



A JOINT COMMUNITY PROJECT

iCookBook

RECIPES BY THE COMMUNITY
FOR THE COMMUNITY



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About the iCookBook

Many people find it hard to learn a new dish by only reading the steps from a book or website. This is especially the case for some exotic and international dishes which may be difficult.

We have decided to publish the best recipes from all over the globe in a step-by-step demonstration with clear photos and details. These recipes will not only help you to learn cooking and baking in an easy and fun way but will also help you to become a culinary expert and develop your confidence in the kitchen.

This book consists of 36 recipes, of which 18 are for savoury dishes and the other 18 are for sweets.

Acknowledgments

This project was started with the aim to encourage community members to participate and share their signature dishes with each other. We promised to compile the recipes together and create an updated book so that you may download and/or print the cookbook for your own use. The time has arrived to fulfil this promise and present you with this book as a humble effort and gift from all the participants.

Alhamdulillah, we received a great response from the local community members and our Facebook followers (both local and international). This book would not have been possible without the contributions of these talented members who kindly shared their delicious recipes. Thank you to our incredible network of cooks for being part of this project and for sharing a slice of your kitchen with the rest of us.



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Savoury

Butter Chicken

Butter chicken is a popular dish highly requested at many Indian and Pakistani restaurants. Known for its creamy rich texture and distinct taste, some may believe that this dish is too hard to make at home. However, what if you found out that this succulent dish of butter chicken was actually one of the simplest and easiest curries you could make? Sounds tempting doesn't it? Read on to find out exactly how to become a butter chicken pro.

Ingredients:

- | | |
|--|---------------|
| • Chicken breast fillets, cut in cubes | 1 kg |
| • Diced Italian tomatoes | 400g |
| • Lemon juice | 2 tablespoons |
| • Plain yoghurt | ½ cup |
| • Thickened cream | 300 mL |
| • Unsalted butter | 200g |
| • Cooking oil | 2 tablespoons |
| • Shan butter chicken mix | Half pack |



Method:

1. Mix Shan butter chicken mix, lemon juice, yoghurt and oil in a bowl. Add the chicken cubes and mix well. Refrigerate this for at least one hour to ensure thorough marination of the chicken.



2. Heat a deep pan and add the marinated chicken. Cook for 5 minutes on medium heat. Keep stirring the chicken with a wooden spoon.



3. Blend the diced tomatoes and add to the pan.



4. Stir the blended tomatoes with the chicken. Cover the pan with its lid and let the chicken cook on low heat for 20 – 25 minutes.



5. Add the butter to the pan before covering with a lid and cooking for another 5 minutes on low heat. The butter will melt into this curry.



6. Add the thickened cream and mix well. Let the curry come to a boil before switching off the heat.



7. A steaming curry of butter chicken is now ready to serve with white rice!



Chicken Biryani

Everyone loves a good biryani, making it a popular choice for special events like birthdays, get-togethers and Eid. It involves a few tricky steps but of course making the best biryani requires lots of patience and effort as well. We have tried to demonstrate this recipe step-by-step so that you can become a biryani expert as well 😊



Ingredients for the chicken curry mix:

- Chicken curry pieces 1 kg
- Medium size onion 2
- Medium size potatoes 2
- Plain yoghurt 1 cup
- Diced Italian tomatoes 400 g
- Ginger paste 1 tablespoon
- Garlic paste 1 tablespoon
- Shan Bombay* biryani mix 60 g
- Cooking oil 1 cup
- Dried plums 8 – 10

*You can use any other biryani mix of your choice. Reduce the quantity of mix to 40-50 g if you prefer mild biryani.



Ingredients for boiling rice:

- Basmati rice 1 kg
- Lemon 1
- Zeera (Cumin seeds) ¼ teaspoon
- Salt 4 teaspoons



Ingredients for layering the chicken curry mix with boiled rice:

- Medium sized onion 1
- Coriander ½ bunch
- Green chillies 2
- Saffron/yellow food colour ½ teaspoon



Method – chicken base:

1. Marinate chicken curry pieces with Shan Bombay biryani mix, yoghurt, ginger paste and garlic paste and keep this aside to rest for at least one hour.



