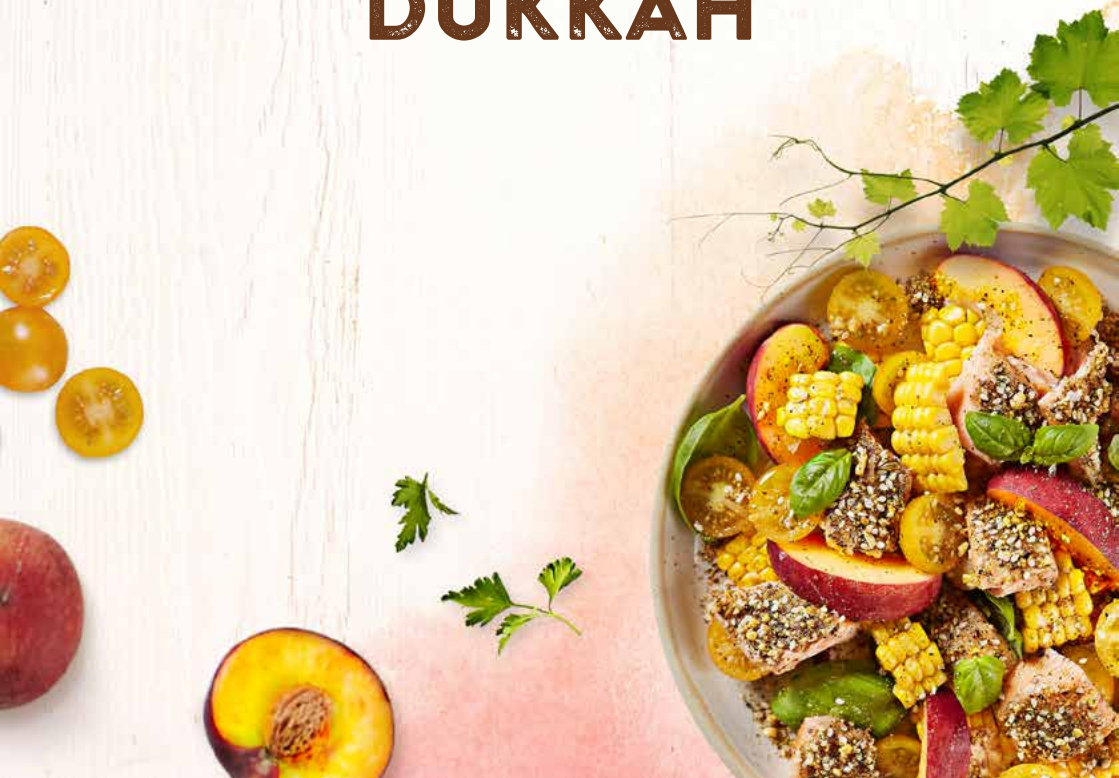


NOURISHING YOU FOR LIFE



The
**LITTLE
BOOK** *of*
DUKKAH





THE SEASONING FOR ALL SEASONS

Dukkah is Egyptian in origin; a crunchy blend of roasted nuts, with sesame seeds, herbs and spices.

Versatile all year round, it is so easy to wow your guests with this simple but delicious addition. We have loved compiling some of our favourite recipes for you. Tailored to the different seasons, the options are endless and they're sure to be a hit around your table.

We hope you love them as much as we do.

♡ Kate Weiss,
Founder of Table of Plenty

*Look for it
in the
spice aisle*



Crusted Baked Salmon Fillets

Ingredients

LEMON & HERB DUKKAH

4 salmon fillets
Olive oil
4 tbsp Lemon & Herb Dukkah
1 lemon cut into quarters
Salt and pepper

Method

1. Pre-heat the oven to 200°C. Line a baking sheet and set aside.
2. Rub the salmon fillets lightly with olive oil. Then sprinkle 1 tbsp of Lemon & Herb Dukkah evenly over each salmon fillet, gently patting the Lemon & Herb Dukkah onto each fillet to help it stick. Hold a little back and sprinkle it over the top so that it forms a crust as the fillet bakes.
3. Place the fillets on the baking tray. Bake for 12 - 15 minutes, or until cooked to your liking. The fillets should be firm to the touch (not hard) when lightly pressed.
4. Remove from the oven, then either squeeze lemon over each fillet. Serve the lemon quarter on the side.



