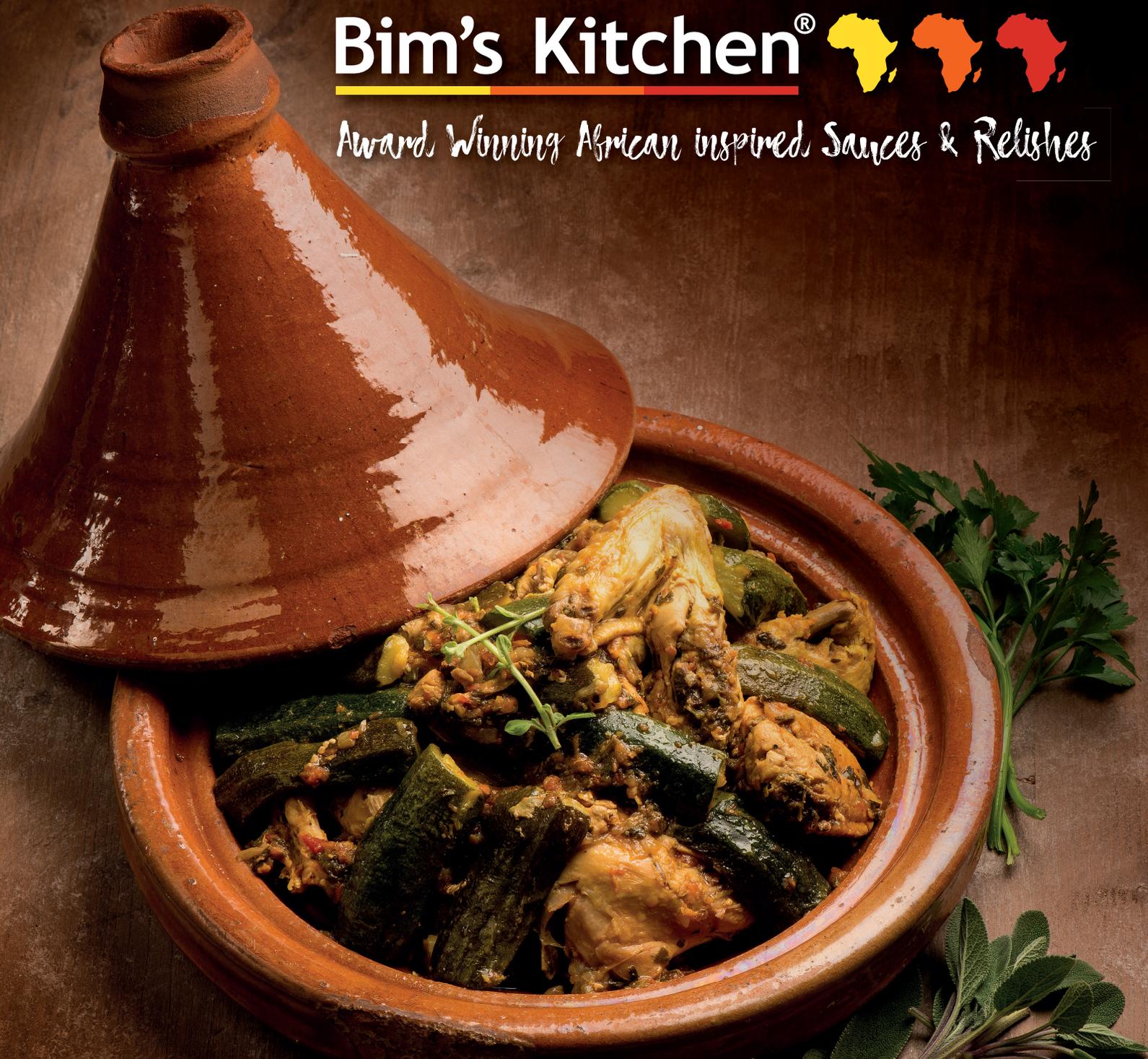


# Bim's Kitchen®

*Award Winning African inspired Sauces & Relishes*



## **About Bim's Kitchen**

Bim's Kitchen was established just over seven years ago by James Adedeji from Nigeria where he was born, and his wife Nicola. The business started from their passion for African cuisine that James's family were so very heavily involved in and wanting to share its very versatile but often unfamiliar ingredients with a wider UK audience.