2. Heat oil in a deep pan and fry chopped onions until golden brown.



3. Add the marinated chicken and stir-fry for about 10 minutes on medium heat.



4. Blend the diced tomatoes into a puree and add to the pan. Stir the pureed tomatoes with the chicken.



5. Peel and cut potatoes into cubes and then add these to the gravy. Add dried plums as well. Mix all of these ingredients well and cover the pan. Cook on low heat for about 10 minutes.



6. Once meat is tender and potatoes are about $\frac{3}{4}$ cooked, increase heat and cook until the oil separates from the gravy and rises to the top.



Method – boiling rice:

1. Thoroughly rinse the rice and soak in hot water for 15 minutes.



2. In about 3 litres of boiling water, add 4 teaspoons of salt and the soaked rice.



3. Add zeera (cumin seeds) to the rice. Squeeze some lemon in first and then add the lemon pieces to the pot.



4. Let the rice boil until it seems about $\frac{3}{4}$ cooked. Remove from the stove and drain thoroughly.



Method - layering the chicken curry mix with boiled rice:

1. Fry one chopped onion. Cut green chillies and coriander and put these and the fried onion aside.



2. Add half of the rice to a pot and then add the chicken curry mix on top.



3. Sprinkle fried onion, coriander and green chillies on top of the chicken curry mix.



4. Top up with remaining rice and sprinkle saffron or yellow food colour.



5. Cover the pot and cook on low heat until rice is fully cooked (about 10 minutes). Mix the layers together before serving.



6. Make your day as simple, special and delicious like this biryani!



Chicken Bread Loaf

A loaf of chicken-filled bread is a great idea for any type of meal, including lunch gatherings, dinner parties and picnics. The golden-brown braided structure of the bread makes it a beautiful dish to serve with its intricate design which looks difficult yet is actually quite easy to achieve. The best part of this recipe is that there are so many variations you can make by simply changing the filling as per your own personal preference. So, don't shy away – give this recipe a go!

Ingredients:

To make the dough:

- Self-rising flour 4 cups
- Melted butter 4-5 tablespoons
- Yeast 1 packet or 2 tablespoons
- Dry milk 3 tablespoons
- Sugar A pinch
- Salt $\frac{1}{4}$ teaspoon



For boiling the chicken:

- Boneless chicken 1 kilogram
- White vinegar 2 tablespoons
- Salt To taste
- Black pepper Half teaspoon
- Cinnamon 1 stick



For the filling:

- Chopped capsicum 1 cup
- Chopped onion 1 cup
- Shredded chicken 1 $\frac{1}{2}$ cups
(after being boiled)
- Plain flour 2 $\frac{1}{2}$ tablespoons
- Milk 1 $\frac{1}{2}$ cups
- Salt and black pepper To taste
- Butter 2 tablespoons



Additional:

- Seseame seeds To garnish

Method:

1. Preheat oven to 180°C.
2. Mix the ingredients for the dough together. Knead this mixture with some water (either warm or cold is fine).
3. Wrap the dough in cling wrap and keep it to the side for later use in the recipe.
4. Next, cut the boneless chicken into smaller pieces.
5. Boil the chicken with the white vinegar, salt, black pepper, and the cinnamon stick in some water in a cooking pot.
6. Take the boiled chicken pieces out. These should be relatively dry.
7. Using your fingers, shred the chicken into smaller strips. Alternately, you may wish to use a scissors or a knife.
8. The next few steps cover the preparation of the inner bread filling:



In a pan place the butter and onion and fry these for a couple of minutes until golden brown.



Add plain flour to the onion.



Next, add salt and pepper.



Add milk.



Stir well but don't fully cook this mixture to avoid drying the milk.



Add the chopped capsicum and give this another stir.



Immediately after the capsicum, add chicken and mix it well.



The mixture is now ready to be used for the bread's filling.

9. Roll out the dough and place the mixture evenly in the centre of it.



This dough should neither be thick like a pizza base nor too thin like a regular home-made roti/chapati/flatbread. It should be of medium thickness.

Also, don't overdo the mixture portion in the bread.



Mark cuts in the dough on both sides as shown in the photo (see left). The width of these cuts can vary, from between 3 to 6 cm.



