



I miss the days of having hours of indulgent me-time in the kitchen, creating wonderful and sometimes over-the-top 4 course dinners for friends and family. However the reality of trying to juggle a career and kids (including two dogs) has hit home. Most will agree that it's almost impossible to squeeze everything into one day! What we need are quick, simple recipes that are seasonal and delicious but require the minimum of effort. Just because something is quick to prepare however, doesn't mean it can't be impressive! The following recipes will inspire new ideas and save you some precious time.

And so, with Sumac as our enigmatic and aromatic featured flavour, we give you the penultimate NoMU Recipe Mailer for 2009!

*Tracy*



eat. drink. live.

flavour files



### sumac

The bush that bears the berries used to make Sumac is grown in Sicily, Southern Italy and some parts of the Middle East. The berries are dried and crushed to make the deep red powder. An unusual spice, used often in Arabic and Lebanese cooking, Sumac possesses a lemon – based earthy taste.

There are many varieties of Sumac all over the world and it is not used in cooking alone. It also has medicinal properties and in North America is widely used in the tanning industry!

Sumac adds a delicious dimension to food. Whether rubbed into kebabs or seafood, added to stews and casseroles, stirred through rice and cous cous or sprinkled over salads, its wholesome lemony flavour enriches any dish. Sumac can also be mixed with yoghurt and served as an accompaniment to slow roasted lamb and pita breads.

Traditionally it used to garnish Hummus but it is possibly best known as the key ingredient in the classic Lebanese herb & spice blend called Za'atar together with toasted sesame seeds, thyme, oregano, cumin, paprika and sea salt. As a scrumptious and more-ish alternative, try our Pistachio & Sumac Dipper.

### melting haloumi in tomato chilli jam

- 2 tbsp extra virgin olive oil
- 2 cloves garlic
- 300g haloumi cheese, thickly sliced
- 300ml tomato chilli jam
- juice of 1 lemon
- freshly baked Ciabatta

**This is one of my sister-in-law, Andrea's delicious recipes. Place the whole pan on your kitchen counter with fresh bread for guests to tuck into while you finish off the main course.**

Heat the oil in a large pan, add the garlic and fry for 30 seconds (do not brown). Add the jam and allow to bubble gently for about 5 minutes.

Add freshly squeezed lemon juice to taste. Ideally you want a hint of tartness to tone down the sweetness of the jam. Add the sliced haloumi to the jam and allow to melt and soften but still hold its shape. Serve in the pan with freshly baked crusty bread, straight out the oven or sliced and griddled.



Photograph by Russel Wasserfall

### coconut & salmon laksa

- 150g dry rice vermicelli
- 4 tbsp laksa paste
- 1 tsp **NoMU Oriental Rub**
- 1 tbsp grated ginger
- 2 kaffir lime leaves
- 3½ cups chicken or vegetable stock
- 2 cups coconut milk
- juice of 1 lime
- 2 tsp palm sugar
- 20ml fish sauce
- 300g salmon fillet, cut into bite size chunks
- 1 packet pak choi
- coriander leaves, to serve

Pour boiling water over the rice noodles and leave for a few minutes to soften. Drain and set aside.

Place the laksa paste, NoMU Oriental Rub and ginger in a heavy-based saucepan and gently heat. Fry until fragrant. Add the stock, coconut milk, lime leaves, lime juice, palm sugar and fish sauce and simmer for 10 minutes for the flavours to infuse. Add the salmon and heat gently until just cooked but preferably still slightly undercooked in the centre.

Stir through the pak choi until just wilted.

Place the noodles into serving bowls and ladle the steaming broth and fish over them. Garnish with coriander and serve. **Serves: 4**

**NOTE:** Laksa paste is available at most good supermarkets and delis.

**WINE PAIRING:** *Bon Courage SLH Gewurztraminer* - Suspend your disbelief. The creaminess of the coconut milk and the bite of the spices are a surprisingly lush match with this wonderful, floral wine - which has always been one of my favourites.



