

# TINY

BUT MIGHTY

## COOKBOOK



**GARAGE**  
ARO ST  
WELLINGTON  
**PROJECT**

Recipes that pack a punch. Perfectly paired with  
Garage Project's TINY non-alcoholic beer.

**MY  
FOOD  
BAG**

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## PERFECTLY PAIRED WITH TINY

Co-founder of Garage Project Pete Gillespie's tasting notes for both TINY non-alcoholic beer and our Tiny but Mighty spice blends that our chefs crafted to pair perfectly with the non-alcoholic beer.

### TINY non-alcoholic beer

Fresh citrus on the nose followed by lingering passionfruit. The palate bursts with cut pineapple followed by more savoury notes of toasted cumin seed and fresh chives. The hops used suggest spicy tropical notes alongside a grain build that lends to a soft, slightly creamy mouthfeel. Finishes light and refreshing.

### Tiny but Mighty Spice Blends

#### Lemon, Chilli & Fennel Salt

This salt has a punchy, fragrant perfume from the fennel whose flavour brings out the pineapple notes of the beer. The savoury saltiness emphasises the hoppiness of TINY.

#### Pineapple & Peanut Blend

The pineapple in this blend adds sweetness – and it is the sweet and salty combination of flavours that elevates the tropical hop notes of TINY. The nuttiness from the peanuts creates texture and weight.

#### Toasted Coconut & Pasilla Salt

This salt has a smokey mild chilli flavour that adds umami and also brings out more bitter notes of the beer. The toasted coconut element creates a creaminess to the mouthfeel of TINY.

#### Gunpowder Spice Blend

The fruity, red pepper flavours play nicely against the tropical notes of TINY, and the hoppiness of the beer balances the spice – softening the heat.

#### Chipotle BBQ Salt

Immediately quenching your thirst from the salt, the punchy and smoky flavours from the chipotle bring out the perfumed pineapple hops notes of TINY. This is a playful and exciting combination of flavours.



# WOK FRIED PRAWN MEE GORENG

Sprinkled with Pineapple & Peanut Blend

SERVES 4    READY IN 30mins



Pineapple & Peanut Blend

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## Veggies

400g mushrooms, thinly sliced  
 3 spring onions, sliced 3cm  
 1 Tbsp sesame oil  
 200g mung bean sprouts  
 Char kway teow sauce (see recipe below)  
 1/3 cup water

## Noodles

2 baby bok choy, leaves separated  
 265g rice stick noodles  
 1 drizzle of oil

## Prawns

600g prawns, defrosted  
 1 Tbsp sesame oil  
 2 cloves garlic, minced  
 2 Tbsp minced ginger  
 1 stalk lemongrass, bruised & very finely sliced

## To Serve

3 spring onions, sliced  
 1 pack pineapple & peanut blend  
 4 tsp chilli oil

## Char Kway Teow Sauce

1/4 cup dark soy sauce  
 2 tsp brown sugar  
 3 Tbsp oyster sauce

## 1. Before you start

Bring a large pot of hot salted tap water to the boil with the lid on.

## 2. Prep veggies & prawns

Thinly slice mushrooms. Slice first measure of spring onions into 3cm lengths and thinly slice other half. Set aside thinly sliced spring onion to serve. Separate bok choy leaves. Pat prawns dry and remove tails (see tip). Mince garlic and ginger. Peel rough exterior of lemongrass and use a rolling pin or mallet to bruise/soften it, then slice as thinly as possible.

## 3. Cook prawns

Heat sesame oil in a large wok or frypan on high heat. Cook prawns with nasi goreng paste for about 2 minutes each side, until cooked through. Set aside and reserve pan.

## 4. Cook noodles

While prawns are cooking, add noodles to pot of boiling water, stir to separate strands and cook on high heat for 5 minutes, until almost tender. Add bok choy to pot and cook for a further 1-2 minutes, until bok choy and noodles are tender. Drain and rinse with warm water. Return to pot with oil to prevent sticking.

## 5. Meanwhile, cook veggies

Heat sesame oil in reserved frypan on high heat. Cook mushrooms and spring onion with a pinch of salt for 3-4 minutes, until mushrooms are just tender.

## 6. To finish

Add prawns, cooked noodles, bok choy, mung beans, char kway teow sauce and water measure to pan and toss together. Cook for a further 1-2 minutes, until hot through.

