



QUKE O'CLOCK RECIPE BOOK

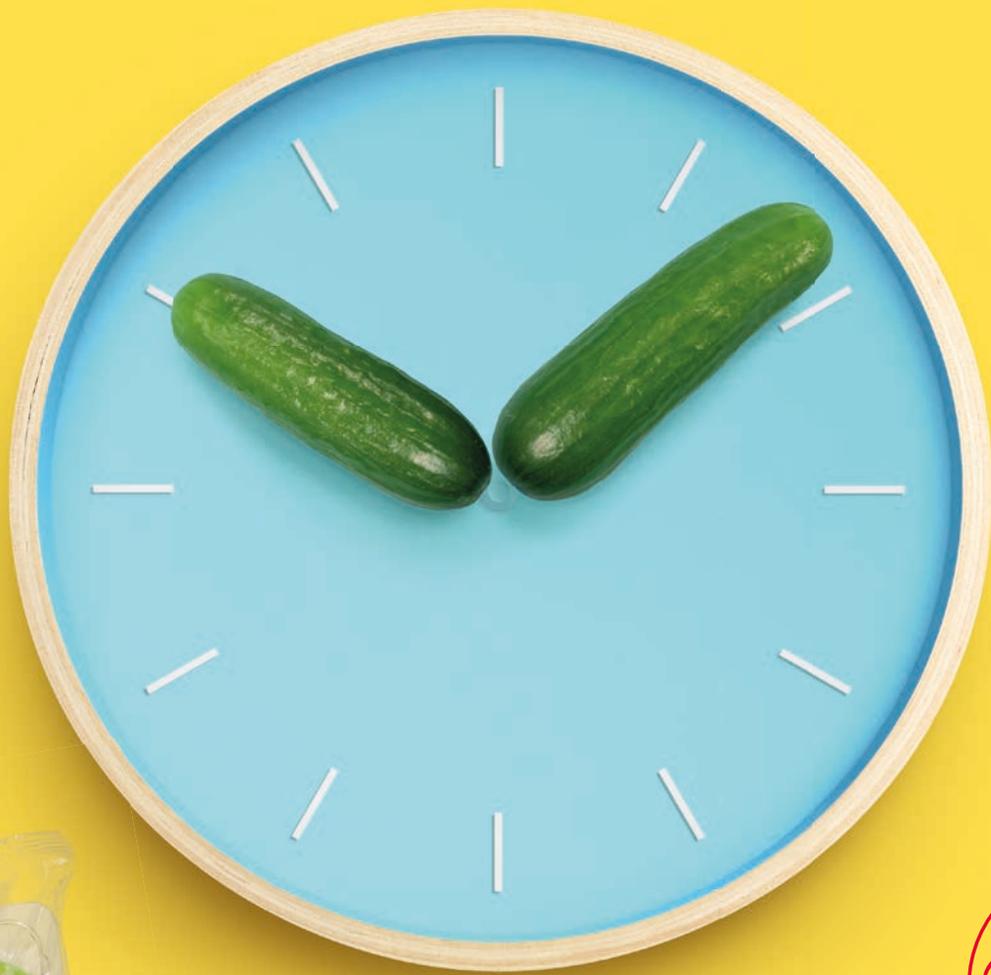
Qukes® recipes for every occasion



QUKES
Baby Cucumbers

Tummy going tick tock?

IT'S QUKE
O'CLOCK



QUKES
Baby Cucumbers



MORNING SNACKS

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QUKES® & APPLE DONUTS

Makes 8

Prep 15 mins

Ingredients List

- 2 x medium pink lady apples
- ½ cup spreadable cream cheese, peanut butter or Chocolate hazelnut spread
- 4 Qukes® baby cucumbers, thickly sliced into rounds
- 2 tsp toasted sesame seeds

Step-by-Step Instructions

1. Cut two thick rounds from the centre of each apple and place onto a clean surface, saving the rest of the apple for another use.
2. Thickly spread the apple slices with cream cheese, peanut butter or chocolate hazelnut spread.
3. Cut the core from the centre of each piece of apple, using a small cookie cutter.
4. Top apple with slices of Qukes®.
5. Sprinkle with toasted sesame seeds to serve.

