

## Gunpowder Feast

We tried to find some different ways to use our GUNPOWDER spice blend and ended up with quite the feast! We have used lots of immune boosting garlic, onion, ginger and turmeric in these mostly plant-based dishes, comfort food at its best. You can change the Barramundi in the Masala for Tofu, Chicken or Prawns.

### BARRAMUNDI MASALA

#### INGREDIENTS

- 2 tbs olive or coconut oil
- Thumb sized piece of fresh ginger - grated
- 4 cloves of garlic - crushed
- 1 large brown onion - finely chopped
- 1 sprig of curry leaves
- 3 tbs GUNPOWDER spice blend (or to taste)
- 1 400g can coconut milk or cream
- 1 400g can chopped tomatoes
- 2 fresh chillies, stalks removed and chopped into 3 pieces
- 2 barramundi fillets , skin on, bones removed
- 1 tspn GUNPOWDER
- 1 tbs oil
- Fresh curry leaves, red chillies, coriander, crispy shallots, crispy chickpeas and natural yoghurt to garnish
- HOT SPRINKLER as an additional seasoning if more heat is required
- Flat breads or plain basmati rice to serve

## **DIRECTIONS**

1. Heat the oil in a large sauté pan over a low heat. We like a cast iron pot with a lid for this dish. Place the finely chopped onion into the pan and sauté until softened, around 5 minutes. Sprinkle with a pinch of salt. Add the curry leaves, garlic and ginger and continue cooking for 2 minutes. Its important not to burn anything at this stage. Sprinkle over the GUNPOWDER spice blend, give it a quick stir then immediately add the chopped tomatoes and I can of cold water , increase the heat until bubbling, and add the coconut milk or cream .
2. Slowly bring back to a boil, throw in the roughly chopped fresh chillies and simmer on the lowest heat for 15 minutes. If the sauce looks like it is getting too thick, add a little water. At this stage (before adding any water to thin) you could add strips of chicken breast, cubes of fish or other seafood and cook the protein in the sauce. The protein will release liquid, so no extra liquid will be needed to thin down. Season to taste with sea salt and white pepper.
3. Whilst the sauce is simmering, cook the fish. Heat the oil in a small frypan on medium heat. Dry the fillets, sprinkle the skin with a little salt and place skin side down into the hot oil. Press down with a spatula and cook. when the fish starts to turn opaque on the edges, flip the fish then carefully remove the skin in one piece.
4. Place the fish skin onto the pan, turning until both sides are golden and start to crisp up. Sprinkle the fish with a little GUNPOWDER , then turn and do the other side. Continue cooking the fish until cooked – this will depend on the size of the fillet but should be around 6 minutes in total. So the fish skin is crisping and the fish is cooking all at the same time in the same pan. Season both with a little salt. The fish crackling will crisp up as it cools.

5. Ladle the sauce into bowls and place the fish on top, with the crackling resting over it. The chillies can be removed if the heat is hot enough, or even left out altogether.
6. Serve with Spinach and Turmeric Rice, Pumpkin Tikka, Coriander and Paneer Cauliflower, Quick Carrot Pickle and Mint Raita (recipes follow)



7.

## **SPINACH AND TURMERIC RICE**

### **INGREDIENTS**

- 1 small red onion – peeled and finely chopped
- 1 tbs oil
- 1 cup basmati rice – rinsed in a sieve
- 2 cups of cold water
- 1 tsp GUNPOWDER
- 1 tsp ground turmeric
- Half a bunch of English spinach – washed and roughly chopped, including the stalks
- 2 tbs OPEN SESAME

### **DIRECTIONS**

1. Sauté the onion in the oil over a medium heat. I like to use a deep sauté/fry pan with a lid for this, but a saucepan will also work.
2. When the onion is soft, add the rice, turmeric and GUNPOWDER.
3. Stir for a couple of minutes before adding the cold water and salt to taste.
4. Bring to the boil, stir once, and place the spinach on the top of the rice.
5. Replace the lid, reduce the heat to low and set the timer for 14 minutes. Keep an eye of the rice as some varieties of Basmati will be cooked in around 11 mins.
6. Once the water is evaporated and the rice is cooked, stir to fluff up, stirring the steamed spinach through the rice.
7. Sprinkle with 2 tbs of our OPEN SESAME

## **PUMPKIN TIKKA**

### **INGREDIENTS**

- Half a small butternut squash, sliced into 1cm discs. Skin on.
- 2 tbs natural yoghurt
- 2 tbs GUNPOWDER
- Salt and white pepper

### **DIRECTIONS**

Preheat an oven (or air fryer) to 200c. combine the natural yoghurt with the GUNPOWDER and season to taste . Brush over the yoghurt mix, both sides and place on an oven tray. Cook until soft and the top is golden brown, turning once. Garnish with fresh coriander

## **PAN ROASTED CAULIFLOWER AND PANEER**

### **INGREDIENTS**

- Half a small cauliflower, broken into small florets, stalks chopped
- 1 tbs oil
- 4 whole cloves of garlic
- 1 tbs GUNPOWDER
- 150G Paneer cheese , cubed and dusted with GUNPOWDER
- Half bunch of coriander, washed and chopped , including stalks
- Salt and white pepper

### **DIRECTIONS**

Place the cauliflower florets and the whole cloves of garlic into a large fry pan and toss around on a medium heat adding a little oil if necessary.

Turn constantly until they are soft and golden, stir through the chopped coriander and allow it to wilt. Season with salt, pepper and a dash of gunpowder. Remove and set aside, remove the garlic.

Add a little oil to the pan, stir fry the paneer cheese until golden and soft then toss it through the cauliflower, serve immediately

## **EASY CARROT PICKLE**

### **INGREDIENTS**

- 500g carrots, peeled and shredded (use the peeler for this)
- 375 ml rice vinegar
- 50g sugar
- 1 tsp salt
- 1 tbs mustard seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp GUNPOWDER
- 6 Fresh curry leaves
- Half bunch of coriander, washed and chopped , including stalks
- Salt and white pepper

### **DIRECTIONS**

Shred the carrots with the vegetable peeler and pack into a clean jar or glass lock container.

Toast the seeds until fragrant and add the rice vinegar, sugar and all the other ingredients, bring to the boil and dissolve the salt and sugar

Pour the hot mixture over the carrot, seal and leave to cool.

Feel free to add chilli to the jar if you want a bit of heat through your pickle.

## **Accompaniments**

**Coconut Chutney** - combine shredded fresh or dried coconut with enough GUNPOWDER spice blend to colour the coconut , the more you add the hotter it gets!

## **Poppadums**

**Mint Raita** (half cup natural yogurt, 2 tbs mint dressing, the cooked garlic from the cauliflower dish , crushed, salt) sprinkled with 1 Tbs of HOT SPRINKLER