1 litre fresh vegetable / chicken / fish stock  
 2 lemongrass stalks, white part only, smashed  
 5cm piece ginger, thinly sliced  
 4 spring onions, sliced diagonally into 5cm pieces  
 2 tsp fish sauce  
 2 tbsp palm sugar  
 2 red chillies, deseeded and finely sliced  
 1 tsp **NoMU Oriental Rub**  
 150g shitake mushrooms, stalks removed  
 3 tbsp lime juice  
 5 fresh limes leaves  
 200g cherry tomatoes, halved and seeds removed  
 300g prawns, peeled  
 a few sprigs of coriander

Place the stock, lemongrass, ginger and spring onions into a saucepan and bring to the boil.

Add the fish sauce, palm sugar, chilli, NoMU Oriental rub, mushrooms, lime juice and lime leaves and simmer for 3 minutes, stirring to allow the sugar to dissolve. Add the tomatoes and prawns and cook for a final 3-4 minutes. Garnish with coriander leaves and serve immediately.

**TIP:** If you find fresh lime leaves, buy extra to freeze in a ziplock bag for when you need them. If not, try to find lime leaves in brine and as a last resort, go for dried lime leaves.



## egg & bacon sarmie

2 slices sourdough bread  
 6 slices streaky bacon  
 2 large free range eggs  
 handful of Organic baby spinach leaves (optional)  
 100g vine tomatoes  
 1 tbsp olive oil  
 generous grindings of **NoMU One For All Grinder**  
 2 tbsp prepared **NoMU Stir Pesto**  
**NoMU Just Salt and NoMU Just Pepper**, to season

**TIP:** To create a NoMU Stir pesto drizzle, follow the preparation instructions on the tin, but add extra water and extra olive oil to create a more liquid drizzle as opposed to a thicker pesto.

Fry your bacon until browned and crispy. Set aside in a warm place. Place your vine tomatoes on a baking tray, drizzle with olive oil and season with One For All and Just Salt. Place directly under a hot grill so that the heat just warms the tomatoes and bursts the skin.

To poach your eggs, bring a saucepan of water to a rolling boil and add a generous pinch of salt. Stir the water to create a "whirlpool" and carefully break an egg into the centre. Alternatively break the egg into a cup and tip into the water. Poach for 3-4 minutes for a soft to medium egg or 4-5 minutes for a medium to hard egg. (Please note: Cooking time will vary according to the size of your eggs and whether you are at the coast or above sea level. Allow more time if you are above sea level.) Remove with a slotted spoon and gently tap dry on clean kitchen paper to remove excess water.

In a hot griddle pan, griddle your bread on both sides until nicely charred. Drizzle with olive oil (or spread with butter) and top with a few baby spinach leaves, crispy bacon, a poached egg and grilled tomatoes. Season with salt and pepper and drizzle with Tomato & Herb or Tomato & Chilli pesto.

**Makes:** 2

## orange glazed pork sausages

500g pork sausages (8 sausages)  
 juice of 1 large orange  
 2 tbsp sweet Indonesian soy sauce  
 ½ tsp **NoMU Pork Rub**  
 1 tbsp brown sugar  
 2 tsp wholegrain mustard  
 1 tbsp orange marmalade

Preheat the oven to 180°C. Line an ovenproof dish with foil and place the pork sausages in the dish. Mix all the remaining ingredients together in a bowl and pour them over the sausages, shaking the pan to coat well. Place into the oven and cook for 20 minutes, shaking the pan regularly to allow the sausages to glaze evenly. Serve with fluffy mashed potato (See Recipe Mailer # 9) and buttery minted garden peas. **Serves:** 4

**Note:** Kids love these!

**WINE PAIRING:** *Kleine Zalze Gamay Noir* - You don't want a heavy red to overpower the flavours of the sausage, but a white might fight with the marmalade notes. *Kleine Zalze's Gamay Noir* is a delicious compromise.



