



**Le Creuset UK Ltd.**  
 Le Creuset House  
 83 Livingstone Road  
 Walworth Business Park  
 Andover  
 Hampshire  
 SP10 5QZ

**Free helpline 0800 37 37 92**  
 Open 9am until 5pm Monday to Friday.  
 Or email [helpline.uk@lecreuset.com](mailto:helpline.uk@lecreuset.com)

[www.lecreuset.co.uk](http://www.lecreuset.co.uk)  
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# COLOURS OF *Spice*

HOT AND SPICY RECIPES



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# COLOURS OF *spice*

Be bold with your flavours and embrace herbs and spices this season by introducing eastern vibrancy to your cooking.

Discover our new collection of recipes bursting with the eastern flavours of saffron, turmeric and cumin. We have collaborated with British-Iranian chef Sabrina Ghayour, bestselling author of cookbooks *Persiana* and *Sirocco*, to create simple delicious dishes all served in our Spring/Summer 2017 Colours of Spice collection.





## *vegetable, pistachio and black pepper curry*

Le Creuset Cast Iron 24cm Signature Round Casserole

**Serves 4-6**

This bold and unique combination of ingredients makes the perfect dish to please everyone from vegetarians to meat-eaters alike. With plenty of flavour, the sauce is rich and creamy, without being overpowering, and you can add your own favourite vegetable combination to the dish also.

**Preparation time: 30 minutes**

**Cooking time: Approximately 45 minutes**

### **Ingredients**

500g peeled butternut squash, cut into 1 inch thick x 2 inch long chunks  
150g baby corn  
300g Tenderstem broccoli, thicker stems halved lengthways  
2 medium sized onions, roughly chopped  
100g whole pistachios  
50g fresh coriander, including stalks  
6 green cardamom pods, crushed and black seeds retained, husks discarded  
2 long red chillies  
3 inches of fresh ginger, peeled and roughly chopped  
5 fat garlic cloves, peeled  
2 tablespoons of coarse black pepper  
Maldon sea salt  
Vegetable oil

### **Method**

1. Add the vegetable oil to the casserole, just enough to coat the base, and heat gently over a low to medium heat.
2. In a blender, blitz the coriander, cardamom seeds, chillies, ginger, garlic and pistachios together with enough water to generously cover them all and blend until the mixture is evenly green and smooth.
3. Gently fry the onions in the casserole until softened and slightly golden then add the butternut squash and stir-fry for a minute before adding the black pepper. Pour in the pistachio curry paste and stir, then add enough room-temperature water into the pan to just about cover the ingredients. Season generously with salt to taste and reduce the heat to low and cook for a further 20 minutes.
4. Check and adjust seasoning, if desired, then add the baby corn and broccoli and stir carefully. Cook for a further 10-12 minutes or until the corn and broccoli are cooked to your liking.
5. Serve with rice, naan or flatbread.

### **Cook's notes**

- Chicken breast chunks, seafood or paneer chunks also make great proteins to add to this dish.

## *sticky chilli chicken*

WITH TOASTED SESAME SEEDS AND SPRING ONIONS

Le Creuset Toughened Non-Stick 32cm Wok

Serves 4

This is the kind of dish I like to make when I am craving a takeaway. It's simple to prepare, tastes great and makes the perfect midweek meal in minutes. The flavour is brought together using simple, cupboard ingredients and the garnishes give it a final flourish of texture and taste and that sweet and spicy glaze is completely moreish.