In late 2018 the business was bought by Castell Howell with a re-brand and re-launch in February 2019

## **About the Bim's Kitchen range**

Alligator pepper, baobab fruit, moringa, Tigernuts, cubeb pepper, cashew nuts, peanuts, tamarind, hibiscus flowers and birdseye chillies: These are just some of the exotic, gourmet ingredients native to or commonly used in Africa that Bim's Kitchen use to make their delicious range of African-inspired sauces and condiments.

The products include BBQ sauces, curry sauces and other delicious savoury condiments. There are currently 14 products in the range which all come in retail jars and catering sizes.

All the products in the range are made to new and original recipes developed and inspired by local dishes and exotic ingredients from Africa.

The different coloured maps of Africa on the sauce & condiment labels indicate their "chilli heat".

### **Some key points about the range:**

- All natural ingredients and suitable for a gluten free diet
- All suitable for vegetarians and most for vegans
- All very versatile and easy to use
- Multiple Great Taste Awards across the range

⚠ Produced in an environment where NUTS and PEANUTS are handled.

# Bim's Kitchen®

## www.bimskitchen.co.uk

### Bims Kitchen Product List

Description	Size	Description	Size
African Pepper Sauce	2.5L	Peanut Curry Sauce	2.5L
African Pepper Sauce	250ml	Peanut Curry Sauce	350g
Baobab BBQ Sauce	2.5L	Spicy African BBQ Sauce	2.5L
Baobab BBQ Sauce	250ml	Spicy African BBQ Sauce	250ml
Baobab Chilli Jam	190g	Spicy Papaya Ketchup	2.5L
Baobab Chilli Jam	900g	Spicy Papaya Ketchup	250ml
Coconut Piri Piri Sauce	2.5L	Sweet Tigernut & Chilli Sauce	2.5L
Coconut Piri Piri Sauce	250ml	Sweet Tigernut & Chilli Sauce	250ml
Chickpea & Moringa Curry Sauce	2.5L	Tomato & Cashew Curry Sauce	2.5L
Chickpea & Moringa Curry Sauce	350g	Tomato & Cashew Curry Sauce	350g
Coconut Chilli Relish	170g	Tomato & Tigernut Relish	190g
Coconut Chilli Relish	800g	Tomato & Tigernut Relish	900g
Lemon, Garlic & Pepper Sauce	2.5L		
Lemon, Garlic & Pepper Sauce	250ml		
Mango & Cape Gooseberry Relish	190g		
Mango & Cape Gooseberry Relish	900g		



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NUTS and PEANUTS are handled.**

### Bim's Kitchen Limited

Unit 1&2, Beechwood Industrial Estate, Talley Road, Llandeilo SA19 7HR

Tel: 01269 846141

Email: Produce@chfoods.co.uk

## Spicy Pears & Papaya topped with chocolate crumble

### INGREDIENTS

- 8 ripe pears, peeled, cored and quartered (tinned pear halves can be used)
  - 50g (3½oz) dark soft brown sugar
  - 50g unsalted butter
  - 100ml BIMS spicy papaya ketchup
- For the crumble topping
- 200g (7oz) plain flour
  - 100g (3½oz) butter, chilled and cut into cubes
  - 50g (2oz) demerara sugar
  - 50g (2oz) porridge oats
  - 100g (3½oz) plain chocolate, roughly chopped
- crème fraîche, to serve

### METHOD

1. Preheat the oven to Gas Mark 6, 200°C, fan 180°C.
2. Place the pears and butter into a large non-stick pan.

Cook the pears over moderately high heat for 3-4 minutes, turning occasionally until the pears are soft and golden, yet still, retain their shape. Add the sugar and papaya ketchup turn gently to coat the pears in the buttery, sweet spice.

Transfer to a shallow gratin dish.

3. To make the crumble topping.

Place the flour into a bowl and rub the butter into the flour until the mixture resembles chunky breadcrumbs.

Stir in the sugar, oats and chocolate chunks. Spoon over the warm pears and bake in the oven for 25 minutes until the crumble is golden and the chocolate has melted.

