

## Thai Chicken And Spinach Curry (Cont)

### Method

- Spray a heavy based, medium-sized saucepan with the cooking spray.
- Add the Chicken, then stir-fry for 3-5 mins until it is golden all over
- Stir in Mini Jar Company Sweet Thai Chilli Chutney, then cook, stirring constantly, for 1 min.
- Pour in the Stock and Coconut Milk, bring to the boil, then reduce the heat and simmer, covered, for 6 mins.
- Add the Baby Sweet Corn and the Red Pepper
- Stir until they are coated in the sauce, cover with the lid, then cook for 3 mins.
- Add the Spinach, stir well, then cook for another 2 mins over a low heat until the leaves have wilted.
- Stir in the Coriander, then season to taste before serving.
- Serve with Rice and Fresh Broccoli



## Gammon Joint With Quince, Damson & Port Jelly

### Ingredients

- 1.8 kg Gammon Joint
- 1 Onion
- 20 Cloves
- 2 Lay Leaves

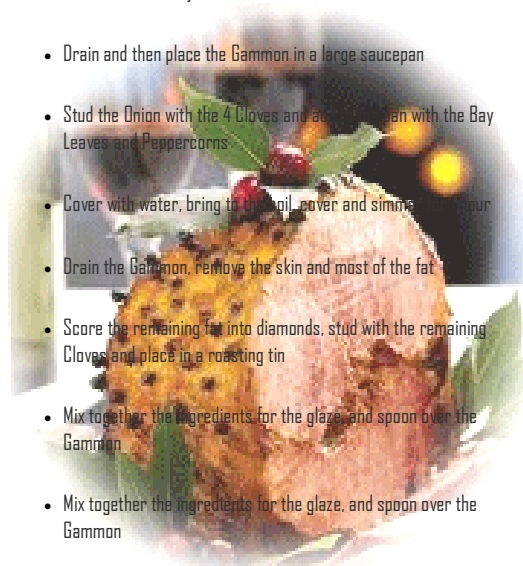
## Gammon Joint With Quince, Damson & Port Jelly (Cont)

### For the Glaze

- 40 g Soft Brown Sugar
- grated rind and juice of 1 large Orange
- 2 tbsp Mini Jar Company Quince, Damson & Port Jelly

### Method

- Soak the Gammon joint in a bowl of cold water for at least 3 hours
- Drain and then place the Gammon in a large saucepan
- Stud the Onion with the 4 Cloves and add the Gammon with the Bay Leaves and Peppercorns
- Cover with water, bring to the boil, cover and simmer for 4 hours
- Drain the Gammon, remove the skin and most of the fat
- Score the remaining fat into diamonds, stud with the remaining Cloves and place in a roasting tin
- Mix together the ingredients for the glaze, and spoon over the Gammon
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- Bake for 45 minutes, basting 3 - 4 times during the cooking time
- Serve Gammon Hot or Cold



# The Mini Jar Recipe Handout 2012



## The Mini Jar Company

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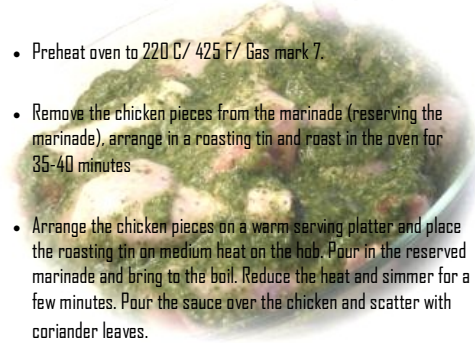
## Thai Mango And Chilli Jam Chicken

### Ingredients

- 1.3kg (3lb) Chicken Drumsticks and Thighs
- 1 Red Chilli, deseeded and chopped (optional for extra spice)
- 2.5cm piece of Root Ginger, peeled and chopped
- 5 cloves of Garlic, peeled and chopped
- 1 stick of Lemongrass, outer skin discarded and chopped
- 2 tbsp of The Mini Jar Company Mango and Chilli Jam
- Juice of 4 Limes
- 3 tbsp of Fish Sauce
- A handful of Coriander leaves, plus a few extra to serve