*Crusted Baked Salmon with
Peaches and Grilled Corn Salad*

Peaches & Grilled Corn Salad

Ingredients

LEMON & HERB DUKKAH

2 fresh peaches, sliced
2 ears of grilled corn, cut from cob
1 punnet of cherry tomatoes (yellow)
Basil leaves to garnish

DRESSING

Balsamic vinegar & olive oil
Salt and pepper
1 x tablespoon Lemon & Herb Dukkah

Method

1. Grill the corn by setting to high heat, keep the corn in the husk and cook for 15-20 minutes, turning the corn occasionally. Remove from grill and allow corn to cool before cutting from the cob. If you don't have a grill, you can boil the corn instead.
2. Place fresh peaches, cherry tomatoes and grilled corn on serving platter. Then drizzle balsamic vinegar and olive oil over each salad. Sprinkle with salt and pepper and Lemon & Herb Dukkah to serve.

Asian Soba Noodle Salad

Ingredients

ASIAN BLACK SESAME DUKKAH

SALAD

300g soba noodles
1 steamed broccoli
½ cucumber
300g tofu
1 bunch baby kale
1 bag of shredded veg mix
Asian Black Sesame Dukkah

PEANUT SAUCE

1 tbsp smooth peanut butter
1 tbsp natural yoghurt
1 tsp sweet chilli sauce
1 tsp rice wine vinegar

Method

1. Cut tofu into 2 cm cubes and pan fry in oil.
2. Boil broccoli and soba noodles for 3 minutes or until tender. Combine all greens in bowl.
3. Mix ingredients together for peanut sauce.
4. Serve all elements together and sprinkle with Asian Black Sesame Dukkah.



Chocolate, Hazelnut & Orange Pavlova

Ingredients

SWEET DUKKAH

- 1 pack Dark Chocolate & Orange Sweet Dukkah Sprinkles
- 1 dark chocolate block
- 1 pc, 30cm pavlova (store-bought is fine)
- 300 ml thickened cream
- 2 oranges, segmented

Method

1. Pour cream into a large bowl, set beaters on medium speed and whip cream until it thickens.
2. Place pavlova on a serving plate and top with the whipped cream. Arrange the segmented oranges on top then use a grater to sprinkle dark chocolate shavings over the pavlova.
3. Scatter the Sweet Dukkah Sprinkles all over the top of the pavlova, to taste.



No-Bake Pecan Pie Bites

Ingredients

SWEET DUKKAH

BASE

- ¼ cup raw almonds
- ¼ cup raw cashews
- 2 tbsp Sweet Dukkah Sprinkles
- 1 tsp of vanilla
- 1 tsp of water
- 1 tbsp of coconut oil
- Pinch of salt

FILLING

- ¼ cup raw almonds
- ¼ cup raw cashews
- ½ cup raw pecans
- 1 tsp of vanilla
- 2 tbsp of maple syrup
- 2 tbsp of coconut oil
- 1/4 tsp of cinnamon

Method

BASE

1. Lightly toast cashews and almonds at 175°C for 5-10 mins. Place almonds and cashews into your food processor or blender and process until they break down into a fine crumb.
2. Add vanilla, coconut oil, water, Dukkah and salt then process again until a sticky “dough” forms. Press base mixture into a lined dish and put into the freezer.

FILLING

3. Lightly toast nuts and blend into a fine crumb.
4. Add vanilla, maple syrup, coconut oil, cinnamon and salt, and process again until a sticky “dough” forms. Press on to your base then pop it in the fridge or freezer to set. Melt chocolate and drizzle over your pecan base, sprinkle with sea salt and Dukkah.

Banana Snickerdoodle Muffin

Ingredients

SWEET DUKKAH

- 180g banana, mashed
- 140g coconut yoghurt
- 80ml coconut milk
- 1 tsp apple cider vinegar
- 100g wholemeal spelt flour
- 80g almond flour
- 1 tbsp cinnamon
- 30g Sweet Dukkah
- 1 tsp baking powder
- ½ tsp bicarb soda

Method

1. Preheat oven to 170°C and line a muffin tray with 9 baking cups.
2. In a large bowl combine the mashed banana, coconut yoghurt, coconut milk and apple cider vinegar and set aside. In a separate bowl mix together the remaining ingredients, ensuring there are no lumps.
3. Add the bowl of dry ingredients to the large bowl with wet ingredients, and fold together until just combined, being careful not to overmix.
4. Divide mixture between the 9 muffin cups and bake for 25-30 mins, or until golden and a skewer comes out clean.

