



eat. drink. live.



Winter is definitely on its way now as many South Africans gradually begin the traditional retreat indoors, towards warm fires and cozy couches. But not us, oh no, we are going down fighting and what better way to celebrate a change in season than by denying this wintry nonsense all together with a set of funky and practical Sundowner Snacks suitable for any season. We (and the dogs) all tracked our way down to Cape Town's exquisite Kommetjie Beach to shoot my favourite selection of beach snacks and I hope you will agree, with Lime as the featured flavour, this month's mailer ought to provide just enough inspiration to get at least one mojito cocktail flowing and maybe even spark a rooftop picnic as an alternative, if beach and sand are in short supply. Enjoy!

Tracy

### limes

flavour files



Limes add great "spirit" to so many famous cocktails like the Mojito, the Margarita, Caipirinha, and the Cuba Libre! And also don't forget the importance of that wedge of lime that we put at the top of a Corona, a drink we think is great to consume after a hard days work!

In cooking, its value is predominant in Asian cooking, especially Thai green curries and of course marinades. (Please see recipe mailer # 24). It is also tradition to use lime juice in ceviche to effectively cook the raw fish.

Lemons are the major citrus fruits in the subtropics, limes however are the most prominent in the tropical regions. There are 2 main varieties of limes that most people are familiar with, the bright green Persian lime and the smaller yellower Mexican lime also known as a key lime, hence the famous Key Lime Pie. The lime, in its very acidic form, will have one and half times as much acid as a lemon of the same weight; you do however get sweeter varieties.

Rich in vitamin c limes are a sour, bitter, astringent and cooling fruit that also work fantastically as a digestive and an appetite stimulant.

### deep fried vegetable crisps

- 1 large carrot
- 1 large parsnip
- 1 large beetroot
- 1 large sweet potato
- 1 litre of vegetable oil

**NoMU Just Salt**  
**NoMU African Heat** (optional)

Using a vegetable peeler, or a mandoline, peel really thin strips from all the vegetables. It is easier to work with the vegetables placed down a flat surface which enables you to peel a wider and stronger shape.

Heat the oil in a large pot. The oil is ready when it starts to sizzle as you add a strip of vegetable. Fry the crisps until they are slightly golden and firm in shape. Drain the crisps on paper towel and only season just before serving as the salt will draw moisture and the crisps will become soft.



### tequila melon balls



- 1 honeydew melon
- 2 tbsp gold tequila
- zest & juice of 1 lime
- 3 tbsp honey
- 30g mint, finely chopped

Cut a honeydew in half and remove all the seeds in the middle.  
Cut out nicely shaped balls using a melon baller and place them in a mixing bowl.

Mix together the rest of the ingredients and pour over the melon balls. Refrigerate in the fridge for at least an hour before serving.

Serves 4 - 6

## barbequed chicken and corn salad

2 corn cobs  
 a dollop of butter for each cob  
 4 large chicken breasts with the skin on  
 2 tbsp **NoMU Cajun Rub**  
 2 tbsp honey  
 olive oil  
**NoMU Just Salt**  
 2 red & 2 yellow peppers chargrilled  
 (please see recipe mailer # 13)  
 40g Italian parsley, roughly chopped  
 1 bag of rocket  
**for the dressing**  
 juice of 2 limes or enough to  
 make up 1/3 of a cup  
 zest of 1 lime  
 1 cup olive oil  
 1 tsp of sugar or honey

Marinate the chicken in a non metallic mixing bowl with the Cajun Rub, honey, olive oil and season with salt. Place the chicken in the fridge for a few hours before cooking.

Wrap the corn cobs individually in tinfoil with a dollop of butter and season with salt. Grill the cobs on the barbeque until the kernels are soft and beautifully charred. When the cobs are ready use a knife to remove the kernels from the cob and set aside.

Grill the marinated chicken on the barbeque and use any reserved marinade left in the bowl to continually baste the chicken. When the chicken is cooked through remove the breasts and allow them to rest for at least 5 minutes before slicing.

To make the dressing simply mix the juice of the limes and the zest together with the olive oil. Depending on the tartness of the limes add enough sugar or honey to taste.

