

**SPICE  
ADVENTURE★**  
OUT OF THIS WORLD FLAVOUR

**JUNE 2020**

**COSMIC CUMIN**



**RECIPE BOOKLET**

# CUMIN

CUMIN IS THE WORLD'S SECOND MOST USED SPICE AFTER BLACK PEPPER. IT'S AN IMPORTANT, IF NOT ESSENTIAL CHARACTERISTIC OF THE FOODS OF THE MIDDLE EAST, INDIA, NORTH AFRICA, CENTRAL AND SOUTH AMERICA, SPAIN, ITALY, GERMANY, THAILAND AND MORE.

LIKE CORIANDER, CUMIN SEEDS ARE THE FRUITS THAT HANG AROUND AFTER THE FLOWERING PLANT BEGINS TO LOSE ITS BLOOM. THEY'RE A FLATTER, LONGER SEED THAN CORIANDER AND CONFUSINGLY QUITE SIMILAR TO CARAWAY.

THE FLAVOUR OF CUMIN IS DISTINCTIVE, UNMISTAKABLE, UNIQUE AND ULTIMATELY QUITE HARD TO DESCRIBE WITHOUT SAYING "TASTES LIKE CUMIN". THERE IS A LEMON ZEST, SPICE, WARM BUT DRY EARTHY FLAVOUR.

ORIGINALLY FROM EGYPT, CUMIN IS NOW GOWN FAR AND WIDE IN IRAN, TURKEY, INDIA, CHINA, JAPAN, CHILE AND SOMALIA.

CUMIN, IS A DEFINITE SPICE, IT HOGS THE LIMELIGHT AND YOU KNOW IT IS THERE. IT IS ESSENTIAL IN INDIAN COOKING. BUT SOME OF ITS STANDOUT USES ARE ELSEWHERE. LOOK FOR IT SPRINKLED OVER MEXICAN-STYLE GRILLED CORN. ROASTED ROOTS LIKE CARROT AND BEETROOT LOVE IT, AND IT GOES SUPERBLY WITH MEATS SUCH AS LAMB AND PORK.

WE'VE PUT TOGETHER THIS BOOKLET OF CUMIN RECIPES FOR YOU AND YOUR TEAM TO SHARE WITH YOUR CUSTOMERS. THERE IS SOMETHING FOR EVERYONE AND WE LOOK FORWARD TO SEEING HOW YOU GET ON.

## HUNGRY FOR MORE?

Visit us at [www.accentcatering.co.uk](http://www.accentcatering.co.uk)  
01784 224690 / [info@accentcatering.co.uk](mailto:info@accentcatering.co.uk)



# SPICE ADVENTURE

OUT OF THIS WORLD FLAVOUR

**SERVES**  Ten

## SPICY TOFU VEGAN FAJITAS

## ALLERGENS

Wheat, Soya, Gluten

## INGREDIENTS

- 10 Flour Tortillas
- 750g Tofu, drained
- 150g Polenta
- 150ml Pomace Olive Oil
- 3 Peppers, deseeded and thinly sliced
- 2 Red Onions, cut into thin wedges
- 35g Smoked Paprika
- 20g Cumin, ground
- 20g Coriander, ground
- 250g Curly Kale, thickly shredded and any tough stalks removed
- 200g Tomatoes, roughly chopped
- Lo-salt, pinch
- Ground Black Pepper, pinch

To serve

- 150ml soya cream
- Fresh Coriander, finely chopped
- 2 Limes, wedged

## METHOD

1. Preheat the oven to 180°C. Wrap the tortillas in kitchen foil and place in the oven to warm.
2. Cut the tofu into triangles, each around 5mm thick. Sprinkle the polenta over a plate and roll the tofu in the polenta, a piece at a time, then place on a clean plate.
3. Heat the oil in a frying pan over a medium heat. Add the tofu pieces and fry for 3–4 minutes, turning once or twice, until golden brown and crisp. Drain on a plate lined with kitchen paper.
4. Add the peppers and onion to the pan and stir-fry for 3 minutes. Stir in the spices and cook for a few seconds more, then add the kale and tomatoes. Season with a little salt and lots of black pepper. Cook for 2 minutes, or until the tomatoes are soft. Add in the tofu and gently heat through.
5. Pile into warmed tortillas and serve with the cream, coriander and lime wedges.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## CUMIN ROASTED VEGETABLES