These muffins are best served warm and can be stored in the fridge for 5 days, or in the freezer for up to 1 month.

Roasted Cauliflower & Avocado Salad

Ingredients

PISTACHIO DUKKAH

- 800g cauliflower florets
- 400g chickpeas (drained & rinsed)
- ¼ cup olive oil
- 1 tbsp Pistachio Dukkah
- 1 tsp sea salt flakes
- 2 avocados
- ½ cup natural greek style yoghurt
- 2 tbsp dill sprigs
- 1 tbsp lemon juice
- ¼ cup water
- 1 bunch radishes (halved or quartered)
- 1 cup mint leaves

Method

1. Preheat oven to 220°C . Place the cauliflower and chickpeas on 2 large baking trays lined with baking paper and drizzle with the oil. Top with the Pistachio Dukkah and salt and toss to combine. Roast for 18–20 minutes or until golden brown.
2. To make the dressing, place 1 avocado half in a medium bowl. Add the yoghurt, dill, lemon juice and water. Using a hand-held blender, blend until smooth and creamy.
3. Top the cauliflower and chickpeas with the radish, mint and remaining avocado.



Grilled Prawn Skewers

Ingredients

MACADAMIA DUKKAH

Bamboo skewers (soaked in water for 10 min. while cooking)

1kg green prawns - deveined, tails intact

½ cup Macadamia Dukkah

2 tbsp fresh chopped coriander

Fresh lime juice and wedges for serving

Salt and pepper

Olive oil

Method

1. Combine fresh chopped coriander and Macadamia Dukkah in a bowl. Add the prawns, squeeze lime juice and toss until the prawns are coated.
2. Preheat barbecue or grill on medium. Thread the prawns, tail-end first onto bamboo skewers, 3 per skewer. Place in a single layer on a tray or directly on the barbecue. Sprinkle more Dukkah on top, season with salt and a light coating of oil.
3. Cook on the grill turning, for 3-4 minutes or until the prawns change colour. Transfer to a serving platter. Garnish with lime wedges.

Asian Chicken & Avocado Lettuce Cups

Ingredients

ASIAN BLACK SESAME DUKKAH

2-3 cooked chicken breasts

2 tbsp greek yogurt

1 tbsp onion powder

1 tbsp Asian Black Sesame Dukkah

1 tsp coconut oil

2 cloves of crushed garlic,

1 knob of freshly grated ginger

1 avocado

2 fresh chillis

1 lime

1 bunch coriander

Method

1. Mix 2-3 cooked chicken breasts with 2 tbsp greek yogurt, onion powder & 1 tbsp Asian Black Sesame Dukkah. Salt and pepper to taste.
2. Add garlic, ginger and coconut oil.
3. Load it all into a couple of cool, crisp lettuce leaves.
4. Served with avocado, fresh chilli, lime, and coriander. Sprinkle remaining Asian Black Sesame Dukkah over the cups.

Shaved Zucchini Salad

Ingredients

PISTACHIO DUKKAH

- 3 zucchinis (medium sized)
- Zest from one lemon
- Juice from one lemon
- 1 tsp sea salt flakes
- ½ tsp freshly ground pepper
- ¼ cup pine nuts
- 60g goats cheese
- ¼ cup alfalfa sprouts
- 1 tbsp Pistachio Dukkah

Method

1. Ribbon the zucchini. Finely shave the zucchini with either a vegetable peeler or on a mandoline (set the mandoline to 1/8th inch).
2. Gently combine the zucchini, lemon zest, lemon juice, salt and pepper in a large bowl.
3. Toss lightly to combine, so the zucchini ribbons don't break. Marinate for 10 minutes.
4. Place the zucchini on a plate. Twist the strands to create some circular shapes in the salad.
5. Toast the pine nuts over medium heat in a non-stick pan for five minutes or until the nuts are golden brown.
6. Top the zucchini with the toasted pine nuts, goats cheese, microgreens, and Pistachio Dukkah to finish.



