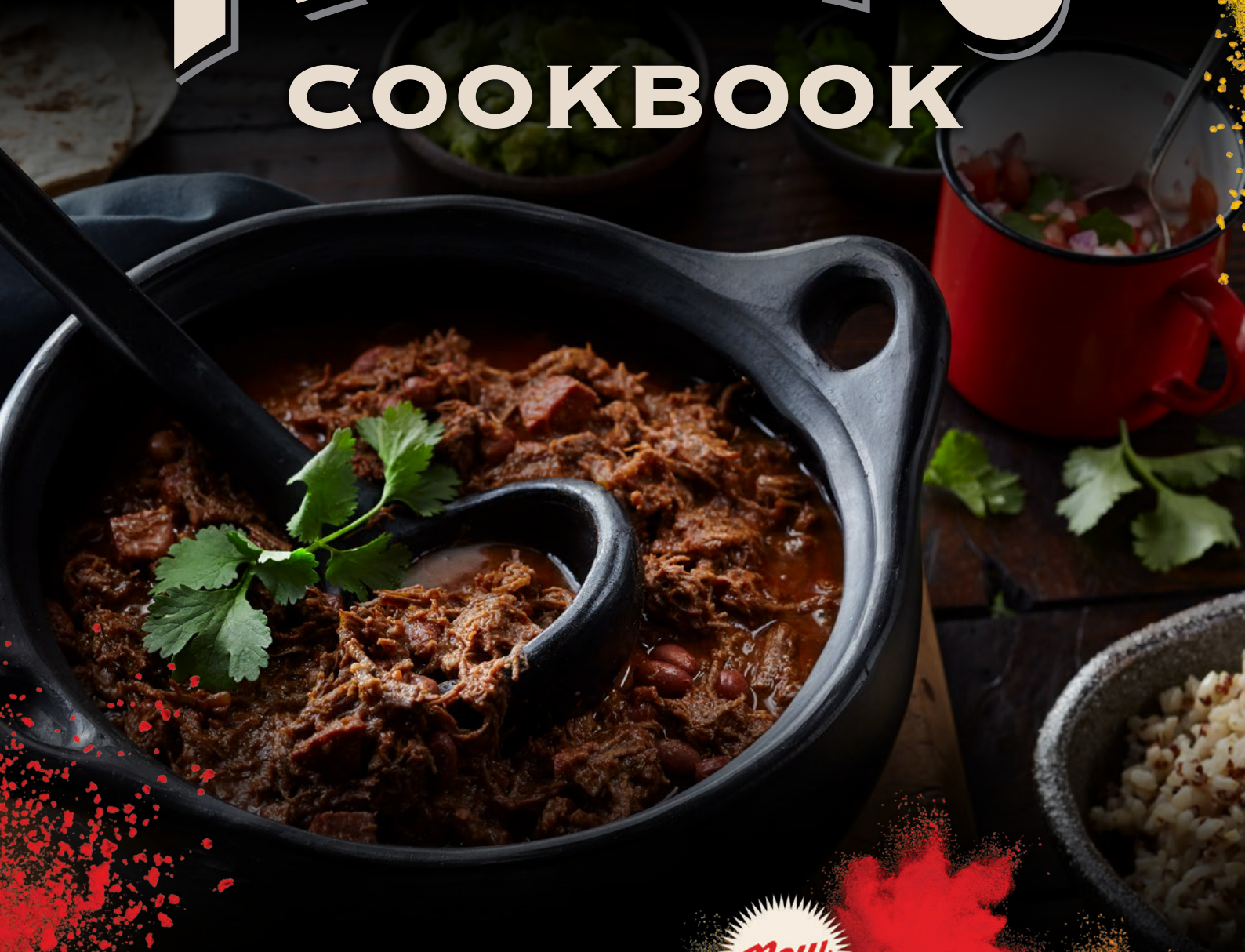


..... THE

KEEN'S

COOKBOOK



New



DISCOVER YOUR NEXT
MASTERPIECE WITH KEEN'S

INTRODUCTION

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We have collected twenty-one of our favourite new and classic recipes, celebrating the versatility and distinctly delicious flavour profiles of our Curry, Mustard and Chilli.

This collection of recipes will inspire you to build enriching flavours into every meal. **KEEN'S** will enhance any meal time and occasion, from a quick and easy breakfast to a decadent dessert.

Whether you like the classic chameleon spice of Curry, the tart tang of Mustard, or the fiery, flavourful kick of Chilli, **KEEN'S** has a unique blend of flavours to inspire any dish you desire.