## SERVES



Ten

## ALLERGENS



Mustard, Gluten

## INGREDIENTS

- 1.2kg Maris Piper Potatoes
- 2tsp. Black Mustard Seeds
- 2tsp. Cumin, ground
- 60ml Vegetable Oil
- 2tsp. Garam Masala
- 1tsp. Turmeric
- 400g Red Onions, halved and cut into thin wedges
- 1 Yellow Pepper, deseeded and diced
- 1 Red Pepper, deseeded and diced
- 1 Green Pepper, deseeded and diced
- 300g Courgettes, diced
- Ground Black Pepper, pinch
- Lo-salt, pinch

## METHOD

1. Preheat the oven to 190°C.
2. Half-fill a medium saucepan with water and bring to the boil. Peel the potatoes, cut them into quarters and lower them carefully into the water. Bring the water back to the boil and cook for approx. five minutes – just enough to parboil.
3. Place a large frying pan over a medium heat and add the mustard seeds. Toast for about 30 seconds, then stir in the oil, garam masala, cumin and turmeric. Sizzle for a few seconds and add the onion.
4. Fry the onion in the spices for approx. 2 minutes, stirring frequently.
5. Drain the potatoes in a large colander and toss several times to roughen up the surface of each potato.
6. Tip the potatoes into the pan with the onion and spices, season with a few twists of ground black pepper and salt, toss together until the potatoes are lightly coated.
7. Tip everything onto a large baking tray and roast for 30 minutes.
8. Take the tray out of the oven and add the peppers and courgettes.
9. Toss lightly together and return to the oven for approx. 25 minutes until the potatoes are crisp and golden-brown and the vegetables have softened.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## ROAST CAULIFLOWER, CUMIN AND COCONUT MILK SOUP

### SERVES

Ten

### ALLERGENS

Gluten

### INGREDIENTS

- 1 large Cauliflower, broken into florets
- 4 Garlic Cloves
- 3tsp. Cumin, ground
- ½tsp. Chilli Flakes
- 2tbsp. Pomace Olive Oil
- 1ltr Tap Water
- 10g Vegetable Stock
- 800g Coconut Milk
- Lo-salt, pinch
- Ground Black Pepper, pinch

### METHOD

1. Preheat the oven to 190°C.
2. Mix the cauliflower and garlic together on a large baking tray, sprinkle with the cumin and chilli flakes, and drizzle with the oil.
3. Roast for approx. 25 minutes, until golden.
4. Pour the stock and coconut milk into a large saucepan and bring to a simmer. Squeeze the roast garlic out of its skin and add it and the cauliflower to the liquid. Simmer for 10 minutes.
5. Remove the soup from the heat and blitz using a stick blender until smooth.
6. Season to taste with salt and pepper.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## INDIAN-STYLE SAUTÉED POTATOES

### SERVES



Ten

### ALLERGENS



Mustard, Gluten

### INGREDIENTS

- 3tbsp. Vegetable Oil
- 750g New Potatoes, cut in half
- 500g Onions, chopped
- 12 Garlic Cloves, crushed
- 40g Curry Powder
- 40g Cumin, ground
- 40g Turmeric, ground
- Fresh Coriander, to garnish
- Lo-salt, pinch
- Ground Black Pepper, pinch
- Fresh Coriander, small handful, chopped
- Mint, small handful, chopped

### METHOD

1. Preheat the oven to 190°C.
2. Heat the oil in frying pan. Add the new potatoes, onion and garlic and fry for two minutes.
3. Add the curry powder, cumin and turmeric and fry over a high heat, for a further minute.
4. Tip everything into a baking pan and bake in the oven for approx. 30 minutes, until the potatoes are cooked and crisp.
5. Season and serve on a plate or dish garnished with fresh coriander and mint.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## PEA HUMMUS

## SERVES



Ten

## ALLERGENS



Sesame, Gluten

## INGREDIENTS

- 600g Peas
- 60g Tahini
- 3tbsp. Lime Juice
- ½tsp. Cumin, ground
- Coriander, small handful, chopped
- 2 Spring Onions, finely chopped
- Lo-salt, pinch
- Ground Black Pepper, pinch

## METHOD

1. Roughly crush half the peas and blend the rest of the peas into a smooth purée using a hand-held blender.
2. Mix the crushed and pureed peas together in a bowl, then stir in the tahini, lime juice, cumin and salt, to taste. Stir in the coriander and spring onions.
3. That's it!



