

LA SAUCY SALSAS



La Saucy Salsa are a blend of Andalusian and Canary Island flavours based on my family heritage. My parents came from Tenerife and Andalusia and met in Chichester, West Sussex in 1969. Promptly followed by my Aunty Conchita. Meal times were a fusion of ideas, the best of Conchita and mum and from recipes handed down to me, La Saucy Salsa was born!

La Saucy Salsa are authentic, traditional and versatile sauces which can be eaten as they are or used as a cooking sauce or as a marinade for roasting,

steaming or frying or can be added into other ingredients to make dips, hence our 'sauce or dip' slogan. They are suitable for vegetarians and vegans and are Sugarwise Certified as they have no added sugar, so suitable for diabetics.

We have commissioned **Sal Godfrey** from Sal's Kitchen to make monthly recipes for La Saucy Salsa using our sauces, a few of which are featured in this article. We have four flavours currently which are very mild and fresh flavours, Parsley, Coriander and Paprika to our medium heat sauce, Chilli and

Garlic. We have new flavours Cayenne Pepper, Jalapeno and Scotch Bonnet, which will be our hottest flavour all coming out soon.

We also have recipes made by Celebrity Chef **Peter Sidwell** where these are featured on his Simply Good Food TV Channel on a regular basis. La Saucy Salsa products are extremely quick and easy to use and transform any meal in seconds! Highly convenient and extremely tasty with no added sugar. Use them in any way you like to create or transform any meal!

LEMON & CORIANDER CHICKEN BURGERS

These juicy, succulent chicken burgers are the perfect way to shake up your next barbecue with something a little different. Coriander and lemon make for a great summery combination with chicken, and they're really easy to put together as well.

INGREDIENTS

2 large chicken breasts
A big handful of breadcrumbs
2 tbsp La Saucy Salsa Coriander
1 lemon
Salt and black pepper
To serve :
Fresh rocket
Mayonnaise
Bread buns

MAKES 4 BURGERS

1. In a food processor, blend together the chicken, breadcrumbs, La Saucy Salsa Coriander, a pinch of lemon zest, salt and black pepper.
2. Heat a splash of oil in a griddle pan (you can cook these on a barbecue too, of course). With clean, wet hands, shape the chicken mixture into patties and cook until golden-brown on both sides.
3. To serve, mix the mayonnaise with a splash of lemon juice and a good pinch of lemon zest. Stuff the buns with plenty of fresh rocket and lashings of mayonnaise, and add the chicken burgers.



CHESTNUT MUSHROOM PAPPARDELLE

This pasta dish, with chestnut mushrooms, La Saucy Salsa Parsley and walnuts, is autumn in a bowl – earthy but also fresh, like a cool misty morning. Because the sauce is so simple, it's worth treating yourself to some really good fresh pasta to serve with it.

INGREDIENTS

A big handful of chestnut mushrooms
2 tbsp La Saucy Salsa Parsley Butter
250g fresh pappardelle
A small handful of walnuts
Fresh parsley for sprinkling (optional)

SERVES 2

1. First, get the pasta cooking according to the instructions on the packet.
2. Next, melt a generous scoop of butter in a small pan, and mix with the La Saucy Salsa Parsley. Cut the chestnut

mushrooms in half and fry gently.

3. Once the pasta is done, drain it and add to the pan with the mushrooms, stirring well to coat it with the sauce.
4. To serve, sprinkle with chopped walnuts and a little fresh parsley.

CRAB CROQUETTES WITH LEMON AIOLI

This is a lovely simple summer dish – the croquettes are crispy on the outside and light and fluffy on the inside, flavoured with white crab, lemon and La Saucy Salsa Coriander. Serve as a pre-dinner nibble, or add a little fresh green salad to turn it into a light meal.

INGREDIENTS

1 large potato
A splash of milk
1 tin of white crab meat (around 120g)
1 tbsp La Saucy Salsa Coriander
1 lemon
Salt and freshly-ground black pepper
200g panko breadcrumbs
2 tbsp plain flour
1 egg, beaten
1 egg yolk
1 garlic clove
230ml vegetable oil, plus extra for frying

METHOD

1. First, peel the potato and cut into chunks, and then boil in salted water for around 15 minutes or until nicely soft. Add a splash of milk and mash until smooth, then set aside to cool.

2. To make the aioli, use an electric whisk to mix together the egg yolk, crushed garlic clove, and a little lemon zest and lemon juice. Then, with the whisk running constantly, start adding 230ml vegetable oil first in tiny amounts, and then larger ones – until the aioli is thick, smooth and very pale yellow.

3. Mix the crab meat, La Saucy Salsa Coriander, a splash of lemon juice and a little seasoning with the mashed potato. Use clean wet hands to shape into golf-ball-sized pieces, then lay out on a plate and put in the fridge for half an hour to firm up.

4. To make the croquettes, roll each potato ball in the plain flour, dip in the beaten egg and then roll in the panko breadcrumbs. Heat vegetable oil in a pan to a depth of about 2cm until really hot, then fry the croquettes until golden-brown. Place briefly on a piece of kitchen roll to drain excess oil, and then serve with the homemade aioli.

All recipes courtesy of Sal Godfrey, Sals Kitchen



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