



Carman's

CREATING WITH CARMAN'S

CRACK-ING ENTERTAINING

A COLLECTION OF DIPS, PLATTERS AND GOURMET SALADS.

12
recipes

WELCOME TO CRACK-ING
ENTERTAINING!



FOR OVER 25 YEARS, OUR FOCUS AT CARMAN'S HAS BEEN TO HELP *make every day more delicious* WITH OUR SUPER TASTY, NUTRITIOUS RANGE OF BREAKFASTS AND SNACKS.

WE SPENT TWO YEARS PERFECTING OUR SUPER SEED & GRAIN CRACKERS AND *finessing the incredible flavours: ROSEMARY & SEA SALT, ANCIENT GRAIN & CRACKED PEPPER AND PEPITA & POPPYSEED. AS WELL AS BEING made from 75% premium grains and seeds: OUR CRACKERS ARE natural, gluten free, low fodmap and vegan.* IN 2018, THEY WON BEST ALLERGY FRIENDLY SNACK IN HEALTHY FOOD GUIDE'S ANNUAL AWARDS.

THE BEAUTIFUL RECIPES IN THIS BOOK ARE DESIGNED TO MAKE IT EASY FOR YOU TO ELEVATE ANY OCCASION.



"I LOVE ENTERTAINING AND I PROMISE YOU, THESE CRACKERS ARE THE TALKING POINT OF ALL MY PLATTERS! THEY WERE BORN OUT OF A PERSONAL PASSION PROJECT OF MINE TO DEVELOP A CRACKER THAT IS JUST AS HEALTHY AS IT IS TASTY. THEY'VE PASSED THE TASTE TEST AMONGST ALL OF MY FAMILY AND FRIENDS, SO I KNOW YOU'LL LOVE THEM TOO."

HERE'S TO A CRACK-ING GOOD TIME,

CAROLYN CRESWELL
FOUNDER OF CARMAN'S

Carolyn



DIETARY KEY: VEGAN GLUTEN FREE NO NUTS LOW IN FODMAPS

PEPITA & POPPY SEED



Enhance the simple flavour with a distinctive Mediterranean-style dip, like pesto or red pepper (pg. 4), and a creamy cheese like soft goat's, Camembert or Brie.

ANCIENT GRAIN & CRACKED PEPPER



Offset the pepperiness with a hard cheese like parmesan or truffled pecorino, multi-coloured cherry tomatoes and olives or capers.

ROSEMARY & SEA SALT



Complement the natural rosemary with a simple dip like classic hummus (pg. 4) and a sweet accent like sun dried tomato or roasted pumpkin (pg. 6).





crack-ing tip!

CAPSICUM IS A GREAT ADDITION TO HUMMUS, BUT YOU COULD TRY ROASTED PUMPKIN OR SWEET POTATO INSTEAD. HALF OF THE CHICKPEAS COULD BE SWAPPED FOR BLACK BEANS OR FOR A CREAMY, PROTEIN-PACKED GUACAMOLE, ADD AN AVOCADO AT STEP TWO OF THE CLASSIC RECIPE.

hummus

THREE WAYS

classic hummus

⌚ 15 MINUTES




ingredients

2 TBSP TAHINI
2 TBSP LEMON JUICE
2 TBSP WATER
1/2 GARLIC CLOVE, CHOPPED
2 TBSP OLIVE OIL
425G CAN OF CHICKPEAS, RINSED
GENEROUS PINCH OF GROUND CUMIN
GENEROUS PINCH OF SEA SALT

method

- 1 Blitz the tahini, lemon juice and water in a food processor until smooth.
- 2 Add garlic, olive oil, ground cumin and salt, blitzing again.
- 3 Add half of the of chickpeas into the mixture, blitzing until smooth.
- 4 Add the remaining chickpeas and blitz to a desired consistency. Add water if the mixture is too thick.

broad bean and pea hummus

   20 MINUTES

ingredients

270G BROAD BEANS (PODDED) –
FRESH OR FROZEN

1/2 CUP FROZEN PEAS, COOKED
IN BOILING WATER FOR 3 MINUTES
OR UNTIL SOFT

1/2 GARLIC CLOVE, FINELY CHOPPED

1 TBSP LEMON JUICE

2 TBSP EXTRA VIRGIN OLIVE OIL

1/2 TSP GROUND CUMIN

10 MINT LEAVES




3 TBSP PARSLEY LEAVES,
CHOPPED ROUGHLY

2 TBSP GREEK YOGHURT
GENEROUS PINCH OF SALT

method

- 1 Cook broad beans in boiling water for 3 - 5 mins (if fresh, shorter for frozen) or until soft.
- 2 Strain the beans and then cool under cold water.
- 3 Squeeze the bean from its skin (if broad beans are fresh.)
- 4 Place all ingredients in a food processor and blitz to a desired consistency. Add water if the mixture is too thick.