Take one strip from each side and lightly stretch it across to the other side in a diagonal manner. Keep doing this to each side of the dough alternatively to create a braided pattern. Cross the final strip across the bottom of the bread.



10. The size of the flattened dough or strips can be varied as per your requirement and choice.
11. Brush some lightly beaten egg on the top of the bread. In the case of an egg allergy, milk can be lightly sprayed over the bread as an alternative.
12. Sprinkle sesame seeds on top.
13. Bake in the oven for 20-25 mins or until golden brown.



14. Your loaf of chicken bread is ready to be eaten.

Final notes

- After preparing the dough it is ideal to leave it to rest for an hour. However, if you're running short on time, it is still possible to immediately go to the next step of the recipe – your loaf will still turn out fine.
- Before placing the mixture onto the dough, use your hands to further flatten it out to remove any air bubbles that might still be remaining.
- I use salted butter in this recipe because my kids like the taste of it, although, unsalted butter can also be used too.
- The flavour of the mixture can be varied as according to taste. For example, you could try using tikka chicken, cheeses, shaved meat, and other vegetables as preferred.

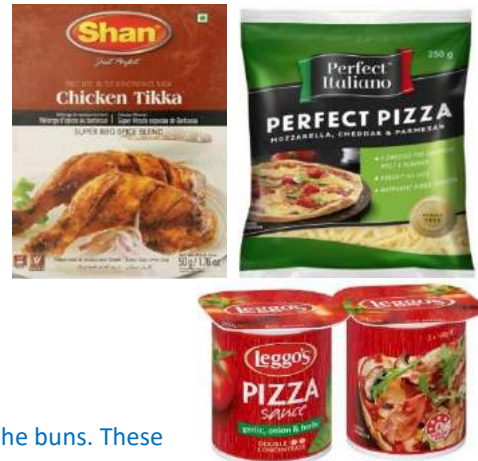
Chicken Buns

Chicken buns are a great addition to you or your child's lunchbox, or they can simply serve as a tasty afternoon snack. The best thing about these buns is that they're light on the stomach, yet also quite fulfilling. You can use this recipe as a general framework and alter or add other ingredients to suit your dietary preferences and requirements.

Ingredients:

Filling*:

- Chicken boneless (thigh fillets): ½ kg
- Cooking oil: 1-2 tablespoons
- Ginger/garlic paste: 1 teaspoon
- Shan Tikka masala: Half packet
- Pizza sauce: 2-3 tablespoons
- Some salt for taste
- Cheese: mozzarella and cheddar



* Note: There are many other ingredients that can be used to fill the buns. These include vegetables, or other types of meat e.g. mince and sujuk.

Dough:

- Plain flour: 2 cups
- Yeast: 2-2½ teaspoons
- Raw sugar: 1 teaspoon
- Salt: 1 teaspoon
- Egg: 1
- Milk: ¼ cup (warm it a little, but not hot)
- Oil: 1 tablespoon
- Water: warm, to knead dough



Finishing ingredients**:

- Egg: 1 (for brushing on top of the buns)
- Sesame seeds: sprinkle over buns

**Both of these are applied before placing buns in the oven

Method:

Step 1: Making the dough

Make the dough first so that while it's rising, you can prepare the filling.

1. Mix all the dry ingredients (flour, yeast, sugar and salt).
2. Then add the wet ingredients (egg, milk oil and water) and knead until it forms a dough.
3. Grease with oil and place in an airtight container or cover it with a damp cloth.
4. Let the dough rest for an hour or until it has doubled in size.



Step 2: Preparing the chicken filling

While the dough is resting you can prepare the filling.

1. Pour the oil into a pan and add boneless chicken pieces.
2. When the oil changes colour, add the ginger/garlic paste and Shan Tikka masala and cook till meat is tender.
3. Next add salt along with the pizza sauce or tomato ketchup.
4. Cook on high heat until the moisture in the pan has evaporated.
5. Once cool, tear the chicken into shreds. Alternatively, you can coarsely chop the chicken in a grinder.
6. Add mozzarella and cheddar cheese to the shredded chicken and mix.



Step 3: Making balls/buns from the dough

1. After the dough has risen, divide it equally into little balls (7 – 8 in this case).
2. Take one ball and roll it out with a rolling pin or use your fingers to spread it out to form a small flat circle.