QUKES® PINEAPPLE & GINGER CRUSH



Ingredients List

- 250g Qukes® baby cucumbers, sliced lengthways
- 6cm piece fresh ginger, peeled, thinly sliced
- ½ cup (125ml) boiling water
- 12 small wedges fresh pineapple
- Handful fresh mint leaves
- 3 cups (750ml) chilled water, to serve

Step-by-Step Instructions

1. Place the ginger into a heatproof cup. Pour over the boiling water. Set aside to cool. Use the end of a rolling pin to roughly crush the ginger. Strain the ginger water and pour into two jars.
2. Add the Qukes, pineapple and mint. Top with chilled water and serve.

Tip:

Place in the fridge for up to 4 hours. The longer time will intensify the flavour.

Serves 2

Prep 10 mins +
1 hour cooling



serves 4

Prep 10 mins

Cook 6 mins

SMASHED JALAPENO AVOCADO & QUKES[®] CRUMPETS WITH SOFT BOILED EGGS

Ingredients List

2 x 250g Qukes[®] baby cucumbers
1 large ripe avocado
1 tbs finely chopped pickled jalapeno
4 large free range eggs
8 crumpets, toasted
200g cottage cheese
1 tbs black sesame seeds
1 lemon, rind finely grated
Micro herbs, to serve, optional

Step-by-Step Instructions

1. Slice 8 Qukes[®] lengthways, each into 4. Combine the avocado and jalapeno together and season.
2. Half fill a medium saucepan with water and bring it to the boil over high heat, stir in 1 teaspoon of salt. Pierce a small hole in the larger end of each egg with a sharp safety pin or needle. Lower the eggs into the boiling water, leave for 30 seconds then stir to form a whirlpool in the pan. Boil gently for 5 minutes. Remove the eggs to a large bowl of iced water. Stand for 3 minutes. Drain and peel.
3. Spread 4 crumpets with the avocado mixture. Spread the remaining 4 crumpets with cottage cheese. Top all crumpets with sliced Qukes[®] then half a soft boiled egg. Sprinkle with lemon rind sesame seeds, and micro herbs. Place 1 avocado crumpet and 1 cottage cheese crumpet on each serving plate, season and serve.



Serves 4

Prep 10 mins

QUKES[®] TUNA & MIX-A-MATO[®] CHEESY TORTILLA

Ingredients List

250g Qukes[®] baby cucumbers, thickly sliced
200g Mix-a-Mato[®] tomatoes, halved
8 flour tortillas
2 cups (160g) grated tasty cheese
Olive oil cooking spray
200ml carton crème fraiche or light sour cream
1 tbs horseradish cream
3 tbs chopped chives
425g can tuna, drained
1 small avocado, diced
Lime wedges, to serve

Step-by-Step Instructions

1. Place 4 tortillas on the work bench. Sprinkle with cheese and sandwich together with a second tortilla. Spray both sides of the tortillas lightly with oil. Heat a non-stick frying pan over medium heat until hot. Add one tortilla. Cook for, 1-2 minutes on each side or until light golden. Remove to a board and repeat with remaining tortillas.
2. Combine the crème fraiche, horseradish cream and half the chives. Season. Spoon over one side of each cheesy filled tortilla. Break the tuna into chunks and arrange over each tortilla.
3. Top with Qukes[®], Mix-a-Mato[®] tomatoes and diced avocado. Sprinkle with remaining chives. Serve with lime.

Variation

1. Swap the avocado for a fried egg. Follow steps 1-2 above, top with a fried egg, Qukes[®], Mix-a-Mato[®] tomatoes and remaining chives. Serve with lime.



