



2021-2022
SUMMER RECIPES

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Easy entertaining

Minicaps® Satay Chicken & Pineapple Skewers



Tip: Using the two skewers holds the ingredients firmly in place, making cooking easier.



Makes: 18



Prep: 30 mins



Cook: 20 mins

Ingredients List

2 x 175g Minicaps® baby capsicums
1 tbs vegetable oil
1 small brown onion, finely chopped
1 long red chilli, thinly sliced
250ml mild satay sauce
¼ cup coconut milk
3 tsp kecap manis
700g chicken thigh fillet, trimmed
1 small pineapple, peeled, cored, quartered lengthways
2 tbs roasted salted peanuts, chopped
36 x 20cm long skewers

Salad

200g Qukes® baby cucumbers, sliced into thin rounds
8 large radish, thinly sliced
½ cup mint leaves
2 tsp sesame seeds, toasted

Step-by-Step Instructions

1. Heat oil in a saucepan over medium heat. Add the onion and half the chili and cook for 4 minutes until soft. Add the satay sauce and coconut milk, bring to a simmer. Simmer, stirring often for 5 minutes until the sauce thickens slightly. Stir in kecap manis. Cool.
2. Halve the Minicaps® and remove any seeds. Cut the chicken into 5cm pieces. Cut the pineapple into 1 ½ cm thick pieces. Using two skewers at a time, (see tip), thread the Minicaps®, chicken and pineapple onto skewers. Arrange in a single layer on a tray. Spoon over ¼ cup of the satay sauce, turning to coat.
3. For the salad, combine all ingredients together. Season and drizzle with extra virgin olive oil. Refrigerate until ready to serve.
4. Preheat a greased barbecue plate or grill. Cook skewers in batches, turning often for 8-10 minutes or until chicken is cooked through.
5. Warm the satay sauce, stir in the peanuts and spoon into a bowl. Top with remaining chilli. Serve with skewers and salad.



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Beverages

Midnight Beauty® Grape Spritzer



Makes: 2



Prep: 5 mins

Ingredients List

½ cup (170g) Midnight Beauty®
black grapes
1 lemon
1 tsp honey
600ml soda water

Step-by-Step Instructions

1. Divide the honey between two tall glasses; add a few of the grapes along with a squeeze of lemon juice.
2. Top up the glass with ice. Use a vegetable peeler, peel the lemon twice and twist into the glass.
3. Divide the remaining grapes between the two glasses and top with remaining soda water. Serve immediately.





Snacking

Qukes® with Mixed Dips



Serves: 1-2 (each dip)



Prep: 10 mins



Ingredients List

250g Qukes® baby cucumbers

Citrus Beetroot Dip

200g purchased beetroot dip
1 orange, rind finely grated
½ tsp dried chilli flakes

Smashed Pea Avocado Dip

200g guacamole or avocado dip
⅓ cup frozen peas, thawed, smashed
1 tbs chopped fresh mint

Spiced Hummus Dip

200g hummus
1 tbs chopped pickled jalapeno
2 tsp sesame seeds, toasted

Step-by-Step Instructions

1. For the **Citrus Beetroot Dip**, combine all the ingredients together. Spoon into a bowl, season and serve with Qukes® baby cucumbers.
2. For the **Smashed Pea Avocado Dip**, combine all the ingredients together. Spoon into a bowl, season and serve with Qukes® baby cucumbers.
3. For the **Spiced Hummus Dip**, combine all the ingredients together. Spoon into a bowl, season and serve with Qukes® baby cucumbers.



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Dinner

Tandoori Pork with Calypso® Mango & Qukes® Salsa



Makes: 4



Prep: 20 mins



Cook: 20 mins

Ingredients List

2 tbs (40ml) vegetable oil
1 small brown onion, finely chopped
600g pork mince
3 tbs (54g) tandoori paste
4 naan bread
1 cup (260g) Greek yoghurt
Lemon wedges, to serve, optional

Mango Salsa

2 Calypso® mangoes, peeled, diced
3 Qukes® baby cucumbers, halved
lengthways, sliced
¼ cup mint leaves, shredded
½ lemon, juiced
½-1 long green chilli, thinly sliced

Step-by-Step Instructions

1. For the salsa, combine all ingredients together. Cover and refrigerate until ready to serve.
2. Heat 1 tablespoon oil in a medium frying pan over medium heat. Add onion, cook, stirring often 3-5 minutes until soft. Add pork mince, increase heat to medium high, cook for 5 minutes, stirring to break the mince up. Stir in the tandoori paste and 3 tablespoons water, bring to simmer. Simmer for 5 minutes or until thickened.
3. Meanwhile, brush both sides of the naan with remaining oil. Chargrill, pan fry or barbecue both sides of naan until lightly charred. Remove to a board.
4. Spread the warm naan with yoghurt, top with tandoori mince. Spoon over mango salsa. Serve with lemon wedges.



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Easy Salad

Mix-a-Mato®

Layered Gourmet Tomato Salad



Serves: 6-8



Prep: 15 mins

Ingredients List

600g Mix-a-Mato® tomatoes, halved
1 large avocado, chopped
1 bunch basil, leaves removed
3 tbs extra virgin olive oil
200g Petite™ tomatoes, halved lengthwise
3 tbs basil pesto
1 punnet Romatherapy® baby roma tomatoes, halved lengthwise
200g bocconcini, drained, halved
2 Kumato® tomatoes, thinly sliced
Finely grated pecorino, to serve

Step-by-Step Instructions

1. Layer 1: In a large glass bowl, layer half the Mix-a-Mato® tomatoes in the base. Top with avocado and scatter over a handful of basil. Season with salt and pepper and drizzle over 1 tablespoon of oil.
2. Layer 2: Add the Petite™ tomatoes and then add pesto.
3. Layer 3: Add Romatherapy® tomatoes, bocconcini and a handful of basil leaves. Season and drizzle with 1 tablespoon of oil.
4. Layer 4: Top with the Kumato® tomatoes and remaining Mix-a-Mato® tomatoes. Season and drizzle with remaining oil. Cover and refrigerate for 1 hour to allow flavours to develop.
5. Just before serving scatter over few small basil leaves and pecorino.