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## ASIAN SPICE CRACKERS

### SERVES



Ten

### ALLERGENS

Wheat, Soya, Sesame, Milk,  
Gluten

### INGREDIENTS

- 1tbsp. Cumin, ground
- 1tbsp. Coriander, ground
- 1tbsp. Fennel Seeds
- 1tsp. Black Pepper, ground
- ½tsp. Vegetable Bouillon
- 2tsp. Salt
- 2tsp. Sugar
- 90g Butter
- 1tsp. Sesame Oil
- 90ml Tap Water
- 1 Garlic Clove
- 300g Plain Flour, plus extra for dusting

### METHOD

1. Preheat oven to 210°C. Line a baking tray with non-stick parchment.
2. Blend the spices with the bouillon, salt and sugar.
3. Melt the butter together with the water and the sesame oil. Pour the mixture into a bowl and stir in the spices and garlic. Finally add the flour and mix well to combine.
4. Roll the dough out on a lightly floured surface to a ½cm thickness, prick evenly all over with a fork, and cut out in 5cm circles. Transfer the crackers to the lined baking tray.
5. Bake for 9-12 minutes until golden-brown and crisp.





# SPICE ADVENTURE

OUT OF THIS WORLD FLAVOUR

## SPICED CAULIFLOWER CHEESE

### SERVES



Ten

### ALLERGENS



Milk, Gluten

### INGREDIENTS

- 2 Cauliflower Heads, separated into florets
- 100ml Pomace Olive Oil
- Lo-salt, pinch
- Ground Black Pepper, pinch
- 2tsp. Cumin, ground
- 4tsp. Paprika, ground
- 2tsp. Fennel Seeds, crushed
- 2 Red Chilli, de-seeded, chopped
- 4tsp. Honey
- 2 Lemons, zest and 4 tsp Juice
- 200g Mozzarella Cheese, grated
- 100g Cheddar Cheese, grated
- Flat-leaf Parsley, small handful, chopped

### METHOD

1. Preheat the oven to 190°C.
2. Place the florets in salted, boiling water and cook for approx. 5 minutes. Drain and place the florets into a large mixing bowl.
3. Add the olive oil, salt, pepper, cumin, paprika and fennel seeds. Coat the blanched florets thoroughly.
4. Add the red chilli, honey and lemon juice.
5. Coat the cauliflower with the mixture again, being gentle to ensure the florets remain intact.
6. Place the cauliflower into a large ovenproof dish. Roast for 15 minutes or so until golden-brown.
7. Remove from the oven and sprinkle over the lemon zest and then the cheese. Return to the oven and roast until the cheese is bubbling and has a little colour.
8. Serve, sprinkled with chopped flat leaf parsley.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## CREAMY CORIANDER AND CUMIN CHUTNEY

### SERVES



Ten

### ALLERGENS



Milk, Gluten

### INGREDIENTS

- 400ml Natural Yoghurt
- Coriander, small handful, chopped
- 2 Green Chillies, de-seeded and chopped
- 2 Limes, zest and juice
- 1½tsp. Cumin, ground
- Lo-salt, pinch

### METHOD

1. Place all the ingredients in a small food processor or liquidizer and blitz until smooth.
2. Serve chilled as a dip for Asian spiced curries, or as an accompaniment to curries.



# SPICE ADVENTURE

## OUT OF THIS WORLD FLAVOUR

## ALLERGENS



Wheat, Sesame,  
Mustard, Milk,  
Eggs, Gluten

## CHICKEN AND HALLOUMI FILO ROLLS

## INGREDIENTS

### For the Spring Rolls

- 30ml Pomace Olive Oil
- 4 Chicken Thighs
- 1tsp. Cumin, ground
- Mint, small handful, chopped
- 1 Bay Leaf
- 200g Onions, sliced
- 220ml Tap Water
- 3g Chicken Bouillon
- Flat-leaf Parsley, small handful, chopped
- 300g Halloumi Cheese, crumbed
- 4 Green Chillies, sliced finely
- 700g Filo Pastry, sheets
- 150g Stork, for brushing
- 4tbsp Sesame Seeds

### For the Carrot & Raisin Yoghurt Salad

- 4tbsp Pomace Olive Oil
- 600g Carrots, peeled, grated medium coarse
- 600g Natural Yoghurt
- 1tbsp. Light Mayonnaise
- 5tbsp. Raisins
- 4 Garlic Cloves, crushed
- 1tsp. Cumin, ground
- Lo-salt, pinch
- Ground Black Pepper, pinch
- Chives, few strands, finely chopped

