

Uses Our: Parsley Flakes / Onion Powder

New Potatoes With Ham, Peas & Spring Onions



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RECIPE OF
THE WEEK 4/29/2017

New Potatoes With Ham, Peas & Spring Onions

In this hearty dish, our springtime favorite vegetables - peas, spring onions and new potatoes- are mixed with chunks of cooked ham and seasoned perfectly with parsley and onion powder and then garnished with fresh mint. This is a delicious, easy, and quick to prepare family dinner recipe that is sure to please. Don't forget to add the fresh mint before serving -it really enhances the flavors of the vegetables.

INGREDIENTS:

8 - 12 small whole new potatoes	1 1/2 cups reserved vegetable liquid & milk (combined)
3 -4 spring onions, chopped	1 tsp onion powder
2 cups peas (fresh or frozen)	1/2 Tblspn Parsley (dried)
2 Tblspns butter	2 cups chopped cooked ham
2 Tblspns flour	Salt & Pepper, Chopped Fresh mint

Directions: Scrub and cook the potatoes in boiling salted water until almost done (just tender). Add the peas and the chopped spring onions and continue cooking until all vegetables are done. Drain and reserve about 1/2 cup of the liquid from the cooked vegetables. Set the cooked vegetables aside and make a sauce to pour over the dish by cooking over medium heat: butter, flour, reserved liquid and milk (should be a total of 1 1/2 cups milk & reserved liquid). Use a whisk to mix the sauce and continue to mix the sauce over medium heat it is thickened. Add the onion powder, parsley, salt and pepper to the sauce. Add the ham to the vegetables and stir gently to combine. Pour the sauce over the ham and vegetable mixture. Sprinkle the chopped fresh mint over the top of the ham and vegetable mixture and serve.

USES OUR ... GINGER ROOT POWDER

Kiwi-Lime Teacakes With Ginger Lime Glaze



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FEATURE
RECIPE 4/29/2017

Kiwi-Lime Teacakes With Ginger-Lime Glaze

This is a delicate little cake that is moist and loaded with tangy-sweet flavors. Ginger powder is used to enhance and compliment the kiwi and lime. Serve these with your favorite hot beverage as a snack or serve them with fresh berries for a delightful dessert.

Ingredients For The Teacakes:

1 1/2 cups flour	1/2 cup almond meal
1/4 tsp baking soda	2 tsp baking powder
1/2 tsp Ginger (ground powder)	
3/4 cup sugar	2 eggs
1/2 cup plus 2 Tblspns butter (melted & cooled)	1/2 cup milk
1 Tblspn lime juice	
3 ripe fresh Kiwis, finely chopped	

Ingredients/Direction For The Glaze:

Combine the following in a saucepan and bring to a simmer:
Zest from a large lime
3/4 cup lime juice 2 tsp Ginger (ground powder)
3/4 cup sugar
Simmer this mixture for about 8 minutes to slightly thicken the glaze.

Preheat oven to 350 degrees. Spray well, mini muffin/cupcake tins. In a bowl, combine the flour, almond meal, baking powder, baking soda, ginger, and sugar. In a separate bowl mix together the eggs, milk, butter, and lime juice. Fold in the chopped kiwi. Add the flour mixture to the egg mixture and blend well. Spoon the combined mixture into the prepared muffin tins, making sure to fill each cup about half full (do not completely fill each cup). Bake the teacakes in the preheated oven until they are lightly golden (about 20 minutes). Cool the teacakes on a wire rack for about 15 minutes. Spear (with a skewer) tiny holes into the top of each cake. Drizzle the prepared glaze over each cake.