Serve warm with crème fraîche, and ice cream



## African Chicken Satay with a spicy peanut dipping sauce

### INGREDIENTS

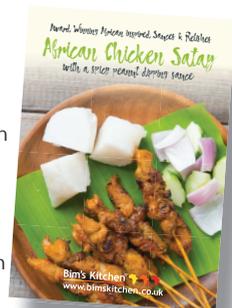
- 2 Chicken Breasts
  - 10 Bamboo skewers
- For the marinade:
- Small piece of fresh ginger, 1 Garlic clove, Juice of 1 lime, 1 tbsp Soy sauce, 1 tbsp Runny honey, 1 tsp Peanut butter

### For the sauce:

- 100g (4oz) Peanut butter (crunchy),
- 5 tbsp Coconut milk,
- 1 tbsp Sweet chilli sauce, 1 tsp Soy sauce

### METHOD

1. Soak the skewers in water for 30 minutes to stop them from scorching when you grill them.
2. Mix the marinade. Peel and grate the ginger (you should have about ¼ teaspoon), crush the garlic and put in a bowl along with the lime juice (set 1 teaspoon of the lime juice aside for later use), soy sauce, honey and peanut butter and whisk together.
3. Put the chicken breasts into a sealable polythene bag or cover with clingfilm and use a mallet or rolling pin to bash the chicken breasts until they are about ½ cm (¼ in) thick. Slice each chicken breast into 5 strips, add to the marinade and leave to marinate for about 30 minutes.
4. While the chicken is marinating you can make the sauce. Put the peanut butter, coconut milk, 5 tablespoons of water, the sweet chilli sauce and soy sauce in a small saucepan. Warm gently, stirring constantly, until everything has melted. Simmer for 1-2 mins until the sauce thickens. Remove from the heat, then stir in the leftover lime juice and set aside.
5. Preheat the grill to medium-high. Thread the chicken strips onto the soaked skewers and put on a foil-lined baking sheet. Grill each side for about 5 mins or until the chicken is cooked through. Serve with the dipping sauce. Serve warm with crème fraîche



*Award Winning African inspired Sauces & Relishes*

# *Spicy Pears & Papaya*

*topped with chocolate crumble*



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*Award Winning African inspired Sauces & Relishes*

# *Spicy Pears & Papaya*

*topped with chocolate crumble*

## INGREDIENTS

8 ripe pears, peeled, cored and quartered  
(tinned pear halves can be used)

50g (3½oz) dark soft brown sugar

50g unsalted butter

100ml BIMS spicy papaya ketchup

For the crumble topping

200g (7oz) plain flour

100g (3½oz) butter, chilled and cut into cubes

50g (2oz) demerara sugar

50g (2oz) porridge oats

100g (3½oz) plain chocolate, roughly chopped

crème fraîche, to serve

## METHOD

1. Preheat the oven to Gas Mark 6, 200°C, fan 180°C.
2. Place the pears and butter into a large non-stick pan. Cook the pears over moderately high heat for 3-4 minutes, turning occasionally until the pears are soft and golden, yet still, retain their shape. Add the sugar and papaya ketchup turn gently to coat the pears in the buttery, sweet spice.

Transfer to a shallow gratin dish.

3. To make the crumble topping. Place the flour into a bowl and rub the butter into the flour until the mixture resembles chunky breadcrumbs.

Stir in the sugar, oats and chocolate chunks. Spoon over the warm pears and bake in the oven for 25 minutes until the crumble is golden and the chocolate has melted.

Serve warm with crème fraîche, and ice cream

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*Award Winning African inspired Sauces & Relishes*

# *African Chicken Saag*

*with a peanut curry sauce*



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*Award Winning African inspired Sauces & Relishes*

# *African Chicken Saag*

*with a peanut curry sauce*

## INGREDIENTS

- 2 tbsp sesame oil
- 2kg skinless boneless chicken thighs, or use diced chicken breast
- 1.5kg African peanut curry sauce
- 2 tsp fresh ginger and chilli grated (optional)
- 400g Frozen spinach
- 100g roughly chopped fresh tomatoes,
- 1 small bunch coriander, ½ roughly chopped, ½ leaves picked
- roasted peanuts, to serve