3. Place some chicken material in the centre and cover it with the sides of the dough to form a bun.



Step 4: Baking the buns

1. Preheat the oven to 180 degrees.
2. Take a baking tray and cover it with baking paper or sprinkle some flour on its base.
3. Place the buns on the tray and let them rest for another 10 mins and cover the tray with a cloth.
4. After 10 mins brush the buns with beaten egg and sprinkle sesame seeds on the top.
5. Now place the tray into the oven and let it bake for approximately 25 minutes or until the buns appear nice and golden (don't burn them please!).
6. Your chicken buns are all ready to eat 😊



Chicken and Vegetable Croquettes

How to get your family to eat more vegetables? Croquettes might be your answer. These fun-sized scrumptious treats can be packed with vegetables and still be a family favourite. The following recipe shows a simple and fun way to make chicken and vegetable croquettes. It's so easy that you can even get the kids to join in and have a go too!

Ingredients:

- Boneless chicken $\frac{1}{2}$ kg
- Mixed vegetables (you can use a frozen pack) $\frac{1}{2}$ cup
- Potato (peeled) 1 medium size
- White vinegar 3 tablespoons
- Black pepper, red chilli powder and salt to taste
- Breadcrumbs, eggs and oil to fry



Method:

Step 1:

1. Boil the chicken in a pan
2. Add salt and a little bit of red chilli powder as desired
3. When the chicken is $\frac{1}{3}$ cooked, add the mixed vegetables
4. Cook for about 10 minutes with the lid open (make sure water has fully evaporated)
5. Put aside to cool down



Step 2:

1. In another pan, boil the potato
2. After boiling, let the potato cool
3. Put all the ingredients* in the chopper
4. Add vinegar, salt and black pepper
5. After chopping for a maximum of one minute, the mixture is ready

* You can mash the potato separately and then add it to the chopped chicken and vegetables mixture – this is a better option.



Step 3:

1. When the mixture is ready, use wet hands to make cylinder-shaped patties (or any shape you like)
2. Refrigerate until chilled (*optional step*)
3. Dip in beaten egg



4. Cover in breadcrumbs



Recipe: *Chicken and Vegetable Croquettes*

5. Heat the oil and deep fry (on medium to high heat) until golden brown



6. Serve with mayonnaise or tomato sauce. Enjoy! 🥗



Fish/Cheese Pakora

Pakoras are commonly known as a fried potato snack made with chickpea flour. However, did you know that pakoras can be made using many other types of ingredients? This recipe provides a delicious alternative where you can replace potato with either fish or paneer (cheese). It's a fun way to cook either of these two foods and the final product is a scrumptiously crisp layer on the outside with a tender inner layer of fish or paneer. So, what are you waiting for? Give this recipe a go and enjoy your pakoras!

Ingredients:

- ½ kg fish fillets or Paneer made with 2L milk
- 1 tbsp ginger & garlic paste
- 50-60 g frozen spinach
- 1 green chilli
- 1 cup besan (chickpea flour)
- 1 tsp ajwain (carom seeds)
- 1 tsp salt
- 1 tsp garam masala
- $\frac{1}{2}$ tsp red chilli powder
- 1 tsp whole coriander seeds
- $\frac{1}{3}$ tsp baking powder
- A few sticks of mint & coriander leaves (optional)
- Vegetable/Canola Oil (to fry the pakora)



Method:

1. Cut paneer/fish fillets in small pieces of any size you like.
2. Chop the mint and coriander. This is optional although adding these herbs will enhance the taste.
3. In a big bowl, combine all the ingredients except fish/paneer.
4. Next, add some tap water to the bowl and mix until all the ingredients are combined. The consistency of the mixture shouldn't be too runny or too thick. It should be enough to thoroughly coat the paneer/fish.



5. Heat oil in a deep-frying pan.
6. Dip one piece of fish/paneer at a time in the mixture and place the coated pieces in the heated oil.



7. Fry the pakoras while constantly turning them around in the oil to ensure all sides of the pakora cook evenly.
8. Once the pakoras appear crisp and golden, take them out using an oil strainer if possible. Place them on a paper towel to remove the excess oil.
9. Serve the pakoras with your favourite dips or with chutney.