Let us show you how any meal can become a masterpiece with **KEEN'S** Curry, Mustard and **NEW KEEN'S Chilli Blend**.

Available in the Herbs and Spices aisle.

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CHILLI



KEEN'S Chilli Blend is like no other. Using a combination of different chillies, KEEN'S have created yet another versatile spice blend with an unequalled depth of flavour. KEEN'S Chilli delivers a roundness of both heat and flavour that can be added to a variety of meal occasions.



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TOMATO CHILLI JAM



Prep time:
10 minutes



Cooking time:
1 hour (Stove top)



Serves:
1 cup (250 mL)



INGREDIENTS

- 600 g ripe tomatoes, cored and coarsely chopped
- 1 cup (225 g) sugar
- 2 tbsp freshly squeezed lime juice
- 1 tbsp grated fresh or minced ginger
- 1 tsp McCormick Cumin Ground
- ¼ tsp McCormick Cinnamon Ground
- ⅛ tsp McCormick Cloves Ground
- 1 tbsp **KEEN'S Chilli Blend**
- 1 tsp salt

DIRECTIONS

1. Combine all ingredients in a medium sized wide based saucepan. Bring to a boil over medium heat, stirring often.
2. Reduce heat and simmer, stirring occasionally, until mixture has the consistency of thick jam (approximately 1 hour).
3. Transfer to a sterilised glass jar, seal while warm, allow to cool and refrigerate until ready to use; this will keep for up to a week.

TIP

- Use an excess of plums, when in season to make a spicy fruit jam.
- To sterilise jars, wash in hot soapy water, rinse, then dry in an oven heated to 150°C (130°C fan forced). Or run through a dishwasher on its hottest setting.



SCREEN SHOT YOUR FAVOURITE RECIPE
and store to your phone.

OVEN BAKED BUFFALO WINGS



Prep time:
10 minutes



Cooking time:
25 minutes (Oven)



Serves:
6



INGREDIENTS

- 1.5 kg chicken wings, tips removed
- 80 g butter, cubed
- ¼ cup (60 mL) BBQ sauce
- ¼ cup (60 mL) tomato sauce
- 2 tbsp **KEEN'S Chilli Blend**
- ½ tsp salt
- 2 tbsp (40 mL) vinegar

TO SERVE

- 2 celery stalks, thinly sliced
- ¼ cup toasted walnut halves, chopped
- 1 green apple, cored, quartered and thinly sliced
- Store bought ranch salad dressing

DIRECTIONS

1. Place butter in a small saucepan and melt over medium-low heat. Once melted, remove from heat and whisk in the BBQ and tomato sauces, **KEEN'S Chilli Blend**, salt and vinegar.
2. Place wings in a large mixing bowl. Pour half the chilli sauce over and toss to coat. Set aside the remaining chilli sauce. Cover the wings and marinate on the kitchen bench for 20 to 30 minutes or in the refrigerator for up to 24 hours.
3. Preheat grill to 220°C. Lift the wings from the marinade and place in a single layer on a raised grilling rack, over a baking paper lined tray. Position tray 15 to 20 cm below the grilling element and grill for 10 to 12 minutes, then turn the wings and grill for a further 10 to 12 minutes.
4. The wings are done when the skin is crispy / charred and the meat pulls easily from the bones.
5. Combine celery, walnut and apple then dress with salad dressing.
6. Transfer the wings to a serving plate and pour the remaining chilli sauce over. Serve while still piping hot with the ranch dressed, celery walnut and apple salad.

TIP

- If you marinate the wings in advance and therefore need to refrigerate the wings, the chilli sauce will become firm as the butter hardens. This will have no effect on the finished dish, they will still be delicious.



SCREEN SHOT YOUR FAVOURITE RECIPE
and store to your phone.