CHINESE-STYLE QUKES® WITH CHILLI OIL DRESSING

Serves 4

Prep 10 mins
+ 15 mins standing

Ingredients List

2 x 250g Qukes® baby cucumbers
6 green onions, cut into 5cm lengths
6 pieces (40g) crystalized ginger, thinly sliced
1 tsp each of black and white sesame seeds
2 tsp sesame oil
Potstickers, dumplings, springs rolls or steamed bao buns, optional to serve

Chilli Oil Dressing

4 tbs (80ml) chilli oil
½ cup (80ml) rice vinegar
1½ tbs caster sugar

Step-by-Step Instructions

1. Cut the Qukes® baby cucumbers in half and place in a bowl.
2. For the dressing, combine the chilli oil, rice vinegar and sugar. Stir until the sugar is dissolved. Pour over the Qukes® and stir gently to coat. Stand for 15 minutes.
3. Meanwhile, cut the green onions into matchsticks and place in a bowl of iced water. Place in the freezer for 10 minutes (this makes them curl) then drain well.
4. To serve, spoon the Qukes and chilli oil dressing onto a serving plate. Top with ginger, green onions and sesame seeds. Drizzle with sesame oil and serve with pot stickers, dumplings, spring rolls or steamed bao buns.

Tips:

The Qukes® salad is delicious served as a side or makes a great starter or snack. Chilli oil is available in the Asian section of the supermarket.



Makes 4

Prep 15 mins

Cook 32 mins

QUKES® BRUSCHETTA FOUR WAYS

Ingredients List

250g Qukes® baby cucumbers, thinly sliced lengthways

2 tbs olive oil

2 tbs red wine vinegar

1 tsp caster sugar

2 tsp thyme

2 long green chilli, thinly sliced

4 slices sourdough

200g chèvre

Extra thyme, to serve

Variation 2

Replace the chèvre with 1 smashed avocado. Slice 2 Kumato® tomatoes. Spread the sourdough with avocado, top each with Kumato® tomato slices and drained marinated Qukes®.



Step-by-Step Instructions

1. Combine 1 tbs of oil, red wine vinegar, sugar, thyme and green chilli in a bowl. Add the Qukes® and mix to coat. Set aside for 1 hour.
2. Brush both sides of sourdough with remaining oil. Chargrill each side for 3-4 minutes until lightly charred.
3. Spread 4 slices of sourdough with chèvre. Top with well drained marinated Qukes®. Scatter with extra thyme, serve.

Variation 1

Replace the chèvre with 250g fresh ricotta. Top with two slices of prosciutto and drained marinated Qukes®.



Variation 3

Replace the chèvre with 150g spreadable cream cheese. Thinly slice 2 red radishes. Spread the sour dough with cream cheese. Top each with 2 slices of smoked salmon, sliced radish and drained marinated Qukes®.