## METHOD

1. For the spring rolls, preheat the oven to 180°C and line a baking sheet with greaseproof.
2. Heat an ovenproof frying pan until hot, add the olive oil and chicken and lightly brown the chicken.
3. Add the cumin, mint, bay leaf and onions and fry for 2 minutes.
4. Add the stock, bring to a simmer, then cover with a lid and place in the oven to cook for approx. 30 minutes, until the chicken is cooked through.
5. Remove the chicken and place to one side, until it is cool enough to handle. Set aside the stock, then pull the meat off the chicken and shred it into a bowl.
6. Add the onions and stock from the chicken, along with the parsley, the crumbed halloumi and green chillies to the chicken, and give it a good stir.
7. Place a filo sheet on a clean work surface.
8. Spoon some chicken filling onto one end of the filo sheet, pull the bottom over and roll up. Close in the sides, brush with melted butter and seal. Sprinkle with the sesame seeds. Repeat to use up all the filling and filo.
9. Arrange the rolls onto a tray and bake for approx. 10 minutes, until golden and the filling has reached a core temperature of 75°C.
10. For the carrot and raisin yoghurt salad, heat a frying pan until hot, add the olive oil and carrot and fry for two minutes over a medium heat. The carrot should be wilted, but not brown. Remove and place into a bowl to cool.
11. Once the carrot has cooled, add the yoghurt, mayonnaise, raisins, garlic and cumin.
12. Stir well to combine and season to taste with salt and freshly ground black pepper.
13. Sprinkle with the chives and serve.
14. To serve, pile the spring rolls onto a plate and spoon the salad alongside.

## SERVES



Ten



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

**SERVES**  Ten

## CARROT AND CORIANDER FALAFEL

## ALLERGENS

Wheat, Sesame, Milk, Gluten

## INGREDIENTS

### For the Falafels

- 1tsp. Cumin Seeds
- 1tsp. Coriander, ground
- 800g canned Chickpeas, drained
- Lo-salt, pinch
- Ground Black Pepper, pinch
- 1½tsp. Baking Powder
- 1tbsp. Plain Flour
- 100g Carrot, finely grated and moisture squeezed out
- 1 Red Chilli, finely chopped
- Coriander, small handful, chopped
- 1 Garlic Clove, crushed
- Flat-leaf Parsley, small handful, chopped
- 1 Lemon, zested
- 50ml Vegetable Oil, for frying
- 1tsp. Sesame Seeds, to garnish

### For the Yoghurt Dip

- 100g Greek Yoghurt
- Coriander, small handful, chopped
- Mint, small handful, chopped
- 1 Lime, juice only
- 1tbsp Tahini

## METHOD

1. For the falafels, toast the cumin and coriander seeds in a dry frying pan for approx. 2 minutes, until fragrant. Grind the seeds in a pestle and mortar.
2. Blend the toasted spices together with the remaining falafel ingredients in food processor until well combined.
3. Shape spoonfuls of the falafel mixture into balls and set aside on a plate.
4. Meanwhile, heat 1cm vegetable oil in a frying pan and fry the falafels for 1-2 minutes on each side. Remove the falafel from the pan with a slotted spoon and set aside to drain on kitchen paper. Sprinkle with the sesame seeds.
5. For the yoghurt dip, blend the Greek yoghurt, coriander, mint, lime and tahini in a food processor until smooth.
6. Serve the falafels with the yoghurt dressing.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## CUMIN AND ONION BREAD

## SERVES

Makes one loaf

## ALLERGENS

Wheat, Gluten

## INGREDIENTS

- 1tsp. Cumin, ground
- 1tsp. Sugar
- 250g Onions, sliced
- 2tbsp. Vegetable Oil
- 250g Strong White Bread Flour
- 25ml Pomace Olive Oil
- 10g Lo-salt
- 10g Yeast, dried
- 125ml Tap Water, tepid

## METHOD

1. In a pan over a medium heat. Sweat the onion with the oil, until soft then add the ground cumin, sugar and salt.
2. Sweat for a further minute and take off the heat and set aside to cool.
3. Preheat the oven to 180°C.
4. Place the flour, oil and salt in a mixing bowl. Place the yeast in a small bowl and add half the water, stir to combine. Add to the flour mixture along with the remaining water. Mix with a dough hook on medium speed for 6 minutes. Place the dough into a lightly greased bowl and cover with cling film.
5. Prove in a warm place until double in size, approx. 45 minutes.
6. Turn the dough out onto a lightly floured surface and firmly knock back, by using your fist to flatten the dough.
7. Scatter with the reserved onion mixture and the roll up.
8. Now gently shape to the size of the loaf tin and place inside to prove in a warm place for approx. 1 hour, this time covering the tin with greased cling film.
9. Place in an oven and bake for approx. 40 minutes.
10. When ready, remove the onion bread from the oven and allow to cool on a wire rack.
11. To serve, slice or tear into chunks.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## LEBANESE CUMIN AND TOMATO SALAD

