SUMMER RECIPES

Hydro Produce

live fresh.

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SEASONAL NOTE

WELCOME TO THE FIRST EDITION OF OUR SEASONAL E-BOOK SERIES.

Each e-book will contain our favourite recipes for each season which we hope will give you ideas for creating your next breakfast, lunch or dinner.

Some of my fondest memories as a child were had through many summers on the farm. It was always a hive of activity with more family about helping in some way and this meant more time with my cousins, some are still part of the business today.

Today the business has grown a little more since those early summer days but the buzz through summer is much the same, produce is growing fast, days start very early and packing runs longer to ensure we get our produce out to stores in the freshest way and fastest possible time.

Cucumbers are delicious through the summer months, Herbs are sweeter than ever, our hydroponic lettuce is growing before our eyes, and all perfectly timed for peak salad season. One vegetable that is well and truly in full swing through summer is Corn, right now we are harvesting off our NSW and Victorian farms, supply and quality is looking excellent.

When it comes to cooking, I'm actually a bit of a BBQ man so I often BBQ a lot of our vegetables at home before mixing them into a salad or serving as simple sides to fish or steak. The first edition of our e-book series has a couple of my family favourites included, one being the barbequed Zucchini strips with Basil and a wedge of lemon (recipe on page 4), so quick and simple.

Come, take a look, feel inspired and maybe give one or two recipes a go.

Don't forget we love seeing your creations so be sure to tag us #livefreshgoals @hydroproduce

Enjoy!
See you in Autumn

John

Learn more about John here:
https://www.hydroproduce.com.au/our-story

SWEET POTATO AND CORN MEXICAN FRITTERS

PREP TIME: 30 MINS
COOK TIME: 60 MINS
MAKES: 36

INGREDIENTS

1kg sweet potato, scrubbed
40g sachet fajita spice mix
2 cups panko breadcrumbs
1 bunch coriander
4 cobs corn, kernels removed
Vegetable oil, for frying
Lime wedges, to serve

Chipotle Mayo

½ cup whole egg mayonnaise
3 tsp chopped chipotle in adobo sauce
1 tbs lime juice

METHOD

1. Preheat oven 200°C fan forced. Pat the sweet potatoes dry. Cut in half lengthways and put onto a lined baking tray in a single layer. Spray both sides with olive oil. Roast cut side up for 45 minutes or until tender. Set aside to cool. Combine all the chipotle mayo ingredients together.
2. Scoop out the sweet soft flesh from the roasted sweet potato, you should have about 2 ¼ cups (reserve skins for Sweet Potato skins recipe). Spoon flesh into a large bowl. Add the seasoning and 1 cup panko crumbs. Roughly chop half the bunch coriander leaves and stems, stir into sweet potato mixture with corn and mix well.
3. Shape spoonful sweet potato mixture into balls, roll in remaining panko crumbs to lightly coat surface. Pour enough oil into a large frying pan to shallow fry. Heat over medium heat until hot. Cook fritters in batches for 4-5 minutes, turning until golden. Remove to a wire rack to drain, keep warm in the oven while cooking remaining fritters. Serve with lime wedges and chipotle mayo.

Sweet Potatoes are high in Beta-Carotene.
Our bodies convert Beta-Carotene in to
Vitamin A which helps with healthy skin,
our immune system and good vision.

BBQ ZUCCHINI BASIL & PARMESAN

PREP TIME: 10 MINS
COOK TIME: 6 MINS
SERVES: 4

INGREDIENTS

8 zucchini, ends trimmed
3 tbs extra virgin olive oil
2 garlic cloves, crushed
1 bunch of basil
1 lemon, cut into wedges
Wedge parmesan cheese

METHOD

1. Cut zucchini length-ways into thick slices or half if zucchini are small. Mix oil and garlic together then brush over both sides of the zucchini.
2. Barbecue or char-grill until tender. Transfer to a tray. Cool 10 minutes.
3. Remove 1 cup basil leaves from the bunch. Scatter over the zucchini and season. Drizzle with extra virgin olive oil and squeeze over the juice from ½ lemon. Pile onto serving plates. Finely grate over parmesan cheese and serve with remaining lemon.

Zucchini is incredibly versatile and simple to prepare. It's low in cholesterol, is a good source of potassium, vitamin C and fibre.

CUCUMBER PRAWN AND HERB RICE PAPER ROLLS

INGREDIENTS

½ x 250g packet rice vermicelli noodles

3 lebanese cucumbers

20 (about 600g) medium cooked prawns, peeled & deveined

4 spring onions, cut into 5cm lengths

1 cup roughly chopped fresh coriander leaves

½ cup thai basil leaves

⅔ cup roasted salted peanuts, chopped

150g packet Vietnamese rice paper wrappers

Mayonnaise, sweet chilli sauce & lime wedges, to serve

PREP TIME: 30 MINS
COOK TIME: 5 MINS
MAKES: 15

METHOD

1. Place noodles in a large heatproof bowl. Cover with boiling water. Stand 5 minutes or until tender. Drain. Refresh under cold water. Drain well. Return to bowl. Cut into shorter lengths using kitchen scissors. Using a mandolin or sharp knife, cut cucumbers into thin ribbons.
2. Thinly slice prawns crossways. Cut the spring onions into thin strips. Combine the herbs.
3. Working with one rice paper sheet at a time, submerge it in a shallow dish of warm water for about 5 seconds, it will still be firm when you remove it. Place on a chopping board. Arrange 3 cucumber ribbons lengthways down the centre of the rice paper. Top with noodles, prawns, spring onions, herbs and peanuts. Fold in sides and roll-up firmly to enclose filling. Repeat to make 15. Serve with mayonnaise, sweet chilli and lime.

