



All Jethro's sauces are great for experimenting with - but here are a few tried and tested dishes to get you going!

Fragrant Roast Chicken

Pour marinade or sauce inside chicken, gently tip to coat all over the inside. Roast as usual, drizzling marinade over outside skin towards the end of cooking. Match the side dishes to the meal with your chosen sauce. For example: **Lemon Chilli Coriander** with pilau rice mixed with prawns and peas. **Cajun Lime Jalapeno** with roast sweet potatoes.

Mixed Platter with Sweet Ginger Dip

Combine hors oeuvres: baby spring rolls, breaded chicken or fish goujons, stuffed chicken wings, prawn toasts, crunchy crudités, baby ribs etc. Decorate with coriander and spring onions and serve **Ginger Chilli** or **Ginger Lime** Sauce in dipping bowls.

Oven Roasted Cajun Chicken with Butternut Squash

Score the skin of chicken thigh and drumstick portions. Marinate in **Cajun Lime Jalapeno**. Cook 25-30 minutes in a roasting tin in a medium oven, checking they are done. Peel and cube the squash, roll in olive oil, salt and pepper and roast alongside. Good served with a vegetable risotto (diced green beans, green pepper and courgette).

Patatas Bravas

Peel potatoes and cube into 1 inch pieces. Dry and fry until golden and crispy. Drain, salt and serve dressed with **Red Chilli & Garlic** Sauce and a splash of thick sour cream. Variation: Red Chilli Mayonnaise with a spoonful of **Red Chilli & Garlic** Sauce through mayo or crème fraiche and serve with everything!

Spicy Sausage Casserole

Take a 1lb or so of favourite sausages and cut in 2 along the length. Fry gently about 4-5 minutes in a casserole dish - remove. Fry some chopped bacon/onion/garlic till done. Drain excess oil and add sausages back in with a good splash of **Amadou BBQ**. Add the same quantity of red lentils and about a half litre of chicken stock. Maybe a little celery or carrot? Simmer to cook down the lentils. Add a can of beans: blackeye, kidney, borlotti, or chick peas and heat well - serve scattered with fresh herbs and crusty bread.

Spicy Sweet and Sour Chicken

Stir fry sliced red pepper, onions, garlic, green chilli, water chestnuts. Remove. Add chopped chicken meat to wok, stir fry. Season with soy and return vegetables to wok. Splash in **Ginger Chilli** sauce, toss to mix and serve over noodles.

Sweet 'n' Sour Filo Fish Parcels

Roll out squares of filo pastry, splash on a little **Ginger Lime** sauce and place a small piece of salmon on each. Fold into parcels, seal well and cook in a hot oven approx. 15 minutes. Blend **Ginger Lime** with crème fraiche and serve on the side.