Preparation time: 10 minutes

Cooking time: Approximately 10 minutes

### Ingredients

600g chicken breast, cut widthways into 1cm thick strips, then lengthways into two strips  
1 level teaspoon of cinnamon  
2-3 tablespoons of rose harissa  
4 tablespoons of clear honey (or more, if desired)  
4 whole spring onions, thinly sliced including green part  
15g fresh coriander, roughly chopped  
2 teaspoons of sesame seeds, lightly dry-toasted in a pan  
1 teaspoon of Nigella seeds  
Vegetable oil for frying  
Salt and pepper to taste

### Method

1. Add enough vegetable oil to coat the inside of the wok generously and heat on a low to medium heat. Once hot, add the chicken strips and stir-fry browning the edges quickly. Remove and drain the excess oil from the chicken on a plate lined with two sheets of kitchen roll. Do not fully cook the chicken as it will still need to be cooked with the glaze shortly.
2. Empty any remaining oil from the wok, add the chicken back in along with the harissa, cinnamon, honey and a generous amount of salt and pepper and stir-fry well until the chicken is evenly coated in the mixture. Adjust honey, harissa and seasoning quantities as desired.
3. Serve scattered with sesame and Nigella seeds, coriander and spring onions.

### Cook's notes

- You can also use pork, prawns and even tofu as a substitute to chicken. Great served with rice or noodles.



## *lamb, saffron, apricot and almond tagine*

Le Creuset Cast Iron 27cm Tagine

Serves 4-6

Tagines are a wonderful way of bringing a little unique and exotic North African flavour to a meal.

The Tagine vessel is a simple but highly effective shape enabling steam to swirl around inside, cooking the contents beautifully whilst producing a delicate broth in addition to the main ingredients themselves. Lamb, perfumed with saffron and spices, is married beautifully with the sweet depth of plumped apricots and the crunch of whole almonds. This stunning dish is a real showstopper but couldn't be simpler to make.

**Preparation time:** 25 minutes

**Cooking time:** Approximately 1½ hours

### Ingredients

800g lamb neck fillet, cut into 1 inch thick chunks  
Couple of generous pinches of best quality saffron threads  
150g dried apricots  
75g blanched whole almonds  
2 small or 1 large onion, roughly chopped  
1 heaped teaspoon of ground cumin  
1 teaspoon of ground cinnamon  
½ teaspoon of turmeric powder  
2 heaped tablespoons of clear honey  
A good squeeze of lemon juice  
Vegetable oil  
Maldon sea salt to taste  
Water, freshly boiled  
½ small packet of flat leaf parsley, roughly chopped including stalks

### Method

1. Drizzle enough oil into the base of the tagine to cover the surface and heat gently over a low to medium heat. Add the onions and fry them until they begin to brown slightly around the edges.
2. Add the lamb and stir the meat into the onions, ensuring you keep the meat moving, so it gets nicely browned but does not stew. Crumble in the saffron strands and stir through the meat until the colour begins to bleed.
3. Add the spices and stir, ensuring you coat the meat well and then add the honey and stir well. Pour in just enough water, from a boiling kettle to cover the ingredients, add the squeeze of lemon and reduce the heat to low and simmer for 1 hour and 30 minutes, stirring every so often.
4. After the initial cooking time has elapsed, add the apricots and stir the ingredients well and allow to cook for at least another 30 minutes before serving scattered with almonds and fresh parsley.
5. Serve with either couscous, rice or flatbread.

### Cook's notes

- Great served with rice, couscous, bulgur wheat or bread. Pork shoulder also works well as a substitute to lamb.



## peanut and harissa chicken stew

WITH CANNELLINI BEANS, EGGS AND HERB CRUMBS

Le Creuset Cast Iron 24cm Signature Round Casserole

Serves 4

For me, there is only one cut of chicken I like to use in stews and that is chicken thighs. Not only wonderfully economical but just 2 hours cooking time sees the delicate meat fall off the bone. Cooking with meat on the bone adds so much flavour to a dish and this dish has bags of flavour. A rich, nutty, sweet and spicy broth make for a delicious combination and the preserved lemons add a sharp burst of contrasting flavour finished with boiled eggs which bring so much comfort to the dish.

