

**McCain SPINACH RECIPES**  
**SPINACH LAUNCH – 15 OCTOBER**

## **OLIVE AND SPINACH BREAD**

Course: Starter

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
White flour	800	g
Oil	50	ml
Dry yeast	20	g
Salt	5	g
Sugar	4	g
Pitted olives	150	g
McCain Creamed Spinach	175	g

**Method:**

1. Place all ingredients in the mixer
2. Put McCain Creamed Spinach in, in stages
3. Dough must not stick to hands or machine
4. When the dough separates from the sides of the mixer, then it is ready
5. Rest for 1 hour in warm place
6. Sprinkle flour on working surface and flatten on surface, using fingers
7. Portion dough and lightly roll with finger tips, lightly knock the bread back with finger tips, like a salami shape

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## **SPINACH GNOCCHI**

Course: Pasta

### **Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
McCain Creamed Spinach	125	g
Potato	100	g
Egg yolks	3	
Parmesan cheese	60	g
Flour	55	g
Salt	2	g
Flour (dusting)	15	g
Nutmeg	3	g

### **Method:**

1. Boil the potatoes until cooked and mash until fine
2. Mix in the McCain Creamed Spinach, egg yolks and flour creating a dough like paste
3. Flour your surface
4. Divide into 4 loafs
5. Cut rolls into 5 portions
6. Rolls into thin snake like rolls
7. Cut into +-2cm cubes

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## **CODDLED EGGS ON McCain CREAMED SPINACH**

Course: Breakfast

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Eggs	2	
McCain Creamed Spinach	80	g
Onions	20	g
Ciabatta	45	g
Hollandaise	30	ml
Tomato	20	g
Ham	35	g
Chives	5	g
Salt	2	g
Pepper	2	g
Lime	15	ml

**Method:**

1. Poach the eggs in boiling water with lemon juice and salt
2. Grill the onions, tomato and ham
3. Toast the olive and spinach ciabatta
4. Heat the McCain Creamed Spinach in its bag
5. Place on the toasted ciabatta
6. Layering the grilled items on top
7. Place the coddled egg onto this
8. Top with hollandaise and gratinate
9. Garnish with chopped chives

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## **SPANISH OMELETTE**

Course: Breakfast

### **Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Eggs	3	
Peppers	10	g
Onions	5	g
Feta	5	g
Tomato	10	g
McCain Creamed Spinach	20	g
Rocket	10	g
Mushrooms	20	g
Parsley	5	g
Chives	5	g
Olives	20	g

### **Method:**

1. Lightly whip the eggs folding in the parsley
2. Sauté off the mushrooms, olives, onions, peppers and tomato
3. Add in the McCain Creamed Spinach
4. Add in the egg mixture and bake till cooked
5. Top with tossed rocket, parsley, chives and feta as garnish

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## **CHICKEN SUPREME WITH CREAMED PEPPADEW SPINACH**

Course: Main course

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Chicken breast	180	g
McCain Creamed Spinach	60	g
Risotto	60	g
Sweetcorn	20	g
Peas	20	g
Cos lettuce	20	g
Thyme	5	g
Mint	5	g
White wine	25	ml
Parmesan	15	g
Chicken stock	80	ml
Peppadew	5	g

**Method:**

1. Mix the McCain Creamed Spinach and peppadew together
2. Place this mixture under the skin of the chicken breast and bake in oven at 140 deg for 10min(depending on weight)
3. Prepare the risotto by simmering with the corn and chicken stock taking off when the risotto is par cooked
4. Prepare a pea sauce with white wine and chicken stock, puree when it comes to the boil should be a slightly thick sauce consistency add in chopped mint and the shredded lettuce
5. Finish the risotto by adding in white wine and parmesan stirring in until a smooth creamy consistency has been achieved
6. Gently place risotto onto plate topping with the chicken breast and nape with pea puree

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## **SALMON WITH A SPINACH AND ALMOND CRUST**

Course: Main course

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Salmon darne	130	g
McCain Creamed Spinach	90	g
Flaked almonds	25	g
Parsley	10	g
Brioche crumbs	20	g
Lime	5	ml
Butter	70	g
Potato	60	g
Cucumber	60	g
Grape seed oil	20	ml

**Method:**

1. Seal off the salmon in a heated pan with a teaspoon of butter
2. Deglaze the pan with the lime juice adding in the rest of the butter, chopped parsley and almonds. Sauté till golden brown
3. Add in the McCain Creamed Spinach and brioche crumbs
4. Place on top of salmon and bake in oven till cooked
5. Cut the potatoes into dice sauté in the grape seed oil till golden add in the cucumber and a teaspoon of butter.