Crispy Asian Salmon Bites

Ingredients

ASIAN BLACK SESAME DUKKAH

FILLING

1 cup canned salmon, drained, firmly packed
2 eggs
3 tbsp of coconut flour
1 tsp of garlic powder
½ tsp of onion powder
1 knob of freshly grated ginger
2 tbsp of coriander/cilantro, roughly chopped
1 small chilli
1 tsp of fish sauce
½ tsp lime juice
Salt and pepper

COATING

60g Asian Black Sesame Seed Dukkan

SERVING

1 spring onion
1 avocado
kewpie mayo
sweet chilli sauce

Method

1. Pre-heat oven to 175°C. Line a baking tray with baking paper and set aside.
2. Place all salmon, eggs, coconut flour, fish sauce, spices & seasonings into a small bowl and stir until well combined.
3. Let all of it to sit for a minute or two so the coconut flour can do it's magical binding.
4. Place all seeds for coating into a small, shallow dish and stir to combine. Set aside.
5. Take approximately 1 tbsp of salmon mixture and roll it into a ball.
6. Gently press each salmon bite into your Dukkan mix, then place on to your prepared baking dish. Repeat until all mixture has been used.
7. Bake for 8-10 minutes until the seeds are fragrant, lightly toasted and your salmon bites are cooked through.

Shakshuka – Poached Eggs in Spicy Sauce

Ingredients

SPICY DUKKAH WITH TURMERIC

- 2 tbsp olive oil
- 1 onion, chopped
- 2 red capsicums (seeded, finely chopped)
- 1 jalapeño pepper (seeded, finely chopped)
- 1 can diced tomatoes
- ½ cup vegetable broth
- 6 - 8 eggs
- 2 tbsp chopped parsley
- ¼ cup crumbled feta cheese
- 2 tbsp Spicy Dukkah with Turmeric
- Salt and pepper

Method

1. In a large, deep skillet, heat oil over medium-high heat. Add onion and peppers and cook until softened and beginning to brown, about 7 minutes.
2. Add tomatoes, vegetable broth, cumin, paprika, oregano, and salt and pepper; simmer for 20 to 22 minutes or until thickened.
3. Crack eggs evenly on top of sauce; cover and cook for 6 to 8 minutes or until whites are set and yolks are thick but runny (if you like firmer yolks, cook for 1 to 2 minutes more).
4. Sprinkle with parsley and feta cheese and Spicy Dukkah with Turmeric.

Crispy Zucchini Chips

Ingredients

SPICY DUKKAH WITH TURMERIC

- ¼ cup Spicy Dukkah with Turmeric
- 3 zucchinis
- 1 tbsp olive oil

Method

1. Preheat the oven to 175°C, and line a baking tray with paper.
2. Cut the zucchini in half, then quarter each segment. Add these to a large mixing bowl and coat in the olive oil.
3. Pour the Dukkah over the top, coating the zucchini. Place each zucchini chip onto the prepared tray, being sure to coat in any extra dukkah at the bottom of the bowl.
4. Bake in the oven for about 30 minutes, turning the tray around halfway through, and once cooked, serve and enjoy with your favourite dipping sauce.

Warm Roast Vegetable Salad

Ingredients

SPICY DUKKAH WITH TURMERIC

- ½ butternut pumpkin
- 3 roma tomatoes
- 1 carrot
- 1 red capsicum
- 1 beetroot
- ½ red onion
- 2 tbsp maple syrup
- 1 cup salad greens
- 1 avocado
- ¼ pomegranate
- Handful walnuts and pistachios
- Handful Spicy Dukkah with Turmeric

Method

1. Preheat oven to 180°C. Line baking tray with baking paper.
2. Cut all vegetables to around the same thickness. This allows all of the vegetables to bake at the same rate. Place pumpkin, tomatoes, onion, carrot, capsicum and beetroot on baking tray and bake for 30-40 minutes.
3. Brush maple syrup on pumpkin and carrot pieces and place under grill for 5 minutes to caramelize.
4. Add all ingredients to a large bowl and mix. Separate into serving bowls and enjoy.

Roasted Carrots with Fetta

Ingredients

SPICY DUKKAH

6 medium carrots, cut ½ -inch-thick
3 tbsp extra-virgin olive oil
⅓ cup crumbled feta cheese
2 tbsp chopped fresh flat-leaf parsley
2 tbsp Spicy Dukkah
Salt and pepper

Method

1. Preheat oven to 220°C. Toss carrots with oil on a rimmed baking sheet, and season with salt and pepper. Roast until carrots are caramelized and tender, about 25 minutes.
2. Transfer carrots to a bowl, and toss with feta, parsley and Spicy Dukkah with Turmeric.



