

ZUKTI VEGETARIAN RECIPES

1. ZUKTI TAMARIND GLAZED GRILLED TOFU



ZUKTI glaze

- 5 tablespoons ZUKTI tamarind sauce
- 2 tablespoons soy sauce
- 1teaspoon Sriracha sauce
- 1/4 cup ketchup
- 1/4 cup Mirin
- 2 garlic cloves, pressed
- 1 tablespoon grated ginger
- 1 tablespoon cornstarch

Directions

Combine all ingredients and whisk in a medium saucepan over medium high heat until mixture has thickened.To make glazed grilled tofu, cut tofu into 1 inch slabs. Drizzle with oil. Grill on each side until lightly charred. Brush with glaze and then turn over and brush other side. Remove from grill and serve warm.

2. TOFU STIR FRY WITH ZUKTI TAMARIND COCONUT SAUCE



INGREDIENTS

For the Sauce

- ¼ cup coconut milk
- ¼ cup water
- 3 tbsp. ZUKTI tamarind sauce
- 1 tbsp. soy sauce
- 1 tbsp. agave
- 1 tsp. Asian chili paste
- 1 tsp. cornstarch

For the Tofu Stir-Fry

- 2 tbsp. vegetable oil, divided
- 1 lb. extra firm tofu, drained, pressed and cut into ¼ inch thick triangles
- 1 large shallot, sliced
- 2 garlic cloves, minced
- 1 tsp. fresh grated ginger
- 2 cups baby corn, cut into 2 inch pieces
- 1 red bell pepper, sliced

For Serving

- 2 scallions, chopped
- ¼ cup roasted peanuts
- cooked rice

DIRECTIONS

1. Whisk all sauce ingredients together in small bowl. Set aside.
2. Coat a large skillet with 1 tablespoon vegetable oil and place over medium-high heat. Arrange tofu triangles in a single layer. Cook until lightly browned on bottoms, about 5 minutes. Flip and cook another 5 minutes on opposite sides. Remove from skillet and transfer to a plate.
3. Add remaining tablespoon of oil to skillet, along with shallot, garlic, ginger and baby corn pieces. Raise heat to high. Stir fry for about 3 minutes. Add bell pepper and stir fry for another 2 minutes, until veggies are tender-crisp.
4. Return tofu to skillet, along with sauce. Stir fry just until sauce thickens and coats veggies and tofu, about 1 minute.
5. Divide onto plates. Serve with rice and top with peanuts and scallions.

3. VEGETARIAN SAMOSA BRAID WITH ZUKTI TAMARIND SAUCE



Ingredients

- 1 package frozen puff pastry, thawed in fridge overnight
- Flour, to dust
- 1 egg, lightly beaten + 1 tsp water
- Sesame seeds

Samosa Filling:

- 3 medium potatoes, quartered
- ¾ cup frozen peas
- 1 tbsp olive oil
- ½ inch fresh ginger, grated
- ¼ tsp paprika (optional)
- 1 tsp ground coriander
- 2 tsp cumin seeds
- 1½ tsp salt
- 2 Tbsp fresh cilantro, chopped
- 1 lemon, juiced

Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook for 10-15 minutes until soft. Add peas and cook for 2 minutes to thaw. Strain potatoes and peas. Using a potato masher, give the mixture a handful of little mashes- we want to keep the mixture fairly chunky.
2. Heat oil in a large pan over medium heat. Add ginger and cook until the scent softened, roughly 2-3 minutes. Add all the spices and cook until fragrant, stirring frequently to ensure the spices don't burn. Add potatoes and peas and toss to coat. Remove from heat and stir in cilantro and lemon juice. Taste to season, adding more salt if needed (this will depend on the size of your potatoes and how salty the boiling water is so it's always good to check again).
3. Preheat oven to 375 degrees. Line a large baking sheet with parchment paper. Roll the puff pastry out on a lightly floured surface. Lay the pastry on the parchment paper then, using the method below, add notches into the top and bottom of the pastry then cut diagonal strips down the sides.



4. Spoon the samosa filling out along the middle of the pastry. Fold up the top and bottom then, alternating sides, fold in each of the side strips. Once you get to the end, tuck the last two strips under the bottom.
5. Brush the pastry braid with egg wash and then sprinkle with sesame seeds. Bake for 30-35 minutes, until golden brown.
6. Serve pastry braid in slices, drizzled with a good amount of tamarind sauce.