CORN & AVOCADO MEXICAN SALAD

INGREDIENTS

2 fresh corn on cob

1 tbs olive oil

1 large red capsicum, quartered, seeds removed, thinly sliced

2 garlic cloves, thinly sliced

1 green jalapeno chilli, finely chopped

5 green shallots, thinly sliced

½ cup can black beans, drained, well rinsed

1 avocado, chopped

1 cup coriander leaves

2 oakleaf lettuce combo

Jalapeno Dressing

4 tbs extra virgin olive oil

1 green jalapeno chilli, halved lengthways

1 lime, juiced

½ tsp caster sugar

PREP TIME: 30 MINS
COOK TIME: 22 MINS
SERVES: 4-8

METHOD

1. For the dressing, pour half the oil into a small saucepan. Add the chilli, warm over low heat for 8 minutes, turning the chilli every 2 minutes. Set aside to cool. Pour the chilli and oil into a small food processor. Process until smooth. Add lime juice, sugar and remaining oil, process to combine. Season.
2. Preheat a barbecue or chargrill to medium. Brush the corn with a little olive oil and barbecue, turning frequently, for 10 minutes or until tender and golden. Cool 5 minutes then cut corn from the cob and put into a bowl.
3. Heat remaining oil in a frying pan over medium heat, add the capsicum, garlic and chilli, saute 3-4 minutes until tender, add to the corn. Cool. Once cool stir in the shallots, black beans, avocado and coriander.
4. Cut the lettuce in quarter lengthways, wash and pat tray. Arrange on a large platter or board. Spoon over the corn mixture then the dressing. Serve.

ICEBERG RANCH SALAD

INGREDIENTS

2 corn cobs
200g streaky rindless bacon, chopped
1 avocado, diced
1 bunch of basil
1 iceberg, cut into four wedges
1 cup coriander sprigs, to serve

Ranch Dressing

⅓ cup mayonnaise
¼ cup buttermilk
1 tbs lemon juice
1 tbs chopped fresh chives
½ small garlic clove, crushed
¼ tsp sweet paprika
1 tsp dry mustard powder

PREP TIME: 15 MINS
COOK TIME: 5 MINS
SERVES: 4

METHOD

1. To make dressing, whisk mayonnaise, buttermilk and lemon juice together until smooth. Add remaining ingredients, season. Refrigerate until ready to serve.
2. Wrap corn cob in a piece of damp paper towel. Place onto a microwave-safe plate. Microwave 3 minutes until almost tender. Set aside to cool. Cut kernels from the cob.
3. Cook bacon in a medium non-stick frying pan over medium heat until golden. Remove to a bowl and cool. Add the corn and avocado to the bacon, stir gently to combine.
4. Cut each lettuce wedge in half crossways, arrange board or serving plates. Spoon over the corn mixture. Drizzle with a little dressing. Top with coriander and serve with remaining dressing on the side.

BABY COS LETTUCE EVERYTHING GREEN SALAD

INGREDIENTS

1 baby cos lettuce

2 lebanese cucumber, chopped

2 ripe avocados, chopped

4 green spring onions, chopped

¼ cup mint leaves

¼ cup pistachio kernels, toasted, chopped

Buttermilk Dressing

¼ cup buttermilk

2 tbs yoghurt

½ lemon, juiced

1 tsp dijon mustard

2 tsp honey

PREP TIME: 15 MINS
SERVES: 4

METHOD

1. Separate the leaves, wash and dry well. Roughly chop and scatter on a large platter or board.
2. Scatter over the cucumber, avocado, spring onions, mint leaves and pistachio nuts.
3. Whisk all the dressing ingredients together with salt and pepper. Spoon over the salad. Serve.

TIPS

Make sure the leaves are washed and dried well so the dressing sticks.

Don't over dress the salad. Dress salad just as you're about to serve it.