Falafel Wraps

Ingredients

SPICY DUKKAH

- 1 can chickpeas, drained and rinsed well
- 1 cup coriander
- 2 tsp minced garlic
- 3 spring onions
- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp dried coriander
- Pinch of salt
- 45g Spicy Dukkah with Turmeric
- 3 - 5 tbsp flour
- Sesame seeds

Method

1. After rinsing the chickpeas really well, place them in the food processor.
2. Roughly chop the coriander and shallots, and then add to food processor along with the garlic, cumin, paprika and Spicy Dukkah. Process for a few minutes or until everything is smooth and mixed.
3. Add 1 tbsp of flour at a time and mix until the mixture is no longer wet and will hold its shape when rolled into a ball.
4. Place the mixture in a covered bowl in the fridge for 1 - 2 hours. Once chilled, roll the mixture into balls that are about the size of a tablespoon. When rolled, lightly press the balls into the sesame seeds on each side. At this stage, lightly press the balls down to form more of a disk shape, rather than a ball.
5. In a large fry pan over medium heat, add a small amount of sesame seed oil. Cook each falafel for a few minutes on each side. They should turn a golden-brown colour.
6. Serve in iceberg lettuce cups with diced finely tomato, red onion and coriander. Top with tahini and mashed avocado.

Creamy Miso Mushroom Pasta

Ingredients

ASIAN BLACK SESAME DUKKAH

- ½ dried pasta
- ¼ cup mushrooms
- ¼ cup sliced capsicum
- ½ cup baby spinach
- 2 tsp apple cider vinegar
- 2 tsp brown rice miso
- 3 tsp ground garlic
- ⅔ cup cashews (soaked for 1-2 hours)
- ⅓ cup plant milk or water (add little at a time and adjust to consistency)
- 1 tbsp oil
- 1 tbsp of Asian Black Sesame Dukkah
- Salt and pepper

Method

1. Start cooking your pasta of preference, until just al dente and drain (keep pasta water for later) and set aside.
2. In a high-speed blender or food processor, add your soaked cashews, plant milk and miso. Blend until creamy and lump free.
3. Chop the mushrooms and sauté on a pan with oil until it's browned nicely, and they release water. Add a dash of apple cider vinegar, toss then set mushrooms aside.
4. Stir fry the ground garlic in oil. Add in the sliced capsicum and stir fry until fragrant. Add in the mushrooms and stir, then add in your cashew cream sauce into the pan. Add pasta water if necessary and continue stirring.
5. Add in the cooked pasta and toss in the sauce. Let cook for 3-5 minutes or until the sauce has thickened up. Serve with grounded pepper.



Roast Beetroot with Feta

Ingredients

PISTACHIO DUKKAH

- 1 bunch beetroot, trimmed
- ¼ cup freshly squeezed orange juice
- 1 tbsp white wine vinegar
- 1 tsp honey
- 50g feta cheese, crumbled
- ¼ cup fresh mint leaves, torn
- Extra virgin olive oil, to serve
- 1 tbsp Pistachio Dukkah

Method

1. Preheat oven to 200°C/180°C fan-forced.
2. Wash beetroot and pat dry. Wrap each beetroot in foil. Place on a baking tray. Roast for 40 to 45 minutes or until tender and skin peels away when rubbed. Set aside until cool enough to handle.
3. Wearing disposable gloves, peel beetroot. Cut into wedges. Place in a bowl. Whisk juice, vinegar and honey in a small bowl. Drizzle ½ the honey dressing over the beetroot. Toss to coat. Stand for 10 minutes, tossing occasionally, to allow the flavours to develop.
4. Transfer beetroot to a platter. Top with feta, mint and Pistachio Dukkah. Season with salt and pepper. Serve drizzled with oil and remaining honey dressing.



