



# JC'S QUALITY FOODS SPRING RECIPES FOR SHARING WITH FRIENDS & FAMILY







# CRAZY MIXED UP ROAST CASHEW BUTTER



**Makes:**  
Approx. 2 cups



**Preparation Time:**  
15 minutes



**Cooking Time:**  
20 minutes

## Ingredients

1 x 375g pkt **JC's Premium Natural Cashews**  
1/4 cup **JC's Natural Pepitas**  
1/4 cup **JC's Australian Sunflower Kernels**  
2 tbsp. **JC's sesame seeds**  
1 tbsp. **JC's Natural Black Chia Seeds**  
1 tbsp. vegetable oil  
1 tbsp. honey  
1/4 tsp. cinnamon  
Pinch of salt

## Method

Combine the cashews, pepitas and sunflower kernels and spread in a single layer onto a lined oven tray. Bake at 180°C FF for 10 minutes.

Combine the sesame seeds and chia seeds, spread onto another lined tray and after the initial 10 minutes of cooking add them to the oven and cook both trays for further 10 minutes or until the nuts and seeds are just golden in colour. Allow to cool slightly.

Place the warm nuts and seeds into a food processor and process until the nuts are finely ground. Add the oil, honey, cinnamon and salt and continue processing, regularly scraping down the sides of the processor bowl until the nuts and seeds become smooth and paste like.

Spoon into a sterilised jar/s and refrigerate until required. Spread on toast or fresh bread topped with fresh fruit if desired.

# LEMON ALMOND CAKE WITH LEMON AND PASSIONFRUIT SYRUP



**Serves:**  
Approx. 10



**Preparation Time:**  
40 minutes



**Cooking Time:**  
90 minutes

## Ingredients

3 lemons, sliced, seeds removed  
1 ½ cups water  
1 cup caster sugar  
Pulp of 2 large passionfruit

## Cake

185g unsalted butter, softened  
1 cup caster sugar  
5 eggs  
300g **JC's Australian Almond Meal**  
½ cup coconut  
½ cup cornflour (from maize),  
sifted  
2 tsp. baking power  
2 tbsp. **JC's Australian Flaked**

## Almonds

Sweetened mascarpone, to serve

## Method

In a saucepan combine the chopped lemons with the water & sugar, stir over a medium heat until sugar dissolves then bring to the boil, reduce the heat and simmer for 20 minutes. Use a slotted spoon to remove the lemon pieces from the syrup & allow lemons to cool.

Add the passionfruit to the syrup and simmer for a further 10 minutes. Cool then store in the fridge. Once the lemon pieces are cold, chop finely to a pulp.

Combine butter & sugar in a bowl, beat with an electric mixer until pale & creamy. Add eggs one at a time & beat well. Fold through the almond meal, coconut, sifted cornflour, baking powder & lemon pulp until combined. Spoon the mixture into a greased & base lined 23cm cake pan. Scatter over the flaked almonds.

Bake at 160°C fan forced for 60-70 minutes or until cooked when tested with a skewer. Allow to cool thoroughly on a wire rack before turning out of the pan. Drizzle the cake slices with the Lemon and Passionfruit Syrup and serve with a dollop of mascarpone.





# CHICKPEA AND ROASTED VEGETABLE CURRY



**Serves:**  
Approx. 6



**Preparation Time:**  
25 minutes



**Cooking Time:**  
60-70 minutes

## Ingredients

1 cup **JC's Premium Australian Chickpeas**, soaked overnight in cold water and drained  
700g butternut pumpkin, cut into 2.5cm chunks  
600g cauliflower florets, halved  
Olive oil spray

2-3 tbsp. olive oil  
1 large onion, sliced  
1 red capsicum, cut into 2cm pieces  
3 cloves garlic, crushed  
2 tsp. cumin  
2 tsp. ground coriander  
2 tsp. garam masala  
1 tsp. turmeric  
1 tsp. paprika  
1 tsp. chilli flakes

1x 400g can cherry tomatoes  
1x 400g can coconut milk  
¼ - ⅓ cup vegetable stock  
250g green beans, trimmed  
Salt and pepper, to taste  
1 tsp. brown sugar  
½ cup chopped coriander leaves

Coriander leaves for garnish  
Garlic naan, for serving

## Method

Place chickpeas into a saucepan of cold water, bring to the boil & cook for 35-45 minutes, until chickpeas are tender. Drain well.

Place pumpkin & cauliflower onto lined oven trays, spray with oil. Bake in a hot oven 200°C FF for 20-25 minutes until pumpkin is tender & cauliflower lightly browned. Cool slightly.

Heat oil in a large frypan & sauté the onion, capsicum & garlic for 5 minutes. Add spices & cook a further 2 minutes or until fragrant. Stir in the tomatoes. Coconut milk & stock. Bring to the boil then reduce to a simmer.

Add the vegetables & chickpeas then cover & simmer for a further 10 - 15 minutes.

Season to taste then stir through the sugar and coriander. Spoon the curry into serving bowls and garnish with coriander leaves. Serve immediately with garlic naan.







# ALL STAR AUSSIE SLOW COOKER NUT MIX



**Makes:**  
Approx. 5 cups



**Preparation Time:**  
10 minutes



**Cooking Time:**  
3 Hours

## Ingredients

30g butter  
2 tbsp. Vegemite  
2 tbsp. rice malt syrup  
2 tsp. dried rosemary  
1 tsp. chilli flakes (or more if you like it HOT)  
2 x 375g JC's Original All Natural Quality Nut Mix

Coarse pink salt or salt flakes, to taste

## Method

In a small saucepan combine the butter, Vegemite and rice malt syrup then whisk over a low heat until the butter has melted and the mixture is well combined, stir through the rosemary and chilli flakes.

Place the nuts into a medium sized bowl and pour over the prepared mixture, toss well until combined then transfer to a lightly greased slow cooker.

Cover and cook the nuts for 3 hours on low setting stirring every 20-30 minutes. Transfer the hot nuts to 2 lined trays and spread in a single layer. Season whilst hot as you like with salt and allow to cool. Store in an airtight container until required.



# HAZELNUT, PISTACHIO AND CRANBERRY BISCOTTI



**Makes:**

Approx. 60 pieces



**Preparation Time:**

45 minutes



**Cooking Time:**

55 minutes

## Ingredients

1 cup caster sugar  
2 eggs  
1  $\frac{2}{3}$  cups plain flour, sifted  
1 tsp baking powder, sifted  
1 cup **JC's Pistachio Kernels**  
 $\frac{1}{2}$  cup **JC's Dried Cranberries**  
 $\frac{1}{2}$  cup **JC's Hazelnuts**, chopped

## Method

Preheat oven to 180°C/160°C fan forced. Line 2 greased baking trays with baking paper.

Combine the sugar and eggs in a medium to large bowl. Whisk together. Add flour, baking powder, JC's pistachios and the berry mixture. Stir thoroughly to combine. On a lightly floured surface, knead the dough until it's smooth. Separate the dough in half. Form each half into a 30cm log.

Place on the prepared trays & flatten slightly. Bake for 30-35 minutes or until dough is golden brown. Let it cool on the tray for 20 minutes. Reduce the oven temperature to 140°C/120°C fan forced. Use a serrated knife & slice the logs diagonally into 5mm thick slices. Discard the ends.

Carefully place the slices in a single layer on 3 baking paper lined trays. Bake for 20 minutes. Turn it over halfway or until dry & crisp.

Let it stand for 5 minutes & transfer to a wire rack to cool.



# THANKS FOR READING

## WE HOPE YOU ENJOYED THE RECIPES

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