## 7. Serve

Noodles topped with spring onions, pineapple & peanut blend and chilli oil.

**Tip:** To remove prawn tails, gently pinch the tail between your fingers and pull to remove and discard.

**Pineapple & Peanut Blend:** The pineapple in this blend adds sweetness – and it is the sweet and salty combination of flavours that elevates the tropical hop notes of TINY. The nuttiness from the peanuts creates texture and weight.

# CHEESY CHILLI CHICKEN BURGER

with Caramelised Pineapple Salsa

SERVES 4    READY IN 35mins

### Salsa

1 drizzle of oil  
227g can pineapple chunks, drained  
250g frozen corn  
1 chilli, thinly sliced  
1 lime, zested & juiced

### Chicken

100g colby cheese, sliced  
600g chicken breasts, cut into steaks  
1 tsp toasted coconut & pasilla chilli salt  
1 drizzle of oil

### To Serve

4 burger buns  
1 head iceberg lettuce, shredded  
4 Tbsp mayo  
1 tsp sweet chilli sauce

### 1. Before you start

Preheat oven to 220°C (or 200°C fan bake).

### 2. Prep & cook salsa

Heat oil in a large frypan on high heat (see tip). Drain pineapple, cook pineapple and corn for 6-8 minutes turning occasionally until dark golden brown. While cooking, thinly slice chilli and zest and juice lime. Place in medium bowl and add pineapple and corn once cooked, reserving pan. Season to taste with salt.

### 3. Prep & cook chicken

While salsa is cooking, slice cheese and set aside. Pat chicken dry and cut into steaks. Place your hand flat on top of chicken and slice through horizontally. Season chicken with toasted coconut & pasilla chilli salt. Heat oil in reserved frypan on medium-high heat. Cook chicken for 3-5 minutes each side (depending on thickness), or until cooked through. When chicken has cooked, remove pan from heat, top chicken with cheese and cover with a lid for about 2 minutes to melt cheese.

### 4. Meanwhile, prep burgers & aioli

Cut buns in half horizontally and place back together on an oven tray. Cook for about 4 minutes, until warm and toasted. Shred lettuce. Mix together mayo and sweet chilli sauce.

### 5. Serve

Buns filled with sweet chilli aioli, salsa, chicken and lettuce.

**Tip:** Get your pan piping hot, so you can get some dark caramelisation on your corn and pineapple.

**Toasted Coconut & Pasilla Chilli Salt:** This salt has a smoky mild chilli flavour that adds umami and also brings out more bitter notes of the beer. The toasted coconut element creates a creaminess to the mouthfeel of TINY.

Perfectly paired with TINY

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**Toasted Coconut & Pasilla Chilli Salt**

# INDIAN CUMIN BATTERED FISH

with Gunpowder Potatoes & Chilli Greens

SERVES 4    READY IN 40mins



**Gunpowder Spice Blend**

## Gunpowder Potatoes

800g potatoes, diced 2cm  
1 pack gunpowder spice blend  
1 drizzle of oil

## Chilli Greens

2 baby bok choy, cut into quarters  
250g frozen peas  
½ tsp chilli flakes  
1 drizzle of oil  
100g bag baby spinach

## Fish

600g white fish  
¾ cup flour  
¼ cup rice flour  
2 tsp baking powder  
½ tsp salt  
2 ½ tsp cumin seeds  
1 tsp ground cumin  
¾ cup ice cold water  
½ cup oil

## To Serve

1 lemon, cut into wedges  
4 Tbsp coriander, leaves picked  
¾ cup yoghurt

## 1. Before you start

Preheat oven to 220°C (or 200°C fan bake).

## 2. Prep & cook gunpowder potatoes

Dice potatoes. Toss with gunpowder spice blend and oil on a large lined oven tray and spread in a single layer. Season with salt and roast on upper oven rack for 25-30 minutes, until tender and golden. Turn once during cooking.

## 3. Prep greens & fish

Cut bok choy into quarters. Toss on a second lined oven tray with peas, chilli flakes and oil. Pat fish dry and remove any remaining scales or bones. Cut larger fillets in half. In a large bowl, whisk together flours, baking powder, salt, cumin seeds, cumin and ice cold water (see tip 1).

## 4. Cook greens

When potatoes have 10 minutes cooking remaining, cook greens below potatoes for 10 minutes, until just tender. Once cooked, remove from oven, stir through spinach to wilt and season to taste with salt.