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## **SPINACH PASTA AND BLUE CHEESE SAUCE**

Course: Pasta

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Flour	250	g
McCain Creamed Spinach	100	g
Semolina	250	g
Nutmeg	2	g
Eggs	4	
Oil	5	ml
Creamy blue cheese	40	g
Pecan nuts	15	g
Cocktail tomato	10	g
Spring onion	10	g
Thyme	3	g
Parmesan	15	g
Chicken/vegetable stock	125	ml
Cream	50	ml
Parsley	10	g

**Method:**

1. Make a pasta dough using the flour, semolina, eggs, nutmeg, McCain Creamed Spinach (50g) and oil. Rest for 20 min
2. Roll out dough into fettuccine noodle
3. Cook till al dente
4. Meanwhile prepare the sauce sweating off the nuts, thyme, tomato and spring onion adding in the chicken stock and then the creamy blue cheese and cream
5. Toss the noodle with the cheese mixture adding in the parsley
6. Season with salt, pepper and nutmeg

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## **SPINACH, MUSHROOM & CORN RAVIOLI WITH SAGE BUTTER**

Course: Pasta

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Pasta dough	150	g
McCain Creamed Spinach	30	g
Corn	30	g
Button mushroom	30	g
Crepes	30	g
Butter	125	g
Lemon	5	ml
Chervil	15	g
Sage	20	g

**Method:**

1. Sweat of the mushrooms adding in the corn and bind with the McCain Creamed Spinach
2. Roll out the pasta dough into large sheets
3. Cut out required shape of ravioli and place the mushroom mixture into this
4. Blanche the ravioli
5. To serve lightly sauté with the butter and sage till the butter is golden brown
6. Refresh with a squeeze of the lemon juice
7. Serve with chervil and crisp sage leaves

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## **CREAMED SPINACH, ROASTED BUTTERNUT & RICOTTA CANNELLONI**

Course: Pasta

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Pasta dough	200	g
McCain Creamed Spinach	80	g
Roasted butternut	40	g
Ricotta	30	g
Béchamel sauce	150	ml
Parmesan	30	g
Mozzarella	30	g
Paprika	5	g

**Method:**

1. Mix the McCain Creamed Spinach and diced butternut together
2. Roll out the pasta dough into long sheets
3. Roll mixture into the dough in long cylinder shape
4. Place into earthenware dish on a bed of spinach
5. Cover with the béchamel sauce
6. Grate the mozzarella on top with parmesan to taste and dust with paprika
7. Bake in oven at 200 deg for 30 min

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## **SPINACH AND COS LETTUCE SOUP WITH SCALLOPS**

Course: Soup

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Onions	40	g
McCain Creamed Spinach	120	g
Garlic	5	g
Chicken stock	250	ml
Cream	90	ml
Scallop	40	g
Butter	60	g
Lemon	5	ml
Brandy	20	ml
Olive oil	5	ml
Cos lettuce	40	g

**Method:**

1. Sweat off the onions with garlic adding the McCain Creamed Spinach
2. Top up with chicken stock and bring to the simmer, blitz with a stick blender
3. Check consistency adding in cream and more stock if required leave to simmer gently
4. Sear off the scallops with olive oil, deglazing with lemon juice and flambé with brandy
5. Add in the cos lettuce and a little butter to bind
6. Place the spinach soup into a bowl and garnish with cos lettuce and scallops
7. Twirl the juice from the scallop pan onto the soup for dramatic flavour

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## **SPINACH TIMABLE WITH PASSION FRUIT & CHILLI CRAYFISH**

Course: Starter

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Onions	10	g
McCain Creamed Spinach	80	g
Garlic	2	g
Eggs	1	
Pernod	3	ml
Nutmeg	1	g
Crayfish tail	60	g
Passion fruit	40	ml
Chilli	2	g
Coconut milk	20	ml
Coriander	5	g

**Method:**

1. Sweat off onions and garlic, flambé with Pernod
2. Blend the McCain Creamed Spinach with the mixture adding in the egg and season with salt, pepper and nutmeg
3. Bake in mould in hot water bath for 30 min at 140 deg
4. Take out mould and keep in warm place
5. Meanwhile sauté off the crayfish tail adding in the passion fruit, chilli, coriander and coconut milk
6. Serve with the spinach timbale

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## **MILLE FEUILLE OF SNAILS WITH GARLIC McCain CREAMED SPINACH AND MUSHROOM**

