

Christine Manfield Spice Collection



Christine Manfield Preserved Lemons

Preserved Lemons

- Add diced rind to chermoula or relishes
- Add to marinade mix
- Add to couscous, chickpea or rice salad
- Toss through pasta with herbs
- Flavour a salad dressing
- Serve with olives
- Serve with grilled or barbequed meats or fish
- Serve with roast chicken
- Add to potato salad

Chermoula baked fish and lemon fregola

Serves 4

- 1 tablespoon olive oil
- 250gr salmon or ocean trout fillet, skin removed
- 4 tablespoons olive oil
- 2 tbsp **CM Chermoula**
- 1 tbsp lemon juice
- 12 cherry tomatoes, halved and oven roasted
- 180gr fregola, cooked
- 2 tbsp pine nuts, lightly toasted
- 2 tablespoons parsley leaves, shredded
- 2 tablespoons coriander leaves, shredded
- 1 tablespoon **CM Preserved Lemon**, diced
- 1 tablespoon pitted Ligurian black olives, sliced

Mix half the the oil and Chermoula and rub into fish.

Cook the chicken in baking dish in 175C oven for 15 mins until tender.

Mix the remaining oil with lemon juice, add salt and pepper to taste.

Mix the fregola, pine nuts, olives, tomatoes, herbs and preserved lemon in bowl.

Flake the salmon into chunks and toss through the salad and serve.



Christine Manfield Chilli Jam

Chilli Jam

- Use with coconut milk, tamarind or tomato based sauces
- Use as a condiment or relish with fried or steamed pastries
- Serve with steamed vegetables
- Add to a spicy peanut sauce
- Serve with steamed or fried rice
- Serve with fried eggs or omelet

Salt + pepper tofu and chilli

coconut sauce

Serves 4

300ml coconut cream
2 tsp **CM Chilli Jam**
2 tsp palm sugar
1 tbsp fish sauce
2 tsp lime juice
300gr silken tofu, cut into 20 x 3cm cubes
2 litres vegetable oil
100gr baby spinach leaves, wilted in a little oil
2 tablespoons young coconut flesh, cut into thin strips

To make the sauce, heat the coconut cream, chilli jam, palm sugar and fish sauce and simmer for 5 minutes. Add lime juice, remove from heat and strain the sauce.

Dust the tofu cubes with rice flour, salt and black pepper.

Heat vegetable oil in wok or deep fryer to 180C and fry the tofu cubes for 2 minutes until golden and crisp. Drain on paper towel.

Spoon chilli coconut sauce onto plate, arrange wilted spinach in centre, top with a few strips of young coconut and arrange fried tofu cubes on top and serve hot.



Christine Manfield Red Curry Paste

Red Curry Paste

- Infuse into coconut milk or cream for a rich curry
- Use with tofu, boiled eggs, beef or chicken
- Use as an aromatic soup base
- Stir fry with noodles and vegetables
- Stir fry with prawns and tomatoes

Curry Beef Noodle Soup

Serves 4

200ml coconut milk
100ml Tamarind Liquid
2 tablespoons **CM Red Curry Paste**
1 tablespoon **CM Chilli Jam**
300gr beef topside, cut into thin strips
1 stalk lemongrass, cut into 5 cm lengths
2 kaffir lime leaves
1 litre Beef Stock
1 tablespoon fish sauce
1 tablespoon sugar
200gr bamboo shoots, sliced lengthwise
500gr fresh rice noodles
2 long red chillies, sliced
4 tablespoons Thai basil leaves

Bring coconut milk, tamarind liquid, red curry paste and chilli jam to boiling point in a saucepan. Simmer uncovered, stirring constantly, for 3 minutes.

Add beef, lemongrass and lime leaves. Reduce heat to a low and simmer gently for 20 minutes.

Add stock, fish sauce and sugar and return to simmering point.

Continue to simmer for another 30 minutes or until beef is very tender.

Taste and, if necessary, adjust seasoning.