Preparation time: 35 minutes

Cooking time: Approximately 1 hour 45 minutes

### Ingredients

8 large bone-in chicken thighs, skins removed  
2 onions, sliced into ½cm half moons  
8 preserved lemons, some cut into halves and some into slices  
2 teaspoons of ground turmeric  
1 heaped teaspoon of ground cinnamon  
2 tablespoons of harissa  
3 tablespoons of smooth peanut butter  
3 tablespoons of clear honey  
3 heaped teaspoons of Maldon sea salt flakes, crushed  
400g can of cannellini beans  
4 free range eggs, room temperature  
Black pepper to taste  
Boiling water from a kettle  
Vegetable oil  
50g roasted salted peanuts, roughly chopped  
25g natural dried breadcrumbs  
1 small (20g) packet of flat leaf parsley, finely chopped

### Method

1. Add enough oil to the casserole to cover the base and heat over a low to medium heat. Add the onions and fry gently for a few minutes until they begin to soften.
2. Add the chicken thighs and combine well with the onions before adding the dry spices, peanut butter, harissa and honey and stirring well. Season with salt and pepper and add just enough boiling water from a kettle to just about cover the chicken thighs.
3. Stir one last time then put on the casserole lid and cook for 1 hour and 45 minutes, stirring occasionally to prevent sticking.
4. Add some hot water from a kettle into a saucepan and gently add the eggs and boil them for 6 minutes, drain and plunge them into iced water to cool down. Once cool peel off the shells, halve them and set aside.
5. Lightly toast the breadcrumbs either in the oven for 5-6 minutes at 180°C/Fan 160°C/ Gas Mark 4 or in a non-stick frying pan, until they are golden brown, then set aside.
6. After 1 hour and 15 minutes of cooking time, add the cannellini beans and preserved lemons and stir well and leave to cook, with the lid off, for a further 30 minutes.
7. Turn off the heat and lay the egg halves gently on top of the stew, put on the lid and allow the stew to rest for 10 minutes before serving.
8. Combine the chopped parsley with the breadcrumbs and peanuts and sprinkle the mixture over the stew and serve.

### Cook's notes

- You can serve this dish with rice or flatbreads and if preferred, use tahini instead of peanut butter.





## *spiced sweetheart cabbage ribbons with yoghurt*

Le Creuset Toughened Non-Stick 26cm Stir-fry Pan and 26cm Glass Lid

**Serves 4**

Cabbage is often overlooked because at some stage in our lives, we have all had some over-cooked and under-seasoned cabbage. This is the dish to do away with that notion, providing lots of flavour and depth, making cabbage a great side dish once again. Cabbage can hold spice rather surprisingly and the little burst of yoghurt gives it an additional layer of flavour which can simply be dotted around the finished dish or even stirred through.

**Preparation time:** 5-10 minutes

**Cooking time:** Approximately 10 minutes

### **Ingredients**

500g sweetheart cabbage or Savoy, spring greens or winter cabbage  
3 fat garlic cloves, cloves bashed, peeled and thinly sliced (optional)  
1 teaspoon of cumin seeds  
1 teaspoon of coriander seeds  
1 teaspoon of mustard seeds  
1 teaspoon of chilli flakes (optional)  
25g butter, cut into cubes  
4 tablespoons of Greek yoghurt  
Olive oil  
Maldon sea salt and pepper

### **Method**

1. Cut the cabbage lengthways down the middle and pull off the larger outer leaves. Cut out the central stalk from each leaf and layer the leaf halves on top of each other. Roll them up and cut width-ways into 1cm ribbons. Wash the cabbage ribbons and drain into a colander but don't shake off any water.
2. Gently heat the Toughened Non-Stick Stir-fry pan on a low to medium heat (for no more than 2 minutes), add the spices and dry-toast them for about a minute or so until their perfume is released but not letting them burn.
3. Drizzle some oil in to the pan, just enough to coat the base, and heat gently. Add the garlic, if using, and sauté lightly without colouring then take half the cabbage and pack it into the pan and season that layer with a little salt and pepper, stir and add the rest of the cabbage, seasoning the top layer again with salt and pepper and another little drizzle of oil. Cover with a Toughened Non-Stick 26cm Glass Lid – see Cook's notes - and cook for 4-5 minutes without removing the lid. Hold the lid on firmly and shake the pan to move the cabbage around. This will enable the cabbage to fry and steam-cook at the same time.
4. Remove the lid and stir the cabbage well, making sure the spices coat the cabbage, then add the butter and stir.
5. Check the seasoning and adjust if desired and remove the pan from the heat. Dollop the yoghurt in parts over the cabbage and serve immediately.