## 5. Meanwhile, cook fish

Heat oil in a large frypan over medium-high heat. Once hot (see tip 2), coat each piece of fish in batter then cook (in batches, if needed) for 2-3 minutes each side, until golden brown and crispy. Add more oil between batches, if needed. Rest on a paper towel and season with salt.

## 6. Prep lemon & coriander

Cut lemon into wedges and pick coriander leaves.

## 7. Serve

Gunpowder potatoes with fish, lemon wedges, coriander and yoghurt. Serve chilli greens on the side.

**Tip: 1** We think this batter is best made with Tiny beer, but sparkling water or water works just fine too. To ensure your fish gets extra crispy, make sure your chosen liquid is ice cold and make your batter just before cooking the fish.

**2** Add a couple of drops of batter to check if your oil is hot enough. It's ready when it bubbles and fries immediately.

**Gunpowder Spice Blend:** The fruity, red pepper flavours play nicely against the tropical notes of TINY, and the hoppiness of the beer balances the spice softening the heat.

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# FRIED CHICKEN BAO BUNS

with Zesty Lemon Chilli Pickles

SERVES 4    READY IN 45mins



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## Fried Chicken

2 Tbsp minced ginger  
2 garlic cloves, minced  
600g chicken thighs, diced  
3cm  
1 ½ Tbsp soy sauce  
¼ cup potato starch  
½ cup plain flour  
½ cup oil  
½ tsp lemon chilli & fennel salt

## Pickles

2 radish, thinly sliced  
1 carrot, peeled into ribbons  
1 chilli, thinly sliced  
1 lemon, zested & juiced  
½ tsp lemon, chilli & fennel salt

## Slaw

350g bag slaw  
1 Tbsp rice wine vinegar

## To Serve

8 bao buns  
4 Tbsp Japanese mayo

## 1. Prep chicken

Mince ginger and garlic. Pat chicken dry and dice 3cm. Add to a medium bowl, along with garlic, ginger and soy sauce. Toss to combine and set aside to marinate (see tip 1).

## 2. Prep pickles

Thinly slice radish, peel carrot into ribbons, thinly slice chilli and zest and juice lemon. Combine in a medium bowl with ½ tsp lemon, chilli & fennel salt. Toss occasionally until ready to serve.

## 3. Prep slaw & spring onion

Place slaw in a large bowl, toss with rice wine vinegar and season to taste with salt.

## 4. Prep flour

Place potato starch and flour in a large bowl and season with pepper.

## 5. Fry chicken

Heat ¼ cup oil in a large frypan on medium-high heat (see tip 2). Place marinated chicken into flour mixture and turn to coat each piece well. Carefully place half of the chicken into pan. Cook for 3-4 minutes, flip and cook for a further 3-4 minutes, until chicken is cooked through and golden. Remove from pan, season with remaining chilli and lemon salt and rest on a rack or a plate lined with a paper towel. Repeat by adding remaining ¼ cup oil and chicken.

## 6. Heat bao buns

Place bao buns on a large plate, cover with a damp tea towel and microwave on high for 40-60 seconds. Be careful not to over-microwave the buns, as this can make them chewy.

## 7. Serve

Bao filled with slaw, fried chicken, pickles, Japanese mayo and sprinkle with lemon chilli salt. Serve extra slaw and pickles on the side.

**Tip: 1** For extra flavour, marinate your chicken for an hour or overnight.

**2** We're cooking chicken in batches tonight but if you want to speed up the cooking process, get two frypans on the go at the same time so it's all ready at once!

**Lemon, Chilli & Fennel Salt:** This salt has a punchy, fragrant perfume from the fennel which brings out the pineapple notes in the beer. The savoury saltiness emphasises the hoppiness of TINY.

Lemon, Chilli and Fennel Salt

# ULTIMATE BBQ GLAZED CHICKEN NIBBLES

with Fries & Wedge Salad

SERVES 4    READY IN 35mins



## Chicken

1 kg chicken nibbles  
1 drizzle of oil  
1 tsp BBQ spices\*  
100g BBQ sauce

## Polenta Fries

600g premade polenta or potato fries  
¼ cup grated Parmesan cheese  
½ tsp chipotle BBQ salt

## Wedge Salad

1 head iceberg lettuce, cut into wedges  
2 radish, thinly sliced  
250g frozen corn  
1 drizzle of oil  
1 tsp BBQ spices\*  
25g chopped walnuts  
½ tsp chipotle BBQ salt

## To Serve

100g ranch dressing

## 1. Before you start

Preheat oven to 220°C (or 200°C fan bake).