NOT QUITE PALEO CHILLI MAC 'N' CHEESE



Prep time:
15 minutes



Cooking time:
25 minutes (Oven)



Serves:
6



INGREDIENTS

- 300 g dried macaroni
- 1 head cauliflower, cut into florets
- 1 tbsp (20 g) butter
- ½ cup (125 mL) milk
- 1 tbsp **KEEN'S Chilli Blend**
- 3 cups (270 g) grated tasty cheese
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- 100 g thickly sliced rindless streaky bacon, cut into 2 cm batons (lardons)
- ½ cup (50 g) bread crumbs

DIRECTIONS

1. Preheat oven to 200°C (180°C fan forced). Cook pasta as per packet directions, drain and set aside.
2. Cook cauliflower in a medium saucepan of boiling water until tender. Drain and return to pan. Add butter, milk and **KEEN'S Chilli Blend** and blend with a handheld blender to a smooth consistency. Add 2 cups of cheese and stir until melted and well combined to resemble a thick béchamel sauce. Season well with McCormick Sea Salt and Black Pepper.
3. Stir pasta through the sauce, spoon into a lightly greased, medium sized oven proof dish, drop bacon pieces evenly over the pasta. Sprinkle over bread crumbs and remaining cup of cheese. Place in oven and bake for 20 - 25 minutes or until heated through and top is golden brown.

TIP

There are many ways to vary this recipe and cheese is one of them, substitute tasty cheese with parmesan or a combination of cheeses.

Other optional additions include:

- Sliced chorizo
- Chopped, roasted red capsicum
- Blue and swiss cheeses
- Spinach leaves
- Sliced cooked sausages



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FAVOURITE RECIPE**
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ZUCCHINI & LENTIL MEATBALLS ARRABIATA



Prep time:
20 minutes



Cooking time:
20 minutes (Stove top)



Serves:
4



INGREDIENTS

ZUCCHINI & LENTIL MEATBALLS

- 3 cups (180 g) fresh bread crumbs
- ¼ cup (60 mL) milk
- ⅓ cup (80 mL) oil
- ½ onion, finely chopped
- 1 clove garlic, finely chopped
- 1 zucchini (approx 170 g) coarsely grated
- 400 g can lentils, rinsed & drained well
- ⅓ cup (70 g) grated parmesan cheese, plus extra to serve
- 1 ½ tsp **KEEN'S Chilli Blend**
- 1 egg white
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns

ARRABIATA SAUCE

- 1 x 400 g can diced tomatoes
- 1 tsp sugar
- Salt and pepper
- 1 bunch fresh basil, leaves torn

TO SERVE

- 300 g short dry pasta

TIP

- If you like your food extra spicy add a teaspoon of **KEEN'S Chilli Blend** to the sauce as well.

DIRECTIONS

1. Place breadcrumbs and milk in a large bowl and set aside. Heat a tablespoon of oil in a large frying pan over medium heat, add onion and garlic cook for 3- 5 minutes until softened, add zucchini and cook stirring for 1-2 minutes. Add this mixture to the bread and milk with remaining zucchini & lentil meatball ingredients and mix well to combine. Season with McCormick Sea Salt and Black Pepper. Roll tablespoonsful of mixture into balls.
2. Add another tablespoon of oil to the frying pan and over medium heat brown balls all over, (in batches if necessary) remove balls from pan and reserve pan, setting balls aside and keeping warm while the sauce and pasta is cooked.
3. Cook pasta as per packet directions, drain, reserving 1 cup (250 mL) of the cooking liquid.
4. Using the reserved pan, add tomatoes, sugar, remaining oil and salt and pepper and bring to a gentle simmer. Stir through reserved cooking liquid and basil, add zucchini & lentil meatballs and pasta, toss gently to combine and serve with additional parmesan cheese.



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OVEN BAKED FISH & CHIPS



Prep time:
15 minutes



Cooking time:
40 minutes (Oven)



Serves:
4



INGREDIENTS

- 1 tbsp (20 mL) olive oil
- 650 g potatoes, cut into 1 cm wide chips (batons)
- 3 cloves garlic, thinly sliced
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- ½ cup (35 g) panko bread crumbs
- Finely grated zest of a lemon
- 1 tsp **KEEN'S Chilli Blend**
- 1 tbsp McCormick Parsley Flakes
- 1 tbsp lemon juice
- 1 tbsp (20 g) butter, melted
- 4 x 200 g (800 g) firm, white fish fillets

TO SERVE

- Store bought or homemade aioli
- Fresh rocket lettuce

DIRECTIONS

1. Preheat oven to 240°C (220°C fan forced). Line a large baking tray with baking paper. In a large bowl toss oil, potatoes and garlic and season well with McCormick Sea Salt and Black Pepper. Place potatoes in a single layer on prepared tray and cook for 20 minutes, turning half way.
2. In a small bowl combine bread crumbs, lemon zest, **KEEN'S Chilli Blend** and McCormick Parsley Flakes, season well with McCormick Sea Salt and Black Pepper. Add lemon juice and butter and stir well. Spoon the breadcrumb mixture evenly between the fish portions and press on to the surface.
3. Remove tray from oven, push chips to one side of tray making room for the fish, place fish onto the tray and return to oven. Cook for a further 15 minutes or until potatoes are golden and fish is just cooked through. Serve with aioli and fresh rocket.

