



TAMARIND TREE
GOURMET SAUCES

Inspiration to cook

AUTHENTIC INDIAN VEGAN 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



BROCCOLI & VEGETABLE FRITTERS WITH RED SPICE



PREP TIME:

10 mins



COOK TIME:

20 mins



SERVES:

4

INGREDIENTS

1½ Tbsp Tamarind Tree Gourmet Sauces Red Spice BBQ Marinade
1 cup broccoli florets
½ cup cauliflower florets
½ cup shredded cabbage
½ cup boiled chickpeas, coarsely mashed
½ cup chopped onions
½ cup shredded carrots
1 – 1½ cup chickpea flour
½ cup fresh coriander

METHOD

1. Process the broccoli, cauliflower, cabbage and onions in a food processor
2. Transfer to a bowl. Add salt and 1½ Tbsp Tamarind Tree Gourmet Sauces Red Spice BBQ Marinade (more if you prefer spicy)
3. Add the coriander, chickpea flour and mix well. Let it sit for 2 minutes for vegetables to leak enough moisture to form patties or burger
4. Heat some oil in a frypan or a hotplate and cook the burgers till crisp on both sides
5. Serve with our Tamarind & Date chutney for dipping



SAFFRON SPICE STIRFRY VEGETABLE MASALA - SUBZI



PREP TIME:

10 mins



COOK TIME:

20 mins



SERVES:

4

INGREDIENTS

1 Tbsp Tamarind Tree Gourmet Sauces Saffron Spice BBQ Marinade
3 – 4 cups of vegetables all diced:
Cauliflower florets
Carrots
Beans
Green Peas
Zucchini
Potato
Cabbage
2 cups (400 grams) can of Chickpeas
½ Lemon for Lemon Juice
Coriander to garnish

METHOD

1. Heat a heavy based saucepan with 20 ml oil
2. Sauté vegetables with the saffron spice BBQ marinade until cooked
3. Add Chickpeas, cover with lid and continue to cook till vegetables are all cooked
4. Squeeze juice of ½ a lemon and sprinkle with fresh coriander to serve



TOFU & GREEN PEAS SAAG

**PREP TIME:**

10 mins

**COOK TIME:**

15 mins

**SERVES:**

6

INGREDIENTS

260 grams (1 jar) Tamarind Tree Gourmet Sauces Doe Piazza

500 grams Firm Tofu cubes

1 jar blanched & puree spinach

1 cup Green Peas

Ginger julienne for garnish

Coriander sprigs to garnish

20 ml oil

Pinch of nutmeg

Salt to taste

METHOD

1. Heat a heavy based saucepan and add 20 ml oil
2. Add tofu and sauté to lightly brown
3. Add green peas and Tamarind Tree Gourmet Sauces Doe Piazza, add 260 ml (1 jar) water
Mix well and bring to boil
4. Season to taste with salt, add spinach puree and a pinch of nutmeg
5. Garnish with ginger julienne and fresh coriander sprigs



MIXED VEGETABLE VINDALOO



PREP TIME:

15 mins



COOK TIME:

15 mins



SERVES:

6

INGREDIENTS

260 ml (1 jar) Tamarind Tree Gourmet Sauces Vindaloo

20 ml oil

½ cup small cauliflower florets

½ cup Diced Carrots (1½ cm cubes)

½ cup Green beans (2 cm pieces)

½ cup Diced zucchini (1½ cm cubes)

½ cup Green Peas

½ cup Red and Green Capsicum (diced 1 cm)

½ cup Diced pumpkin (diced 1 cm)

½ cup Diced Potato &/or Sweet Potato (diced 1cm cube)

Salt to taste

1 Tbsp fine desiccated coconut

½ Tbsp Balsamic vinegar

Birds Eye red chilli to garnish

METHOD

1. Heat a saucepan and add oil. Sauté vegetables – potato, carrot, pumpkin, cauliflower, capsicum, zucchini, beans, peas in order
2. Add Tamarind Tree Gourmet Sauces Vindaloo to the vegetables, add a jar of water, coconut and balsamic vinegar. Season with salt
3. Bring to a boil and simmer till vegetables are cooked
4. Garnish with red chilli julienne and fresh coriander
5. Serve with rice, roti or naan and a cucumber & tomato salad



