

## Sach Dish Recipes

### Chicken Fajitas



Put the dish minus the holder in the oven at 180 – 200 degrees to heat up for 30 – 40 minutes. Brush with oil and add chicken strips covered in the fajita spices. Turn to cook both sides and then add the peppers and onion and put back in the oven for 15 – 20 minutes or until cooked. Place on the serving tray to take to the table and serve with wraps and dip.

### Paella



For a veggie paella dish I use 4 garlic cloves, 250-300 gms quartered shallots, 2 peppers finely chopped, button mushrooms halved, 400gm tin chopped tomatoes, fine green beans cut to ½ inch pieces, (or add frozen peas part way through cooking) ½ tsp smoked paprika, ½ tsp cayenne pepper, salt and pepper to season, 500gm paella rice and 1 and 1/2 litres stock. Add all the ingredients to the deep sach dish stir and put in the oven at 180 degrees for 45 minutes to an hour. Check the liquid level and add more if necessary during cooking. Serve on the holder topped with lemon wedges and parsley. Turn into a chicken and fish paella by adding chicken at the start and then prawns and mussels just before serving keeping the lid on so they steam.

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### Prawn Thai Curry



The deeper dish is better for this due to the liquid but if using the shallow dish do not add too much coconut milk or sauce. Heat the dish in the oven to 180 degrees. Brush with oil and add chopped onions, peppers and Thai paste. Turn the vegetables and put in the oven for 10 – 15 minutes. Remove and add 3 – 4 tbs coconut milk, some prawns and frozen peas. Put back in the oven until it starts to bubble – around 10 minutes. Serve with rice. Instead of prawns you can add chicken at the start and then the peppers and onions. Use any curry sauce instead of the paste and coconut milk.

### Pizza



Our pizza dough recipe: 300gms flour, 1 tsp yeast, 1 tsp olive oil, 200ml warm water. Mix together and knead lightly into a dough for 5 minutes. Allow to rise for a minimum of 20 minutes. Roll out and add to the hot sach dish then use your own toppings. Cooking time around 10 – 15 minutes in the oven and we turn the oven to its hottest which is 240 °C. This recipe will make two large pizzas.

Mix butter and garlic – lots off!  
And spread over the dough, then top with grated cheese.  
Use tomato based pizza sauce on the base and add your favourite toppings or use an infused oil instead.



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### Spicy Fish



Marinate chunky white fish (cod or haddock loin works well) in lemon juice, finely chopped chilli to taste – remove the seeds, finely chopped ginger and 1 tbs of coconut milk. Heat the sach in the oven at 180 – 200 degrees and while it is heating chop peppers into small cubes and slice spring onion. Once the dish is hot (30 minutes) remove from the oven and brush with oil. Add the fish and some of the marinade juices, turn so it cooks on both sides and then add the peppers and spring onions. Put the dish back in the oven for 10 minutes or until the fish is cooked. Boil rice with the juice of 1 lemon and stir through with 3 – 4 tbs coconut milk. Add freshly chopped coriander and serve with an avocado and tomato salad.

### Tuna & Peppers



Heat the sach in the oven at 180 – 200 degrees for 30 minutes and while it is heating marinate inch thick tuna steaks in lemon or lime juice with some chilli and ginger. Add the tuna steaks to the hot dish and allow to cook on both sides for 1 minute each side. Remove from the dish and add thinly sliced peppers and spring onion to the sach. Place the fish on the peppers and put back in the oven for approximately 10 minutes or until cooked. Add chopped parsley to the tuna before serving. Remember the dish will stay hot so the fish will continue to cook even at the table so do not overcook. Serve with creamy mash potatoes.