Add bamboo shoots, noodles and chilli and cook for 3 minutes.

Ladle soup into bowls, top with basil and serve.



Christine Manfield Satay Spice Paste

Satay Spice Paste

- Use as a marinade for fish, seafood, poultry or pork
- Stir fry with chopped vegetables
- Stir fry with squid, prawns or cuttlefish
- Add to coconut milk to make a spicy sauce
- Toss through noodles
- Mix with flour to make a batter for vegetable fritters

Stir-fried turmeric squid

Serves 4

- 500gr cleaned squid tubes
- 1 tbsp **CM Satay Spice Paste**
- 3 cloves garlic, finely chopped
- 2 small red chillies, finely sliced
- 1 tbsp vegetable oil
- 1 tbsp tamarind water
- 2 tsp sweet soy sauce (kecap manis)
- 1 tsp sea salt
- 1 tbsp chopped coriander leaves
- 1 tbsp chopped mint leaves

Split squid tubes in half lengthwise and cut into strips 2.5 cm/1 in wide.

Carefully score inner flesh diagonally.

Mix satay spice paste with garlic and chilli, add squid and stir to coat squid thoroughly.

Heat oil in a wok or cast-iron pan and fry squid over high heat for 45 seconds, or until it just begins to curl.

Add tamarind liquid, salt and sweet soy sauce and toss over heat to combine, about 1 minute, then toss through the coriander and mint and take off heat.

Serve immediately.



Christine Manfield Green Curry Paste

Green Curry Paste

- Infuse into coconut milk to make a fragrant curry
- Use with fish, poultry, pork or beef
- Cook with tamarind and lemongrass stock to make soup
- Toss through noodles with tofu or vegetables

Spicy coconut prawns

Serves 4

250ml coconut cream
2 tablespoon **CM Green Curry Paste**
2 tablespoons fish sauce
50ml Fish Stock (or water)
24 raw king prawns, shelled
1/2 cup Thai basil leaves
80g small spinach leaves, washed
2 small green chillies, finely sliced
4 tbsp pea eggplant, oven roasted

Heat coconut cream to simmering point, stir in green curry paste and fish sauce. Cook sauce for 10 minutes, add stock and bring to the boil.

Simmer for 10 minutes. Taste and, if necessary, adjust seasoning.

Add prawns to sauce and simmer on low heat for 3–4 minutes until tender, just long enough so the prawns change colour.

Stir in basil, green chilli, pea eggplants and spinach leaves till wilted.

Serve with steamed jasmine rice.



Christine Manfield Harissa

Harissa

- Serve as a relish with grilled, barbequed or roasted meats and fish
- Toss through vegetables or salad
- Serve with couscous, fregola, pearl barley, quinoa or rice
- Add to soups or pasta
- Stir into stock with braised meat
- Serve as a condiment with bread and olive oil

Chickpea, Vegetable and Harissa Soup

Serves 4

- 1500ml vegetable stock
- 4 ripe tomatoes, halved and roasted in oven till soft
- 6 garlic cloves, roasted with tomatoes
- 400gr cooked chickpeas
- 2 teaspoons ground cumin
- 1 teaspoon freshly ground black pepper
- 2 tablespoons **CM Harissa**
- 1 x 250gr eggplant, peeled, cut into 3cm cubes and deep fried
- 100gr green beans, cut into 2cm sticks
- 2 teaspoons sea salt
- 2 tablespoons chopped parsley
- 2 tablespoons chopped mint
- 1 tablespoon finely diced red onion

Bring the stock to simmering point in large saucepan with the roasted tomatoes, garlic, chickpeas, cumin, pepper, Harissa and eggplant.

Simmer gently for 5 minutes, add beans and simmer for another 5 minutes.

Season with salt, add the chopped herbs and ladle into bowls, garnish with red onion.



