



Hake, Spiced Chickpeas, Masala Butter

Spiced Chick peas

Serves 4 people

Ingredients:

1 jar Medium Curry Sauce Green Saffron's

1 tin chick peas

A couple tsp of *GREEN SAFFRON Garam Masala* (optional)

Method:

1. Pour the ghee sauce into a heavy bottomed saucepan or casserole dish and heat on a medium flame (temperature)
2. Open the tin, drain the chick peas in a sieve. Discard the salty water – you're not going to need it. Pour the chick peas into the pan, turn up the heat and gently stir.
3. Heat the mixture until it just starts to bubble, then turn the heat down and simmer for a few minutes to reduce the sauce to your required consistency, 8 or 10 minutes will do.
4. Then, turn the heat off, sprinkle with *GREEN SAFFRON Garam Masala* and set aside, keeping it warm.

Masala butter

Ingredients:

200g butter, at room temperature

1½ tsp Green Saffron 'Garam Masala' spice mix

½ tsp lemon zest, finely grated

1tblsp flat leaf parsley, finely chopped

Method:

1. Take a small bowl, mix all the ingredients together and pop in the fridge for later.

NB If you like, you could at this point take a square of cling-film, lay it out on your counter-top, place the butter mix at one, then carefully roll it up into a 'sausage-shape'. Twist each end like a 'Quality Street' sweet and pop into the fridge for later. When you need it, simply slice a disc shape off the end, thickness of a Euro or Pound coin, remove the cling film and off you go!

Continues...

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For handy hints and compliments contact us on:

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: eatwell@greensaffron.com, W: www.greensaffron.com.

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland



Sea Bream, Hake, Whiting or Salmon (pan-fried)

Serves 4 people

Ingredients:

4 fillets of your chosen fish
a little (cold-pressed) Rapeseed oil
a little sea salt to season
2 'rondelles' or knobs of 'Masala Butter' (*see above*)

Method:

1. Grab a large thick-bottomed frying pan or skillet, place on a medium heat, add a glug of oil and allow to heat up for a minute or two. Ideally the pan should be hot, but not quite at smoking point.
2. Sprinkle a pinch of salt onto the fillets of fish, then using a fish slice or pallet knife, carefully place the fillets into the pan, skin side down
3. Allow to cook until the white flesh starts to just turn opaque and milky, approx. 3 to 4 minutes, depending on the thickness of the fillet
4. Take the pan off the heat, turn the fillets over so the skin side is facing up and add the Masala Butter
5. Gently swirl the pan around once or twice making the butter slide around, then set the pan down.

TIP: have a small jug of water to hand and add the smallest bit to the pan if the butter looks like it's a little too hot.

To Serve:

1. Take a generous couple of tablespoons of the Chick peas, place in the centre of each dinner plate, pop a fillet of fish on top, then, using a tablespoon, spoon some of the buttery juices from the pan around the fish onto the plate and serve immediately. Ta dah! Enjoy...

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