



Handy Recipes

Sweet and Seasonal Satisfaction

Smoky Sweet Pickles with Strawberries

Smoked spices take pickles to a whole new flavour level, lending a smoky note to the pickling liquid. Smoked curry powder and spices make for unforgettable cucumber and strawberry pickles.

Servings: 32
Prep time: 15 mins
Cook time: 15 mins

INGREDIENTS

- 1 kg pickling cucumbers
- 500 g strawberries
- ¼ cup salad onion, thinly sliced
- 2 cups (500 mL) cider vinegar
- 1 cup white sugar
- 2 tbsp KEEN'S Curry Powder, smoked
- 1 tbsp non-iodized salt, smoked
- 2 tsp mixed dried pickling spice, smoked
- 2 tsp yellow mustard seed, smoked

METHOD

1. Rinse cucumbers and strawberries well with cold water. Trim ends then cut cucumbers into ½ cm thick slices. Hull strawberries then halve lengthwise. Place cucumbers, strawberries and onion in large glass bowl. Set aside.
2. Mix remaining ingredients in medium saucepan. Bring to boil on medium-high heat, stirring to dissolve sugar and salt. Reduce heat to low; simmer 5 minutes. Let stand 5 minutes to cool slightly. Pour over cucumber mixture.
3. Refrigerate at least 2 hours or until ready to serve.

Chef Tip - Please see Smoking Spices and Herbs Fact Sheet for tips on smoking herbs and spices



Spicy (r)evolution

Spicy Papaya and Pineapple Salsa

A bright and tropical salsa gets its heat from Peruvian Ají Amarillo.

Serves 10 people
Prep time: 15 mins

INGREDIENTS

- 1 cup papaya, peeled, finely chopped
- 1 cup pineapple, peeled, finely chopped
- ½ cup choko (chayote), finely chopped
- ¼ cup red onion, finely chopped
- 2 tbsp fresh coriander, finely chopped
- 2 tbsp aji amarillo paste (A bold and spicy paste from Peru)
- 2 tbsp fresh lime juice
- ¼ tsp McCormick® Ground Cinnamon
- ¼ tsp sea salt

METHOD

1. Mix all ingredients in medium bowl. Cover.
2. Refrigerate until ready to serve.

Chef Tip - Small choko are tender and do not need to be peeled.



Global Finds

Dukkah Spice Blend

A rich and flavourful Middle Eastern spice blend featuring hazelnuts and sesame seeds.