MUSHROOM & CAPSICUM MASALA



PREP TIME:

15 mins



COOK TIME:

15 mins



SERVES:

6

INGREDIENTS

130 grams (½ jar) Tamarind Tree Gourmet Sauces Mum's Mumbai Masala
130 grams (½ jar) Tomato Paste
20 – 30 ml oil
250 – 300 grams mushrooms, cut in half or quartered
2 medium Brown Onions, sliced
1 red capsicum, deseeded and sliced
1 green capsicum, deseeded and sliced
2 – 3 medium tomatoes, deseeded and sliced
Coriander, chopped for garnish
Ginger julienne, for garnish

METHOD

1. Heat pan to hot. Add oil and sauté onions and capsicum for 2 – 3 minutes
2. Add mushrooms – sauté for 2 – 3 minutes
3. Add the Tamarind Tree Gourmet Sauces Mum's Mumbai Masala, tomato paste and a jar of water
Season to taste with salt and bring to a boil
4. Add diced tomato and mix well. Cook for a further 3 – 4 minutes
5. Garnish with chopped coriander and julienne of fresh ginger
6. Serve with rice, naan or roti



AFGHAN SPICE ROAST POTATO & ONION



PREP TIME:

10 mins



COOK TIME:

20 mins



SERVES:

4 – 6
(as a side vegetable
accompaniment)

INGREDIENTS

20 – 25 grams Tamarind Tree Gourmet Sauces Afghan Spice BBQ Marinade
500 grams Desiree Potato (cut into 6 – 8 wedges)
2 large onions – thick slices
20 ml oil
Salt to taste

METHOD

1. Heat oven to 240°C. Line a baking tray with a baking sheet
2. In a bowl add the potato wedges, sliced onions, afghan spice, oil and salt. Toss and mix very well to coat the potato and onions
3. Spread the potato mix evenly on the baking tray. Drop the temperature to 210°C and bake the potatoes for 20 minutes or lightly golden
4. Serve as a side to a roasted vegetables or as a snack with a minted yoghurt dipping sauce



GREEN SPICE CAULIFLOWER, POTATO & BLACK EYE BEANS



PREP TIME:

20 – 30 mins



COOK TIME:

10 – 15 mins



SERVES:

4

INGREDIENTS

20 – 25 grams Tamarind Tree Gourmet Sauces Green Spice BBQ Marinade
20 ml oil
½ Cauliflower head (chopped into florets)
250 – 300 grams Desiree potato (diced into 1 cm cubes)
100 grams Black Eye Beans, boiled with salt and turmeric
20 grams freshly grated coconut, to garnish
2 Tbsp chopped coriander, to garnish

METHOD

1. Heat oil in a heavy based pan, sauté the diced potato for 3 – 5 minutes, add cauliflower florets and sauté for 2 – 3 minutes
2. Add Tamarind Tree Gourmet Sauces Green Spice BBQ Marinade and mix the potato and cauliflower. Cover with a lid, reduce flame to low and let the vegetables to cook in their steam
3. Add the black eye beans (cooked) and mix well. Cover with lid and switch off the flame
4. Garnish with freshly grated coconut and chopped coriander
5. Serve with rice, naan, roti or use as a filling for wraps



QUOORMA SAUCE FLAVOURED PUMPKIN, SWEET POTATO & LENTIL SOUP



PREP TIME:

10 mins



COOK TIME:

25 – 30 mins



SERVES:

4

INGREDIENTS

2 Tbsp Tamarind Tree Gourmet Sauces Quoorma (Korma)
½ Butternut Pumpkin (peeled and roughly chopped)
1 medium sweet potato (peeled and diced)
2 Brown Onions (thickly sliced)
150 ml Coconut Milk
20 ml oil
salt to taste
Roasted Cumin – ground to garnish