### Method

- Using a sharp knife, cut slashes in the chicken pieces and place them in a large bowl. Place all the remaining ingredients in a food processor and blend to a rough paste and pour over the chicken, coating it evenly. Cover the bowl with cling film and leave to marinate in the fridge for a few hours or overnight if possible
- Preheat oven to 220 C/ 425 F/ Gas mark 7.
- Remove the chicken pieces from the marinade (reserving the marinade), arrange in a roasting tin and roast in the oven for 35-40 minutes
- Arrange the chicken pieces on a warm serving platter and place the roasting tin on medium heat on the hob. Pour in the reserved marinade and bring to the boil. Reduce the heat and simmer for a few minutes. Pour the sauce over the chicken and scatter with coriander leaves.



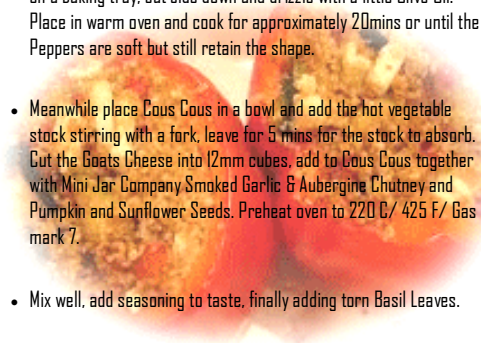
## Stuffed Red Peppers With Cous Cous, Goats Cheese And Smoked garlic Chutney

### Ingredients

- 4 large Red Bell Peppers 1 Red Chilli, deseeded and chopped (optional for extra spice)
- 250 grams Cous Cous 5 cloves of Garlic, peeled and chopped
- 200 grams Hard Goats Cheese 2 tbsp of The Mini Jar Company Mango and Chilli Jam
- Handful Fresh Basil Leaves
- 300– 400ml Vegetable Stock
- 2 tbsp Mini Jar Company Ivy Smoked Garlic & Aubergine Chutney
- 2 tbsp Pumpkin and Sunflower Seeds
- Salt & Pepper
- 2 tbsp Olive Oil

### Method

- Cut the Peppers in half and remove the seeds, place the Peppers on a baking tray, cut side down and drizzle with a little Olive Oil. Place in warm oven and cook for approximately 20mins or until the Peppers are soft but still retain the shape.
- Meanwhile place Cous Cous in a bowl and add the hot vegetable stock stirring with a fork, leave for 5 mins for the stock to absorb. Cut the Goats Cheese into 12mm cubes, add to Cous Cous together with Mini Jar Company Smoked Garlic & Aubergine Chutney and Pumpkin and Sunflower Seeds. Preheat oven to 220 C/ 425 F/ Gas mark 7.
- Mix well, add seasoning to taste, finally adding torn Basil Leaves.



## Stuffed Red Peppers With Cous Cous, Goats Cheese And Smoked garlic Chutney (cont)

### Method

- Stuff the peppers with the Cous Cous mixture and place on the baking tray; finally drizzle a small amount of Olive Oil over the Peppers. Put back into the oven and cook for approximately 5 mins until some of the Goats Cheese has slightly melted.
- Serve with a small side salad, and drizzle with a little Balsamic Vinegar

## Thai Chicken And Spinach Curry

### Ingredients

- Low Fat Cooking Spray
- 285g Skinless Chicken Breast
- 2 Tbsp Sweet Thai Chilli Chutney or 2 x Mini Jars
- 300– 400ml Vegetable Stock
- 6 Tbsp Coconut Milk
- 6 Baby Corn, halved lengthways
- 1 Red Pepper – deseeded & thinly sliced
- 110g Fresh Baby Spinach Leaves
- 3 Tbsp Fresh Chopped Fresh Coriander

For Method See Over.

