

Japanese Kani Salad

Item:
Saladmachine
Salad bowl



INGREDIENTS:

- 18 - 20 pcs Kani or imitation crab sticks (shredded)
- 1 pc Carrots (cone # 2)
- 1 pc English cucumber (cone # 2)
- 1 medium ripe mango (cone #2)
- Head of lettuce (cone #4)
- Lemon extract
- 1 tsp. Sesame oil
- Black pepper
- Seaweed toppings
- 2 Tbsp of Kewpie Mayonnaise

INSTRUCTIONS:

- Using the saladmaster food processor, shred the ingredients using the suggested cones.
- Combine all ingredients and serve cold and fresh on a salad bowl



Wholemeal Soda Bread

Item:

11" Skillet



INGREDIENTS:

- 1 lb Wholewheat plain flour
- 1 tsp baking soda
- 1/2 tsp salt
- 300 ml Buttermilk or Sour milk
- 1 egg (or milk + lemon juice or vinegar for egg replacement)
- Oats
- Sunflower or pumpkin seeds (optional)

INSTRUCTIONS:

- Heat the skillet with boiling water, drain & dry
- Mix all the ingredients til combined, using a knife in a figure eight
- Put a handful of oats on the table & shape the mix on them into round, handle as little as possible
- Spray the skillet, put the bread in, scatter with oats & mark into sections with a knife.
- Cook on a low heat for approximately 1/2 an hour.



Mama Kate's signature sauteed beans with Salmon

Items:

6 Qt Elite Saute

EOC



INGREDIENTS:

- Black eye peas
- Olive oil
- Onions
- Garlic
- 1 habenero pepper
- 1 red, yellow, orange bell Pepper
- 1 tomato - deseeded
- Crayfish powder
- 1 maggi
- Salt
- Thyme curry
- Pre-cook chopped liver, gizzard, and dry fish

INSTRUCTIONS:

- First wash and cook 3 cups of black eye peas till soft.
- Pre-heat 6qt elite saute,
- Sauté garlic and diced onions for a few mins, add diced deseeded tomato and diced bell peppers and other seasonings and allow to cook for a few mins. Then add the cooked beans and allow to simmer for 5 to 10mins. And the food is ready.

