



Give me a perfect piece of tuna sashimi and I'm in foodie heaven. Apart from the fact that tuna tastes incredible, it always feels like I'm putting so much goodness into my body. Healthy protein packed with essential Omega fatty acids – true brain food! I've included one of my lazy quick-fix starters, which is a winner every time! It's essential though that you use only the freshest tuna. I always buy mine at my favourite sushi restaurant, Willoughby's in Cape Town, because if it's good enough for Sam, it's definitely good enough for me!

Tracy

SPICE FILES

Cardamom was used by the ancient Egyptians as a toothpaste, revered by the Greeks and the Romans as a perfume and so valued by the Vikings that they took it back to Scandinavia, where it remains popular to this day. Second only to saffron in value, Cardamom has a warm and pungent aroma with a lemony eucalyptus flavour. The precious seeds are housed in a green or brown papery pod; the latter being the more prized. Use the pods whole or split to flavour Indian dishes like rogan josh, murg masala and pulao. Alternatively, the seeds can be removed from the pods and ground before adding to spice blends such as garam masala. Cardamom is also widely used in traditional sweet dishes like kulfi, lassi and halva, as well as in biscuits, custards, coffees and liqueurs. The pod itself is flavourless but can impart a bitter flavour when left in dishes. Ready ground cardamom quickly loses aroma and flavour so it is always better to keep whole pods in an airtight container and remove the seeds from the pods when required.



RECIPES



prawn pakoras

These make a delicious canapé or satisfying starter. The great thing is that you can prepare the batter a few hours before your guests arrive and simply fry them at the last minute.

60g chickpea flour
 3 tbsp water
 500g shelled, cleaned prawns
 1 tsp **NoMU Indian Rub**
 1 small diced red onion
 1 finely diced chilli
 1 tsp freshly grated ginger
 a handful of freshly chopped coriander leaves
 ¼ tsp bicarbonate of soda
 ¼ tsp salt
 a grind of black pepper
 oil for frying
NoMU Masala Rub

In a bowl combine the flour, water and bicarb to create a light batter.

In a food processor, lightly pulse the remaining ingredients until finely chopped. Remove and fold into the batter. Place in the refrigerator to chill for 1 hour.

Drop teaspoons of the mixture, one at a time, into pre-heated oil and fry for approximately 2-3 minutes until golden brown. Remove and drain on a paper towel. Sprinkle with a pinch of NoMU Masala Rub and serve immediately with sweet chilli sauce, mango chutney and/or cucumber and mint raita.

NOTE: Make sure your oil is not too hot otherwise they will burn on the outside and still be raw on the inside. Fry the pakoras in batches of no more than eight so that the oil does not cool down too much, but stays at a constant temperature.

spanish sardines

Best eaten on the beach, straight out the sea, cooked over the coals and washed down with an ice cold beer!

8 freshly caught sardines, cleaned
 ¼ cup extra virgin olive oil
 1 tbsp **NoMU Spanish Rub**
 1 clove garlic, crushed
 a grind of **NoMU Just Salt**
 a grind of **NoMU Just Pepper**
 fresh lemons

In a bowl, combine the olive oil, Spanish Rub, garlic, salt and pepper. Pour over the sardines and rub well to ensure that they are well coated inside and out. Leave to marinate, refrigerated, for ½ an hour.

In a very hot pan, griddle or bbq, cook the sardines over high heat for approximately 3 minutes on either side. Add a generous squeeze of lemon and serve immediately.



tuna carpaccio



250g trimmed loin of tuna
¼ cup extra virgin olive oil
1 shallot, finely diced
1 small clove garlic, finely chopped
½ tsp **NoMU Veggie or Seafood Rub**
A squeeze of fresh lemon juice
1 vine-ripened tomato, concasse of
A handful of basil, finely shredded
NoMU Just Salt
NoMU Just Pepper

Wrap the loin of tuna in clingwrap and place in the freezer for ½ an hour.

In a small saucepan, gently sauté the shallots until translucent, but not browned. Add the Rub of your choice and the garlic and sauté for another minute or so. Add a squeeze of lemon. Remove from the heat and add the tomato and basil. The hot oil should simply warm the tomato, but not cook it. Season well.

With a very sharp knife, thinly slice the tuna and arrange on a plate or platter. Using a spoon, drizzle the dressing over the tuna, ensuring that you get an even distribution of tomato and basil. Add another grind of pepper and serve.

Serves 6 as a starter.

TIP: If you do not like your fish completely raw, pour the dressing over it while still hot. This will very gently “cook” the fish.

Franschhoek Trout

1 whole freshly caught trout, cleaned
Extra virgin olive oil
1 lemon
NoMU Hooked Grinder
NoMU Just Salt
NoMU Just Pepper
Fresh lemon thyme (if available)

Wipe the cleaned fish with a kitchen towel to dry it. Next rub oil into the skin and cavity. Season well all over with generous grinds of NoMU Hooked, salt and pepper.

Slice the lemon and place inside the belly with a handful of fresh lemon thyme.

Cook the fish in a hot oven (200°C) for approximately 20 minutes or on the bbq until just cooked. Do not overcook!

Serve with crème fraiche baby potatoes and caramelized lemons.



caramelized lemons

Cut 3 lemons in half, dip the cut sides into sugar and fry cut side down in a non-stick pan until browned and caramelized. Take care not to burn them.

crème fraiche baby potatoes

Boil organic baby new potatoes until cooked but still firm. Drain and place back into the pot. Add a knob of farm butter, a dollop of crème fraiche, salt and pepper. Replace the lid, give it a good shake and leave covered for 10 minutes.

BACK TO BASICS



meringues

4 egg whites (or 150ml)
220g (1 cup) caster sugar
2 tsp cornflour, sifted
1 tsp white wine vinegar
½ tsp **NoMU Vanilla Extract**

TIP: Using a plate as a guide, draw circles on your baking parchment to help you make perfectly round meringues.

Preheat your oven to 160°C. Line a baking tray with baking parchment.

In a very clean mixing bowl, beat the eggs until soft peaks form. Gradually add the sugar, one spoon at a time, and beat until you have thick glossy peaks. Fold in the cornflour, followed by the vinegar and Vanilla Extract.

Place onto the baking sheet in desired shape and size and place in the oven. Immediately turn the temperature down to 130°C. For smaller individual meringues or nests, bake for 30 – 35 minutes. For large bases or pavlovas, bake for 1¼ hours. The meringue should be dry and crispy on top, but still moist and spongy inside. Turn the oven off and allow the meringue to cool in the oven.

Serve topped with vanilla cream and summer berries and a dusting of icing sugar.

vanilla cream

Whisk together 250ml cream with 2 tbsp caster sugar and 1 tsp **NoMU Vanilla Paste**. If you prefer a slightly lower fat version, whisk only 125ml cream with the sugar and then fold in the vanilla with 125ml low fat or fat free yoghurt.