

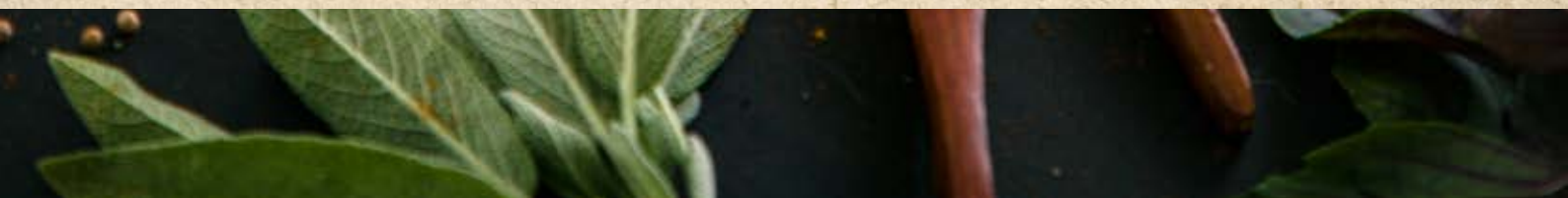


TAMARIND TREE
GOURMET SAUCES

Inspiration to cook

AUTHENTIC INDIAN RECIPES

www.tamarindtree.com.au





THE STORY BEHIND TAMARIND TREE



My name is John Ger and I bring you fresh, authentic flavours of India. I created Tamarind Tree Gourmet Sauces using only the finest spices, preserved naturally and combined lovingly. The secrets in these sauces have journeyed the generations of my family, perfected during my 30 years as a chef and finally captured so that you can now enjoy them at home. It's the secret your taste buds can tell.

WHY TAMARIND TREE?

A benevolent tree stands proudly in the village of Vasai where I grew up, north of Mumbai on the coast of the Arabian Sea. Together with its relatives, for hundreds of years it has provided shade from the hot Indian summer to children playing games, while offering cool respite to their reclining elders and listened silently to the wisdom in stories passed from generation to generation. The tamarind tree holds many secrets.

This noble tree did not betray us when, as children, we would take turns to sneak sugar, salt and chilli from home to combine with its immature fruit for a tasty afternoon snack. When the tamarind fruit ripened, we would harvest the pods, shell and deseed them with help from the indigenous Warli people who work with my family. My grandparents and other elderly relatives would knead the sticky fruit with salt and seal the pulp in clay pots to mature. Like wine, tamarind gets better with age.

The stored tamarind is then soaked in water to liberate the interned flavours. The resulting paste provides tartness to curries and sauces essential to fish and other seafood dishes.

Beneath its bold taste, tamarind hides its secrets. It is reported to have health benefits with promising findings in the fight against obesity, diabetes and cancer. But its efficacy as an antioxidant, antifungal and antibacterial agent is why I use it as a natural preservative in my gourmet sauces.

My cooking is inspired by a childhood under the tamarind tree in Vasai where my grandfather would share his passion for food and I would lay the foundations of a life's work. After training in hospitality and kitchen management my career began at the luxurious Taj Mahal Hotel in Mumbai. From there I travelled the world from London to Melbourne to become an accomplished chef trained in classical French, Italian and Indian cuisine. For 22 years from my restaurants and outlets I served the finest Indian cuisine to Melbourne's curry aficionados and now I bring you fresh, authentic flavours of India through my Tamarind Tree Gourmet Sauces.

In the same way my grandfather influenced me to explore the secrets of the tamarind tree I want to inspire you to cook delicious Indian food at home. Using only the finest spices, preserved naturally and combined lovingly, the secrets in these sauces have journeyed the generations of my family. I have perfected the recipes and captured them so you can enjoy them with your family too.

About 500 years ago, the Portuguese held a fortress in the town of Vasai to strengthen their naval superiority over the Arabian Sea. While the Portuguese are long gone, their influence in food and Christian tradition is still evident today. The tamarind tree has a long history in the area too. Its roots run deep and its wisdom profound. Through Tamarind Tree Gourmet Sauces I share secrets that only your taste buds can tell. I invite you to try them.