Fish Pakora



Paneer Pakora

Fluffy Pancakes

Fluffy pancakes are always a delightful way to start a morning. This recipe will show you a simple and easy way to make your own fluffy pancakes from scratch. You can serve these pancakes with any topping you like, such as Nutella, maple syrup or honey, with an array of sliced fruits on top. Even on their own, these fluffy pancakes are just as good. You can't go wrong with fluffy pancakes!

Ingredients:

- 1 ½ cups plain flour
- 4 teaspoons baking powder
- Pinch of salt
- 1 egg
- 1 ¼ cups milk
- ¼ cup melted butter + more for cooking
- ½ teaspoon vanilla essence

To serve:

- Sliced fruit of your choice
- Maple syrup
- Butter



Method:

1. In a large bowl mix plain flour, baking powder and salt together with a wooden spoon. Set to the side.
2. In a smaller bowl, crack in the egg and pour in the milk.
3. Add the melted butter and vanilla essence to the egg and milk. Use a fork to mix together until everything is well combined.
4. Make a well in the dry ingredients (from step 1) and pour in the wet mixture (from step 3). Fold the batter together with a wooden spoon until there are no longer any large lumps.
5. To cook the pancakes, heat a heavy based pan over medium-low heat. Once heated, add a small amount of butter before then adding 1/3 cup of the pancake batter to the pan.
6. Cook the pancakes for 2-3 minutes on each side. Repeat with remaining batter to cook more pancakes.
7. Serve the pancakes stacked high with sliced fruit, butter and maple syrup. Enjoy!

Hara Chicken (Green Chicken)

Hara chicken is a special green chicken curry which differs from most curries. It doesn't require onions or tomatoes and instead cooks in a mixture of herbs and yoghurt. The vibrant green colour is thanks to the coriander, mint and green chillies. Make sure to enjoy this curry with flatbread like roti or naan on the side.

Ingredients:

- 2 bunches of coriander
- 1 bunch of mint
- 6–8 green chillies
- 340g full cream yoghurt
- 1kg chicken curry pieces
- ½ cup oil
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 ½ teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon black pepper
- ¾ teaspoon garam masala
- 1 teaspoon coriander powder



Method:

1. Place yoghurt, coriander, mint, green chillies and half a cup of water in a blender and blend well.



2. Heat the oil in a cooking pot. Add ginger and garlic paste and cook until brown.



3. Cook chicken curry pieces for a few minutes until the chicken's colour changes to light brown.



4. Add salt, turmeric and coriander powder and stir well.



5. Add the blended green mixture from Step 1 to the pot. Cook on medium heat until the chicken appears to be half-cooked, or for about 10 minutes.



6. Add garam masala and continue cooking.



Recipe: *Hara Chicken (Green Chicken)*

7. When the chicken is fully cooked and there is little gravy left (oil should have separated from the gravy), add black pepper. Stir well and turn off the stove.



8. Green Hara chicken is ready and is best served with any type of flatbread.



Homemade Paneer Cheese

Ever come across that bottle of milk in your fridge which you've noticed is about to expire? It's worse when you've barely used any of that milk and you now know that it's about to go off and be wasted.

Well, paneer is your solution! Paneer is a fresh soft cheese which is unaged and non-melting. It stores well in the freezer and its versatility in dishes has no extent. You can use paneer to make many types of curries with meat, or vegetables such as spinach and onion and tomato. My favourite is to use it to make pakoras (a delicious type of fritters). Give this fun and easy recipe a go, so that next time we'll show you how to make paneer pakoras!

Ingredients:

2L full cream milk



4 tablespoons white vinegar



2 tablespoons blossom water



2 tablespoons rosewater



Method:

1. Boil the milk in a saucepan on full heat.



2. Add 4 tablespoons of vinegar into the boiling milk and stir through.



3. Immediately after the addition of vinegar, the milk should start curdling. You'll see this happen as white clumps will form within the milk. When this happens, turn the heat down to medium, add the blossom water and rosewater to the saucepan and give everything a stir.