## seared scallop linguini with lemon butter

½ packet linguini  
 80g butter  
 1 tbsp olive oil  
 1 tsp **NoMU Seafood Rub** or **Hooked Grinder**  
 2 tbsp lemon zest  
 1 red chilli, deseeded and sliced (to taste)  
 10 scallops, roe removed  
**NoMU Just Pepper**  
**NoMU Just Salt**  
 ¼ cup Italian parsley, tarragon or chervil

Cook your linguini in lots of boiling, salted water. Drain and set aside. Melt the butter and olive oil in a heavy-based saucepan. Add the Seafood Rub (or Hooked Grinder), lemon zest and chilli and cook for one minute until fragrant. Pour into a bowl and set aside. Heat the same pan, season the scallops with salt and pepper and sear over high heat for 30 seconds on each side until golden and caramelized. Add the butter mixture, linguini and parsley. Toss well to coat, check the seasoning and serve. **Serves:** 2

**TIP:** This recipe is also delicious with prawns or crayfish tails.

**WINE PAIRING:** *Backsberg John Martin Sauvignon Blanc* - I'm not a fan of the steely/flinty/grassy style of sauvignon blanc, but I love all the tropical fruit flavours in this one. Still, it has enough backbone to complement the food without overwhelming it.



## quick & fresh tomato, mozzarella & basil gemelli

250g gemelli pasta  
60ml extra virgin olive oil  
1 onion, finely chopped  
1 clove garlic, finely chopped  
1 red chilli, chopped (optional)  
1 tsp **NoMU Italian or One For All Rub**  
200g rosa tomatoes  
**NoMU Just Salt**  
**NoMU Just Pepper**  
pinch of sugar  
150g mozzarella, torn into pieces  
handful of fresh basil leaves  
parmigiano to serve

Bring a large pot of salted water to the boil and add your pasta.

While that is cooking, sauté the onion in the olive oil until it is soft and translucent. Add the garlic, chilli and NoMU Rub and fry for another minute. Add the tomatoes, season with salt, pepper and a pinch of sugar and sauté until they burst. Once the pasta is cooked, add 4 tablespoons of the pasta water to the tomatoes. Drain the pasta, and add to the pan. Add the mozzarella and basil leaves and stir to allow the sauce to coat the pasta and for the cheese to melt slightly. Serve immediately with freshly grated parmigiano regianno. **Serves: 2**

- TIP: 1.** Delicious served with crusty artisan breads and a fresh green salad.
- 2.** For added flavour and variation, try adding any of the following:
- ½ cup good quality pitted black olives
  - Crispy fried bacon or parma ham
  - Thinly sliced fried chorizo sausage

**WINE PAIRING: Vlotenburg Rouge (or Van Loveren River Red if the Vlotenburg is just toooo basic!) -** a simple dish like this needs an uncomplicated, easy-quaffing red. Vlotenburg Rouge is all fruit and no tannins and won't overwhelm the fresh flavours - it's always been a firm favourite pizza and pasta wine in our house.



## quick chicken curry

500g chicken breasts, cut into bite-size pieces  
3 tbsp vegetable oil  
1 onion, finely chopped  
3cm piece of ginger, peeled and finely grated  
3 garlic cloves, finely chopped  
2 tsp **NoMU Indian Rub**  
1 tsp **NoMU Masala Rub**  
250ml coconut milk  
**NoMU Just Salt** to season

Heat the oil in a heavy-based frying pan and fry the onion until lightly browned. Add the NoMU Indian Rub, the ginger and the garlic and fry for 1 – 2 minutes until fragrant.

Add the coconut milk and season well with salt. Reduce the heat and simmer for 5 minutes or until the sauce has thickened. Add the chicken pieces and simmer gently over low heat until the chicken is just cooked. Add the Masala Rub and stir through. Check the seasoning and serve with Basmati rice or Butter Naan (bought or see Recipe Mailer # 11).