AFTER SCHOOL QUKES[®] MUFFIN TIN SNACK TRAY

Serves 2

Prep 15 mins
+ 10 mins cooling

Cook 10 mins

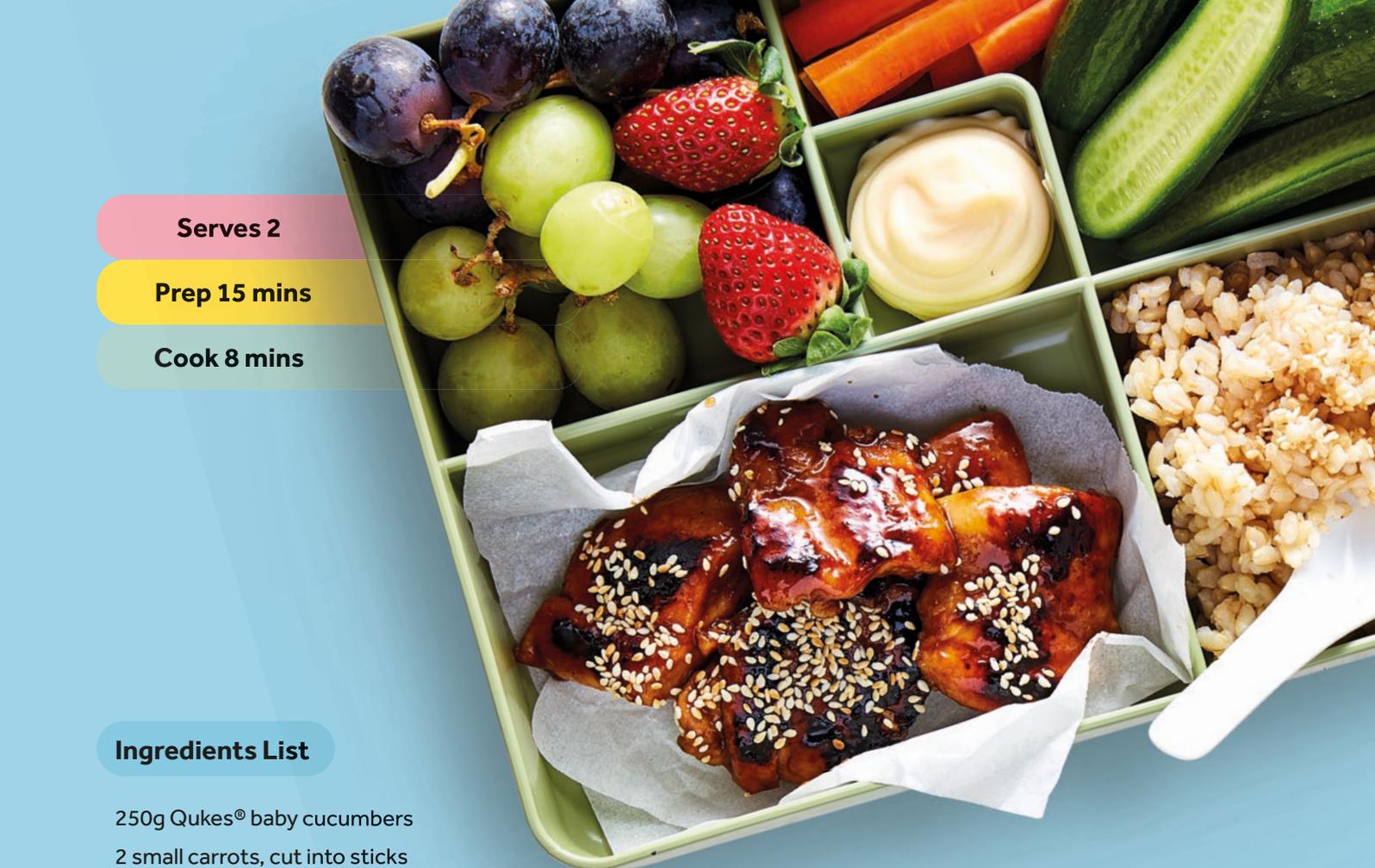


Ingredients List

250g Qukes[®] baby cucumbers
6 large Perfection Fresh Strawberries, hulled, halved
Fresh fruit, like Perfection Blueberries, Adora or Autumn Crisp seedless grapes
4 slices bread, crusts removed
2 tsp butter
¾ cup (75g) finely grated tasty cheese
Olive oil cooking spray
½ avocado
1 tbs reduced fat sour cream
150g fresh ricotta
1 tbs Greek yoghurt
1 tbs honey

Step-by-Step Instructions

1. Preheat the oven 180°C fan forced. Spread one side of each slice of bread with butter and sprinkle with cheese. Press the cheese on with your fingertips. Sandwich two slices together, cheese side up. Repeat. Cut each sandwich into four, 2 cm-thick fingers.
2. Place onto a baking tray. Spray lightly with olive oil. Bake for 8-10 minutes until light golden. Set aside to cool.
3. Cut in half lengthways and place into 1 hole of a muffin tin tray.
4. Cut the Qukes[®] in half lengthways and place into two holes of the muffin tray.
5. Mash the avocado and sour cream together and spoon into one hole of the muffin tray.
6. Place the ricotta, yoghurt and honey into a small food processor. Pulse until almost smooth. Add the strawberries and pulse until almost combined. Spoon into 1 hole of the muffin tray.
7. Fill the last muffin hole with fresh fruit and serve.