For serving mix the peppers with the corn kernels, the parsley, the rocket and top with the sliced chicken. Pour over the dressing and serve immediately.

Serves 6

**WINE SUGGESTIONS:** *Terra del Capo Pinot Grigio* or *Riesling* (not everyone drinks Riesling though)



## griddled lamb cutlets served with salsa verde

1kg lamb rack (8 cutlets)  
 1 tbsp **NoMU Lamb Rub**  
 1 tbsp mustard  
 olive oil  
 2 garlic cloves, finely crushed  
 juice of 1 lemon  
**NoMU Just Salt**

**NoMU Just Pepper  
 for the salsa verde**

1 tbsp capers, rinsed & roughly chopped  
 1 -2 anchovies, finely chopped  
 1 garlic clove, finely crushed  
 40g mint, roughly chopped  
 40g Italian parsley, roughly chopped  
 juice and zest of 1 lemon

When you order the lamb from your butcher make sure to ask for French trimmed rack as this will make sure any excess fat from the top of the rack is removed and that the bones are scraped and cleaned really well.

Place the individual cutlets in a non-metallic mixing bowl and add the marinade ingredients, (mustard, garlic, lamb rub, olive oil, lemon) and season with salt and pepper. Cover the bowl and place in the fridge for a few hours before cooking.

To make the salsa verde add all the ingredients together and season with salt & pepper. Depending on your taste you can add less or more of the anchovies but bear in mind that when you season anchovies are already salty. Add the lemon juice before serving to stop the herbs from changing colour.

Griddle the lamb on the barbeque until beautifully charred on the outside but still pink and juicy in the middle. This will be achieved by cooking the cutlets for about 3 - 4 minutes on each side.

Serve the lamb on a beautiful platter either drizzled with the salsa or spoon the salsa into a separate bowl for dipping.

Makes 8 cutlets

**WINE SUGGESTIONS:** *Paradyskloof Merlot* or a soft blend



## vietnamese spring rolls served with a spicy nuoc cham sauce

Rice paper is found in most good Asian supermarkets or delis.

16 rice paper rounds  
 100g vermicelli noodles  
 1 large cucumber finely cut into strips  
 1 large carrot finely cut into strips  
 1 1/2 cups basil  
 1 1/2 cups Vietnamese mint  
 150g prawns  
 onion sprouts for garnishing  
**for the nuoc cham dipping sauce**  
 60g caster sugar  
 1/2 cup hot water  
 50 ml fish sauce  
 30 ml freshly squeezed lime juice  
 2 teaspoons rice wine vinegar  
 2 cloves crushed garlic  
 a pinch of **NoMU Oriental Rub**  
 2 red chillies, finely chopped

Place the vermicelli noodles in a bowl and cover with boiling water and allow to stand for 3- 4 minutes or until soft. Drain and rinse under cold running water.

Blanch the prawns in boiling water or until they have turned pink, about 5 minutes. Rinse under cold water and remove all the shells.

Soften the rice paper by placing them in a bowl of luke warm water for about 30 seconds. Remove them from the water and place them on a dry cloth. It is best to work in small batches so soften 2-3 rice paper rounds at one time.

Just below the middle of a rice paper round place a few noodles. Top with some julienned cucumber and carrots. Place three leaves of basil and then top with 2 prawns. Fold the bottom edge over the filling and then fold in the sides over the filling, like an envelope. Roll up into a tight log and with a sharp knife slice the rolls in half at a sharp diagonal. Repeat with the rest of the rice paper and filling. To prevent the rolls from drying out keep them covered with a damp cloth till just before serving.

To make the nuoc cham dipping sauce simply dissolve the sugar in the hot water and combine with the other ingredients.

Makes 32 spring rolls

**WINE SUGGESTIONS:** *Steenberg Sauvignon Blanc*



It is best to buy oysters live and have them shucked just before serving. If you are going to buy them open look for a creamy flesh and avoid any that appear dry. Serve on crushed ice or on rock salt to keep the oysters stable and to stop the juices from spilling. Three to four oysters per person is good number.