**Serves: 4**

**TIP:** For an attractive and delicious garnish, deep-fry thin little matchsticks of ginger until golden and crispy.

**WINE PAIRING: - Paul Cluver Weisser Riesling -** Riesling is one of the most underrated wines in my opinion and its full-bodied complex fruitiness provides a fantastic partner for curries.



Photograph by Russel Wasserfal

## grilled aubergine & mozzarella open sandwich

1 tsp **NoMU Italian Rub**  
1 tbsp white balsamic vinegar  
3 tbsp extra virgin olive oil  
1 garlic clove, smashed  
1 aubergine, cut into ½ cm thick discs  
4 tablespoons onion marmalade  
8 slices fresh ciabatta  
extra virgin olive oil for drizzling  
100g fresh Buffalo mozzarella, torn into pieces  
handful of fresh basil leaves  
**NoMU Just Salt** and **NoMU Just Pepper**, to season

Mix the NoMU Italian rub, balsamic vinegar, olive oil and garlic together. Rub into the aubergine slices and allow to marinate for half an hour. Heat a griddle pan until piping hot and grill the aubergine on both sides until lightly charred and softened. Drizzle the ciabatta slices generously with olive oil, place a few basil leaves onto each slice, top with the grilled aubergine and ripped mozzarella and top off with onion marmalade.

Season to taste and serve immediately.

**Serves: 2**

**TIP:** If you don't have onion marmalade – simply slice 2 large red or brown onions and place on a baking tray. Drizzle generously with olive oil and a splash of balsamic vinegar. Season with NoMU One for All, sea salt and 1 tsp sugar/per onion. Toss well and roast in a preheated oven (200°C) until soft, caramelized and golden.



## passionfruit meringue crush

8 good quality meringues (bought or see Recipe Mailer # 36)  
250ml full cream yoghurt  
250ml cream, whipped  
pulp of 6 granadillas  
1 tsp **NoMU vanilla paste**

Place the meringues into a sealable bag and using a wooden spoon, roughly crush. In a separate bowl beat the cream until it forms soft peaks. Fold through the yoghurt, granadilla and vanilla, followed by the passionfruit. Serve in dessert glasses and top with a little extra granadilla pulp.

**TIP:** For a low fat version, double the yoghurt quantity to cream and use low fat Bulgarian yoghurt. Another option is to substitute the cream with mascarpone or crème fraiche and combine with the yoghurt. Replace the granadilla pulp with fresh summer berries or diced fresh mango.



## moroccan lamb kebabs

800g lamb of lamb, cut into large pieces

30ml olive oil

1 tbsp **NoMU Moroccan Rub**

2 tbsp **NoMU Pistachio** and **Sumac Dukkah**

### For the Salad

1 cucumber, cut into ribbons

handful of fresh mint

100g preserved lemon, flesh removed and skin finely diced

1 tbsp olive oil

**NoMU Just Pepper**

### For the Sauce

1 red chilli, seeded and finely chopped

120ml Greek yoghurt

1 tbsp coriander, chopped

Place the lamb, olive oil, and NoMU Moroccan Rub into a bowl and leave to marinate for half an hour. Skewer the lamb onto pre-soaked wooden skewers and set aside.

Ribbon the cucumber and toss with the fresh mint leaves, preserved lemons, olive oil and pepper to taste.

Combine the lime, chilli, yoghurt and coriander and place in a small bowl to serve as an accompaniment.

BBQ the kebabs over open flames or grill in a pan or directly under a very hot grill in the oven for 7 - 12 minutes (depending on how you like the lamb to be cooked).