roast capsicum hummus

   15 MINUTES

method

- 1 Follow steps to 1 - 3 of the Classic Hummus recipe, then add two roasted capsicums (peeled and deseeded) and blitz until smooth.
- 2 Add the remaining chickpeas and blitz to desired consistency.
- 3 Add a squeeze of lemon juice and extra salt to taste.



pickled VEGGIES

pickled radishes



15 MINUTES



45 MINUTES

ingredients

1/2 BUNCH OF RADISHES
(4 RADISHES ARE LOW FODMAP)

1/2 CUP APPLE CIDER VINEGAR
(2 TBSP IS LOW FODMAP)

1/2 CUP WATER

2 TBSP WHITE SUGAR

1/8 TSP SALT

1/2 TSP FENNEL SEEDS

method

Combine all ingredients excluding the radishes in a small pot and bring to a gentle boil. Boil for a few minutes while the sugar dissolves, then set aside to cool slightly. While the liquid is boiling, discard the leaves and finely slice the radishes. Cover the radishes in the cool liquid and set aside for 45 mins to pickle.

*Follow the serve within the recipe to ensure low FODMAP.

pickled cucumber

    15 MINUTES

ingredients






1 LEBANESE CUCUMBER
(75g IS LOW FODMAP)
1/2 CUP WHITE WINE VINEGAR
(2 TBSP IS LOW FODMAP)
4 TBSP WATER
1/2 TSP SALT
2 TBSP WHITE SUGAR
1/4 TSP YELLOW MUSTARD SEEDS
1 TBSP DILL, FINELY CHOPPED

method

Combine all ingredients excluding the cucumber, mustard seeds and dill in a small pot and bring to a gentle boil. While the liquid is boiling, finely slice the cucumber. Let the liquid cool, then cover the cucumber, adding mustard seeds and dill 10 mins prior to serving.

*Follow the serve within the recipe to ensure low FODMAP.

pickled carrots

    15 MINUTES  45 MINUTES

ingredients

1/2 BUNCH OF RADISHES
(4 RADISHES ARE LOW FODMAP)
1/2 CUP APPLE CIDER VINEGAR
(2 TBSP IS LOW FODMAP)
1/2 CUP WATER
2 TBSP WHITE SUGAR
1/8 TSP SALT
1/2 TSP FENNEL SEEDS

method

Follow the same instructions as the radishes.

*Follow the serve within the recipe to ensure low FODMAP.

roasted VEGGIES

roasted cauliflower

Place sliced cauliflower in a large bowl and toss in a small amount of extra virgin olive oil, seasoning with sea salt. Bake for approximately 20 mins in 180°C oven, turning once at halfway, until lightly browned. How to layer your cracker: hummus (pg. 4), cauliflower, parsley or micro herbs.



roasted pumpkin

Place sliced pumpkin and a small bunch of rosemary sprigs in a large bowl and toss in a small amount of extra virgin olive oil, seasoning with sea salt. Bake for approximately 20 mins in 180°C oven, turning once at halfway, until lightly browned. How to layer your cracker: vegan pesto, pumpkin, crispy-fried rosemary.






roasted eggplant

Slice eggplant into 1/2cm thick rounds. Lay on a plate, lightly sprinkle with salt. Set aside for 20 mins. Rinse the salt from the eggplant and pat dry with a clean tea towel. Lay on a baking tray and brush lightly with extra virgin olive oil. Bake for approximately 20 mins in 180°C oven, turning once at halfway, until softly cooked. How to layer your cracker: eggplant, drizzle of tahini and lemon juice, cracked pepper.

*75g of eggplant is low FODMAP.

clean CAESAR SALAD

 SERVES 4 (AS A SIDE SALAD)

 20 MINUTES  7 MINUTES



ingredients

salad

2 HEADS OF BABY COS LETTUCE
2 EGGS
10 CARMAN'S SUPER SEED &
GRAIN CRACKERS, BROKEN
PARMESAN SHAVINGS, TO SERVE

caesar dressing

2/3 CUP GREEK YOGHURT
2 1/2 TBSP LEMON JUICE
1 ANCHOVY, FINELY CHOPPED
1/2 SMALL GARLIC CLOVE, MINCED
4 TBSP HOT WATER
2 TBSP CHOPPED DILL
PINCH OF SALT AND PEPPER

crack-ing tip!

