARNISH
Sliced green chillies
2 tbsp chopped coriander leaves
2 tbsp chopped mint leaves
Toasted silvered almonds

METHOD
1. Marinate chicken with yoghurt.
2. In a pan, heat ghee and fry onions for 10 minutes on low heat. Add Latasha’s Kitchen Tikka Masala Paste, sliced tomatoes, chillies (optional) and cook for 10 more minutes.
3. Add marinated chicken, turn heat to high and coat chicken in the paste until well browned. Add lemon juice, salt to taste and simmer covered, until chicken is tender.
4. Stir in the tomato sauce, cream and almond meal mixture carefully, a tablespoon at a time being careful not to curdle. Simmer for 5 minutes, uncovered. Gravy should be reduced and thick.
5. Garnish with chillies, coriander, mint and almonds.
VINDALOO MASALA PASTE
A hot pickled paste great for beef, lamb, pork, chicken, seafood and diced vegetables.

Eggplant Vindaloo

INGREDIENTS (Serves 6)
½ Jar Latasha’s Kitchen Vindaloo Masala Paste
4 tbsp yoghurt or coconut cream
3 tbsp rice bran oil
1 cinnamon stick
2 sprigs curry leaves, torn
Water as required
1 kg diced eggplant
1 tbsp jaggery or raw sugar
¼ cup white vinegar
Salt to taste

GARNISH
Sprig of curry leaves
1 tbsp melted ghee
Lemon juice (optional)

METHOD
1. Heat oil in a well-seasoned heavy cast pot until hot. Then add the cinnamon stick, curry leaves and Latasha’s Kitchen Vindaloo Masala Paste and slowly heat up. Add ½ cup water and cook gently for 5 minutes.
2. Next add in the yoghurt and turn the vindaloo paste into a sauce. Keep stirring the mixture continually to distribute heat evenly and to prevent burning. This will take about 10 minutes.
3. Add eggplant, mix well to coat evenly and season with salt. Cover with a lid and simmer on a gentle heat until the eggplant is cooked and tender, approx. 45 minutes to an hour depending on the size. Be sure to stir 15 every minutes.
4. When the eggplant is cooked, add the vinegar mixed with the crushed jaggery and bring the heat back up to thicken the juices.
5. Garnish with melted ghee and curry leaves.
BEETROOT HORSERADISH RELISH

The earthy beetroot flavour and colour has been carefully retained during cooking. The subtle use of vinegar gives it a tangy flavour that finishes on a sweet note. The use of fresh horseradish gives it a complex flavour without a strong burst of heat. The texture of this relish also makes it ideal for use in a number of ways.

Hummus with Beetroot Horseradish Relish

INGREDIENTS (Serves 6)

- ½ jar Latasha’s Kitchen Beetroot Horseradish Relish
- Assortment of carrot, capsicum and celery sticks or gluten free hummus or lentil crackers
- 4 garlic cloves
- 4 cups cooked hummus made with 200 g small dry chickpeas (see method below)
- Juice of 1 whole lemon
- Sea salt
- 1 tsp cumin seeds and 1 tsp fennel seeds, roasted
- 3 tbsp extra virgin olive oil
- ¼ cup tahini (sesame paste)

METHOD

1. Pick through the dried chickpeas discarding any bad grains or small stones. Wash the chickpeas several times, until the water is clear. Fill a large vessel with fresh water and soak the chickpeas overnight with 1 tbsp of baking soda. Then rinse and soak again in fresh water for another 2 hours. The grains should absorb most of the water and almost double in size.

2. Rinse the chickpeas again and put them in a large vessel. Cover with fresh water and add ½ tsp baking soda. Bring to a quick boil then simmer until the grains are very easily smashed, which should take around 1-1.5 hours. While cooking remove any floating peels and foam from the cooking liquid. When done, strain the chickpeas reserving the cooking liquid. Set aside some whole cooked chickpeas for garnishing.

3. Put the chickpeas into a food processor and grind well, then leave to cool.

4. Pre-heat oven to 180 C. Place garlic cloves on a small piece of foil and lightly drizzle with 2 tsp olive oil. Seal foil to form a pouch and roast garlic in the oven for about 20 minutes or until soft. Remove garlic from the oven and allow to cool a little. Peel then add to the food processor with the ground chickpeas.

5. Add the tahini, roasted garlic, lemon juice, cumin and fennel seeds, olive oil and some of the reserved cooking liquid and process until it becomes a creamy paste. Taste and adjust seasoning. If the hummus is too thick, add more of the cooking water.

   TIP: As it really thickens up while it’s cooling down, leave it thinner than the desired texture.

6. Pour the hummus on to a serving platter. Pile some Latasha’s Kitchen Beetroot Horseradish Relish in the middle and then scatter over the reserved cooked chickpeas. Drizzle olive oil over the hummus and sprinkle with chopped parsley. Arrange the veggie sticks or crackers around the platter.

7. Choose garnishes from the options on page 5.
OPTIONAL GARNISHES

- Drizzle with 2 tbsp of extra virgin olive oil, sprinkle with 1 tsp sweet paprika and 1 tbsp finely chopped flat-leaf parsley
- Roast some jalapeno chillies along with the garlic and blend together for a hot flavour. Sprinkle with ground sumac and a little chopped flat leaf parsley
- Sprinkle with toasted cumin and hot chilli powders
- Fry 3 tbsp of pine nuts in butter and sprinkle over
- Add grated parmesan cheese to the blender

Suggestions for using Latasha's Kitchen Beetroot Horseradish Relish

- Mix into homemade hummus
- Add sour cream and a touch of chicken stock to make Borscht
- Serve with sweet potato fries
- Make a dip with Latasha's Kitchen Beetroot Horseradish Relish, sour cream or Philadelphia crème cheese, garlic, cumin, paprika and coriander
- Great served with lamb, pork, pepper steak and seared duck
- Serve with lamb burgers with Gruyere, a steak sandwich with blue cheese or with gluten free mini pancakes with ocean trout and goat curd
- Perfect with pastrami and coleslaw or smoked ham
- Mix through potato galette with pancetta and rocket
- Mix through slow cooked caramelised red onions to go with roast pork or beef
- Serve on a pizza with cow’s or goat’s cheese feta and roast pumpkin/sweet potato
- Serve with roast parsnip, carrot and chickpea, coriander salad
- Serve Tandoori Chicken tenderloin fingers with Latasha’s Kitchen Beetroot Horseradish Relish yoghurt
- A condiment to pilaf rice and hot dishes like Madras, Vindaloo, Korma, Biriyani or tagines

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