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Easy Salad

Pickled Kumato® Tomato Salad



Serves: 4



Prep: 15 mins



Cook: 15 mins



Ingredients List

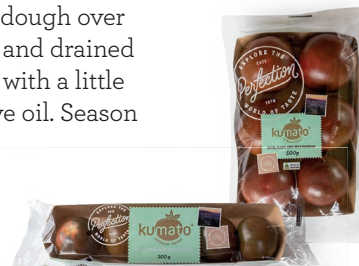
4 thick slices sourdough, torn into chunks
olive oil cooking spray
60g salad leaves, like baby spinach, snow pea sprouts or rocket
200g round brie, cut into wedges
extra virgin olive oil, to serve

Pickled Kumato® Tomatoes

1 cup (250ml) white wine or apple cider vinegar
1 cup (250ml) red wine or sherry vinegar
1/3 cup (80g) caster sugar
1 tbs coriander seeds
1 tsp black peppercorns
1/4 tsp chilli flakes
1 tbs sea salt flakes, crushed
2 x 500g Kumato® tomatoes, washed, quartered
3-4 fresh bay leaves
Fresh herbs like rosemary, thyme or oregano

Step-by-Step Instructions

1. For the pickled Kumato® tomatoes, combine the white wine vinegar, red wine vinegar, sugar, coriander seeds, peppercorns, chilli flakes and salt in a medium saucepan over medium heat. Bring to the boil, stirring until the sugar is dissolved. Stand for 5 minutes.
2. Place the Kumato® tomatoes in clean, warm sterilized jars with bay leaves and herbs. Pour the warm liquid over the tomatoes to cover. Seal and allow to cool.
3. Store in the fridge for up to 6 months.
4. For the salad; preheat oven to 200°C fan forced. Place the sour dough onto a baking tray. Spray with olive oil and bake for 10 minutes or until light golden. Set aside to cool.
5. Scatter the leaves and toasted sour dough over base of serving bowl. Top with brie and drained pickled Kumato® tomatoes. Drizzle with a little pickling liquid and extra virgin olive oil. Season with salt and pepper and serve.





Dessert

No Churn Calypso® Mango Ripple Cake



The ice cream will keep 1 month in the freezer, wrap tightly in plastic and foil.



Makes: 8



Prep: 30 mins +
overnight freezing

Ingredients List

600ml thickened cream
395g can sweetened condensed milk
2 tsp vanilla bean paste
1 Calypso® Mango, 2 x 125g
Perfection Blueberries, to serve

Mango Ripple

3 Calypso® Mangoes, peeled,
chopped
½ cup (110g) caster sugar
2 large lemons, juiced

Step-by-Step Instructions

1. Line base and sides of a 7cm deep, 9cm x 27cm (base) loaf pan with baking paper.
2. For the mango ripple; combine the mango, sugar and ½ cup lemon juice in a large non-stick frying pan. Bring to the boil over medium-high heat, stirring for 2-3 minutes or until sugar dissolves. Boil gently, stirring often for 5 minutes until mixture is thick. Remove from the heat. Transfer to a bowl. Refrigerate 1-2 hours until cold.
3. Using a hand mixer or electric mixer, whip the cream, condensed milk and vanilla in a large, chilled bowl until thick. Spoon one-third into the loaf pan. Spoon over 2/3 cup mango mixture. Repeat 2 times, using the remaining cream mixture and mango mixture. Cover and freeze overnight.
4. Lift the ice cream loaf onto a serving plate or board. Cut the cheeks from the remaining mango, using a large spoon, remove the mango fruit from the cheeks, slice the fruit. Arrange the mango and blueberries over the ice cream loaf. Cut into slices to serve.



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Dessert

Strawberries Lime & Vanilla Panna Cotta



Serves: 4



Prep: 20 mins + 4 hrs
chilling



Cook: 10 mins

Ingredients List

2x250g Perfection Strawberries
1 cup (220g) caster sugar
2 limes, juiced
300ml thickened cream
2 tsp powdered gelatine
1 tsp vanilla bean paste
1¼ cups (330g) Greek yoghurt
Limes wedges, to serve, optional

Step-by-Step Instructions

1. Set 4 strawberries aside in the fridge until you are ready to serve. Slice the remaining strawberries. Combine ½ cup sugar, lime juice and 1 tablespoon water in a medium non-stick saucepan. Bring to simmer, stirring to dissolve the sugar. Simmer gently 1 minute. Remove from the heat. Add the sliced strawberries, shake the pan gently to coat. Cool for 15 minutes.
2. Using a slotted spoon, spoon the strawberries between 4 x ¾ cup-capacity (185ml) glasses. Refrigerate until required. Pour the syrup into a jug and refrigerate until ready to serve.
3. Pour 100ml of cream into a medium saucepan. Sprinkle over the gelatine. Whisk gently over low heat until the cream is warm and gelatine has dissolved (do not boil). Add the remaining cream, remaining ½ cup sugar and vanilla. Whisk gently over low until sugar has dissolved and mixture is warm, do not boil. Remove from heat and stand 5 minutes. Whisk in yoghurt, then strain into a jug.
4. Pour the panna cotta mix over the strawberries, cover and refrigerate 4 hours until set. Just before serving, hull and slice the reserved strawberries, arrange over panna cotta. Spoon over reserved strawberry lime syrup. Serve with lime wedges.



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