Course: Starter

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Phyllo pastry	40	g
McCain Creamed Spinach	85	g
Butter	60	g
Garlic	5	g
Mushroom	15	g
Tomato concasse	25	g
Parsley	10	g
Brandy		

**Method:**

1. Brush the phyllo pastry with butter and bake till crisp
2. Sauté the snails with butter, garlic and mushrooms.
3. Flambé with brandy adding in the butter to bind
4. Present with layers of phyllo pastry ,McCain Creamed Spinach and snails
5. Garnish with tomato concasse and drizzle with the sauce

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## **SPINACH QUICHE WITH SALMON TERRINE AND TOMATO VIEGE**

Course: Starter

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Quiche pastry tart case	40	g
McCain Creamed Spinach	60	g
Feta	20	g
Eggs	1	
Cream	10	ml
Rocket	15	g
Cocktail tomato	20	g
Lime segments	5	g
Lime zest	5	g
Flat leaf parsley	5	g
Basil	5	g
Olive oil	15	ml
Salmon terrine	60	g

**Method:**

1. Mix McCain Creamed Spinach, eggs and feta together
2. Place into pastry tartlet case and bake at 160 deg for 15 min
3. Marinate the cocktail tomatoes, olive oil, parsley, basil lime and zest
4. Toss the rocket in the marinade and season with salt and pepper
5. Place a slice of terrine on the plate with the quiche and garnish with the marinated tomato

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## **SPINACH SOUFFLÉ WITH CREAMY STILTON SAUCE**

Course: Starter

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
McCain Creamed Spinach	200	ml
Paprika	8	g
Corn flour	25	g
Egg whites	125	g
Mozzarella cheese	40	g
Nutmeg	2	g

**Method:**

1. Mix McCain Creamed Spinach, paprika and nutmeg to the corn flour
2. Whip up the egg whites till peak add in a squeeze of fresh lime
3. Gently fold in the egg whites into the spinach mixture
4. Bake in soufflé dish at 200 deg for 12 min.

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## **SPINACH SWISS ROLL WITH CHUNKY CREAM CHEESE**

Course: Canapés

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Eggs	8	
McCain Creamed Spinach	50	ml
Nutmeg	3	g
Flour	320	g
Baking powder	15	g
Lemon rind	3	g
Chunky cottage cheese	20	g

**Method:**

1. Place eggs and McCain Creamed Spinach in mixing bowl
2. Add in the nutmeg and lemon rind
3. Slowly mix in the sifted flour and beat gently
4. Set on baking sheet and bake at 200 deg for 8 min
5. Roll with the chunky cottage cheese and serve either warm or chilled

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## **ROLLED SPINACH CRÉPE WITH SMOKED SALMON**

Course: Canapés

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Crepes	4	
McCain Creamed Spinach	60	g
Mascarpone	15	ml
Celery	10	g
Naartjie	25	g
Anis	2	g
Parsley	5	g
Smoked salmon	40	g

**Method:**

1. Lay crepe down placing McCain Creamed Spinach on layer with smoked salmon and mascarpone and roll up
2. Gently simmer naartjie with star anis, celery and parsley to form a compote
3. Cut the crepe roll into bite sized pieces topping with the naartjie compote

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## **SPINACH BOBOTIE WITH LENTILS AND CURRANTS**

Course: Canapés

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Lentils	10	g
McCain Creamed Spinach	40	g
Currants	10	g
Turmeric	3	g
Onions	15	g
Ginger	3	g
Cardamom	2	g
Egg yolk	2	
Cream	10	ml
Chilli	2	g
Coriander	5	g

**Method:**

1. Simmer lentils, currants onion, ginger in cream adding in the cardamom pods
2. Add in the chilli and turmeric
3. Mix in the McCain Creamed Spinach
4. Gently mix in the egg yolk and bake in oven for 20 min
5. Serve with tomato salsa and crisp leaves

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## **MELANZANE WITH SPINACH AND PARMESAN**

Course: Canapés

**Ingredients:**

<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
Smoked aubergine	40	g
Tomato concasse	10	g
Pine nuts	5	g
McCain Creamed Spinach	60	g
Basil	2	g
Parsley	2	g
Oreganum	2	g
Smoked mushroom	10	g

**Method:**

1. Mix the smoked aubergines with the tomato concasse and pine nuts
2. Add in diced smoked mushrooms
3. Season with fresh parsley, basil and oreganum
4. Place in mould, topping with McCain Creamed Spinach
5. Garnish with tossed pine nuts and parsley