SWEET POTATO SPLITS WITH MEXICAN SLAW

INGREDIENTS

1kg packet sweet potato, unpeeled

1 tbs olive oil

Lime wedges, to serve, optional

Mexican Slaw

¾ cup whole egg mayonnaise

2 tbs fajita spice mix

2 limes, juiced

1 tbs warm water, optional

¼ red cabbage, finely shredded

¼ green cabbage, finely shredded

1 cup continental parsley leaves, roughly chopped

2 carrots, peeled, grated

4 radish, trimmed, thinly sliced into rounds

3 spring onions, thinly sliced

PREP TIME: 20 MINS
COOK TIME: 55 MINS
SERVES: 4-5

METHOD

1. Preheat oven 200°C fan forced. Scrub the sweet potatoes under water with a clean brush. Pat dry. Pierce them all over, at least 8 times with a fork. Rub the skins all over with oil and season well with salt and freshly ground black pepper.
2. Put onto an oven tray and roast 40-55 minutes or until they are tender all the way through to the centre.
3. Meanwhile, for the slaw, combine the mayonnaise, spice mix and lime juice in a large bowl, whisk to combine adding water if needed. Remove ¼ cup of dressing to a small bowl. Add cabbage, parsley, carrot, radish and spring onions to the large bowl, toss well to coat.
4. Split the sweet potatoes down the centre with a sharp knife and ease open. Pile in the mexican slaw. Drizzle with reserved dressing. Sprinkle with a little fajita seasoning and serve with lime wedges.

TIPS

Store any un-used slaw in an airtight container, preferably glass (as it keeps fresher) in the fridge for up to 5 days.

The fajita spice mix comes in 40g sachets, you will find it where all the mexican ingredients are in the supermarket.

KALE FRUIT FROZEN POPS

PREP TIME: 10 MINS + OVERNIGHT FREEZING
MAKES: 10

INGREDIENTS

1 (55g) large kale leaf, stem removed

2 (275g each) large bananas, peeled, chopped

1 cup coconut water

1 cup coconut milk

¼ cup icing sugar

METHOD

1. Roughly chop the kale and banana. Place into a blender. Add remaining ingredients. Blend until smooth.
2. Pour into ice pop molds. Insert a paddle pop stick, freeze overnight.

BERRY VARIATION

Replace the bananas with 500g hulled strawberries and 125g fresh or frozen raspberries.

KALE PINEAPPLE & MINT JUICE

PREP TIME: 5MINS
SERVES: 2-3

INGREDIENTS

100g (5 large) kale leaves, washed

500ml (2 cups) coconut water

½ cup fresh mint leaves

900g (½ small) pineapple, peeled, cored, chopped

½ cup ice cubes

METHOD

1. Remove the centre core from kale leaves. Roughly chop leaves.
2. Pour coconut water into a blender, followed by the remaining ingredients.
3. Blend on high until well combined. Pour into glasses. Serve.

Kale is among the most nutrient-dense foods in existence. 1 cup of raw kale has just 33 calories yet contains 684% of your daily value of Vitamin K, 134% of Vitamin C, 206% of Vitamin A plus iron, folate, omega-3s, magnesium, calcium, iron, fiber, and 2 grams of protein.

CUCUMBER & MINT COOLER

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES: 8

INGREDIENTS

1 cup water

1 cup white sugar

1 cup firmly packed mint leaves

4 continental cucumbers, peeled

750ml sparkling apple juice

Crushed ice, thinly sliced Lebanese cucumber and mint leaves, to serve

METHOD

1. Combine the water, sugar and mint in a saucepan over medium low heat. Stir, until the sugar is dissolved. Increase heat to medium-high, bring to the simmer. Simmer 5 minutes. Set aside to cool. Strain, discarding the mint. You should have 1 cup of mint syrup.
2. Roughly chop the cucumbers and place in a blender with mint syrup. Blend until smooth. Strain through a fine sieve, pressing as much liquid as possible from the pulp. Refrigerate until icy cold.
3. Half fill glasses with crushed ice, sliced cucumber and mint leaves. Three quarters fill each glass with cucumber cooler, top up with sparkling apple juice. Serve.

COCKTAIL VERSION

Replace sparkling apple juice with 250ml pimms and 750ml ginger ale.

ABOUT HYDRO PRODUCE

THE HYDRO PRODUCE STORY BEGINS WITH FAMILY.

Starting as a small farm business in the 1940's, we have grown to become a business leader in fresh produce production, packing and supply.

Today, owner and Managing Director John Cordina leads the business with one mission, to deliver the freshest produce to our customers every day.

We supply Australia's largest supermarkets, independent retailer groups and foodservice networks with both hydroponically grown and field grown produce.

We have a significant business focus on growing, packing and marketing Sweet Potatoes, Herbs, Brassica lines, Corn, Ginger, Lettuce and Lychee's, with farms and an extended farming network that stretches from Mareeba in QLD, through NSW, down to Victoria and across to SA.

Our operational hub is located in Sydney across two sites, Flemington and Silverwater. Both sites feature state of the art storage and packing facilities. Both facilities operate 7 days a week, 363 days of the year.

Hydro Produce

live fresh.

WE HOPE YOU ENJOYED THIS E-BOOK OF SUMMER RECIPES.
Be sure to stay tuned when we release more season recipe ebooks in the future.

Discover more great recipes, resources and styling tips by visiting my website:
www.hydroproduce.com.au

You can also learn more about;

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Hydroponics
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Sustainability
www.hydroproduce.com.au/our-story/#sustainability

Don't forget, if you upload a photo of your recipe featuring any of our produce, be sure to tag us on Instagram or facebook... We'd love to see your creations!

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