## 2. Prep & cook chicken

Combine BBQ spices. Pat chicken dry and toss with oil and 1 tsp BBQ spices on a foil-lined oven tray. Season with salt and cook on upper oven rack for 25 minutes, until cooked through. Turn once during cooking. Once cooked, remove from oven and switch oven to high grill. Toss with BBQ sauce and return to oven for 3-5 minutes, until nibbles are glazed and sticky.

## 3. Cook fries

Cook fries as per packet instructions. Then remove from oven and sprinkle with Parmesan. Return to oven for a further 3 minutes, until cheese is golden and melted. Sprinkle over first measure of chipotle BBQ salt.

## 4. Meanwhile, prep & make salad

Cut lettuce into wedges and thinly slice radish and set aside. Heat oil in a medium frypan on medium-high heat. Cook corn with 1 tsp BBQ spices for about 5 minutes, tossing occasionally, until tender and charred. Add walnuts and cook for a further 1-2 minutes, until walnuts are toasted.

## 5. To finish

In a serving plate, combine lettuce, radish, charred corn and walnuts, drizzle over ranch dressing and sprinkle second measure of chipotle BBQ salt.

## 6. Serve

Chicken nibbles, polenta fries and wedge salad on the side. Garnish with a pinch of chipotle BBQ salt.

**\*BBQ Spices** - 1 tsp brown sugar, 1 ½ tsp smoked paprika, ½ tsp ground cumin, 1 tsp garlic powder, ½ tsp onion powder

**Chipotle BBQ Salt:** The punchy, smoky flavours from the chipotle bring out the perfumed pineapple hops notes of TINY. This combination of seasonings will add a playful and exciting edge to any meal.

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Chipotle BBQ Salt



### Pineapple & Peanut Blend

This blend includes dehydrated pineapple, Chinese 5-spice, sesame seeds and peanuts – adding a whole lot of flavour to whatever you put it on!

- Sprinkle Pad Thai or fried rice with this salty and sweet blend to make it even tastier.
- Add this blend to a tropical salsa for an elevated flavour – and crunch.

Want to try something a bit different? Take your ginger crunch to the next level by sprinkling this blend on your icing for a nutty, tropical treat.

### Lemon, Chilli & Fennel Salt

This salt is a perfect seasoning to cut through rich proteins such as salmon and pork.

- Season fresh salmon with this salt before cooking or sprinkle over hot smoked salmon before serving.
- Season a pork belly generously with this salt before roasting for a unique take on a classic roast dinner.

And, for a real treat, use this Lemon, Chilli and Fennel Salt to rim the glass of your margarita – or TINY chelada, a beer cocktail combining beer and fresh lime juice.



### Chipotle BBQ Salt

Smoky and salty – season meat or finish a dish with this mouth-watering flavoured salt.

- Spice up your tacos by using this as a finishing salt to bring some extra flavour.
- Paired perfectly with the sweetness of roast kumara, sprinkle your kumara wedges or fries before roasting in the oven.

Chipotle and chicken go hand-in-hand – simply season your chicken before cooking on the BBQ.



### Toasted Coconut & Pasilla Chilli Salt

Pasilla chillies have a smoky, earthy and fruity flavour that provide a mild heat – a great way to add some spice without going crazy on the heat.

- Common in Mexican sauces, use this salt to season slow cooked beef – perfect for tacos.
- Season fish or prawns with this smoky, spicy salt for a bit of a kick.

Looking to spice up your snacks? Use this salt to flavour your popcorn for a salty, spice treat.

## Tiny but Mighty Spice Blends OTHER USES



### Gunpowder Spice Blend

Cumin, Black Pepper, Ginger, Chilli, Nutmeg, Coriander... the list of spices in this powerful blend goes on and on, and the flavour it brings is impressive as well.

- Try cooking up some Gunpowder Cauliflower - simply cut the cauliflower into florets, toss with oil and the spice blend and roast for 30 minutes.
- Rub your favourite cut of lamb with this bold spice mix before cooking for the perfect seasoning.

And of course, this blend is perfect for Indian-inspired curries – just a couple teaspoons of this spice blend will pack a punch of flavour.





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