### **Cook's notes**

- You really can use any variety of cabbage and even kale works really well, so long as you remove the tough stalks.
- Le Creuset Toughened Non-Stick 26cm Glass Lid is available to buy separately for the Stir-fry Pan.

## *rare seared sirloin slivers*

WITH FETA, CHARRED LETTUCE AND CHARRED CUCUMBER

Le Creuset Toughened Non-Stick 35cm Ribbed Rectangular Grill

Serves 4

Although essentially a salad, this dish has great flavour and texture making it so much more than just a salad. Juicy steak slivers mingled with charred cucumber, lettuce halves and salty feta, make this dish an indulgent yet virtuous pleasure to eat. The dressing finishes the dish off beautifully with a little chilli kick. You can also make wonderful sandwiches using toasted pitta bread or warmed baguettes.

Preparation time: 35 minutes

Cooking time: Approximately 5 minutes

### Ingredients

600 - 800g sirloin steak  
2 teaspoons of coarse black pepper  
2 tablespoons of rose harissa  
50g fresh rocket leaves  
200g feta cheese, crumbled  
1 whole cucumber, quartered lengthways and cut into 3 inch fingers  
4 gem lettuce hearts, halved  
Maldon sea salt and black pepper to taste

### For the dressing

(blitz the below together with a hand/stick blender)  
2 teaspoons of toasted sesame oil  
1 tablespoon of olive oil  
½ packet of fresh coriander  
½ packet of fresh mint, leaves picked  
1 teaspoon of chilli flakes  
1 tablespoon of brown sugar  
1 tablespoon of rice vinegar  
1 tablespoon of cold water

### Method

1. Marinate the steak with the black pepper, harissa and a little olive oil and massage into the meat.
2. Brush the cucumber and lettuce pieces with olive oil.
3. Pre-heat the grill on a low to medium heat. Test the temperature of the pan – see Cook's notes - and when hot enough add the cucumber and lettuce for a minute or so until they begin to char. The lettuce will take less time as it is more delicate and needs only to be charred on the cut side. Once done, remove from the pan and set aside.
4. Remove the steak from the marinade and pat dry with kitchen paper. Test the temperature of the grill again and, if hot enough, begin searing the steak.
5. Sear the steak on both sides for about 2-3 minutes on each, or more if you wish to cook for longer (see Cook's notes). Remove from the grill and allow to rest so the juices flow back through the meat to ensure it stays moist and juicy.
6. Once the meat has rested for at least 5 minutes, thinly slice the steak into slivers and arrange on a warmed platter along with the charred cucumber, lettuce halves, rocket and crumbled feta. Lastly, drizzle over the dressing and serve immediately.

### Cook's notes

- To check if the grill is hot enough add a few drops of cold water to the hot surface. If it sizzles and the water evaporates almost immediately, it is hot enough and ready for use. If the water produces steam and has no sizzle, heat the pan for a little longer and repeat the test again.
- You can check to see how the meat is cooked by pressing it with your finger; if there is a lot of bounce, then the meat is very rare. The less bounce you have, the more the meat is cooked. You are looking for the meat to have bit of bounce in order to be rare. Cook for longer if you don't want the meat rare.
- Do not heat the empty grill for more than two minutes to avoid overheating.
- The recipe works equally well with chargrilled chicken breasts or pork escalope.







## *spiced rhubarb cake*

WITH CINNAMON CREAM

Le Creuset Stoneware 26cm Heritage Rectangular Dish

Serves 8-10

This gently spiced cake is studded with sharp bursts of melting rhubarb which helps cut through the traditional sweetness of the sponge. The cinnamon cream is the perfect pairing with this cake and makes it a great and impressive dessert or simply an indulgent afternoon treat.