TIP

- Firm white fish such as ling or barramundi fillets are suitable, if your fish has skin, press the crumbs on to the skinless side and place skin side down on the oven tray.



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CHILLI BEEF



Prep time:
10 minutes



Cooking time:
1 hour 30 minutes (Stove top)



Serves:
6-8



INGREDIENTS

- 2 tbsp (40 mL) olive oil
- 1 kg gravy beef, cut into large chunks
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 air cured chorizo, chopped
- 2 tbsp **KEEN'S Chilli Blend**
- 1 tbsp McCormick Oregano Leaves
- 1 tbsp McCormick Cumin Ground
- 1 tbsp McCormick Coriander Ground
- 1 tbsp McCormick Smoked Paprika
- ½ tsp McCormick Cinnamon Ground
- 1 x 400 g can diced tomato
- 1 x 400 g can red kidney beans, rinsed, drained
- 2 cups (500 mL) beef stock
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- Cooked brown rice and quinoa combination
- Fresh coriander

TO SERVE

- Toasted tortillas
- Guacamole
- Sour cream
- Fresh tomato and coriander salsa

DIRECTIONS

1. Heat oil in a large heavy-based saucepan over medium heat. Add beef and brown well, remove and set aside, add onion, garlic and chorizo cook until onion softens.
2. Return beef to pan, stir through **KEEN'S Chilli Blend**, McCormick Herbs and Spices. Add tomato, kidney beans and stock and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 1-2 hours or until meat is tender. Remove lid, using two forks, shred meat and cook another ½ hour until sauce thickens. Season with McCormick Sea Salt and Black Pepper.
3. Serve over rice & quinoa with your choice of suggested accompaniments, top with fresh coriander.

TIP

- This chilli con carne packs a punch in the heat stakes however could be considered mild by others. Take this opportunity to fine tune your preferred heat level and decrease or increase the **KEEN'S Chilli Blend** in the recipe or sprinkle a little extra on top.



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SPICED, CHILLI & DARK CHOCOLATE BISCUITS



Prep time:
15 minutes



Cooking time:
14 minutes (Oven)



Serves:
24 Pieces



INGREDIENTS

- 125 g unsalted butter, chopped
- 125 g dark chocolate, chopped
- 2 eggs, lightly beaten
- 1 cup (225 g) firmly packed brown sugar
- ½ cup (110 g) caster sugar
- 1 ½ cups (225 g) plain flour
- ½ cup (50 g) cocoa powder
- 2 tsp McCormick Cinnamon Ground
- 1 tsp **KEEN'S Chilli Blend**
- 1 cup (185 g) dark chocolate chips

DIRECTIONS

1. Preheat oven to 180°C (160°C fan forced).
2. Place butter and chocolate in a heatproof bowl set over a saucepan of simmering water (don't let bowl touch water) and stir until melted. Remove from heat and set aside to cool slightly.
3. Using an electric mixer whisk eggs and sugars on high until thick and pale (approximately 5 minutes). Gradually fold the chocolate mixture through the egg mixture until combined.
4. Sift the flour, cocoa, McCormick Cinnamon Ground and **KEEN'S Chilli Blend** over the egg mixture and gently stir until combined. Add chocolate chips and fold through.
5. Place heaped tablespoonsful of biscuit batter, 4cm apart, on baking paper lined baking trays.
6. Bake for 14 minutes or until just set, turning tray halfway (they may seem still a little soft). Any longer and they will cool very firm. Cool on the tray for 5 minutes, then transfer to a wire rack to cool completely.

TIP

- The fudge like texture is achieved by under cooking the biscuits slightly.
- They are done when they are set, yet the surfaces of the cookies are still shiny and cracked.
- All ovens vary, you may want to test-bake one or two to get an accurate baking time for your oven.
- These cookies are best the day they are made but can be stored in an airtight container for a day or two.



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CURRY



Blended with only the finest spices, KEEN'S Traditional Curry is a classic ingredient that has stood the test of time. Whether you enrich your meal with beef, chicken or vegetables, KEEN'S Curry complements a range of ingredients and flavours.