4. ZUKTI TAMARIND SOBA NOODLE SALAD



Ingredients

For the sauce:

- 2 tb. Zukti Tamarind sauce
- 2 tb. natural peanut butter
- 1/2 tb. coconut sugar or brown sugar
- 2 cloves garlic, minced
- 1 red chili, seeded and finely chopped (spicy - use less to taste)
- 1 tsp. soy sauce
- (optional) a squeeze of fresh lime juice

For the tamarind soba noodle salad:

- ~10 oz. soba noodles, cooked according to package directions, drained (use 100% buckwheat noodles for gluten-free)
- 1 tsp. sesame oil (or neutral oil of choice, such as refined coconut oil)
- 1 large or 2 small red bell peppers, seeds and pith removed, cut into strips
- 2 carrots, peeled and thinly sliced
- sauce (see above)
- 3 green onions, sliced
- sesame seeds and cilantro, for garnish

Directions

For the sauce:

1. In a small, microwave-safe bowl, combine the ZUKTI tamarind, peanut butter, sugar, garlic, chili, soy sauce, and (optional) lime juice. Mix together as much as possible using fork .
2. Microwave in 30-second intervals, mixing each time, until the sugar is dissolved and the sauce is fully combined. Alternately, you can simmer everything together in a small saucepan on the stove. Add salt to taste.

For the tamarind soba noodle salad:

3. Gently toss the soba noodles with bit of sesame or other oil to keep them from sticking.
4. In the microwave or however you prefer to steam vegetables, steam the carrot and bell pepper for about 2 minutes, just enough to slightly soften them.
5. Gently stir the warm tamarind sauce into the soba noodles until coated.
6. Fold in the steamed peppers and carrots, green onions, and kohlrabi.
7. Eat warm or enjoy after refrigerating (the flavor will continue to improve). Serve garnished with sesame seeds and cilantro, if desired.

5. ZUKTI TAMARIND CHICK PEAS



Ingredients

- 1 tbsp vegetable or sunflower oil
- ½ tsp cumin seeds
- 1 medium onion chopped
- 400g can chopped tomato
- 1 tsp paprika
- 1 tsp turmeric
- 1 lb can chickpeas, drained and rinsed
- 2 tbspn ZUKTI tamarind sauce
- 1 tbsp chopped fresh coriander
- half a 250g/9oz bag baby spinach leaves
- natural yogurt
- tortilla or naan or rice to serve

Directions

1. Heat the oil in a saucepan, fry the cumin seeds for about 10 seconds. Add the onion and cook gently for 8-10 minutes until golden.
 2. Mix in the tomatoes, sugar, paprika, turmeric and chickpeas. Bring to the boil, then simmer for 10 minutes. Stir in the tamarind and coriander. Add the spinach leaves and stir gently until they've just wilted. Take 2 tablespoons plain yogurt and whisk using fork. Drizzle some yogurt. Serve with tortilla or naan or rice.
-

6. ZUKTI tamarind pad thai



Ingredients

- 12 ounces dried flat rice noodles
- 4 tablespoons ZUKTI tamarind sauce
- 1/2 cup light soy sauce

- 1 tbspn light brown sugar
- 2 tablespoons Sriracha
- 1 bunch scallions
- 4 large shallots
- 1 (14- to 16-ounce) package firm tofu
- 1 1/2 cups peanut or vegetable oil
- 6 large eggs
- 4 garlic cloves, finely chopped
- 2 cups bean sprouts (1/4 pound)
- 1/2 cup roasted peanuts, coarsely chopped
- lime wedges
- cilantro sprigs
- Sriracha

Directions

1. Soak noodles in a large bowl of warm water until softened, 25 to 30 minutes. Drain well in a colander and cover with a dampened paper towel.
2. Meanwhile, make sauce by mixing tamarind sauce, soy sauce, brown sugar, and Sriracha, stirring until sugar has dissolved.
3. Cut scallions into 2-inch pieces. Halve pale green and white parts lengthwise.
4. Cut shallots crosswise into very thin slices with slicer.
5. Rinse tofu, then cut into 1-inch cubes and pat very dry.
6. Heat oil in wok over medium heat until hot, then fry half of shallots over medium-low heat, stirring frequently, until golden-brown, 8 to 12 minutes. Carefully strain mixture through a fine-mesh sieve into a heatproof bowl. Reserve shallot oil and spread fried shallots on paper towels. (Shallots will crisp as they cool.) Wipe wok clean.
7. Reheat shallot oil in wok over high heat until hot. Fry tofu in 1 layer, gently turning occasionally, until golden, 5 to 8 minutes. Transfer tofu to paper towels using a slotted spoon. Pour off frying oil and reserve.
8. Lightly beat eggs with 1/4 teaspoon salt. Heat 2 tablespoons shallot oil in wok over high heat until it shimmers. Add eggs and swirl to coat side of wok, then cook, stirring gently with a spatula, until cooked through. Break into chunks with spatula and transfer to a plate.
9. Heat wok over high heat until a drop of water evaporates instantly. Pour in 6 tablespoons shallot oil, then swirl to coat side of wok. Stir-fry scallions, garlic, and remaining uncooked shallots until softened, about 1 minute.
10. Add noodles and stir-fry over medium heat (use 2 spatulas if necessary) 3 minutes. Add tofu, bean sprouts, and 1 1/2 cups sauce and simmer, turning noodles over to absorb sauce evenly, until noodles are tender, about 2 minutes.
11. Stir in additional sauce if desired, then stir in eggs and transfer to a large shallow serving dish.

