



# MINI MASTERCLASS WITH LOUISE



## RECIPES

### Hot or Cold Spicy Gazpacho using Give It A Kick (Spice Way) serves 4-6

900g ripe cherry tomatoes	1 peeled cucumber	1 garlic cloved chopped
2 spring onions chopped	4 tbsp olive oil	1 red chilli deseeded and chopped
1 tbsp red wine vinegar	1 tbsp golden caster sugar	3 tbsp <b>Give It A Kick Spice Blend</b>

Process all the ingredients until smooth. Heat gently in a saucepan until warm, then season to taste with salt and black pepper as required. Enjoy.

### Frittata using Blend for Omelette & Quiche (Spice Way) serves 4

2 tbsp. olive oil	2 chopped garlic cloves	4 chopped spring onions
2 tbsp. <b>Omelette &amp; Quiche</b>	100g chopped spinach leaves	50g chopped watercress
Thyme leaves	chopped mint leaves	5-6 eggs
1 tbsp. milk	salt & black pepper	

Heat 1 tbsp. olive oil, add garlic and spring onions and cook gently for 3-4 minutes. Mix in the **Omelette & Quiche Fast Gourmet Blend (Spice Way)**, then add the spinach and watercress and cook for 2 minutes. Mix the remaining herbs and cool slightly. Break eggs into bowl with milk, beat and season well. Add herb and vegetable mixture to eggs and mix lightly.

Heat the frying pan adding 1 tbsp. olive oil and pour in egg mixture. Cook gently till the egg is set and cooked through. Serve.

## Soba Noodles with Aubergine, Mango and Ras El Hanut (Spice Way) Serves 6

120ml rice vinegar	40g caster sugar	½ tsp salt
2 garlic cloves	½ chopped red chilli	1 tsp toasted sesame oil
Zest & juice lime	220ml sunflower oil	2 aubergines in 2cm dice
250 soba noodles	40g chopped basil	3tbsp <b>Ras El Hanut Spice Blend</b>
Mango in 1cm dice	40g chopped coriander	½ sliced red onion

Make the dressing. In a saucepan warm the vinegar, sugar and salt for 1 minute till sugar dissolves. Remove and add garlic, chilli, sesame oil and 3tbsp **Ras El Hanut Spice Blend (Spice Way)**. Allow to cool, then add lime zest and juice.

Heat sunflower oil and shallow fry aubergine, when golden remove, sprinkle with salt and drain.

Cook the noodles in boiling salted water for about 5-8 minutes till just tender. Drain and rinse well shake off excess water and dry on a tea towel.

In a mixing bowl toss the noodles with the dressing, mango, aubergine, herbs and onion. Serve.

## Fattoush Salad using Blend for Olive Oil and Zippy Zataar Spice Blend and Sumac Serves 4-6

1 bag rocket leaves	1-2 lemons	15 halved cherry tomatoes
1 cucumber	250g crumbled Feta cheese	½ red onion sliced and chopped
2 pita breads	2 tbsp <b>Sumac (Spice Way)</b>	½ tsp salt
½ tsp <b>Zippy Za'atar (Spice Way)</b>	5 tbsp <b>Blend Olive Oil (Spice Way)</b>	

Cut pita into medium size cubes. In a bowl, mix the cubed pita with approx. 2 tbsp olive oil, **za'atar**, **blend for olive oil spice blend** and **sumac** so they are coated with the **blend for olive oil spice blend**. Place, spread out on a tray into oven 180c for approx. 10-20 minutes. Toss onto salad when read to serve. Save a pinch of **sumac and za'atar** for tossing directly onto the salad.

Salad:

Place rocket in large bowl. Cut tomatoes in half and add to leaves. Peel cucumber and chop and cut onion and chop and throw into salad. Squeeze 1 lemon with 4 tbsp olive oil and add salt – pour into salad. Add feta cheese and pita croutons and toss all together.

## Dips

Use our Spice Blends to make dips such as:

Prime Philadelphia



sour cream, quark or cottage cheese

Sicilian Onion Blend



can be mixed with:

cream cheese or houmous

## Granola with Yogurt and Fr'cinni

Simply add softened **Fr'cinni** (of your choice) to a couple of tablespoons of natural yogurt, add 1-2 tablespoons **Granoush – Picasso or Chagall from Spice Way** for a delicious breakfast or snack during the day!!

## Carrot Cake with Gorgeous Ginger (or your Fr'cinni of choice)

175g light muscovado sugar  
3 medium grated carrots  
1 tsp bicarbonate soda  
½ tsp grated nutmeg

175ml sunflower oil  
grated zest 1 orange  
1 tsp cinnamon

3 large beaten eggs  
175g self-raising flour  
100g **Fr'cinni Gorgeous Ginger (Spice Way)**

Heat oven to 180c, oil and line base and sides of 18cm square tin with parchment. Tip 175g sugar, 175ml sunflower oil and 3 large beaten eggs into large mixing bowl. Lightly mix, stir in 3 grated carrots, 100g **Fr'cinni Gorgeous Ginger** and grated zest of orange. Sift 175g self-raising flour, 1 tsp bicarb, 1 tsp ground cinnamon and ½ tsp grated nutmeg into the bowl. Mix everything together, to a soft and runny mix. Pour into the prepared tin and bake for 40-45 minutes or until it feels firm and springy when you press the centre. Cool in the tin for 5 mins, then remove from oven and cool. You can serve as is or add a drizzle made with icing sugar and orange juice.