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CURRIED EGG SANDWICHES



Prep time:
15 minutes



Cooking time:
0 minutes



Serves:
4-6



INGREDIENTS

- 6 eggs, hard boiled & peeled
- 2 tsp **KEEN'S Traditional Curry Powder**
- 1 tbsp McCormick Chives Chopped
- 1 tbsp whole egg mayonnaise
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- 1 cup baby rocket leaves
- 8 slices fresh rye bread

DIRECTIONS

1. In a medium bowl, mash eggs with a fork. Add **KEEN'S Curry Powder**, McCormick Chives and mayonnaise and stir to combine. Season to taste with McCormick Sea Salt and Black Pepper.
2. Divide egg mixture and rocket between 4 slices of bread and top with remaining slices of bread.

TIP

- Use this tasty filling for club or finger sandwiches.



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CURRY CHILLI PRAWNS



Prep time:
5 minutes



Cooking time:
10 minutes (Stove top)



Serves:
4-6



INGREDIENTS

- 1 tbsp (20 mL) vegetable oil
- 500 g raw peeled prawns, tails on
- 1 onion, thinly sliced
- 2 tbsp **KEEN'S Traditional Curry Powder**
- 2 tbsp tomato paste
- 1-2 red chillies, sliced

DIRECTIONS

1. Heat oil in large wok or fry pan over high heat. Add prawns and onion and stir fry for 3 minutes or until onions are golden and prawns are changing colour.
2. Add **KEEN'S Curry Powder**, tomato paste, $\frac{1}{2}$ cup (125 mL) water and chillies, stir-fry for a further 1- 2 minutes, until prawns are cooked through and coated in sauce.

TIP

- Serve with cooked rice and sliced spring onions.



SCREEN SHOT YOUR FAVOURITE RECIPE
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CURRIED CHICKEN & POTATO SALAD



Prep time:

30 minutes
(Including cooling time)



Cooking time:

25 minutes (Stove top)



Serves:

4



INGREDIENTS

POACHED CHICKEN

- 2 chicken stock cubes
- 1 garlic clove, crushed
- 6-8 fresh parsley stalks
- 600 g skinless chicken breast fillets
- $\frac{1}{3}$ cup (80 mL) natural yoghurt
- 2 tbsp mango chutney
- 1 tsp (5 g) tomato paste
- 1 tbsp (20 mL) lemon juice

DRESSING

- 2 tsp **KEEN'S Traditional Curry Powder**
- $\frac{1}{4}$ cup (60 mL) whole egg mayonnaise

SALAD

- $\frac{1}{2}$ iceberg lettuce, roughly chopped
- 6 chat potatoes, cooked and thickly sliced
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- Fresh parsley leaves

DIRECTIONS

1. Place 4 cups (1 litre) water, stock cubes, garlic and parsley stalks in a medium saucepan over medium-high heat. Bring to the boil, add chicken and return to the boil.
2. Reduce heat to low. Cover and simmer for 15 minutes or until chicken is just cooked through. Remove from heat. Stand chicken in liquid for 5 minutes. Transfer chicken breast to a plate and refrigerate until cold. Slice the chicken thickly.
3. Whisk dressing ingredients together in a bowl to combine.
4. To serve, place lettuce on serving platter, top with potato slices and a generous drizzle of the dressing. Add chicken slices and remaining dressing. Season well with McCormick Sea Salt and Black Pepper. Sprinkle over parsley leaves and serve.

TIP

- Short on time; substitute poached chicken for a store-bought roast chicken.
- Reserve poaching liquid as a great stock base for your next homemade soup.



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SPICY LAMB & SPINACH



Prep time:
15 minutes



Cooking time:
10 minutes (Stove top)



Serves:
2



INGREDIENTS

- 300 g lamb loin
- 1 tbsp (20 mL) oil
- 1 tbsp **KEEN'S Traditional Curry Powder**
- 4 small tomatoes, quartered
- 20 green beans, trimmed and halved
- 100 g spinach, washed

DIRECTIONS

1. Coat lamb loin in oil, roll in **Keen's Curry Powder** pressing the curry powder evenly onto the flesh.
2. Place the coated lamb in a hot frying pan and cook for 4 minutes on high. Reduce the heat to medium then gently turn the lamb.
3. Add the tomatoes and beans to the pan, cook for 4 minutes then remove lamb from the pan and keep warm.
4. Add the spinach and toss with the tomatoes and beans until wilted. Plate vegetables and serve with thickly sliced lamb.