Serves 2

Prep 15 mins

Cook 8 mins

Ingredients List

250g Qukes® baby cucumbers

2 small carrots, cut into sticks

Perfection Fresh Strawberries
and Autumn Crisp and Adora
seedless grapes

Cooked brown rice

Kewpie mayonnaise

Teriyaki Chicken

3 chicken thigh fillets, cut into
5 cm pieces

2 tsp cornflour

1 tbs vegetable oil

1 tbs soy sauce

1 tbs mirin

1 tsp caster sugar

1 tsp toasted sesame seeds,
optional

QUKES® BENTO STYLE LUNCHBOX WITH TERIYAKI CHICKEN

Step-by-Step Instructions

1. For the teriyaki chicken, place the chicken in a bowl, add the cornflour and toss until well coated.
2. Heat a large frying pan over high heat and add the oil. Add the cornflour coated chicken and cook, for 1-2 minutes on each side until just golden.
3. Combine the soy, mirin and sugar and pour over the chicken.
4. Reduce the heat to medium and cook, turning the chicken in the sauce until the chicken is cooked through and the sauce has reduced and thickened.
5. Sprinkle with sesame seeds. Set aside to cool.
6. Divide the Qukes®, carrots, fruit, brown rice, kewpie mayonnaise, and teriyaki chicken between two lunchboxes.



