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FREEZER FRIENDLY FLAVOUR RECIPE BOOKLET

Freeze-friendly flavour pastes inspired by world cuisines. Prep once, freeze in cubes, and use as building blocks for quick, healthy, and sustainable meals. Each recipe includes ingredients, storage, quick meal ideas, and food-saving tips.

MASTER SHOPPING LIST


Essentials (likely already at home):


- Onions
- Garlic
- Olive oil
- Salt & pepper
- Soy sauce
- Tinned tomatoes
- Pasta, rice, or grains



Core Pantry Builders (add gradually):

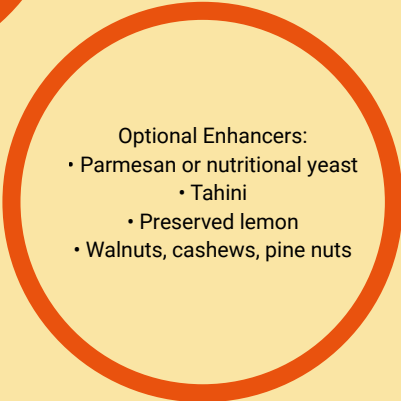
- Cumin
- Coriander
- Paprika (sweet/smoked)
- Turmeric
- Sesame oil
- Rice vinegar
- Chickpeas & beans (tinned or dried)
- Chilli flakes or powder

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- Basil or rocket
 - Limes & lemons
 - Coconut milk
 - Ginger or galangal
 - Red peppers



Speciality / Fresh Items:

- Lemongrass
- Fresh coriander
- Fresh parsley
- Chipotle in adobo



Optional Enhancers:

- Parmesan or nutritional yeast
- Tahini
- Preserved lemon
- Walnuts, cashews, pine nuts



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MEDITERRANEAN HERB & TOMATO BASE

Ingredients:

- 2 onions, chopped
- 3 garlic cloves
- 2 tbsp olive oil
- 3 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt & pepper



Method:

- Blend all ingredients into a smooth paste.

Storage:

Freeze in ice cube trays or tubs. Keeps 3 months frozen.

Quick 15-min Meal Ideas:

- Cube + tin chickpeas + spinach chickpea stew
- Cube + pasta + olives quick puttanesca

Food-Saving Tips:

- Use soft tomatoes or tired herbs for blending.
- Freeze leftover tomato paste instead of letting it spoil.
- Save onion skins/veg trimmings for stock.

INDIAN CURRY MASALA BASE



Ingredients:

- 2 onions
- 3 garlic cloves
- 1 thumb ginger
- 2 tomatoes
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp garam masala

Method:

- Cook onion, garlic, ginger until soft. Add tomatoes and spices. Blend smooth.

Storage:

Freeze in 2–3 tbsp portions. Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + lentils + spinach - quick dhal
- Cube + chicken + coconut milk - easy curry

Food-Saving Tips:

- Freeze ginger in chunks and grate from frozen.
- Use tomato ends or slightly soft tomatoes.
- Batch-cook onions in bulk and freeze.

THAI GREEN CURRY PASTE



Ingredients:

- 4 green chillies
- 2 lemongrass stalks
- 3 garlic cloves
- 1 thumb ginger/galangal
- 1 bunch coriander stems
- Zest of 1 lime

Method:

- Blend all ingredients until smooth.

Storage:

Freeze in 2 tbsp portions. Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + coconut milk + veg ☒ Thai curry
- Cube + noodles + prawns/tofu ☒ quick noodle bowl

Food-Saving Tips:

- Freeze chillies whole and blend later.
- Use coriander stems instead of throwing them away.
- Freeze leftover coconut milk in ice cube trays.

NORTH AFRICAN HARISSA PASTE

Ingredients:

- 2 roasted red peppers
- 4 dried chillies (soaked)
 - 3 garlic cloves
 - 1 tsp cumin
- 1 tsp coriander
- 2 tbsp olive oil



Method:

- Blend all ingredients into a smooth paste.

Storage:

Freeze in 2 tbsp portions. Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + couscous + veg → Moroccan veg bowl
- Cube + chickpeas + tomatoes → spiced stew

Food-Saving Tips:

- Use wrinkly red peppers – roasted flavour is better.
- Revive dried chillies by soaking before blending.
- Leftover harissa? Mix with yoghurt for a dip.

MEXICAN ADOBO BASE



Ingredients:

- 2 chipotle chillies in adobo
 - 3 garlic cloves
 - 1 tbsp tomato paste
 - 1 tsp cumin
- 1 tsp smoked paprika

Method:

- Blend all ingredients into a paste.

Storage:

Freeze in ice cube trays. Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + beans + sweet potato & burrito filling
- Cube + chicken + peppers & fajita mix

Food-Saving Tips:

- Use ends of tomato paste tins by freezing.
- Any leftover chipotle chillies? Blend into cubes for later.
- Add tired limes by zesting/freezing zest.

MIDDLE EASTERN CHERMOULA

Ingredients:

- 1 bunch coriander
- 1 bunch parsley
- 3 garlic cloves
- 1 tsp cumin
- 1 tsp paprika
- Juice of 1 lemon
- 2 tbsp olive oil



Method:

- Blend everything until smooth.

Storage:

Freeze in portions. Keeps 2–3 months.

Quick 15-min Meal Ideas:

- Cube + white fish → baked chermoula fish
- Cube + aubergine + chickpeas → veg traybake

Food-Saving Tips:

- Use herb stems as well as leaves.
- Juice tired lemons – freeze juice in ice cube trays.
- Too many herbs? Make double batch and freeze.

EAST ASIAN SOY-GINGER BASE



Ingredients:

- 3 tbsp soy sauce
- 1 thumb ginger
- 3 garlic cloves
- 1 tbsp sesame oil
- 1 tbsp rice vinegar

Method:

- Blend or whisk until smooth.

Storage:

Freeze in 2 tbsp cubes. Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + broccoli + tofu ▢ stir-fry
- Cube + salmon fillet ▢ quick glaze

Food-Saving Tips:

- Freeze peeled ginger chunks for later use.
- Save spring onion tops – chop and freeze.
- Keep sesame oil in fridge to avoid rancidity.

ITALIAN PESTO VARIANTS

Ingredients:

- 2 cups fresh basil/spinach/rocket
- 1/2 cup nuts (pine, walnut, cashew)
- 2 garlic cloves
- 1/2 cup olive oil
- 2 tbsp parmesan (optional)



Method:

- Blend all ingredients until smooth.

Storage:

Freeze in ice cube trays, topped with olive oil.
Keeps 3 months.

Quick 15-min Meal Ideas:

- Cube + pasta → quick pesto pasta
- Cube + chicken + roasted veg → traybake

Food-Saving Tips:

- Use herb stems/leaves together.
- Swap parmesan for nutritional yeast to use what you have.
- Too many greens? Blend into pesto instead of letting wilt.

FOOD-SAVING HACKS

- Freeze pastes in ice cube trays for perfect portions.
- Use stalks & stems (coriander stems, parsley stalks, broccoli stems) – full of flavour.
- Rescue tired veg: wrinkled peppers, soft tomatoes, bendy carrots are ideal for blending.
- Portion control: freeze in 2–3 tbsp portions so nothing gets wasted.
- Use leftover pastes as marinades, in soups, or stirred into grains.



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