TIP

- Allowing the lamb loin to rest before slicing allows the juices to settle and not run resulting in a juicier piece of meat.



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CURRIED SAUSAGES



Prep time:
20 minutes



Cooking time:
30 minutes (Stove top)



Serves:
4-6



INGREDIENTS

- 3 tbsps (60 mL) vegetable oil
- 8 thin beef sausages
- 1 onion, sliced
- 1 tbsp **KEEN'S Traditional Curry Powder**
- 1 tbsp plain flour
- 2 cups (500 mL) chicken stock
- 2 apples, cored and cut into 8 wedges
- ¼ cup raisins
- 100 g (1 cup) green beans, sliced
- 2 tbsp (40 mL) thickened cream
- ¼ cup fresh coriander leaves, chopped
- 1 cup baby spinach leaves
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns

DIRECTIONS

1. Heat 2 tablespoons (40 mL) of the oil in a large saucepan over a medium heat, add the sausages and brown evenly, remove from pan and set aside.
2. Add remaining oil to pan with the onions and cook stirring for 3 minutes or until softened. Stir the **KEEN'S Curry Powder** and flour through the onions then slowly pour in the stock stirring continuously to minimise lumps.
3. Return the sausages to the pan with the apple and raisins, bring to the boil, reduce heat to low and simmer for 15 – 20 minutes.
4. Stir through the beans, cream, coriander and spinach cook for a further 5 minutes. Season to taste with McCormick Sea Salt and Black Pepper.

TIP

- Serve with crusty bread to soak up the delicious curry sauce.
- Extend your dinner repertoire by substituting beef sausages with chicken sausages.



SCREEN SHOT YOUR FAVOURITE RECIPE
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KEEN'S SECRET CHICKEN CURRY



Prep time:
10 minutes



Cooking time:
40 minutes (Stove top)



Serves:
4



INGREDIENTS

- 2 tbsp (40 mL) oil
- 2 medium onions, diced
- 4 cloves garlic, finely sliced
- 2cm piece ginger, peeled, finely sliced
- 1 small red chilli, finely sliced
- 2 tbsp **KEEN'S Traditional Curry Powder**
- 1 tsp McCormick Coriander Ground
- ½ tsp McCormick Cumin Ground
- ½ tsp McCormick Paprika Hungarian Style
- ½ tsp McCormick Turmeric Ground
- 1 x 400 g can diced tomatoes
- 1 x 270 mL can coconut cream
- 1kg chicken thigh fillet, diced

TO SERVE

- Cooked rice
- Fresh coriander
- Yoghurt

DIRECTIONS

1. Heat oil in a medium saucepan over medium heat; add onions, garlic, ginger and chilli. Sauté for 6-8 minutes or until onions soften.
2. Add the **KEEN'S Curry Powder**, McCormick Coriander Ground, Cumin Ground, Paprika Hungarian Style and Turmeric Ground and cook for a further 2-3 minutes (add a little water if sticking to the bottom of the pan).
3. Stir through tomatoes, coconut cream and chicken, reduce temperature and simmer for 20 minutes until chicken is cooked.
4. Serve over steaming rice with coriander and yoghurt.

TIP

- This curry recipe is delicious substituting chicken with firm white fish fillets or green prawn cutlets.



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TRADITIONAL BEEF CURRY



Prep time:
15 minutes



Cooking time:
35 minutes (Stove top)



Serves:
4



INGREDIENTS

- 1 tbsp (20 mL) vegetable oil
- 500 g thinly sliced beef
- 1 onion, sliced
- 2 tbsp **KEEN'S Traditional Curry Powder**
- 500 g potatoes, cubed
- 1 x 800 g can whole, peeled tomatoes, roughly chopped

TO SERVE

- Cooked rice
- Minted Yoghurt
- Fried Curry Leaves

DIRECTIONS

1. Heat oil in a large saucepan over medium heat and cook beef and onion for 5 minutes or until browned well. Add **KEEN'S Curry Powder** and cook stirring for 1 minute, add potatoes and stir well to coat.
2. Stir in chopped tomatoes and remaining tomato liquid, reduce heat and simmer for 30 minutes or until potato is tender.
3. Serve with rice, minted yoghurt and curry leaves.

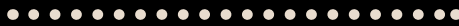
TIP

- Potato can be substituted or added to, with other vegetables, like sweet potato, green beans or cauliflower.