Servings: 10
Prep Time: 5 mins
Cook Time: 5 mins

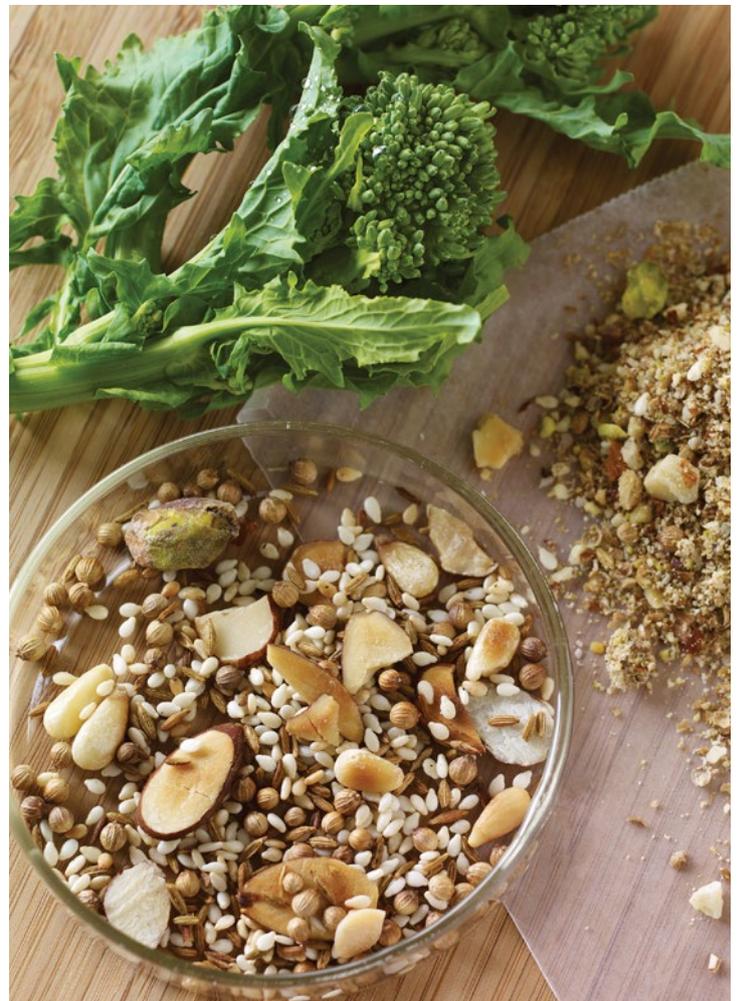
INGREDIENTS

- ½ cup coarsely chopped hazelnuts*
- 1 tbsp McCormick® Coriander Seed
- 1 tbsp sesame seed
- 1 ½ tsp McCormick® Cumin Seed
- ¼ tsp McCormick® Ground Black Pepper
- ½ tsp salt

METHOD

1. Heat medium dry pan on medium heat. Add nuts; cook and stir 2 to 3 minutes or until fragrant and toasted. Immediately pour out of hot pan to avoid over-toasting. Set aside allow to cool completely. Toast coriander, sesame and cumin seeds in same pan on medium heat 2 minutes or until fragrant and toasted. Immediately pour out of hot pan and allow to cool completely.
2. Place ½ of the toasted nuts in clean coffee/ spice grinder. Process until finely ground and crumbly. (Do not allow mixture to become a paste.) Transfer to small bowl. Repeat with remaining nuts then seed mixture. Add pepper and salt to seed and nut mixture; mix until well blended. Store in an airtight container in cool, dry place up to 1 month.

Chef Tip - Substitutions could include a combination of nuts, such as hazelnuts, pistachios, almonds, cashews, pine nuts or macadamia nuts. For nut free consider popped grains.



Empowered Eating and Drinking

Pigeon Pea Tacos Al Pastor with Coconut Lime Slaw

This hearty, meat-free twist on classic tacos al pastor features a protein-packed filling of spiced pigeon peas, tomatoes, and pineapple paired with a cooling coconut-lime cabbage slaw.

Makes 6 (2 Tacos) Servings

Prep Time: 20 mins

Cook Time: 6 mins

INGREDIENTS

Coconut Lime Slaw

- 2 tbsp lime juice
- 1 tbsp olive oil
- 1 tsp honey
- 2 cups shredded cabbage
- ¼ cup flaked coconut
- 2 tbsp fresh coriander, chopped

Pigeon Pea Tacos al Pastor

- 2 tsp olive oil
- 2 roma tomatoes, chopped
- 1 cup pineapple, peeled, finely chopped
- 1x 400g can brown pigeon peas, rinsed and drained
- 2 tsp McCormick® Oregano Leaves
- 1 ½ tsp McCormick® Garlic Powder
- 1 tsp McCormick® Ground Cumin
- 1 tsp McCormick® Smoked Paprika
- 12 soft tortillas, warmed

METHOD

1. For the Slaw; mix lime juice, olive oil and honey in medium bowl until well blended. Add cabbage, coconut and coriander, toss to coat. Cover and refrigerate until ready to serve.
2. For the Tacos, heat oil in large pan over medium heat. Add tomatoes and pineapple; cook and stir 2 to 3 minutes or until softened. Add pigeon peas and herbs and spices; cook and stir until heated through. Serve pigeon pea mixture in warm tortillas topped with Coconut Lime Slaw.