12. Sprinkle pad Thai with peanuts and fried shallots and serve with lime wedges, cilantro sprigs, and Sriracha.

7. GREEN PAPAYA SALAD WITH ZUKTI DRESSING



Ingredients

- 10 small home-dehydrated or store-bought dried shrimp
- 2 small red Thai chiles, stemmed
- 1 clove garlic, grated
- $\frac{1}{4}$ cup Zukti tamarind sauce
- 1 tbsp. grated palm sugar or brown sugar
- 1 tbsp. Thai fish sauce
- 1 lime, cut into 1" pieces
- 4 cherry tomatoes, halved
- 3 long beans or 6 regular green beans, trimmed and cut into 1" pieces
- 1 carrot, coarsely shredded
- $\frac{1}{2}$ English cucumber, seeded and coarsely shredded
- $\frac{1}{6}$ small green cabbage, cored and thinly sliced
- 1 lb. unripe green papaya, peeled, quartered, seeded, and finely shredded using a mandoline (about 2 cups)
- 3 tbsp. unsalted roasted peanuts

Instructions

Combine chiles, and garlic, tamarind sauce, palm sugar/brown sugar, and fish sauce. Squeeze three-quarters of lime pieces over the top and drop into mortar; grind to make a rough dressing. Add remaining ingredients, except peanuts, adding papaya last. Use pestle and a spoon to grind and mix salad until vegetables and fruit are bruised and coated in dressing. Transfer to a serving dish; garnish with remaining lime pieces and peanuts.

8. HOT AND SOUR ZUKTI TAMARIND SOUP



Ingredients

- ½ cup Zukti Tamarind sauce
- 1 tbsp ground chili paste
- 1 tbpn minced garlic
- 3 tbpn soy sauce
- 3 cup light vegetable stock + 3 cup water
- ½ tsp. salt
- 1 cup pineapple chunks, fresh or canned, with some of the juice
- ½ onion, thinly sliced
- 1 stalk celery, thinly sliced
- 1 cup chopped tomatoes or halved cherry tomatoes
- 1 15 oz can peeled straw mushrooms, rinsed and drained
- 1 15 oz can cut baby corn
- 1 10/5 oz package lite silken tofu, firm, cubed
- 2 cup shredded bok choy leaves
- juice of one lime

Garnishes:

- 2 c. bean sprouts
- Chopped scallions
- Cilantro leaves
- lime wedges

Sauté the garlic and chili paste in a little water until fragrant, about 30 seconds. Add soy sauce and stir for another 10 seconds. Add broth, salt, and zukti tamarind and bring to a boil. Reduce heat and add pineapple, onion, celery, tomatoes, mushrooms, baby corn, tofu, and bok choy. Simmer for 3 minutes. Just before serving, remove from heat and stir in lime juice. Taste and adjust flavor with more chili paste, soy sauce, sugar, or lime juice to taste. To serve, ladle soup into individual large bowls and allow each person to garnish with the bean sprouts, scallions, cilantro, and lime wedges.

9. ZUKTI TAMARIND ROASTED VEGETABLES



- 3 kumara, peeled, cut into chunks
- ☐ 2 red capsicums
- ☐ 2 yellow capsicums
- ☐ 3 red onions, cut into wedges
- ☐ 1 large eggplant, cut into chunks
- ☐ 3 zucchini, cut into thick chunks
- ☐ 4 tablespoons sunflower oil

SAUCE

- ☐ 1 cup ZUKTI tamarind sauce
- ☐ 1 lemongrass stem (white part only), finely chopped
- ☐ 3 garlic cloves, roughly chopped
- ☐ 2 teaspoons grated ginger
- ☐ 2 long red chillies, seeds removed, sliced
- ☐ 1 cup coriander leaves
- ☐ 1/4 cup mint leaves, plus extra to garnish
- ☐ 2 tablespoons honey

Preheat the oven to 190°C. For the sauce, place all the ingredients in a food processor with 1/4 cup (60ml) boiling water. Blend to a thin paste, and then set aside.

Toss the vegetables in the oil, spread over a large baking tray (you may need to use 2 trays depending on the size of your oven), then roast for 30 minutes. Remove from the oven and toss with the sauce , then roast for a further 20-25 minutes until tender. Serve hot or at room temperature, garnished with the extra mint leaves

10. ZUKTI TAMARIND AND GINGER GLAZED CARROTS



- 2 lbs carrots
- 3 tablespoon Zukti tamarind sauce
- 1 tablespoon honey
- ¼ cup olive oil
- 1 inch piece of ginger, finely grated
- ¼ teaspoon sea salt

Directions

1. Preheat oven to 400° and line a baking sheet with parchment paper
2. Wash and peel carrots. For full sized carrots, cut into four, length-wise. For smaller carrots, leave whole.
3. Whisk together tamarind sauce , honey, olive oil, ginger and sea salt
4. In a large bowl, toss carrots with glaze to coat well.

5. Roast for 20 minutes, turning carrots at the 10 minute mark, and again at 15.
 6. Enjoy hot from the oven or chilled over mixed greens.
-