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MUSTARD



KEEN'S Mustard is an Australian pantry staple. Made from the finest crushed mustard seeds, KEEN'S Mustard gives flavour to an array of dishes. Whether you are entertaining with the mustard beetroot dip or celebrating a holiday with an Apricot and Mustard Christmas Turkey. KEEN'S Mustard makes every meal a masterpiece.



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BREAKFAST HOLLANDAISE SAUCE



Prep time:
10 minutes



Cooking time:
10 minutes (Stove top)



Serves:
4



INGREDIENTS

- 2 tsp **KEEN'S Mustard Powder**
- 2 egg yolks
- 2 tsp white vinegar
- ½ cup (125 g) unsalted butter, melted
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns

DIRECTIONS

1. In a medium bowl whisk **KEEN'S Mustard Powder**, egg yolks and vinegar together. Whilst whisking constantly, very slowly add melted butter until a mayonnaise style sauce is formed (if too thick add a little lukewarm water).

TIP

- Serve with poached eggs, grilled bacon, grilled tomato and toasted Turkish bread.



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TOASTED ALMOND, BEETROOT & MUSTARD DIP



Prep time:
15 minutes



Cooking time:
0 minutes



Serves:
6



INGREDIENTS

- 100 g toasted almonds
- 400 g can sliced beetroot
- 2 tsp **KEEN'S Mustard Powder**
- 100 g cream cheese
- 1 clove garlic, chopped
- 4 spring onions, chopped

DIRECTIONS

1. Combine toasted almonds, beetroot, **KEEN'S Mustard Powder**, cream cheese, garlic and spring onions together in a food processor.
2. Process until smooth. Serve as a dip or as a condiment.

TIP

- Other nuts that work well are raw or toasted cashews.



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CREAMY ZESTY POTATO SALAD



Prep time:
15 minutes



Cooking time:
15 minutes (Stove top)



Serves:
4



INGREDIENTS

- 1kg small chat potatoes, halved
- ½ cup (125 g) whole egg mayonnaise
- 2 tsp **KEEN'S Mustard Powder**
- 1 tbsp (20 mL) lemon juice
- McCormick Adjustable Grinder Black Peppercorns
- 100 g green beans, trimmed, blanched and cooled
- Fresh parsley leaves

DIRECTIONS

1. Cook potatoes, uncovered, in a large saucepan of boiling salted water for 10-15 minutes or until just tender. Drain and cool completely.
2. In a medium bowl combine mayonnaise, **KEEN'S Mustard Powder** and lemon juice. Season well with McCormick Black Pepper and stir to combine.
3. Combine potatoes and beans on a serving plate and serve with a generous drizzle of dressing and fresh parsley.

TIP

- Turn this simple potato salad into a nicoise salad, with the addition of canned tuna flakes, halved boiled eggs and cherry tomatoes.



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KEEN'S SAUSAGE ROLLS



Prep time:
20 minutes



Cooking time:
30 minutes (Oven)



Serves:
32 pieces



INGREDIENTS

- 1 kg sausage mince
- 2 tbsp **KEEN'S Mustard Powder**
- 1 medium onion, diced
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1 cup fresh breadcrumbs
- 2 eggs, beaten
- ½ tsp McCormick Garlic Powder
- 4 sheets puff pastry
- Sesame seeds to sprinkle
- Poppy seeds to sprinkle

DIRECTIONS

1. Preheat oven to 200°C (180°C fan-forced). Line 2 baking trays with baking paper. Place sausage mince, **KEEN'S Mustard Powder**, onion, carrot, zucchini, breadcrumbs, 1 egg and McCormick Garlic Powder in a large bowl. Using hands mix until well combined.
2. Cut each sheet of pastry in half. Divide mince mixture along the centre of each piece of pastry, shaping it into a log. Brush edges of pastry with a little beaten egg and roll up tightly to seal.
3. Cut each roll into 4 pieces. Arrange, seam side down, 3cm apart on prepared trays. Brush with remaining egg and sprinkle with both sesame and poppy seeds.
4. Bake for 25-30 minutes or until golden. Serve with tomato sauce.

TIP

- Serve with spicy tomato sauce by mixing ½ cup of tomato sauce with 2 tsp **KEEN'S Mustard Powder**.