**Preparation time:** 5 minutes

**Cooking time:** 45-55 minutes

### Ingredients

400g rhubarb, ends trimmed and then cut thinly into ½ cm thick slices  
225g caster sugar, plus 2 heaped tablespoons extra  
225g self-raising flour  
2 teaspoons of ground cinnamon, plus 1 heaped teaspoon extra  
2 teaspoons of ground ginger  
150g salted butter, melted  
3 large eggs  
2 teaspoons of vanilla bean paste  
50g flaked almonds

### For the cream

300ml double cream  
3-4 tablespoons icing sugar (depending on your preference)  
1 heaped teaspoon of ground cinnamon  
1 teaspoon of vanilla bean paste

### Method

**Pre-heat the oven to 170°C / 160°C Fan / Gas Mark 3**

1. Butter a Le Creuset Stoneware 26cm Heritage Rectangular Dish.
2. Put the rhubarb slices into a mixing bowl with 2 heaped tablespoons of caster sugar and 1 heaped teaspoon of ground cinnamon and mix well and set aside.
3. In a large mixing bowl, beat the eggs, sugar, vanilla paste, cinnamon and ginger together until evenly combined. Add the flour and mix well before finally adding the rhubarb pieces and giving everything a thoroughly good mix to make sure all the ingredients are evenly combined.
4. Pour the cake mix into the lined dish and smooth over the top to make sure the batter is evenly distributed and the surface is flat before scattering all the flaked almonds liberally over the top. Then place in the oven and bake for 45-55 minutes or until golden on top and a skewer/knife inserted into the centre comes out clean.
5. In a mixing bowl whisk the double cream with the cinnamon, icing sugar and vanilla paste either using an electric whisk, or hand-whisk until the mix is relatively stiff but still light and not overly dense.
6. Remove the cake from the oven and allow to cool. Serve with a generous dollop of cinnamon cream.

### Cook's notes

- Choose a good quality vanilla extract such as Madagascar Bourbon vanilla as this will impart the best flavour.
- You can substitute the almonds with a scattering of pine nuts and if desired, stir a generous handful of pine nuts into the cake batter before baking.

# COLOURS OF spice COLLECTION

Product	size	capacity	portion size	reference	VOLCANIC 09	ALMOND 68	SATIN BLACK 00	CERISE 06	ROSEMARY 46	OTHER
<b>Cast Iron</b>										
Signature Round Casserole	20 cm	2.4L	2-3	2117720	●	●	●		●	
	24 cm	4.2L	4-5	2117724	●	●	●		●	
	28 cm	6.7L	6-8	2117728	●	●	●			
Wok	32 cm	4.8L		2130832	●		●			
Balti Dish	24 cm	2.7L		2014224			●	●	●	
Tagine	27 cm	2.3L		2513827	●	●				

## Toughened Non-Stick

<b>New Wok</b>	32 cm	5.5L		962011320
Stir-fry Pan	26 cm	3.3L		962020300
Glass Lid	26 cm			962008260
	32 cm			962008320

## Stoneware

Heritage Rectangular Dish	19 cm	1.1L		991004719	●	●	●		●	
	26 cm	2.3L		991004726	●	●	●		●	
	32 cm	3.85L		991004732	●	●	●		●	
Tapas Dish	14cm	0.4L		91036014	●		●			
Stackable Ramekin	8 x 4.6cm	0.2L		91030708	●	●	●	●	●	
Salt Pig	11.5 x 16cm	0.3L		91002200		●				
Pestle & Mortar	12 x 8cm	0.5L		91003418		●				
Condiment Pot		0.2L		91037400	●		●			
Set of 3 Dip Bowls	10 x 10cm	0.15L		910551006						○
Set of 3 Rice Bowls	10.5 x 10.5cm	0.3L		910552106						○

## Mills

Salt Mill				96002000	●	●	●	●	●	
Pepper Mill				96001900	●	●	●	●	●	
Spice Grinder				96002600	●		●	●		