TO MAKE THIS SALAD INTO A MAIN MEAL, SERVE BETWEEN TWO AND ADD YOUR FAVOURITE PROTEIN, SUCH AS CHICKEN OR OVEN-ROASTED CHICKPEAS.

method

- 1 Add the eggs to a small pot of boiling water.
- 2 Boil for 7 mins then remove from the hot water with a slotted spoon.
- 3 While the eggs are boiling, combine all dressing ingredients to make the Caesar dressing.
- 4 Place eggs in a small bowl, running them under cold water and then sitting to cool.
- 5 Peel eggs and cut in half length ways.
- 6 Place even portions of the cos lettuce on to four plates. Place the egg quarters on top, then cover with the dressing.
- 7 Sprinkle with crackers and Parmesan cheese to serve.

*To make this recipe low FODMAP, omit the garlic and swap Greek yoghurt for a lactose-free, FODMAP friendly alternative.

PICKLED PUMPKIN

*with crackers and
tahini dressing*

🕒🌿 SERVES 4 (AS A SIDE SALAD)

🕒 20 MINUTES 🕒 60 MINUTES



ingredients

pumpkin

1KG PUMPKIN
(BUTTERNUT OR JAPANESE)
220G WHITE SUGAR
750ML WHITE WINE
(WE USED SAUVIGNON BLANC)
4 TSP CORIANDER SEEDS
2 CINNAMON STICKS
2 TSP CUMIN SEEDS
1/4 TSP DRIED CHILLI FLAKES
10 SPRIGS LEMON THYME
1 CUP HAZELNUTS (SKIN ON)
250G PUNNET CHERRY
TOMATOES, HALVED
SALT AND PEPPER, TO TASTE
EXTRA VIRGIN OLIVE OIL
1 1/2 CUPS WATERCRESS
1 CUP SPINACH
8 - 10 ROSEMARY & SEA SALT SUPER
SEED & GRAIN CRACKERS, BROKEN UP
2 TBSP MINT LEAVES



tahini yoghurt dressing

1 CUP GREEK YOGHURT
1/2 CLOVE GARLIC, MINCED
1 1/2 TBSP LEMON JUICE
2 TBSP TAHINI
PINCH OF SALT
CRACKED PEPPER, TO TASTE

method





- 1 Combine sugar, wine, coriander seeds, cinnamon sticks, cumin seeds, chilli flakes and lemon thyme in a heavy based, non-stick pan. Bring to a gentle boil, stirring once or twice to ensure sugar is dissolved.
- 2 Leave to boil gently while cutting the pumpkin.
- 3 Cut the pumpkin in half and scoop out the seeds.
- 4 Slice into wedges approx. 1cm in thickness. The slices must be thin to ensure the liquid pickles the pumpkin adequately.
- 5 Turn down the heat and add the pumpkin to the pan in a single layer. Place a piece of baking paper over the pumpkin and cover with a lid.
- 6 Let the wedges gently cook for approximately one hour on a low simmer, until tender.
- 7 Remove from the heat and allow the pumpkin to cool in a pan.
- 8 While the pumpkin is cooking, make the tahini yoghurt dressing by whisking all dressing ingredients together. Dilute with a small amount of water if the dressing is too thick.
- 9 Spread the hazelnuts onto a tray and roast for 7 mins in a 180°C oven. Set aside to cool and turn down the oven to 150°C.
- 10 Line the tray with baking paper and place cherry tomatoes down. Season the tomatoes lightly with salt, pepper and extra virgin olive oil.
- 11 Roast for 20 mins at 150°C or until lightly softened.
- 12 Combine the spinach leaves and watercress and divide between four serving bowls.
- 13 Lay the pumpkin segments and cherry tomatoes on each of the bowls.
- 14 Scatter mint leaves, roasted hazelnuts and crackers over the salads then top with the tahini yoghurt dressing.



roasted fennel and APPLE SALAD

WITH CRACKER GREMOLATA



  SERVES 4 (AS A SIDE SALAD)  35 MINUTES  45 MINUTES

ingredients

salad

1 LARGE FENNEL BULB
1 TBSP OLIVE OIL
1/2 CUP PARSLEY LEAVES
1/2 RED APPLE, SLICED INTO
THIN WEDGES
SALT AND PEPPER, TO TASTE

orange dressing

4 TBSP FRESH ORANGE JUICE
2 TBSP DRIED CURRANTS
2 TBSP EXTRA VIRGIN OLIVE OIL
1/4 TSP WHITE WINE VINEGAR*
(*RICE WINE VINEGAR IS A VEGAN ALTERNATIVE)
PINCH GROUND CINNAMON
2 PINCHES SALT
2 PINCHES GROUND BLACK PEPPER

cracker gremolata

(MAKE IMMEDIATELY BEFORE SERVING THE SALAD)