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

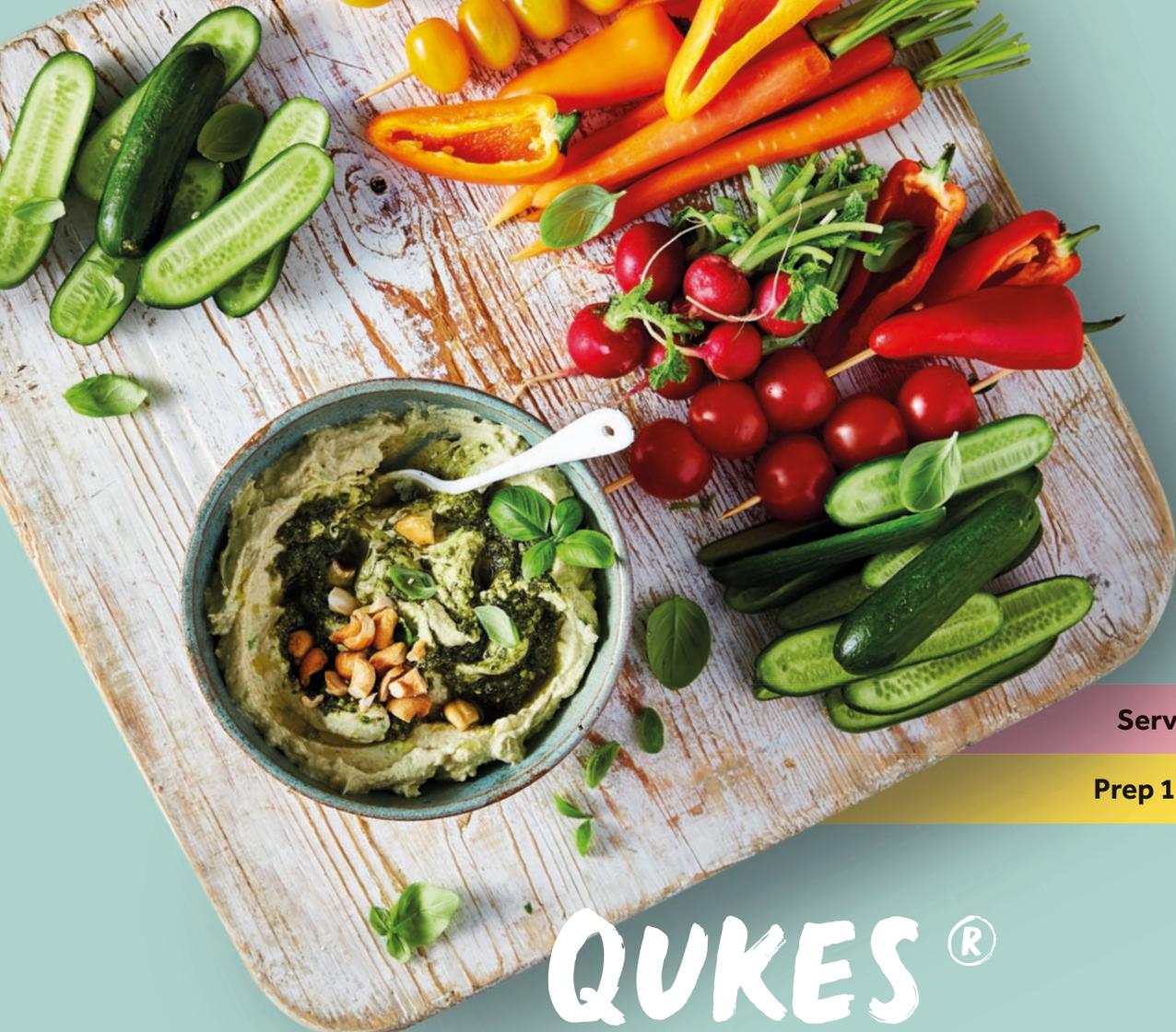
Spiced Hummus Dip

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

QUKES® WITH MIXED DIPS



Serves 4

Prep 15 mins

QUKES® RAINBOW VEGETABLE PLATTER WITH CASHEW BUTTER GUACAMOLE

Ingredients List

250g Qukes® baby cucumbers,
halved lengthways
175g Minicaps® baby capsicums
320g Mix-a-Mato® tomatoes
1 bunch radish, washed, trimmed
1 bunch baby carrots, trimmed,
halved
¼ cup (60g) cashew butter
¼ cup (60g) crème fraiche or light
sour cream
2 tbs Greek yoghurt
1 avocado, coarsely mashed
1 lime, juiced
3 tbs (85g) basil pesto
Chopped salted cashews and
baby basil leaves, to serve,
optional

Step-by-Step Instructions

1. Combine the cashew butter, crème fraiche and yoghurt in a bowl, mix until well combined. Add the avocado and 2 tablespoons lime juice. Season and stir gently to combine. Spoon into a bowl. Swirl through the basil pesto. Top with cashews and basil leaves.
2. Serve the cashew butter guacamole with Qukes®, Minicaps® baby capsicums, Mix-a-Mato® tomatoes, radish and baby carrots.

Variation 2

Replace the avocado with 1 cup beetroot dip and lime juice with orange juice.

Variation 3

Replace the avocado with 1 cup hummus dip and lime juice with lemon juice.

QUKES®

PINK PEPPERCORN & ROSEMARY GIN & TONIC

Serves 4

Prep 10 mins

Ingredients List

8 (350g) Qukes® baby cucumbers
1 tsp pink peppercorns
2 cups crushed ice
200ml gin
400ml good quality tonic water,
chilled
4 sprigs rosemary
1 small lemon, quartered,
optional

Step-by-Step Instructions

1. Thinly slice the Qukes lengthways, leaving them attached at one end. Place the Qukes® and ice into 4 glasses. Lightly crush the peppercorns and divide among the glasses.
2. Spoon the ice into glasses, then pour 50ml gin into each glass. Top up with tonic water and poke in a sprig of rosemary. Squeeze a little lemon into each glass. Serve.





Makes 12

Prep 15 mins

Ingredients List

175g Minicaps® baby capsicums
125g Brie, chopped
50g fig or quince paste, sliced
200g Sweet Solanato® tomatoes
250g Qukes® baby cucumbers, halved crossways
150g charcuterie (like salami, prosciutto, chorizo)
300g antipasto (like marinated artichokes, eggplant, zucchini)
60g stuffed mixed olives
125g cherry bocconcini drained
1 cup large basil leaves

QUKES® ANTIPASTO SKEWERS

Step-by-Step Instructions

1. Cut the Minicaps® in half lengthways and top with chopped brie and fig paste.
2. Press Sweet Solanato® tomatoes, Qukes® and stuffed Minicaps® randomly with charcuterie, antipasto, olives, bocconcini and basil leaves onto skewers.
3. Drizzle with extra virgin olive oil, season and serve.