4. Next, strain the curds using a cheesecloth or any thin clean cloth which can filter the remaining water out.



5. Rinse the curds under tap water for a minute. This step helps to cool the cheese and rinse out any leftover vinegar residue.



6. Squeeze out all the excess water and then knot the cloth so that the cheese inside is completely covered. Place a heavy object on top of the clothed cheese to remove any remaining water from the cheese. I used a granite mortar and pestle to press down on the cheese.



7. After about half an hour, remove the heavy weight and open the knot. Your homemade cheese is now ready.



8. Refrigerate the cheese for half an hour to let it settle down. Cut it into any shape or size you like and serve.



Hotcakes

These hotcakes are golden, light and fluffy – perfect for a breakfast treat! They don't take too long to make and can be served with many different toppings. We recommend sliced bananas and honey for a delicious hotcake combo however other toppings like maple syrup, Nutella and other fruits will go well with these hotcakes too.

Ingredients:

- 2 eggs
- 2 teaspoons margarine, melted
- 2 cups milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 1 teaspoon vegetable oil
- 4 ripe bananas, sliced
- 1 tablespoon honey

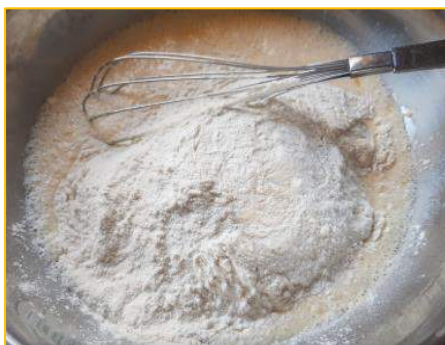


Method:

1. In a large bowl beat eggs, margarine and milk together.



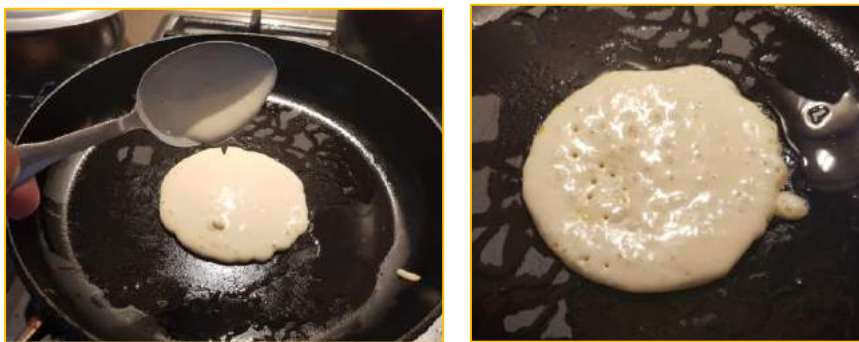
2. In a separate bowl, combine flour and sugar together. Gradually stir this into the wet mixture from Step 1 until the mixture is smooth.



3. Heat oil in a non-stick pan over medium heat.



4. Add 1 regular spoon of mixture to the pan and let it cook. Flip when bubbles appear in the centre of the hotcake.



5. Cook until golden brown.



6. Serve with sliced bananas and drizzled honey.



KFC-style Chicken

Canberra offers many great food options for Muslims although unfortunately, KFC is not one of them. But what if there was a way to be able to eat delicious KFC chicken in your own kitchen? Here I present a recipe for crunchy KFC-styled chicken which will surely satisfy you and your kids' KFC cravings. Best of all, because it's homemade, this chicken is definitely healthier than your local KFC chicken too!

Ingredients:

- 1 kg chicken drumsticks/breast fillets: marinated and cooked*



*Would you like to know how to marinate chicken? See the last page of this recipe.

- 125g (½ cup) plain flour, 35g (¼ pack) Chicken Broast masala: mix them together**



** For spicy chicken, mix ½ pack of chicken Broast masala with ½ cup plain flour.

- 3 eggs: well beaten



- 115g (2 cups) Corn flakes: crushed



Method:

1. Coat the cooked chicken in the mixture of plain flour and chicken Broast masala



2. Dip flour-coated chicken in the beaten eggs mixture



3. Cover and coat chicken with crushed cornflakes



4. Heat oil in deep frying pan and fry the chicken until light golden brown



5. Crispy and crunchy KFC chicken is ready to serve



How to marinate chicken?

