

FISH PASTE AND HERBS SPREAD

A sprig of fresh corinader (cilantro) chopped loosely
A smaller sprig of fresh sage chopped loosely
1/3 can of (dolphin friendly) tuna in spring water
Some diced red pepper
1 tablespoon ground almonds
1/2 tablespoon cold pressed olive oil

FRESH CORIANDER (CILANTRO) SPREAD

A good handful (sprig) of fresh corinader (cilantro) leaves and stems chopped loosely
1/2 to 1 garlic clove sliced
1 tablespoon ground almonds
1/2 tablespoon cold pressed olive oil

FISH PASTE: You will need a small (nut) grinder/blender (such as may come with a hand blender) to grind everything into the paste. See how it goes with your machine - but I like to make sure all the ingredients get finely chopped and blended. So with the Fish Paste I add the herbs, red pepper, almonds first. Then the tuna and olive oil.

FRESH CORIANDER SPREADS:
Add the fresh chopped herbs, garlic and almonds and grind. Then add the olive oil which helps it stay together in a paste (although it may be a little crumbly).
Store in a sealed container.

SPREAD it on toast or bread. Try it with sliced tomatoes on top and an extra drizzle of olive oil. These small batch pastes will be lovely for two days. Keep in the fridge. These spreads were invented as an alternative to having eggs or butter or cheese ...



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FRESH CORIANDER AND SAGE SPREAD

A good sprig of fresh corinader leaves and stems (cilantro) chopped loosely.
A 1/4 (of the cilantro amount) of fresh sage chopped loosely
1 tablespoon ground almonds
1/2 tablespoon cold pressed olive oil

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