HOW TO CREATE A VEGETARIAN GRAZING BOARD



To create a grazing board, include items from each of the following categories:

VEGETABLES: 2 to 3 options Vegetables add colour and freshness to the board, and can also act as a vehicle for dips and small bites. For a textural and flavour contrast, use a mix of fresh, blanched, pickled and chargrilled vegetables. Our favourite option is Qukes® baby cucumbers – you can serve them whole, halved, or pickled. Other options include Petite® snacking tomatoes, chargrilled Broccolini® and Cauli-Blossom®, along with sweet and crunchy Minicaps baby capsicums.

FRUIT: 1 to 2 options Fruit adds freshness to the grazing board, otherwise the other items can feel a bit heavy. Try to add at least 2 – 3 seasonal fruit options in a variety of colours. Options include Midnight Beauty® seedless grapes, Perfection Berries (strawberries, blueberries or raspberries), and cubed Calypso® mango.

DIPS: 1-2 dips Dips made from scratch are always better, however, if you don't have time purchase them from the supermarket. Dress the supermarket dip by adding fresh herbs, spices, nuts, seeds and a good drizzle of extra virgin olive oil.

SALTY THINGS: 1 – 2 options These items include spiced nuts, roasted chickpeas, olives, wasabi peas or pretzels.

SMALL SKEWERS: These are optional, but skewers always look impressive, easy to eat and give colour, height and shape to the grazing board.

SMALL BOWLS: 1 to 2 options Items such as pesto, chutney and pickles. These are super important and often overlooked as they add the perfect finishing touch to the cheese.

CRACKERS/BREAD: 2-3 varieties Make sure they are different shapes and sizes,

CHEESE: 2-3 varieties is recommended Fresh cheese like ricotta, buffalo mozzarellas, feta and chevres. Soft cheese like Camembert and Brie. Hard and semi-hard cheese like Parmesan. Cheddar and Manchego. Blue cheese or washed rind cheese should be considered. However, both these are polarizing and can have a strong aroma so consider their placement on the board or platter.

PUTTING TOGETHER THE GRAZING BOARD

DECIDE ON THE THEME: Having a theme is the best place to start, as this cements the combinations of ingredients you select and ensures they all work well together. Options include Greek, Mediterranean, Indian, a Nacho platter, or Crudites.

PREPARE: Create a shopping list, prep as many ingredients as you can in advance, and make sure that you have all the utensils needed to build the platter. This includes boards, small bowls, along with cutlery and small plates for serving. Make sure you have a combination of homemade and purchased as its best to assemble the board just before serving so everything is fresh.

BUILD: When it comes to assembly, start with the largest items first – place bowls and ramekins in position. Then follow with items such as cheeses, breads and larger fruits and veg. Then onto crackers, smaller fruits, veg & nuts. Decorate and add colour with fresh herbs, edible flowers and extra small fruits like berries.

ENJOY: The key things to remember when creating your grazing board is to make it look and taste impressive. Colours, textures and a variety of ingredients are paramount. Fill in any gaps on your platter with fresh herbs and crackers.

VEGETARIAN GRAZING BOARD

Serves 6

Prep 3 hours

Cook 30 mins

Qukes® and Charred Artichoke Skewers

You will need 12 small skewers
3 Qukes® baby cucumbers, cut into quarters, crossways
1 tbs lemon juice
2 tbs honey
1 tbs extra virgin olive oil
3 tsp thyme leaves
120g (6 whole) marinated artichokes, drained, halved
olive oil cooking spray
12 (120g) semi dried tomatoes

1. Whisk the lemon, honey, oil, and thyme together until well combined. Season and set aside.
2. Preheat a chargrill over medium-high heat until hot. Pat the artichokes dry with paper towel, then lightly spray both sides with olive oil. Chargrill, for 3 minutes each side until lightly charred. Remove to a plate and cool.
3. Press the artichokes, Qukes® and tomatoes onto skewers. Spoon over the lemon dressing, turning to coat. Place onto the grazing board.

