



Beyond Heat Handy Recipes

A bright, complex reflection of the transformation and innovation in food and flavour taking place on a global level, Viet-Cajun Style Seasoning Blend is a playful blend of cayenne and paprika in classic Cajun tradition – and lemongrass, garlic, and black peppercorn, custom in Vietnamese recipes.

Viet-Cajun Seasoning Blend

Prep Time: 10 minutes

Makes: ¾ cup

INGREDIENTS

- 2 tsp McCormick® Ground Cayenne Pepper
- 3 tsp McCormick® Garlic Powder
- 1 ½ tsp McCormick® Onion Powder
- 1 tbsp McCormick® Smoked Paprika
- 1 tsp McCormick® Coarse Ground Black Pepper
- 2 ¾ tsp salt
- 2 tsp fresh lime zest (from 1 ¼ medium limes)
- 1 ¼ tsp fish sauce
- 1 tbsp light brown sugar
- 1 tsp lemongrass, fresh, thinly sliced
- 2 tbsp McCormick® Dried Chives

METHOD

1. Place all ingredients into bowl of a spice blender or small food processor and grind / process until a COARSE but well blended texture.
2. Place in a clean well-sealed jar and store in the refrigerator (up to 2 weeks).
3. For maximum flavour, leave for 24 - 48 hours for flavours to mature.

Test Kitchen notes for students:

To customise the flavour and heat levels of this blend consider the following:

- Increase or decrease the McCormick® Ground Cayenne Pepper to taste (Cayenne Pepper is in fact made from Red Chilli Pepper and provides a very intense heat)
- You could substitute chilli flakes for some of the Cayenne Pepper
- Use a fruity chilli, with more flavour and less heat
- Increase the McCormick® Smoked Paprika for a more smoked flavour
- Lean in to the Cajun flavour profile– ie add ground cumin, or toasted cumin seeds to the blend or try including white pepper with the black pepper
- Consider adding ginger for a different heat profile



Viet-Cajun Spicy Salad Crunch

A deliciously spiced, crunchy topper for vegetables, salads and grilled proteins.

Prep Time: 5 minutes

Cook Time: 15 minutes

Makes: 3 cups

INGREDIENTS

- ¼ cup (60 mL) agave nectar
- ¼ cup (60 mL) olive oil
- 1 ½ tbsp Viet-Cajun Seasoning
- 250 g buckini (activated buckwheat)
- 250 g raw pepitas
- 250 g raw cashews, coarsely chopped

METHOD

1. Preheat oven to 180°C (160°C fan forced). Whisk agave, olive oil and Viet-Cajun seasoning in a large bowl until well blended. Add buckwheat, pepitas and cashews, stirring to coat evenly. Line 2 x large shallow baking trays with baking paper. Spread granola mixture evenly between trays.
2. Bake 15 minutes. Cool completely on tray. Break apart and store in an airtight container up to one week.

Test Kitchen notes for students:

- Serve as a gremolata style topping for noodle dishes
- As a salad topper
- As a poke bowl topper
- Process to fine crumb and coat items or add to coatings
- Add to pastries and doughs



Mala-Inspired Pickliz

Haitian Pickliz (pronounced "pick-leez") is a combination of pickled cabbage, carrots, capsicum, and Scotch bonnet peppers, our version here is seasoned with garlic and three types of peppercorns – Timut, black, and pink. Enjoy this crunchy condiment on its own or with meats or fried foods to balance out their characteristic richness.

Prep Time: 20 minutes

Makes: Approx. 6 cups

INGREDIENTS

- 2 cups shredded green cabbage, (½ medium head)
- 1 cup shredded carrot, (about 2 medium carrots)
- 1 cup very thinly sliced onion, (1 medium onion)
- 1 cup sliced spring onion, cut diagonally (about 10 onions)
- 1 cup very thinly sliced capsicum, use a mix of red, orange and yellow capsicums
- ¼ cup very thinly sliced habanero pepper, (about 4 small peppers)
- 12 x McCormick® Whole Cloves
- 2 tsp Timut Pepper (from Nepal), whole
- 1 tsp McCormick® Whole Black Pepper
- 1 tsp pink peppercorns
- 2 tsp salt
- 1 tbsp dark brown sugar
- 1 cup (250 mL) white vinegar
- ¼ cup (60 mL) fresh lime juice
- ¼ cup (60 mL) fresh orange juice

METHOD

1. Place cabbage, carrot, onions, capsicum and habanero in large bowl. Add cloves, peppercorns, salt and sugar, tossing to mix well. Add vinegar and citrus juices; mix well.
2. Transfer vegetable mixture to 2 clean 1 litre glass jars or



3. Refrigerate overnight or up to 3 days, shaking occasionally, until ready to serve. Store in airtight container in refrigerator up to 3 weeks.