1 PACKET CARMAN'S PEPITA & POPPY
SEED SUPER SEED & GRAIN CRACKERS,
BROKEN ROUGHLY TO PIECES
1 SMALL GARLIC CLOVE, PEELED
ZEST OF 1 ORANGE
1/2 TSP SEA SALT FLAKES
1/8 TSP CRACKED BLACK PEPPER



DISCOVER EVEN MORE DELICIOUSNESS:
CARMANSKITCHEN.COM.AU/OUR-RECIPES



method

- 1 Halve the fennel bulb, then cut length ways into wedges. Place on a baking paper lined tray.
- 2 Drizzle the fennel wedges with olive oil. Season with salt and pepper.
- 3 Roast for 35 mins at 180°C until golden and caramelised.
- 4 While the fennel is roasting, make the orange dressing. In a small pot on the stove warm up the orange juice.
- 5 Remove from the stove and add currants to the juice. Set aside for 10 mins and allow the currents to soften.
- 6 Transfer to a small bowl, adding in the olive oil, vinegar, cinnamon, salt and pepper. Whisk to combine well.
- 7 Chop the garlic for the gremolata finely.
- 8 In a mortar, add crackers, garlic, orange zest, salt and pepper. Pound lightly into a fine crumb.
- 9 In a serving bowl, combine roasted fennel, radicchio, parsley and red apple.
- 10 Drizzle over the dressing evenly.
- 11 Sprinkle over the gremolata.

crack-ing tip!

THIS GREMOLATA IS GREAT OVER ANY SALAD, BUT ALSO ADDS A CRUNCHY DELICIOUSNESS TO A SIMPLE PASTA. IF THE ORANGE FLAVOUR IS TOO STRONG, USE LEMON ZEST INSTEAD.

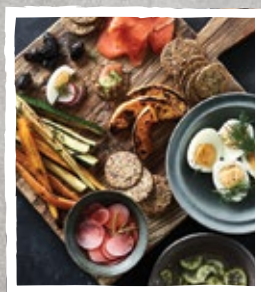


platter INSPIRATION



TO MAKE SATURDAY NIGHT JUST A LITTLE MORE SPECIAL...

- Steamed asparagus wrapped in prosciutto
- Kale chips
- Walnuts
- Roasted carrots
- Truffled pecorino and blue cheese
- Grapes
- Roasted pepper hummus (pg. 4)



FOR SOMETHING FODMAP FRIENDLY...

- Smoked trout
- Pickled radishes and cucumbers (pg. 5)
- Halved boiled eggs with dill
- Black olives
- Roasted pumpkin, carrots and zucchini (follow the pumpkin instructions on pg. 6)



VEGAN DELIGHTS...

- Vegan pesto
- Hummus (pg. 4)
- Tempeh (fry lightly in olive oil then sprinkle with garlic powder, sesame seeds and garnish with parsley)
- Steamed snow peas and broccoli
- Dolmades
- Roasted pumpkin and eggplant (pg. 6)



THANK YOU!

WE REALLY HOPE THESE RECIPES AND IDEAS WILL HELP YOU ENTERTAIN WITH A LITTLE MORE PIZAZZ, WHILE KEEPING THINGS SIMPLE – MINIMUM EFFORT FOR MAXIMUM REWARD.



PEPITA &
POPPY SEED



ANCIENT GRAIN &
CRACKED PEPPER



ROSEMARY &
SEA SALT

OUR SUPER SEED & GRAIN CRACKERS TRULY ARE SUPER! BIG ON FLAVOUR AND TASTE, THEY ARE ALSO GREAT FOR YOU.



- ✓ Made from over 75% premium grains and seeds
- ✓ 100% natural
- ✓ No added sugar
- ✓ Oven baked
- ✓ Gluten free
- ✓ Monash University Low FODMAPs Certified
- ✓ Vegan friendly
- ✓ No added nuts

TO LEARN MORE ABOUT THE CARMAN'S RANGE, VISIT:
carmanskitchen.com.au/products

WE LOVE HEARING YOUR THOUGHTS AND IDEAS.
YOU CAN CONTACT OUR LOVELY TEAM AT ANY TIME

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SHARE THE LOVE  



Carman's

PROUDLY AUSTRALIAN
MADE AND OWNED