Serve the kebabs with the salad and yoghurt dip and sprinkle with Pistachio & Sumac Dukkah. **Serves: 4**

**WINE PAIRING: *Glen Carlou Pinot Noir*** - Although I find some Pinot Noirs insipid and watery, this one is a corker with deep colour and a complex flavours that will pair beautifully gently spiced lamb. Anything heavier and the subtle flavours of the food will be lost.



## grilled goat's cheese & lentil salad

1 cup brown or Puy lentils  
3 cups good quality vegetable stock  
80g crotin goats' cheese, sliced into 4 thick slices  
olive oil, for drizzling  
1 tsp **NoMU Italian** or **Provençal Rub**  
120g pancetta, sliced into lardons  
4 tbsp extra virgin olive oil  
2 tbsp white balsamic vinegar  
a squeeze of lemon  
**NoMU Just Salt** and **NoMU Just Pepper**, to season  
2 purple figs, quartered  
Italian parsley, finely chopped  
handful of watercress

Soak the lentils overnight, drain and simmer in the stock until they are soft and tender.

Slice the pancetta and quarter the figs. Heat the olive oil in a heavy based pan and sauté the pancetta until crispy. Add the figs and brown briefly. Add the vinegar, followed by the lentils and stir through for the flavours to infuse and to heat the lentils. Add the lemon and parsley, season with salt and pepper and remove from the heat.

Place the goat's cheese on a prepared baking tray, drizzle with olive oil and sprinkle with NoMU Rub. Place under the grill for about 5 minutes, or until lightly charred and beginning to melt. To assemble the salad place the greens on a platter, top with the lentils, figs and pancetta and finish off with the grilled goat's cheese straight out of the oven. Drizzle with the remaining dressing from the pan and serve immediately.

**TIP: If you can't find pancetta, use streaky bacon instead.**

## fish cakes

600g potatoes, peeled and quartered  
600ml milk  
1 bay leaf  
3 peppercorns  
½ onion  
600g fish (eg salmon, hake, haddock)  
4 spring onions, finely chopped  
15g parsley, finely chopped  
1 tsp **NoMU Hooked Grinder** or **Seafood Rub**  
1 large free range egg  
2 tablespoons flour  
**NoMU Just Salt** and **NoMU Just Pepper**, to season  
oil, for frying

Boil the potatoes until soft and then drain and mash. Pour the milk into a saucepan, add the bay leaf, peppercorns and onion and place over medium heat. Bring to the boil and then add the fish, making sure it is submerged in the milk. Switch off heat and leave to poach for 6 minutes. Remove the fish from the poaching liquid and drain well. Flake the flesh before adding to the potato, spring onion and parsley. Stir to combine. Season with NoMU Hooked, salt and pepper. Add the egg and flour and mix through. Divide the fish cake mixture into 8 pieces and shape into 2cm thick cakes. Shallow fry the fish cakes in the oil until golden and cooked through. **Makes: 8**

### Dipping Mayonnaise

• 125ml good quality bought or homemade mayonnaise or allioli – (See Recipe Mailer # 13) • 1 tbsp baby capers, finely chopped • **NoMU Just Salt** and **NoMU Just Pepper** • juice of ¼ lemon • Simply combine all the ingredients together. Serve as an accompaniment to the fish cakes.

**TIP: Use your favourite fish or combine flavours for added depth and character. Joseph likes Salmon & Haddock. If you can find beautiful crab meat, all the better! These are also ideal when made bite-size for kiddies parties.**



back to basics



## CONTRIBUTOR OF THE MONTH

Jeanne Horak-Druiff is a very busy foodie indeed. Her blog site ([www.cooksister.com](http://www.cooksister.com)) has to be one of our favorite new foodie discoveries of the year! And when she's not writing about her love for Wine, Food and Photography for her own site, she is also a regular contributor to various local and international food and news sites (most notably for FOOD24, the food segment of NEWS24, one of South Africa's largest news sites!). Visit her website to learn more about her various interests and to become a subscriber to this fantastic site.