### SERVES



Ten

### ALLERGENS



Gluten

### INGREDIENTS

- 2tsp. Cumin, ground
- 1tsp. Coriander, ground
- 100ml Pomace Olive Oil
- 500g Onions, finely chopped
- 6 Garlic Cloves, crushed
- 5cm piece Ginger, grated
- 1kg Tomatoes, mixed, halved
- Coriander, small handful, chopped
- Lo-salt, pinch
- Ground Black Pepper, pinch

### METHOD

1. Heat the olive oil in the same pan and gently cook the onion, garlic and ginger on a low heat for approx. 3 minutes, stirring every so often.
2. Stir in the spices, add the tomatoes and cook on a medium heat for a couple minutes then remove from the heat, transfer to a bowl.
3. Set aside to cool completely and serve at room temperature.
4. Season and sprinkle with chopped coriander to serve.



# SPICE ADVENTURE

OUT OF THIS WORLD FLAVOUR

## CUMIN, CHICKEN AND AVOCADO SALAD

### SERVES



Ten

### ALLERGENS



Sulphur Dioxide, Soya, Mustard, Milk, Egg, Celery, Gluten

### INGREDIENTS

- 60ml Pomace Olive Oil
- 2tsp. Cumin, ground
- 2tsp. Chilli Powder
- 4 Chicken Thighs, skinless and boneless
- 800g Cherry Tomatoes, halved
- 300g Red Onions, finely chopped
- 6 Baby Gem Lettuce, separated into leaves
- Coriander, small handful, chopped
- 2 Avocados, peeled and thickly sliced
- 10tspns Caesar Dressing
- 600g Red Kidney Beans, drained and rinsed
- Lo-salt, pinch
- Ground Black Pepper, pinch

### METHOD

1. Mix the oil and spices in a large bowl, then use the mixture to coat the chicken. Pan-fry the chicken in a large non-stick frying pan for approx. 10 minutes, turning regularly, until cooked and core temperature of 75°C is reached. Once cooked set aside to cool and allow to chill completely, then refrigerate.
2. Toss the onion, lettuce, coriander and avocados in the Caesar dressing and pile onto a large platter.
3. Sprinkle over the beans, tomatoes and shredded chicken and stir through.
4. Drizzle with a little more Caesar dressing and pickled coriander.



# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## GARLIC AND CUMIN BREAD ROLLS

### SERVES



Ten

### ALLERGENS

Wheat, Gluten

### INGREDIENTS

- 500g Strong Bread Flour
- 1½tsp. Lo-salt
- 7g Yeast, dried
- 280ml Water, lukewarm
- 2 Garlic Cloves, minced
- 1tsp. Cumin, ground
- ½tsp Cumin Seeds, toasted

### METHOD

1. Sift together the flour and salt and add the yeast, garlic and both of the cumins. Combine and make a well in the centre of the flour.
2. Gradually add the water and combine the mixture with a spoon until you're able to knead it.
3. Turn the dough out onto a floured surface and knead for a full 10 minutes.
4. Divide the dough into 10 equal sized pieces and roll into balls. Place these on a lined baking tray and keep in a warm place for 15 minutes to prove.
5. Preheat the oven to 200°C.
6. After fifteen minutes transfer the risen dough balls into the oven and bake for approx. 15 minutes until golden.





# SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

## COCONUT AND CUMIN BANANA BREAD

### SERVES



Ten

### ALLERGENS

Wheat, Milk, Egg, Gluten

### INGREDIENTS

- 80ml Vegetable Oil
- 120g Honey
- 2 Free Range Eggs
- 3 Ripe Bananas, mashed
- 60ml Semi-skimmed Milk
- 1tsp Bicarbonate of Soda
- 1tsp Vanilla Extract
- Lo-salt, pinch
- ½tsp. Cinnamon, ground
- ½tsp. Cumin, ground
- 210g Plain Flour
- 120g Coconut Flakes, shredded

### METHOD

1. Preheat oven to 180°C.
2. Whisk together in a bowl the oil, honey, eggs, bananas and milk.
3. Add the bicarbonate of soda, vanilla extract, cinnamon, cumin, salt and flour to the bowl, gently folding the ingredients together.
4. Tip half of the shredded coconut flakes into the bowl and gently fold into the mixture.
5. Pour the batter into a lined 2lb loaf tin.
6. Sprinkle the remaining shredded coconut flakes over the top of the loaf batter.
7. Bake in the middle of the oven for approx. 40 minutes, check to see if a knife comes out clean).
8. Leave the loaf in the pan for up to 15 minutes after taking it out of the oven before taking it out to cool.
9. Slice and enjoy!



**JUNE 2020**

# **COSMIC CUMIN**

**RECIPE BOOKLET**