To marinate chicken for this recipe, you can use your own usual method of marination. This step is not critical. Any method and spice works equally well. Here, I've demonstrated one method. If you choose to use Shan masala, I suggest using half of the recommended quantity of masala to make it mild.

The recommended quantity is one Shan Tikka Mix pack in 1 to 1½ kg chicken. I used ½ pack for 1kg chicken.



- In 1 kg chicken, add ½ pack Shan Tikka Mix, 2 tablespoons ginger and garlic paste, and 2 tablespoons lemon juice.



- Refrigerate this mixture to marinate for 3 to 4 hours.



- Cook the chicken on stovetop until all the water/liquid evaporates completely.



Kashmiri Pancake (Maani)

Pancakes are usually known for being sweet or for being served with fruits and sugary toppings like maple syrup. Kashmiri pancakes (also known as Maani) are different as they are a type of savoury flat bread and are best served with savoury dishes and saltier foods. This simple recipe will teach you how to make the best Kashmiri pancake that is smooth, thin and so addictive that you may find yourself eating a couple in one sitting!

Ingredients:

- 1 cup plain flour
- 1 egg
- 1/4 teaspoon white cumin seeds (also known as zeera)
- 1 teaspoon salt (or as per your taste)
- 1 cup tap water
- 1 ½ tablespoons oil



Method:

1. In a large bowl mix all the ingredients with an electric beater.



2. Heat a non-stick pan with some oil over medium heat. Add 2 large serving spoons of mixture to the middle of the pan. Spread the mixture outwards to create a large pancake-sized circle. You want the pancake to be as thin as possible.



3. Flip the pancake over and add some more oil over it.



4. Once the bottom side has been cooked, flip again, and add a bit more oil to the other side. Keep cooking until both sides of the pancake are golden brown.



5. Your pancake is ready and is best served with fried/grilled meat such as chicken or kebabs, or can be enjoyed on its own.



Meat Sauce Lasagne

This meat sauce lasagne packs a delicious party with several ingredients and three different cheeses. You can experiment with the ingredients and even have a vegetable version, replacing the mince with other vegetables. The possibilities and flexibility with this recipe are endless so be sure to give this recipe a go.

Ingredients for meat sauce:

- 1kg mince (lamb or beef)
- 1 standard jar of Marinara Sauce
- 1 box (or 8 pieces) of mushrooms
- 1 tsp salt
- 1 tsp pepper
- 1 tsp chilli flakes



Ingredients for cheese filling:

- 375g smooth ricotta
- 1 packet (or 125g) shaved parmesan cheese
- 1 packet (or 250g) shredded mozzarella cheese
- 1 bunch of parsley
- ½ tsp salt
- 1 tsp black pepper
- 1 tsp cayenne pepper or paprika
- 2 eggs



Lasagne:

- 1 box (or 250g) lasagne sheets



Preparing the meat sauce:

1. Brown the mince in a pot on medium heat without adding any extra oil. Keep stirring until the mince dries up and the water evaporates.
2. Add salt, pepper and chilli flakes. Stir and let the mince cook for a few more minutes.
3. Add the marinara sauce and two glasses of water. Let the mince simmer for an hour (or use a pressure cooker to save time if preferred).
4. After the sauce thickens add sliced mushrooms and simmer for 15 minutes.



Method for cheese filling:

1. Lightly whisk eggs in a mixing bowl.
2. Add the ricotta cheese.
3. Add most of the parmesan cheese (1 cup heaped). Save some cheese for the topping later.
4. Add most of the mozzarella cheese (1½ cup heaped). Save some of this cheese for the topping too.
5. Add salt, pepper and cayenne pepper/paprika. Mix all the ingredients together.
6. Chop the fresh parsley and add it to the mixture and mix well.



Assembling the lasagne:

1. Boil the lasagne sheets in an open pot until they become foldable but not soft (don't cook them through).
2. Transfer and keep the sheets in cool water after boiling.
3. Make four portions of your prepared meat sauce. Use one portion to make the first layer of the lasagne.