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BUTTERFLIED CHICKEN IN A MUSTARD BUTTERMILK MARINADE



Prep time:

10 minutes
(2-24 hrs marinating)



Cooking time:

45 minutes (Oven)



Serves:

4



INGREDIENTS

MARINADE

- ½ cup (125 mL) buttermilk
- 2 tbsp **KEEN'S Mustard Powder**
- 1 tbsp chopped fresh thyme
- 1 tbsp brown sugar
- 1 garlic clove, crushed
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- 1 ½ kg chicken, butterflied

TO SERVE

- Green salad
- Steamed chat potatoes
- Lemon wedges, grilled

DIRECTIONS

1. Place all marinade ingredients in a large bowl, stir to combine and season well with McCormick Sea Salt and Black Pepper.
2. Add chicken to bowl and cover with marinade. Cover with plastic wrap and refrigerate for a minimum of 2 hours or overnight.
3. Preheat fan /grill to 200°C (180°C fan forced).
4. Lay chicken flat, skin side up onto a foil lined baking tray and fan grill in centre of oven for 45 minutes or until charred, juices run clear and chicken is cooked through.
5. Serve with a green salad, steamed chat potatoes and grilled lemon wedges.

TIP

- BBQ over medium flame, turning once, until juices run clear approximately 30-35 minutes.
- Substitute a butterflied chicken with 4 Maryland joints of chicken.



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CHEESY CHICKEN & MUSTARD CANNELLONI



Prep time:
20 minutes



Cooking time:
45 minutes (Stove Top, Oven)



Serves:
4



INGREDIENTS

- 1 tbsp (20 mL) olive oil
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tsp McCormick Thyme Leaves
- ½ bunch kale, trimmed, washed and chopped
- 500 g chicken mince
- 2 tsp **KEEN'S Mustard Powder**
- 2 cups (480 g) ricotta
- 1 ½ cups (170 g) grated mozzarella
- 1 cup (250 mL) thickened cream
- McCormick Adjustable Grinder Sea Salt
- McCormick Adjustable Grinder Black Peppercorns
- 8 fresh lasagne sheets, cut to 14 cm x 16 cm rectangles
- 1 cup (250 mL) chicken stock
- McCormick Adjustable Grinder Black Peppercorns (extra)

DIRECTIONS

1. Preheat oven to 200°C (180°C fan forced). Heat the oil in a large non-stick frying pan over medium heat. Add onion, garlic and McCormick Thyme Leaves cook, stirring, for 3-4 minutes or until onion softens. Add the kale and cook stirring for 3 minutes or until wilted. Add mince to the pan and cook stirring, breaking up the mince for 6-8 minutes or until browned. Set aside to cool slightly.
2. Add the **KEEN'S Mustard Powder**, half of the ricotta and mozzarella, ½ cup (125 mL) of the cream to chicken mixture and season well with McCormick Sea Salt and Black Pepper and mix to combine.
3. Place ½ cup of the mixture along the longer edge of each lasagne sheet and roll to enclose. Place the cannelloni in a large, lightly greased oven-proof dish, seam side down. Repeat with remaining mixture and lasagne sheets.
4. In a medium bowl, combine remaining mozzarella, ricotta and cream with stock, stir to combine and pour over cannelloni. Season the top with a generous grind of McCormick Black Pepper.
5. Cook for 20-25 minutes, or until pasta is cooked through and the top is golden.

TIP

- The softer ricottas are best for this dish.



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APRICOT & MUSTARD CHRISTMAS TURKEY



Prep time:
10 minutes



Cooking time:
1 hour 30 minutes (Oven)



Serves:
8



INGREDIENTS

- ½ cup (120 g) apricot jam
- ½ cup (74 g) raisins, chopped
- 2 tsp **KEEN'S Mustard Powder**
- 1 tsp McCormick Sage Leaves Ground
- 1 tsp McCormick Thyme Leaves
- McCormick Adjustable Grinder Black Peppercorns
- 1 kg turkey breast

DIRECTIONS

1. Preheat oven to 180°C (160°C fan forced).
2. Place apricot jam, raisins, **KEEN'S Mustard Powder**, McCormick Sage Leaves Ground and Thyme Leaves in a heatproof bowl. Season with McCormick Black Pepper, stir well and microwave for 30 seconds on high or until jam is melted.
3. Place turkey breast on a baking paper lined baking tray, spread ¼ of the jam mixture over the turkey breast and cover with a sheet of lightly greased foil.
4. Bake for 1 hour, basting every 20 minutes with remaining jam mixture. Remove foil, continue cooking for 30 minutes or until glazed and cooked through.

TIP

- With the addition of fresh bread crumbs you can turn the apricot mustard glaze into a stuffing for a whole bird.



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