



TRAIDCRAFT
Fighting poverty through trade

Roadshow Recipes



Grilled Salmon with Cayenne crust

Preparation Time: 3 minutes

Cooking Time: 15 mins

Makes: 2 portions

Ingredients:

1 tbsp Black Mamba Basil & Cayenne pesto (TC)

1 slice wholemeal bread

2 fillets of salmon

Coconut oil for greasing the pan(TC)

Basil leaf and lemon for garnish

Method:

Blitz the bread in a blender until you reach a fine crumb.

Mix together the pesto with the breadcrumbs, make sure it is well mixed but not too moist.

Lay the crust over the top of the salmon.

Sizzle skin side down in a pan for 3 – 4 minutes.

Brown the crust under the grill.



Prawn, Carrot, Mango and Lime Quinoa Salad with Chilli Oil

Preparation Time: 5 minutes

Cooking Time: 2 mins

Makes: 2 portions

Ingredients:

250g Express Pearl & Red Quinoa Mothergrain (TC)

150g king prawns, cooked and peeled

3 carrots, peeled and finely grated

1 mango, peeled and chopped

Juice of 1 large lime

Large bunch of chopped coriander

Drizzle of chilli oil

Method:

Heat Quinoa in the microwave for two minutes (if eating hot)

Tip the packet of quinoa into a large bowl with the prawns, grated carrot, chopped mango and mix

Pour in the lime juice, drizzle with chilli oil and scatter the chopped coriander on top



Freekeh pilaf

Smoky Freekeh is durum wheat that is harvested while still green and roasted on an open fire. It's then rubbed to remove the husk and reveal an aromatic grain packed with protein and fibre.

Preparation Time: 5 mins

Cooking Time 2 mins

Makes 2-4 portions

Ingredients:

2 medium onions, thinly sliced

25g butter

1 tbsp olive oil, plus extra to finish **(TC)**

150g freekeh **(TC)**

1/4 tsp ground cinnamon

1/4 tsp ground allspice

270ml vegetable stock

100g Greek yoghurt

2 tsp lemon juice

1/2 garlic clove, crushed

10g parsley, finely chopped, plus extra to garnish

10g mint, finely chopped

10g coriander, finely chopped

2 tbsp pine nuts, toasted

salt and black pepper **(TC)**



Method:

Place the onions, butter and olive oil in a large heavy-bottom pan and sauté on medium heat, stirring occasionally, for 15–20 minutes. or until the onion is soft and brown.

soak the freekeh in cold water for 5 minutes. Drain in a sieve and rinse well under cold running water. Drain well.

Add the freekeh and spices to the onions, followed by the stock and some salt and pepper. Stir well. Bring to the boil, then cover, reduce the heat and leave to simmer for 15 minutes. Remove the pan from the heat but keep the lid on for 5 minutes. remove the lid and leave to pilaf to cool down for about 5 minutes.

While your waiting, mix the yoghurt with the lemon juice, garlic and some salt. Stir the herbs into the warm (not hot) pilaf. Taste and adjust the seasoning. Spoon onto serving dishes and top each portion with a dollop of yoghurt. Sprinkle with pine nuts and parsley and finish with a drizzle of olive oil

Quick chocolate fudge

Preparation Time 30 minutes

Chilling Time 2 hrs

Makes/Serves 16 squares

Ingredients:

450g grated chocolate (both milk and dark work well)

(TC)

57g butter,

415ml can of sweetened condensed milk

Method:

Fill a small pan with about an inch of water and bring it to a boil.

Reduce the heat so the water is barely simmering

Put the butter and chocolate into a medium metal bowl.

Pour the sweetened condensed milk on top.

Place the metal bowl on top of the pot to make a bain-marie.

While the ingredients are gently heating, Butter an 8" square baking dish.

And line with cling film or silicon paper.

In the bowl start mixing the melting chocolate together with the melting butter until all the ingredients are blended together.

Pour the fudge into the baking dish and level the top leave to cool then place the fudge into the refrigerator to set.

When the fudge has set, about two hours, cut into squares and enjoy.



chocolate & raspberry mug cake

This simple, sweet chocolate cake has a delicious melting middle of Chocolate raspberry jam

Preparation Time: 2 mins

Cooking Time 30 mins

Makes 1 portion

Ingredients:

30g butter

40g white chocolate

1 egg

2 tbsp caster sugar

5 tbsp plain flour

1 tblsp cocoa powder

½ tsp baking powder

For the filling and decoration:

1 tbsp raspberry jam

½ tsp icing sugar or cocoa powder



Method:

In a mug: melt the butter with the chocolate in the microwave for 30 to 40 seconds (800 watts).

Mix until smooth, then allow it to cool slightly.

One by one, whisk in the egg, sugar, flour, cocoa powder and baking powder. Cook in the microwave for 40 seconds (800 watts). Add the jam to the middle and cook for a further 50 seconds.

Allow to cool for one minute and lightly sprinkle with the icing sugar enjoy.

Dark chocolate spread

Preparation Time 10 minutes

Cooking Time 20 mins plus cooling

Makes 2 jars



Ingredients:

100g 75% dark chocolate (TC)

100ml double cream

100ml water

75g light muscovado sugar (TC)

A pinch of sea salt (TC)

25g butter

Method:

Break the chocolate into small, even sized pieces and put in a mixing bowl

Put 100ml water in a small pan, together with the cream, sugar and salt, bring to the boil and simmer for 2 minutes. Pour over the chocolate and mix well until all the chocolate is melted and smooth.

Leave to cool for 30 minutes, then mix in the oil until smooth and glossy.

Pour into sterilised labelled and dated jars, seal and use within 2 weeks or refrigerate until needed for up to 1 month