

HDYTI

Hey! Dip Your Toes In



SEPTEMBER 2015

END OF SUMMER

A HDYTI RECIPE eBOOK

Yummy!





We hope you're reading this because you love summer food as much as we do! Summer has a way of pulling up all of those childhood memories of big family BBQ gatherings, blaring music, and hands sticky after reaching for yet another serving.

Yes, these are some of our yummy summer food memories that we hope will take you into winter. Perfect for those times when the inevitable crunch of leaves under your feet has you yearning for the delectable taste of grilled foods, light salads, and summer fruits! It doesn't matter the time of year, summer foods are a delight that should be savoured year round!

This is our first of several recipe books to come, and it's really just a sampler to hopefully tease your tastebuds. If you try something, make sure to connect with us on social media, and let us know how it turned out! Better yet, share a photo, and tag as @dipyourtoesin and #bookofyummy! We might just send you over a HDYTI surprise!

Hugs, love, and loads of yumminess.....

Dmo + Eulanda

PLANTAIN BITES

with coriander-lime & mint dipping sauce

What you'll need!

2 ripe plantains (peeled & sliced)

1 red onion

1 avocado

1.5 cups of pineapple chunks

Coconut oil (or oil of choice) for frying

2 cups of well chopped coriander

3 cloves of minced garlic

25 mint leaves (finely chopped)

3 tbsp of olive oil

1 Lime

2 tsp of lemon juice

Pinch of sea salt & black pepper

Make sure the plantains are yellow with black marks on them. This ensures ripeness! Check out your local outdoor food market for great deals on plantains!

Plantains are a year round delight. They look like bananas, but don't let their appearance fool you. They are a bit more dense, and are a fantastic vegetable to grill, bake, or fry!

We've made these as kebabs and most recently as appetizers. They were a huge hit, and super delicious. Once you start, it's hard to stop popping them in your mouth!



Instructions

1. Fry or grill your plantain slices until they are a golden brown (both sides).
2. Add onion, avocado, plantains, and lastly pineapple to your toothpicks. They're ready to serve!
3. Place bites on a sheet of aluminum foil, and place on the grill for several minutes if you'd like a smoky punch to your pineapple.

Dipping Sauce

1. Juice half of your lime, and shave off a teaspoon of lime skin for essence.
2. Whisk lime juice/essence, lemon juice, sea salt, pepper, and minced garlic together.
3. Stir in coriander and chopped mint leaves. Stir well.
4. Drizzle bites with sauce, or serve on the side.



SUMMER GREEN SALMON & QUINOA SALAD

What you'll need!

500g quinoa (or 3 cups) - you can also use the pre-packaged microwaveable variety but we prefer the raw stuff because we like to play

around with flavours

Fish stock (or fish cube)

150g of edamame soya beans

150g of green beans

3 stalks of green spring onion (chopped)

500g boneless salmon

1 tbsp lemon juice

1 tbsp of chia seeds

Extra virgin olive oil

Salt to taste



Summer is all about looking fit and keeping the calories at bay and so this summer, we've been looking for alternatives to rice.

This has led us to experiment with alternatives including cauliflower and quinoa (it took us a while to pronounce it the right way too: 'keen-wah').

This green salad is packed with high protein content and healthy goodness!



Instructions

1. Wash the salmon and cut into cubes. Sprinkle some salt and black pepper and set aside. We have 'secret mix'* of spices we use for seasoning fish.
2. Rinse the quinoa thoroughly under running water and drain.
3. Heat up a drizzle (2 tbsp) of extra virgin olive oil in a sauce pan, add the quinoa and lightly fry for about 2 minutes.
4. Add in the fish stock (or cube) and/or some water (usually 2 parts of water to 1 part of quinoa) into the saucepan. Add salt to taste and bring to the boil for about 15 minutes. Drain quinoa in a sieve and set aside. Use a fork to separate the grains.
5. In a frying pan, heat up about 1 tbsp of olive oil and fry the salmon on medium heat until cooked (about 4 minutes on either side). Remove salmon and place on kitchen towel or clean kitchen paper to drain excess oil.
6. Use the oil extracted from the salmon to lightly fry the edamame soya beans and the green beans.
7. Combine the salmon, edamame, green beans, lemon juice and spring onions with the quinoa and mix gently using a wooden spoon.
8. For a boost of protein and dietary fibre, sprinkle chia seeds for added effect.

**Keep following us to find out what our secret spice mix looks like and for a chance to win a sample to try out!*

SMOKY BARBECUE JUMBO SHRIMP & TUNA

What you'll need!

Jumbo prawns

Red tuna (cut into cubes)

Red, green and yellow peppers

2 tbsp lime juice

Red onions

HDYTI 'secret spice' mix

Hot Piri-Piri sauce

Sea salt to taste

Wood chips (oak or other wood suitable for smoking)



No summer can be complete without a proper barbecue. Barbecues are the ultimate social experience. We're happy to pass on some of the knowledge we've picked up from some of the best in the business.

