

Long Trek **VEGETARIAN**

- a little goes a long way

Highly spiced condiment to use as a sambal, base, spread or garnish.

Refrigerate after opening.
Best before April 2012. E N J O Y !

INGREDIENTS:

red capsicum, cashew nut, coconut products, onion, palm sugar, garlic, lemon grass, vegetable oil, corriander, ginger, garlic chives, garlangal, kaffir lime leaves, chilli, shallot, salt, hours and TLC (made 23/9/11)

Karen Lambert, 4 Lovett Bay via Church Point, NSW 2105 (0409523702)

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INGREDIENTS:

beef mince, coconut products, onion, palm sugar, garlic, lemon grass, vegetable oil, corriander, ginger, garlic chives, garlangal, fish sauce, kaffir lime leaves, chilli, shallot, salt, hours and TLC (made 22/9/11)

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fresh *Green Curry* **paste**

Fry paste and onion in oil, add chicken, meat etc and lightly seal. Add coconut milk, (palm sugar to taste*) and simmer until cooked.

(*approx. 1 dessert spoon paste, 1-3 teas sugar* and 100ml coconut milk per person*) * *brown sugar is ok*

INGREDIENTS:

garlic, leaf and root corriander, ginger, garlic chives, garlangal, chilli, kaffir lime leaves, shallot, fish sauce, lemon grass, vegetable oil, and TLC. Refrigerate paste (maturing will occur due to air contact and oil saturation), use by March 2011.

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