



PASTE

Great for rubbing on meats before grilling or slow cooking. Ideal mixed through yoghurt before oven baking, grilling or BBQ basting chicken and fish. Use as a flavour base for curries, butters, aiolis or egg dishes. For a tasty vegetarian option, add to roasted vegetables or mix through chunky vegetables before stir-frying. Stir through mayonnaise to enhance salads or sandwiches.

Enjoy - but be adventurous as they are so versatile.



Available in convenient 1kg pouch with spout

Available in the following flavours:

- Butter Chicken DF HS V VE
- Harrisa GF DF HS V VE
- Tandoori DF HS V VE

GF - Gluten Free

DF - Dairy Free

HS - Halal Suitable

V - Vegetarian suitable

VE - Vegan suitable



BUTTER CHICKEN || SERVES 10

INGREDIENTS

- 2 tbsp oil
- 1 medium onion, diced
- 300g Barker's Professional Butter Chicken Paste
- 1.5kg diced chicken (a mixture of breast and thigh)
- 400g can of chopped tomatoes (optional)
- 200ml cream
- coriander sprigs (to garnish)

METHOD

1. Sweat the diced onion in the oil until tender.
2. Add the Barker's Professional Butter Chicken Paste and continue to cook slowly for one to two minutes until fragrant.
3. Add the diced chicken and stir to combine with the paste.
4. Add the tomatoes and cook gently until the chicken is thoroughly cooked.
5. Stir in the cream and adjust the seasoning.
6. Top with fresh coriander sprigs and serve with basmati rice and naan bread.



BAGHDAD EGGS || SERVES 2

INGREDIENTS

- 3 tbsp butter
- 2 tbsp Barker's Professional Harissa Paste
- 4 free range eggs
- 8 mint leaves, shredded
- 2 garlic cloves, peeled and sliced
- ½ lemon, juiced
- seasoning, to taste
- 2 pieces toasted Turkish bread squares

METHOD

1. In a sauté pan over medium heat, add the butter and Barker's Professional Harissa Paste, and melt until it starts to foam.
2. Crack the eggs into individual cups before pouring them into the pan along with the mint. Baste the eggs with the flavoured butter until just set. With a fish slice, gently remove the eggs to a kitchen towel-lined tray.
3. Add the garlic and cook in the butter until golden. Add lemon juice and seasoning.
4. Place the eggs onto the Turkish bread, spoon over the flavoured aromatic butter and serve.



TANDOORI LAMB CUTLETS || SERVES 10

- 100g Barker's Professional Tandoori Paste
- 2 tbsp canola oil
- 20 lamb cutlets - from the rack
- 2 tbsp chopped fresh mint
- 2 cups couscous
- 500ml water

METHOD

1. Mix together Barker's Professional Tandoori Paste and the oil.
2. Baste the cutlets with the paste and marinate in the fridge overnight.
3. Pan-fry or grill the cutlets for 2 to 3 minutes on both sides.
4. Pour boiling water into the couscous and 1 tbsp olive oil or butter. Allow the water to absorb, then fluff with a fork.
5. Serve the cutlets on a bed of couscous with mint raita.

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