

Simple Ways To Apply Our Flavours....The Secret's Out!

Step 3 of the Seafood Sorcery Meal Matrix is "Choose a Flavour"-
All our product types are colour coded and categorized according to:

- stage of application in the meal process
- product types and examples available in each stage
- How to use each product type and suitable cooking methods



PRE COOKING FLAVOURS

PRODUCT TYPES

HOW TO APPLY

MARINADES eg:

Chefeasy Tandoori
Njoi Oils
Black Bean Garlic & Ginger
Soy Ginger & Lime
Teriyaki Marinade
Thyme & Garlic Oil

Spread seafood in a single layer, pour over a small amount of marinade and turn over. Marinate up to 10 minutes. Drain off excess before cooking. A coating such as bread-crumbs can also be applied to a marinated seafood to fry, bake or BBQ.

Bake • Shallow Fry • Deep Fry • Microwave • BBQ • Grill • Steam • Poach

PASTES eg:

Chefeasy Satay Paste
Tandoori Paste

Rub small amount onto the surface of the fish and leave for 10 minutes. A coating such as breadcrumbs can also be applied to a pasted seafood to fry, bake or BBQ.

Bake • Shallow Fry • Deep Fry • Microwave • BBQ • Grill • Steam • Poach

SPICES eg:

Peri Peri Spice
Lemon Pepper Spice
Cajun Spice
Sea Salt Crystals

LIGHTLY sprinkle with spice mix or alternatively mix with equal parts of flour, dust and shake off excess.

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COATINGS eg:

Herb & Garlic Breadcrumbs
Lemon Pepper Breadcrumbs
Cajun Spices Breadcrumbs
Parmesan Breadcrumbs
Spicy Breadcrumbs

Dust seafood with flour, dip into beaten egg mix, drain off excess and then pat dry in a coat of crumbs. To bake or cook on a flat BBQ plate drizzle the crumbed fish lightly with olive oil.

Bake • Shallow Fry • Deep Fry • Microwave • BBQ • Grill • Steam • Poach

COOK-IN FLAVOURS

PRODUCT TYPES

HOW TO APPLY

Sauces eg

Thai Mussel Sauce
Tomato Mussel Sauce
Thai Green Curry Sauce
Thai Red Curry Sauce:

Bring sauce to the boil. If cooking mussels, add cover and cook until they start to open. Stir and take off heat. If cooking fish curry, add 4cm chunks of fish, bring back to the boil and simmer for 3 minutes.

Bake • Shallow Fry • Deep Fry • Microwave • BBQ • Grill • Steam • Poach

Oils eg:

Njoi Oils
Thyme Garlic Oil
Coriander Cumin & Chilli Oil

For flavoured oils, add small amount to pan and cook fish until golden brown on both sides turning once. Suitable for all cooking methods, however if poaching, steaming or microwaving, simply drizzle over a little oil at the end.

Bake • Shallow Fry • Deep Fry • Microwave • BBQ • Grill • Steam • Poach

FINISHING FLAVOURS

Sauces & Oils eg:

Cocktail Sauce
Thyme Garlic Oil
Nam Jim
Thai Mayonnaise
Aoili
Coriander Cumin & Chilli Oil
Tartare

All finishing sauces to be served according to taste. They can be lightly applied directly to seafood or place a generous dollop on side as a dipping sauce.

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