LINKS BACK TO MUMBAI & VASAI - THE PASCAL ZUZU GER SCHOLARSHIP

Through my father, I learnt the importance of helping those less fortunate. I believe that through education, the under privileged can change the future so, in my father's memory, my siblings and I established the Pascal Zuzu Ger Scholarship. The scholarship trust helps educate girls in particular to train as teachers and nurses. So far, six young women from Vasai (our Ger family's home town in India) have received scholarship support to create a brighter future.

I hope you enjoy these sauces as much as I have enjoyed making them for you.

Let's all get inspired to cook!

John Ger





FLUFFY BASMATI RICE



PREP TIME:

15 Minutes



SERVES:

4



INGREDIENTS

2 Cups Basmati Rice
1 Tbsp Vegetable Oil
½ inch Cinnamon Stick
2 Cloves
2 Cardamom Pods
1 Bayleaf
1 Star Anise
1/2 Cup Greenpeas
4 Cups Hot Water
Salt to Taste

METHOD

1. Take 2 cups of rice and wash under cold running water. Drain through a strainer.
2. Heat oil in a heavy base pan, add the cinnamon, cloves, cardamom, bay leaf, star anise for three seconds to exude the aromatic oils and flavour.
3. Add rice and sauté for 2 minutes. Add the green peas and sauté further.
4. Take 4 cups of pre-heated water and add to the rice and green peas. Season with salt and a stock cube.
5. Bring to a robust boil. Cover the rice with a lid and cook on simmer until all water is absorbed, the rice will have steam holes.
6. Switch off and fluff the rice with a fork. Cover with lid and rest until ready to serve with your curry.



HOW TO MAKE PANEER AT HOME



PREP TIME:

30 Minutes



MAKES:

600 Gms



INGREDIENTS

- 3L of Full Cream Milk
- Cup of Apple Cider Vinegar



EQUIPMENT

- Heavy Based Saucepan
- Whisk
- Colander
- Muslin Cloth
- Stainless Steel Bowl

METHOD

1. Pour milk into a heavy based saucepan and bring to the boil.
2. Turn down to simmer, gently add the cider vinegar and gently whisk.
3. Turn flame to full. As the milk boils and stirs it will separate to whey and protein globules.
4. Line your colander with muslin cloth and insert in a stainless steel bowl.
5. Pour the mixture through the muslin cloth.
6. Take the colander and the solids in the muslin cloth and run under cold water - to remove the vinegar taste.
7. Tie up the muslin cloth and leave in sink under a chopping board with a 5kg - 10kg weight on top for 30 mins until desired moisture content is extracted.
8. Refrigerate until set, cold and firm. Unwrap and cut into dices and leave in the fridge with the whey. Use as desired.



PANEER MAKHANI



PREP TIME:

20 Minutes



SERVES:

6



INGREDIENTS

- 1 x 260gm Jar of Tamarind Tree Gourmet Sauces Makhan Walla Sauce
- 600gms of Paneer
- 300gms of Green Peas
- 50ml Cream
- 20gms of Ground Cashews or Almonds

GARNISH:

- Toasted Cashews or Almonds and Fresh Coriander

METHOD

1. Empty Tamarind Tree Makhan Walla into a saucepan. Fill jar with water and shake well to get all contents. Add to your saucepan. Mix well with a whisk.
2. Place on flame and bring to a robust boil. Stirring along the way.
3. Add the Paneer and green peas and bring to a boil then let it simmer in the sauce.
4. Add ground cashews/almonds and cream. Mix well.
5. Bring to a quick boil.
6. Garnish: Toasted cashews or almonds and fresh coriander.
7. Serve with Basmati rice, Naan, kachumber salad or Riata.

Note: Soak Paneer in salted water before adding to the sauce. This will help in the Paneer absorbing more of the sauce flavour.