#### Dressings for your oysters

Keep it traditional and serve with a dash of tabasco, a squeeze of lemon and a grinding of **NoMU Just Pepper**

- Drizzle over some nouc cham sauce and an extra squeeze of lime juice
- Mix together 2 finely chopped shallots,  $\frac{1}{4}$  cup red wine vinegar, 1 garlic clove finely crushed and a grinding of **NoMU Just Salt** and **NoMU Just Pepper**.
- Combine a cup of light soya sauce, a splash of red wine vinegar, a drizzle of sesame oil, grated ginger, a tsp of sugar or palm sugar, a squeeze of lime juice, finely sliced spring onion and a pinch of **NoMU Oriental Rub**.

**WINE SUGGESTIONS:** *Villiera Natural Brut* Obviously Champagne, Chardonnay (heavy wood) or a dry Chenin Blanc... uh! I'm hungry now.



#### baked ricotta cheese with griddled baby rosa tomatoes on the vine

600g ricotta cheese  
 $\frac{1}{2}$  cup finely grated  
 parmesan cheese  
 $\frac{1}{4}$  cup cream  
 2 eggs, slight whisked  
 1 clove of garlic,  
 finely crushed  
 a really good grinding of  
**NoMU One for All**  
**NoMU Just Salt**  
**NoMU Spanish Rub**  
 baby Rosa tomatoes  
 on the vine  
 extra virgin olive

Preheat the oven to 180°C

In a mixing bowl place all the ricotta cheese and with a fork loosen up the cheese to incorporate the rest of the ingredients. Season with salt and One for All. Place the cheese in a greased baking mould of your choice and sprinkle with Spanish Rub down the middle of the cheese.

Bake in the oven until the cheese is golden on top and has firmed up and come away slightly from the sides of the mould. Remove from the oven and let the cheese cool down slightly.

At the same time place the tomatoes on a baking tray season with salt, drizzle with olive oil and grill in the oven or until the skins of the tomatoes have burst slightly.

Remove from the baking tin and serve on a beautiful plate with the tomatoes. Just before serving drizzle the baked ricotta with some extra virgin olive oil.

Serve with homemade focaccia. (Please see recipe mailer # 29)

#### coconut and lime tarts

1 sheet ready prepared puff pastry  
 2 tbsp caster sugar  
 1 cup milk  
 1 cup cream  
 2 eggs  
 2 egg yolks  
 $\frac{1}{2}$  cup caster sugar  
 juice of 1 lime  
 $\frac{1}{2}$  cup desiccated coconut  
 for the candied lime  
 zest of 2 limes  
 $\frac{1}{4}$  cup caster sugar  
 $\frac{1}{4}$  cup water  
 2 tbsp desiccated coconut  
 for serving

Preheat the oven to 180°C

Roll out the puff pastry to  $\frac{1}{2}$  a centimetre in thickness. Use a 4cm cookie cutter to cut out 12 rounds of puff pastry. Lightly grease muffin trays with some butter and sprinkle with sugar and then line with the puff pastry. Cover and place the trays in the fridge to allow the pastry to rest before baking in the oven.

To make the custard, heat the milk and cream in a saucepan until just before boiling. In a separate bowl mix the eggs, egg yolks, and sugar together until pale and thick. Very slowly add the cream & milk to the eggs and stir to combine. Place the custard mixture back into the saucepan and over a very gentle heat stir the custard (do not whisk) until thick enough to coat the back of a spoon. Add the lime juice and the coconut and stir to combine.

Pour the custard mixture into the tart shells until almost to the top and place in the oven. Bake until the pastry is golden and the custard has set, about 20 minutes. Remove from the oven and allow to cool.

To make the candied lime, mix the caster sugar and water in a saucepan and bring to a boil. Add the lime zest and return the sugar syrup to a simmer. After 5 minutes with a small sieve remove the lime zest from the sugar syrup and blanch under cold running water. Return the lime zest back to the syrup and cook for another 5 minutes. Blanch again under cold running water and repeat until the lime zest is stiff and bright green in colour.

For serving, brown the coconut in a frying pan over a gentle heat and set aside. Top each tart with some candied lime zest and sprinkle with the toasted coconut.