Poached Spiced Figs

125g Qukes® baby cucumbers, thickly sliced
1/3 cup (80ml) red wine vinegar
1/3 cup (80ml) honey
2 tbs water
4 sprigs oregano
12 dried figs
125g marinated feta or goat cheese

1. Combine the vinegar, honey, water and oregano in a small saucepan. Bring to the boil. Boil for 1 minute. Add the figs, simmer for 1 minute then remove from the heat. Cover and set aside for 1 hour, turning the figs occasionally.
2. Remove the figs to a board. Using a sharp knife split them in half, leaving them attached. Top one half of each fig with goats' cheese and sliced Qukes and press together to secure. Place onto a plate then on to the grazing board.

For Assembly

- Assorted dips, [Pickled Qukes®](#)
- Ready made spinach and feta triangles
- Qukes® baby cucumbers and purchased Chargrilled eggplant and zucchini
- Perfection Fresh Strawberries, Blueberries, Blackberries and Raspberries, Autumn Crisp® Brand green grapes and Adora Seedless® Brand black grapes
- Fruit and nut paste
- Mixed seed and sourdough superseed crispbread + crackers
- Cheese- 1 Wedge each of Cheddar, Brie and Blue

Qukes® Hummus

125g Qukes® baby cucumbers, grated
2 tsp tahini
3 tsp lemon juice
350g store bought hummus dip
2 tbs Greek yoghurt
Toasted sesame seeds, mint and extra virgin olive oil, to serve

1. Combine the tahini and lemon juice in a bowl, stir until smooth. Add the remaining ingredients. Season and mix well.
2. Spoon into a bowl. Sprinkle with sesame seeds and mint. Drizzle with extra virgin olive oil and place on the grazing board.

Tandoori Roasted Almonds

1 egg white
1/4 cup (60g) caster sugar
2 tbs tandoori curry paste
1/4 tsp cayenne pepper, optional
2 cups (320g) raw almonds (skin on)

1. Preheat the oven to 160°C fan forced. Line a baking tray with baking paper.
2. Using a hand mixer, beat the egg white in a medium bowl to stiff peaks. Add the caster sugar 1 tablespoon at a time, beating until thick and glossy. Add the tandoori paste and cayenne pepper and stir to combine. Add the almonds and stir until the almonds are well coated.
3. Spread onto the baking tray. Cook, stirring every 10 minutes for 30 minutes or until the almonds feel dry to touch. Set aside to cool then place in a bowl on the grazing board.

Spiced Qukes® Yoghurt Dip

6 Qukes® baby cucumbers, diced
500g Greek-style yoghurt
2 tbs olive oil
1 small garlic clove, crushed
1/2 long green chilli, finely chopped
1 tsp smoked paprika
1 tsp cumin
1 tsp mustard seeds
1 tbs sesame seeds
1 tbs pepitas
1/3 cup roasted hazelnuts, coarsely chopped
Extra-virgin olive oil, to serve

1. Spoon the yoghurt into a sieve lined with muslin. Place over a bowl, cover and refrigerate for 2-3 hours until the whey drains and the yoghurt thickens. Discard the whey and spoon the yoghurt into a bowl. Stir in the Qukes® and season. Cover and refrigerate until ready to serve.
2. Up to 1 hour before serving, heat the oil and garlic in a small frying pan over medium low heat. Add the chilli, paprika, cumin and mustard seeds. Cook, for 3 minutes until aromatic. Cool for 5 minutes.
3. Spoon the spiced oil over the Quke® and yoghurt dip, sprinkle with sesame seeds, pepita and hazelnuts. Drizzle with extra virgin olive oil and place onto the grazing board.

CALM THE CHAOS WITH

Qukes
Baby Cucumbers

