

OFF THE SHELF from THE GOOD OLIVE



Dukkah [DOO-kah] is very much a part of the local regional food culture. Perhaps it's our love of sharing a good wine with friends that has encouraged us to seek out antipasti that complement a glass or three. But dukkah actually originated in the Middle East. After a hard day's riding, Arab travellers would tether their camels, sling a goat on the camp fire and gather around to swap stories. Whilst they waited for the meat to cook, they would roast spices, nuts and seeds and then crush them into a coarse powder. They then dipped hunks of bread first into olive oil and then into the dukkah to satisfy their hunger. Dukkah is still sold by street vendors in Egypt with each one carefully guarding their own particular recipe based on traditional and regional flavours.

In typical Australian style we have taken dukkah to new heights. Not only is it still enjoyed in the traditional way (and it does go especially well with a robust Margaret River extra virgin olive oil. Or for a change dip it with avocado oil), it can also be sprinkled on salads or roast vegetables, mixed with honey as a sweet sandwich spread, as a crust for roasted chicken, lamb, or fish, or even mixed into bread dough before baking. Try adding a spoonful to creamy yoghurt and use as a dip with fresh vegetables, or sprinkle it over the top of pasta dishes and soup.

Here we share with you a recipe a customer gave to us which uses our own TGO macadamia nut based Golden Dukkah, made for us by a locally renowned chef.

Cheese and Dukkah Muffins

250g self raising flour
2 tablespoons TGO Golden Dukkah
1 teaspoon baking powder
1 tablespoon castor sugar
100g grated matured cheddar
2 tablespoon fresh mixed chopped herbs
3 spring onions, finely chopped
125g melted butter
1 egg, lightly beaten
250ml milk

Combine the flour, dukkah, baking powder and sugar in a large mixing bowl. Stir in the cheese, herbs and spring onion. Combine the butter, egg and milk. Add to the flour mixture and stir to combine. Spoon the mixture into greased muffin tins and bake at 180 degrees for 25-30 minutes or until golden brown.

To buy The Good Olive's own dukkah or to select from our excellent range of other brands visit our website at www.thegoodolive.com.au, or visit our shop at 97, Bussell Highway, Margaret River, Western Australia, or call us on +61 (0) 8 9758 7877. Come on, be inspired!