## METHOD

Heat 1 tbsp of the oil in a deep frying pan over medium heat.  
Brown the chicken in batches, setting aside once golden.  
Optional sweat, chilli and ginger in the other 1 tbsp oil for 1 min.  
Stir in the peanut curry sauce, spinach, and bring to a simmer.  
Return the chicken to the pan and add the chopped coriander.  
Cook for 30 mins until the sauce thickens and the chicken is cooked through.  
To serve, stir in the remaining coriander, chopped tomatoes roasted peanuts and serve with warm nan bread, and braised savoury rice

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*Award Winning African inspired Sauces & Relishes*

# *African Chicken Satay*

*with a spicy peanut dipping sauce*



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*Award Winning African inspired Sauces & Relishes*

# African Chicken Satay

*with a spicy peanut dipping sauce*

## INGREDIENTS

2 Chicken Breasts

10 Bamboo skewers

## FOR THE MARINADE:

Small piece of fresh ginger, 1 Garlic clove, Juice of 1 lime,  
1 tbsp Soy sauce, 1 tbsp Runny honey, 1 tsp Peanut butter

## FOR THE SAUCE:

100g (4oz) Peanut butter (crunchy), 5 tbsp Coconut milk,  
1 tbsp Sweet chilli sauce, 1 tsp Soy sauce

## METHOD

1. Soak the skewers in water for 30 minutes to stop them from scorching when you grill them.
2. Mix the marinade. Peel and grate the ginger (you should have about ¼ teaspoon), crush the garlic and put in a bowl along with the lime juice (set 1 teaspoon of the lime juice aside for later use), soy sauce, honey and peanut butter and whisk together.
3. Put the chicken breasts into a sealable polythene bag or cover with clingfilm and use a mallet or rolling pin to bash the chicken breasts until they are about ½ cm (¼ in) thick. Slice each chicken breast into 5 strips, add to the marinade and leave to marinate for about 30 minutes.
4. While the chicken is marinating you can make the sauce. Put the peanut butter, coconut milk, 5 tablespoons of water, the sweet chilli sauce and soy sauce in a small saucepan. Warm gently, stirring constantly, until everything has melted. Simmer for 1–2 minutes until the sauce thickens. Remove from the heat, then stir in the leftover lime juice and set aside.
5. Preheat the grill to medium-high. Thread the chicken strips onto the soaked skewers and put on a foil-lined baking sheet. Grill each side for about 5 minutes or until the chicken is cooked through. Serve with the dipping sauce.

Serve warm with crème fraîche

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Award Winning African inspired Sauces & Relishes

# Spicy African Mushrooms

with lemon, garlic and pepper mushrooms



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## Award Winning African inspired Sauces & Relishes

# Spicy African Mushrooms

with lemon, garlic and pepper mushrooms

### INGREDIENTS

200g mushrooms whole button but any other can be used

100ml African lemon, garlic and pepper sauce

1 onion finely chopped

1/2 tsp olive oil, 1/2 tsp butter

2 tablespoons whipping or double cream

2 tablespoons finely grated parmesan cheese, or any other hard cheese of your choice

### METHOD

Put the oil and butter into a shallow frying pan and place over a gentle heat.

Finely chop the onions and add to the pan. Fry gently for a few minutes, stirring occasionally and ensuring the onions do not start to brown or burn.

Prepare your mushrooms by gently wiping any dirt from their surfaces with a piece of kitchen towel - never wash mushrooms as they will absorb the water.

Add the mushrooms to the pan, stirring so that they become coated with the oil. Once the mushrooms have all started to colour, pour the lemon and garlic sauce and cream to the pan and turn the heat and the liquid starts to reduce. After a few minutes, the mushrooms should be cooked, so turn the heat back down quite low and heat gently for a couple of minutes.

Serve on toasted bread and glaze with cheese

Reduced fat cream or soya cream works perfectly in this dish.

For a slightly sharper taste, try using creme fraiche in place of the cream. To make the dish more substantial, try using finely sliced baby leeks in place of the onions.

You could grate a strong cheese such as stilton over the mushrooms before grilling, this produces a much richer dish.

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