Makes 24 tarts





## hummus

- 400g canned chickpeas, drained
- 4 garlic cloves, finely crushed
- 50g tahini paste
- juice of 2 lemons
- 1 tbsp **NoMU Moroccan Rub**
- NoMU Just Pepper**
- extra virgin olive oil to taste

For the hummus, place all the ingredients except the oil in a food processor and blend until smooth. With the food processor still running, add a steady stream of olive oil to loosen the mixture until it is at the consistency of your choice.

This is delicious served with cruditées and even for dipping pieces of focaccia!

Makes 1 cup of hummus

## mojito

- 160g caster sugar
- juice of 6 limes
- zest of 2 limes
- 50g mint
- 1 cup of white rum
- 1/2 a litre soda water
- enough crushed ice to fill half a jug

Place the crushed ice into the jug and sprinkle over the caster sugar. Add the juice of all the limes together with the zest and the squeezed limes. Mix the mint through the crushed ice and pour in the rum and the soda water. Mix together with a long spoon and serve in beautiful glasses.

Serves 6 - 8



## barbequed prawns

- 18 king prawns
- 3 tbsp gold tequila
- 1/4 cup olive oil
- 1 tbsp maple syrup or honey
- 2 tbsp **NoMU Mexican Rub**
- 1 garlic clove, finely crushed
- juice of 2 limes
- NoMU Just Salt**

Remove the heads of the prawns including the legs but keep the shells on. Using a pair of scissors or a sharp knife, cut through the spine of the prawns in order to devein them and allow the marinade to be absorbed. Skewer the prawns from the tail side. Mix all the ingredients for the prawns together in a mixing bowl and pour over the prawns and marinade for one hour. The acidity of the lime juice will start to "cook" the prawns if the marinade is left on for too long.

Barbeque the prawns until they turn pink and have cooked through. While they are cooking continue to baste them with the reserved marinade.

Serve with wedges of limes.

**WINE SUGGESTIONS:** *Iona Sauvignon Blanc* or in Winter, chilled sherry...Uh! Hungry again.

## focaccia with NoMU STIR

- 15g fresh yeast
- 15g honey
- 625ml luke warm water
- 500ml strong bread flour
- 15g salt
- 4 tbsp prepared **NoMU STIR** (tomato & herb)
- 2 tbsp **NoMU Just Salt**
- olive oil

### other great toppings & fillings

- 1 cup crumbled feta with 2 tbsp **NoMU Veggie Rub**
- 1/2 cup squashed cherry tomatoes with 2 tbsp **NoMU Italian Rub**
- 1 cup caramelised red onions with a generous grinding of **NoMU One for All**

Dissolve the yeast in the honey and half of the luke warm water.

Mix the flour and salt and make a well in the centre. Pour in the dissolved yeast mixture and with your hands making circular movements make a dough. Depending on the hydration levels of the flour you use you may need to add more water. Knead the dough until it is completely smooth and slightly glossy.

Make a round shape with the dough and score the top with a knife. Place in a mixing bowl, cover with some flour and then cover the mixing bowl with a damp cloth. Prove in a warm place until it doubles in size. This should take about 40 minutes.

Take your proved dough and bash the air out until you have a flattish shape and spread over the STIR. Roll up the dough and then transfer to a baking tray. With your fingers push the dough out to fill the surface of the tray. It should be about 3cm in thickness. Grind over some salt and leave to prove, covered again with a damp cloth in a warm place until it has doubled in size again.

Bake in a preheated oven (180°C) for 20 minutes until golden brown. Remove from the oven and drizzle over some extra virgin olive oil.



back to basics



## contributor of the month

The wine pairing for this month's Recipe Mailer was very kindly supplied by Kerry Du Preez, the generous and ever-obliging Editor of the South African edition of REAL SIMPLE Magazine. Collecting issues of REAL SIMPLE has become one of Tracy's less endearing and most obsessive habits to Paul. Perhaps because of this though, it's only appropriate that we should be both thrilled and flattered in equal measures that Kerry could find the time, in between her professional and personal commitments also as a very new mom, to provide the pairing for us on such short notice. As our prizes for next month we will be giving away three Subscriptions to REAL SIMPLE South Africa.