METHOD

1. Preheat oven to 240°C. Line a baking tray with a baking sheet
2. Toss the vegetables with oil, salt and Tamarind Tree Gourmet Sauces Quoorma and roast in the oven. Drop the temperature to 210°C
3. When potato and pumpkin are roasted and slightly caramelised, remove from oven, cool down and blend to a smooth puree
4. Add the pumpkin puree to a saucepan, add some water, coconut milk, season to taste, bring to boil
5. Serve with toasted bread or naan/roti. Sprinkle the soup with a pinch of roasted ground cumin seeds



AUNTY'S MADRAS CURRY WITH CHICKPEA & POTATO



PREP TIME:

10 mins



COOK TIME:

15 – 20 mins



SERVES:

4

INGREDIENTS

2 Tbsp Tamarind Tree Gourmet Sauces Aunty's Madras Chettinad
400 grams Can of Chickpeas (washed and drained)
250 – 300 grams Desiree Potato (1cm diced cubes)
20 ml oil
salt to taste
¼ tsp Mustard seed
4 – 6 curry leaves
2 dry red chilli (broken in pieces)
10 ml oil
½ lemon for lemon juice
Coriander to garnish

METHOD

1. Heat a pan, add oil, sauté diced potato
2. Add Tamarind Tree Gourmet Sauces Aunty's Madras Chettinad and 2 Tbsp of water, cover with lid and let potatoes cook in the steam
3. Add chickpeas and mix well. Cover with lid and switch off the flame
4. In a frypan, heat 10ml oil, add curry leaves, mustard seeds and chilli to crackle. Pour mix over the chickpea and potato, squeeze lemon juice and sprinkle coriander.
5. Serve with naan or roti with a tomato, onion and cucumber salad or pickles & chutneys



STIR FRIED EGGPLANT CAPSICUM & POTATO



PREP TIME:

10 mins



COOK TIME:

20 – 25 mins



SERVES:

4

INGREDIENTS

2 Tbsp Tamarind Tree Gourmet Sauces Indian Railway Rogan Josh

2 Tbsp Tomato Paste

30 ml oil

2 medium onions, diced

2 Desiree potato, diced

1 red capsicum

1 green capsicum

2 deseeded tomato, diced

1 roasted eggplant, diced

Coriander to garnish

METHOD:

TO ROAST EGGPLANT

1. Preheat oven to 240°C. Line a baking tray with baking paper
2. Toss the diced eggplant with 15ml oil, salt to taste and ½ Tbsp Tamarind Tree Gourmet Sauces Indian Railway Rogan Josh. Spread on baking tray and cook under the grill at 200°C for 7-10 minutes or until edges are caramelised.
3. Remove and set aside

STIRFRY

1. Heat a frypan and add remainder of oil. Add the diced onion & potato and sauté. Season with salt and add ½ cup of water. Cover the frypan with a lid and cook potatoes on a low flame
2. Add capsicum when potatoes are half cooked. Sauté further. Add 1 ½ Tbsp of Tamarind Tree Gourmet Sauces Indian Railway Rogan Josh and 2 Tbsp of tomato paste, ½ cup water and continue to cook till potatoes are cooked and capsicum soft
3. Add the grilled eggplant, diced tomato, mix lightly to coat the sauce
4. Season with salt. Cover the vegetables with a lid, bring to a robust boil on a high flame and switch off the flame. Let the veges infuse in the sauce
5. Garnish with Coriander
6. Serve with rice, roti, naan or as a side to other curries



MUSHROOM & GREEN PEA DOO PIAZZA

**PREP TIME:**

10 mins

**COOK TIME:**

15 mins

**SERVES:**

4

INGREDIENTS

½ jar Tamarind Tree Gourmet Sauces Doo Piazza
2 Tbsp Tomato Paste
20 ml Oil
300 grams Mushrooms, sliced, halved or quartered
200 grams Green peas
Salt to taste
Chilli to preference
Coriander to garnish

METHOD

1. Heat a frypan to very hot. Add oil. Sauté mushrooms
2. Add green peas, Tamarind Tree Gourmet Sauces Doo Piazza and tomato paste. Season with salt to taste. Mix well and bring to boil
3. Garnish with Coriander and chopped fresh chillies
4. Serve with rice or flat bread




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