



Photo credit: Manali

Fruit Tanghulu

INGREDIENTS

- 5 seedless grapes
- 5 mandarin segments
- 5 x wooden skewers
- 3/4 cup white sugar
- 1/3 cup water
- 2 tablespoons light corn syrup

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Fruit Tanghulu

METHOD

1. Line a large baking sheet with paper towels. Pat fruit dry. Divide fruit among tooth pick skewers, 1 piece each, arranging fruits to cover end of skewer and ensuring fruits are touching.
2. Stir together sugar, water, and corn syrup in a small shallow saucepan. Bring to a boil over medium heat, undisturbed. Reduce heat to medium-low, cook, undisturbed, until a candy thermometer registers 150 degrees C, 18 to 20 minutes.
3. Meanwhile, prepare an ice bath
4. Remove pan from heat, let stand until bubbles subside, 1 to 2 minutes.
Carefully tilt pan so sugar mixture pools to one side. Working quickly, place fruit end of one skewer in sugar mixture, rotating to fully coat; allow excess syrup to drip back into pan. Place dipped skewer, fruit side down, in ice bath, allowing to cool fully, about 1 minute. Place, fruit side up, in a heavy cup or saucepan. Repeat with remaining skewers and sugar mixture, working quickly. Using kitchen scissors, trim any excess sugar drips. Serve immediately

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Dhal Spinach Curry

INGREDIENTS

- 1 cup yellow mung bean lentils
- 120 g baby spinach leaves
- 1 medium onion finely chopped
- 1 small tomato finely diced
- 2-3 cloves garlic finely minced
- 1 knob ginger grated, thumb sized piece
- 1 medium green chilli chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1/2 tsp sea salt
- 1 tbsp ghee or virgin unrefined coconut oil for vegan version

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Dhal Spinach Curry

METHOD

1. In a deep sauce pan, boil the mung bean lentils with water. Keep cooking for about 10 minutes.
2. Once lentils are cooked, begin the tempering process. In another sauce pan heat ghee and cumin seeds. Allow them to sizzle.
3. Next add in the chopped green chilli, garlic and onion in that order. Sauté until the onions turn translucent.
4. Add a pinch of salt and turmeric powder. Then add in the chopped tomatoes and chopped ginger. Sauté for a few minutes until the tomatoes are cooked through and turn mushy.
5. Next add the boiled lentils and baby spinach. Mix well. Add salt .
6. Add boiling water to bring to the thickness of curry/stew you desire.
7. Bring to a boil for a few minutes.

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