Crusted Mini Lamb Roast

Ingredients

PISTACHIO DUKKAH

ROAST

- 1.3 kg lamb roast boneless
- ½ cup olive oil
- 1 packet of Pistachio Dukkah

SIDES

- 3 carrots peeled and quartered
- 3 potatoes peeled and quartered
- 1 brown onion peeled and quartered
- Salt and pepper, or your favourite veggie seasoning to taste

Method

1. Preheat your oven to 200°C.
2. Baste your lamb roast in olive oil, sprinkle with dukkah and use your basting brush to press the dukkah onto the lamb until evenly coated across the top and sides.
3. Pop the roast in the oven for around 45 minutes, then take it out and turn it over, and baste the top with oil and plenty of dukkah.
4. Now's the time to add in your carrots, potatoes and onion. Pop them into the same roasting pan with the meat. Make sure to give them a good baste with oil and sprinkle with salt & pepper or your favourite veggie seasonings.
5. Pop it all back in the oven for a further 45 mins, or until juices run clear when the meat is pierced with a fork.
6. Now take your fragrant dukkah-crusted roast out of the oven, cover with aluminium foil, and allow to rest for 10 mins or so till it's juicy and tender.

Turmeric Pumpkin Soup

Ingredients

SPICY DUKKAH WITH TURMERIC SOUP

- 5 cups pumpkin, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup coconut milk
- 1 cup vegetable stock
- 1 tbsp turmeric
- 1 tsp ginger powder

CASHEW CREAM

- ½ cup cashews, soaked in water overnight
- ½ cup coconut milk

GARNISH

- Handful of Spicy Dukkah with Turmeric

Method

1. Preheat oven to 180°C.
2. Place pumpkin and onion on a lined baking tray and bake for 30 minutes. Add minced garlic then bake for another 10 minutes or until everything is cooked through. Then remove from oven.
3. Meanwhile, for the cashew cream, drain the cashews and add to a blender with the coconut milk. Blend until very smooth and add water to thin as desired. Remove from blender.
4. When the pumpkin, onion and garlic has cooled, add them to the blender with the remaining soup ingredients. Blend until very smooth.
5. Heat soup up again if desired, separate into bowls and drizzle with cashew cream and Spicy Dukkah to serve.

Red Cabbage Slaw with Goats Cheese

Ingredients

PISTACHIO DUKKAH

¼ cup currants
1 lime juice and zest
¼ cup extra virgin olive oil
½ red cabbage -finely shredded
40 g Meredith goats cheese crumbled
1 handful fresh parsley leaves -roughly chopped
2 tbsp Pistachio Dukkah
Salt and pepper

Method

1. Combine the currants, lime, olive oil and seasoning in a small bowl and allow to rest for 10 minutes (or longer).
2. Shred the red cabbage and then toss through the dressing.
3. Top with the feta, parsley and Pistachio Dukkah.



Spicy Cashew Dukkah Wedges

Ingredients

SPICY CASHEW DUKKAH

WEDGES

- 2-3 potatoes
- 2-3 tbs olive oil
- ½ packet of Spicy Cashew Dukkah

TOPPINGS

- Soft goats cheese
- Honey

Method

1. Preheat fan-forced oven to 180°C.
2. Cut potato into wedges and place into a large bowl.
3. Toss wedges in olive oil and half of the Spicy Cashew Dukkah packet.
4. Spread out wedges evenly onto a baking tray, and place in the oven for 5 minutes or until golden brown.
5. Drizzle honey, and crumble cheese over wedges. If desired, sprinkle more Dukkah on top.

Crusted Barramundi with Carrots

Ingredients

LEMON & HERB DUKKAH

- 2 pieces barramundi fillet or fish of choice
- ½ can roasted chickpeas
- ½ cup almond meal
- Pinch of salt, pepper, chilli, cumin
- 1 tbsp fresh basil
- 3 carrots cut lengthways into chips
- 3 tbsp olive oil
- 4 garlic cloves
- 3 tbsp feta
- 2 tbsp Lemon & Herb Dukkah

Method

1. Preheat oven to 180°C. Place chickpeas on a tray with some olive oil, salt, pepper, paprika and cayenne pepper.
2. Roast for 30 -40 minutes or until golden and crisp. Allow cooling.
3. Cut up the carrots lengthways and place on a separate tray. Drizzle with olive oil, salt, pepper, feta, garlic and Dukkah. Place in the oven.
4. In a blender add 1 tbsp olive oil, salt, pepper, chilli, basil, cumin, chickpeas and almond meal and blend roughly for a few seconds, being careful not to make it too fine.
5. Lay your fillets on a tray and drizzle with 1 tbsp olive oil so the crust has something to hold onto. Use your hands or a spoon to place a thick amount to cover the whole fish surface.
6. Place in the oven for about 20 minutes, the carrots may take a bit longer but the fish should be golden on top and soft through the middle.





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