In our experience, the perfect barbecue revolves around seasoning. Get that wrong and all that's left is meat or fish cooked over coals. Therefore we always like to play with spices and marinades and we're happy to share some of these flavours with our followers.



Instructions

1. Soak skewers and wood chips separately in water for up to 30 minutes (you can use that time for prep).
2. Wash jumbo prawns under running water. Peel (leaving tails on) and remove veins.
3. Season tuna and prawns using spice mix. Apply lime juice. Allow to season for about 30 minutes.
4. Combine tuna chunks, prawns and vegetables on skewers as required.
5. Prep your grill using your preferred method (heat should be about 150° C/302° F).
6. Add wood chips to grill and after about 3 - 5 minutes or once smoke becomes even, place skewers evenly across the grill.
7. Turn over after 5 minutes and leave for a further 5 minutes. Turn over once more and leave for 5 minutes. Remove from grill and serve with Piri-Piri dipping sauce.





GLUTEN FREE BLACK SESAME SEED ICE CREAM

What you'll need!

4 tbsp black sesame seeds

2 x 400ml of coconut milk

1 x 400ml of coconut milk (left overnight in the fridge to
separate the cream)

3 eggs (only the egg yolks are required). If you'd rather not use
eggs (i.e., true vegetarian) there are other binding agents available

1 tsp vanilla extract

1 cup of honey (we prefer to use honey as a sugar alternative)

Pinch of sea salt to taste

Useful equipment: We have an ice cream maker and we like to put it to good use. However, it is possible to make this recipe without a machine although this may not achieve the familiar 'ice cream' texture. You might also need a thermometer to measure temperature at some point during the process.





Ice cream has made a return to our summer menu since we found this recipe online. The hot summer months are a great time to indulge our sweet tooth and indulge we certainly have.

This recipe ticks the boxes on so many levels including taste, nutrition and presentation. Originally a South East Asian recipe, we have adapted it to suit our gluten and dairy free requirements. Ice cream is back year round, with a bang!

Instructions

1. Lightly roast the black sesame seeds until they start to release a nutty aroma. Be careful not to let them burn.
2. Place the roasted black sesame seeds into a mixer or mortar and grind into a fine paste.
3. Mix half of the honey into the black sesame paste and set aside.
4. Separate the egg yolk and whisk with the remaining honey.
5. Combine the black sesame paste and the egg yolk mix.
6. Pour in the two cans of coconut milk into the black sesame seed mix and stir until well combined.
7. Place the mixture in a pot and place on low/medium heat, and cook for about 10 minutes stirring constantly. Use a thermometer to monitor the temperature. Ensure the mixture does not reach boiling temperature. The eggs are needed as a binding agent. If over cooked, they lose this property and you may not get the nice fluffy ice cream texture at the end.
8. Remove the mixture from the heat and allow to cool. Placing the pot in a bowl of ice cubes can speed this process up.
9. Once the mixture has cooled down, add in the vanilla and salt.
10. Retrieve the coconut can left overnight in the fridge. The cream should have risen to the top and should be easy to separate.



Continued...

11. Put the cream in a bowl and whisk until fluffy. Fold the cream into the sesame seed mixture.

12. For best results, place the mixture in the fridge overnight to cool before transferring to your ice cream maker. Follow manufacturers instructions for your ice cream maker.

*Shout out to fellow food bloggers: McKel from NutritionStripped.com. We love her ideas about boosting the protein content and garnishing the ice cream.



** Bonus Recipe **

PINEAPPLE MINT & CUCUMBER REFRESHER

What you'll need!

1/2 litre of coconut water
3 cups of pineapple chunks
2 skinned cucumbers
Fist full of mint
Honey to taste

Pineapple is such a versatile fruit! We use it year round in smoothies, sauces, and curries. This particular recipe is perfect for a post workout pick me up, or just when you need a little refresher to brighten your day!

It definitely has a summery feel to it! So turn on the heat, and imagine yourself lounging by the beach, sipping on this summertime goodness. If you need a bit more of a kick, add a shot of rum (or two), and turn up the music!





Instructions

1. Combine coconut water & cucumber together, and blend.
2. Add pineapple and a handful of mint leaves, blend.
3. Add honey to taste.
4. Garnish with mint sprigs and serve.




Summer weather may be gone,
but our favourite summer foods
can be enjoyed year round!

If a certain fruit or vegetable is not
quite in season, experiment, and
replace it with something that is!



If you're thinking of packing up your grill for the winter, have one last blowout BBQ before you do! Smoke is a natural preservative, so BBQ'd foods freeze really well! Defrost your yummys in the dead of winter, and feast away!



A couple is shown from the chest up, wearing traditional African clothing. The man is on the right, wearing a white shirt with gold and black embroidery and a gold chain. The woman is on the left, wearing a yellow top. They are sitting at a wooden table. In the foreground, there is a silver Canon AE-1 camera, a smartphone, a glass jar of yellow powder, and a white cup. An orange semi-transparent box is overlaid on the image, containing text.

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