STIR FRIED EGGPLANT, CAPSICUM & POTATO MASALA



PREP TIME:

25 Minutes



SERVES:

6



INGREDIENTS

- 2 tbsp Tamarind Tree Gourmet Sauces Mum's Mumbai Masala
- 1 Medium Eggplant (Cut into 2cm Dice)
- 1 Red Capsicum (Cut into 2cm Dice)
- 1 Green Capsicum (Cut into 2cm Dice)
- 3 Medium Brown Onions (Cut into 2cm Dice)
- 3 Tomato Diced
- 3 Medium Desiree Potatoes (Cut into 2cm Dice)
- 2 tbsp tomato paste
- 3 tbsp vegetable oil
- Coriander to garnish

METHOD

1. Season diced eggplant with salt and toss in a bowl with 1 tbsp oil and ½ tbsp of Tamarind Tree Gourmet Sauce Mum's Mumbai Masala.
2. Line a tray with grease-proof paper and partially cook eggplant in a preheated oven for 5-10 minutes. Remove and keep aside.
3. Add 2 tbsp oil to a heavy based pan and sauté the diced onion and potatoes. Add ½ cup water and cover with a lid until potatoes are half cooked.
4. Add the diced capsicum and sauté for 2-3 minutes.
5. Add 1½ tbsp of Tamarind Tree Gourmet Sauces Mum's Mumbai Masala and 2 tbsp of tomato paste and mix well with vegetables, continue to cook on a medium flame.
6. Add tomatoes and eggplant and mix well. Bring to a robust boil and cover with lid. Switch the stove off and let it continue to cook in the pot.
7. Serve as a side dish garnished with chopped coriander, with curry, rice, naan and pappadam.



LAMB ROGAN JOSH WITH CHICKPEAS



PREP TIME:

30 Minutes



SERVES:

6



INGREDIENTS

- 1.2kg of Diced Lamb Shoulder
- 2 tbsp Vegetable oil
- 260gms of Tamarind Tree Gourmet Sauces Rogan Josh
- 1 Can Chickpeas
- Coriander to Garnish

METHOD

1. Heat a Heavy based large sauce pan with 2 tbsp of oil.
2. Add Diced Lamb Shoulder to the very hot pan and seal the meat until brown.
3. Add all the contents of the Tamarind Tree Rogan Josh jar to the meat and sauté for 2-3 minutes.
4. Fill the jar with warm water, close the lid and give it a good shake. Add the Water to the pan and add another 1/2 jar of water.
5. Bring to a robust boil. Season with salt. Cover with lid and simmer until meat is tender.
6. Open a can of chickpeas and rinse under cold running water. Add to the pot and bring to a boil.
7. Switch the stove off and let it continue to cook in the steam keeping the lid on.
8. Garnish with fresh coriander and serve with Basmati Rice.



AFGHAN SPICE ROAST POTATOES



PREP TIME:

10 mins



COOK TIME:

15 - 20 mins



SERVES:

4-6



INGREDIENTS

- 1kg Desiree Potato
Cut in Wedges
- 2 Medium Onions - Thick slices
- 2 tbsp Tamarind Tree Gourmet
Sauces Afghan Spice BBQ
Marinade
- 1 tbsp Oil
- Salt to Taste

OPTIONAL

- Cup Chopped Coriander
- 2 tbsp Tamarind Chutney

METHOD

1. In a mixing bowl, place potato wedges, sliced onion, Tamarind Tree Afghan Spice BBQ Marinade & Oil. Season to taste, mix well.
2. Line a baking tray with baking sheet and spread potato mix evenly
3. Roast the potato in a preheated oven at 200°C for 15-20 minutes
4. When cooked, serve as accompaniment or toss with tamarind chutney and coriander and serve with marinated grilled fish, prawns, meat, chicken or grilled veggie skewers.



BBQ FENNEL WITH OLIVE AND JAGGERY CHUTNEY



PREP TIME:

10 mins



COOK TIME:

10 mins



SERVES:

4



INGREDIENTS

- 2 Fennel Bulbs Sliced Thick
- 1 tbsp of Tamarind Tree Olive and Jaggery Chutney
- Juice of 1 Lemon
- Cup Chopped Coriander and Thai Basil
- 1 tbsp Olive Oil

METHOD

1. Toss the sliced fennel with Saffron Spice BBQ Marinade & coat well.
2. Toss the sliced fennel with Saffron Spice BBQ & coat well.
3. Cook for 5 mins until golden and charred.
4. Make a dressing with 1 tbsp olive oil and 1 tbsp of olive and jaggery chutney, juice of 1 lemon, coriander and basil. Season to taste.
5. Toss the charred fennel in dressing and serve as accompaniment to your grilled fish or meats cooked with Tamarind Tree BBQ Marinades.




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