Christine Manfield Chermoula

Chermoula

- Baked with fish or poultry
- Grill with octopus or squid
- Toast through couscous
- Marinate with chicken or lamb and roast
- Add to salad dressing for vegetables
- Add to cooked lentils or chickpeas
- Serve with fried eggplant and tomato salad

Chermoula baked fish and lemon fregola

Serves 4

- 1 tablespoon olive oil
- 250gr salmon or ocean trout fillet, skin removed
- 4 tablespoons olive oil
- 2 tbsp **CM Chermoula**
- 1 tbsp lemon juice
- 12 cherry tomatoes, halved and oven roasted
- 180gr fregola, cooked
- 2 tbsp pine nuts, lightly toasted
- 2 tablespoons parsley leaves, shredded
- 2 tablespoons coriander leaves, shredded
- 1 tablespoon **CM Preserved Lemon**, diced
- 1 tablespoon pitted Ligurian black olives, sliced

Mix half the the oil and Chermoula and rub into fish.

Cook the chicken in baking dish in 175C oven for 15 mins until tender.

Mix the remaining oil with lemon juice, add salt and pepper to taste.

Mix the fregola, pine nuts, olives, tomatoes, herbs and preserved lemon in bowl.

Flake the salmon into chunks and toss through the salad and serve.



Christine Manfield

Chilli Lemongrass Stir-fry Paste

Chilli Lemongrass Stir-fry Paste

- Fry in wok and toss through noodles
- Stir fry with chopped vegetables
- Use as a marinade for fish or poultry
- Infuse into coconut milk or tamarind water to make a sauce
- Spread over beef or lamb and barbeque or grill
- Mix with chopped prawns, crab or fish, wrap in spring roll pastry and fry

Stir Fried Chicken Noodles

Serves 4

1 tablespoon **CM Chilli Lemongrass**

Stir Fry Paste

- 1 teaspoon fish sauce
- 2 tablespoons water
- 1 tablespoon sweet soy sauce/kecap manis
- 1 packet fresh rice noodle sheets, cut into thick ribbons
- 50gr baby spinach leaves
- 200gr cooked chicken, shredded
- 2 tablespoons Thai basil leaves
- 2 tablespoons coriander leaves

Heat a wok and dry-fry paste for 1 minute, or until fragrant.

Add fish sauce, water and soy sauce and toss to combine.

Add rice noodles and toss over high heat to coat noodles with paste.

Cook for 1 minute, or until noodles begin to soften. Add spinach, chicken and basil and continue to toss over high heat for 1 minute, or until chicken is heated through.

Remove from heat and add coriander leaves. Taste and, if necessary, adjust seasoning.



Christine Manfield Chilli Tomato Sambal

Chilli Tomato Sambal

- Serve as a condiment with rice or noodles
- Serve with grilled poultry, fish or meat
- Toss through stir-fried vegetables
- Serve with steamed or fried dim sum pastries
- Serve with fried eggs or omelet
- Smear over fish and bake in banana leaves
- Add to coconut milk soup
- Marinate whole tiny prawns and stir-fry in wok
- Serve with spicy pork spareribs

Pork and Green Bean Sambal

Serves 4

- 25ml vegetable oil
- 2 cloves garlic, finely chopped
- 2 small red birds-eye chillies, finely chopped
- 3 red shallots, finely sliced
- 250gr minced pork
- 1 tablespoon fish sauce
- 1 tbsp Chinese oyster sauce
- 2 teaspoons Chinese black vinegar
- 1 teaspoon sweet soy sauce
- 200gr green beans, trimmed
- 1 tablespoon **CM Chilli Tomato Sambal**
- 4 green onions, finely sliced

Heat oil in a wok, add garlic, chilli, shallots and minced pork.

Toss over heat and cook for 3 minutes.

Add fish sauce, oyster sauce, vinegar, sweet soy sauce and green beans.

Toss over heat and cook for 2 minutes, or until beans begin to soften.

Stir in the Chilli Tomato Sambal and cook for another minute to coat beans.

Remove from heat, add sliced green onion and serve.

