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Livingetc



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SERVE UP BEAUTIFUL SUMMER FLAVOURS WITH THESE RECIPES FROM CHEF SHAHAR TAMIR OF THE SABINA CLUBHOUSE IN IBIZA



CAULIFLOWER TABOULE

serves 4

1 cauliflower
Half bunch mint
Half bunch coriander
Half bunch parsley
2 tomatoes, chopped
1 red onion, chopped
Juice from 1 lemon
4 tbsp extra virgin olive oil
Cumin
Salt
75g Greek yogurt

1 Using the large holes on a cheese grater, grate the cauliflower into a large mixing bowl. Chop all the herbs as finely as possible and add to the cauliflower with the chopped tomatoes and onion. Mix well.

2 Season the cauliflower mix with lemon juice, olive oil, cumin and salt to taste. Place the yogurt in the centre of a plate and gently pour the cauliflower mix on top. You could also add a sprinkle of za'atar, sliced cauliflower, herb leaves, pomegranate seeds, crushed hazelnuts and pink grapefruit segments.



This Asian-inspired dish is quick and easy – perfect for a relaxed summer lunch

BANGKOK RUMP STEAK

serves 1

160g rump steak

Canola oil

FOR THE DRESSING

50g good soy sauce

50g rice vinegar

20g sriracha

10g chopped ginger

10g chopped garlic

5g chopped red chilli

FOR THE SALAD

2 sliced French radishes

4 branches of mint

4 branches of coriander

4 branches of parsley

1 tbsp fish sauce

1 tbsp lime juice

1 tbsp sugar

1 For the dressing: mix all the ingredients in a large mixing bowl and store at room temp until ready to serve. For the salad: mix all ingredients together and set aside.

2 Heat a heavy pan on high heat. Drizzle canola oil in the pan and sear the steak until medium rare. Set aside to rest.

3 Drizzle the sauce on the bottom of a serving plate. Slice the steak and put on top of the sauce. Serve with the salad on top of the steak.



YELLOWTAIL AGUE CHILE

serves 2

200g fresh yellowtail fillet

4 baby cucumbers

4 baby radishes

1 tbsp chopped ginger

3 branches of thyme, leaves picked

FOR THE DRESSING

Half bunch mint

Half bunch coriander

2 spring onion stems

Juice from 2 limes

3 jalapeño peppers

40ml pineapple juice

60ml mineral water

Salt

Rapeseed oil

1 Slice the yellow tail loin into thin slices. Thinly slice the cucumbers and radishes and place them in a mixing bowl with the fish, chopped ginger and thyme leaves. Store in the fridge.

2 To make the dressing, place all the dressing ingredients in a blender and blitz until smooth. Pour through a sieve into a bowl and leave to chill in the fridge. When ready to serve, pour the dressing over the other ingredients, mix well and divide between two plates. For a more substantial lunch, you could serve with quinoa or rice.

SMOKED AUBERGINE WITH TAHINI AND GOJI BERRIES

serves 1

1 large aubergine
40g tahini
Juice from 1 lemon
35g mineral water
Salt
30g goji berries
30g blanched almond, chopped
Baharat
Olive oil

1 Grill the aubergine under a very hot grill, turning occasionally, until soft. Once it is cool enough to handle, peel the aubergine and set aside.

2 In a small mixing bowl, mix the tahini with the lemon juice and water and mix until creamy; add salt. Chop the goji berries and mix with the chopped almonds.

3 Place the grilled and peeled aubergine in the middle of serving plate. Sprinkle with baharat and drizzle with olive oil. Pour the tahini on top and cover with goji berries and chopped almonds.

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