4. Apply a layer of lasagne sheets (3 sheets) on top of the meat sauce layer.



5. Make two portions of your prepared cheese filling. Add one portion on top of the lasagne sheets' first layer.



6. Add another portion of the meat sauce on top of the cheese filling.



7. Apply another layer of 3 lasagne sheets to cover both the cheese and meat sauce layers.



8. Repeat the layering one more time (second portion of cheese filling, one portion of meat sauce, and then one layer of lasagne sheets).
9. Apply the last portion of the meat sauce on top of the dish and use the remaining cheeses to cover it up.

10. *Optional*: garnish with chopped capsicum and sliced olives.



Cooking:

1. Preheat the oven to 190°C (375°F).
2. Cover the lasagne dish with aluminium foil. Don't let it touch the cheese.



3. Bake for 40 minutes. Remove the foil and grill (at the same heat) for another 30 minutes or until the top of the lasagne turns golden-brown.



4. Let the lasagne cool down for about 20 minutes before slicing it up and serving. Enjoy.



Paratha (Flaky Flatbread)

Parathas are a type of flatbread that are flaky and layered, usually thicker than a chapati or roti but definitely thinner than a naan bread. This bread is quite popular due to its crispy layers, perfect for a heavy breakfast or served alongside any curry. You can even enjoy a paratha on its own – that's how delicious this flatbread is! This recipe will show you how to make your own paratha, and you will have the option to try making your paratha in either a triangle, square, or round shape.

Ingredients:

- Atta (wholemeal wheat) flour – ½ kg
- Salt – to taste
- Water – to knead

Method:

1. Combine all ingredients and knead well to form the dough.



2. Let the dough rest for about 10 minutes.



3. After 10 minutes, knead the dough again. It can now be used to make the paratha flatbread. Using your fingers, grab about a handful of the dough, and roll it into a ball using the palm of your hand for support. Continue making balls of dough.





4. Roll out the balls of dough in order to flatten them. They should now look like flat circles of pastry. Use your fingers to apply oil to the top surface of the flattened dough.



5. There are three different paratha shapes that we can make – continue reading!

To make a **triangle** paratha:

6. Fold the dough in half. The folded side should be the surface that you just applied oil on. Again, apply some more oil to the dough and fold once again. It should now look like a quarter of a circle.



To make a **square** paratha:

7. Take one-third of the dough and fold it inwards. Repeat this with the other one-third of the dough. Both sides should be folded in to create a long rectangle (see below).



8. Fold this rectangle again using the left and right sides to create a square shape.



*To make a **round** paratha:*

9. Roll opposite sides of the flattened dough until both sides meet halfway. Gently flatten this double roll using your fingers as shown below.



10. Fold one side onto the other and this time roll the dough up into a spiral.



11. You now have different shapes of paratha ready to roll out, which can be easily done using a rolling pin. Don't roll out your dough too much though or it may tear!



12. Transfer a paratha to a pre-heated pan with some oil. Try to use as little oil as possible. Fry on low to medium heat. You may need to adjust the heat depending on how slowly or quickly the paratha cooks. For example, if you notice dark black dots appearing quickly, you will need to turn the heat down.



13. Little air bubbles will appear while cooking. Make sure to flip the paratha onto the other side. Fry well until both sides are cooked and are brown with dark brown spots. Your paratha is ready!



Pickled Green Beans

This recipe combines green chillies with green beans to create a tangy seasoned dish that can be served with any flatbread or as a healthy addition to another meal. The intensity of the seasoning mainly comes from the green chillies which are marinated well in the seasoning and lemon juice earlier on. While the food preparation steps can take some time, it most definitely is worth in the end with a final product of deliciously seasoned pickled beans.

Marinated green chillies

Ingredients:

- 4 – 5 large green chillies
- 1 tablespoon Shan Achar Gosht masala
- Lemon juice – enough to dip the chillies in



Method:

Cut the chillies in half lengthways and trim off the tops. Remove all the seeds and dip in lemon juice and Shan Achar Gosht masala. Let the chillies marinate for two hours.



Pickled green beans

Ingredients

- 1kg green beans
- 1 onion
- 3 tomatoes
- 1 teaspoon table salt
- ½ teaspoon turmeric
- 1 tablespoon ginger and garlic paste
- 1 teaspoon coriander powder
- ½ cup cooking oil
- 3 teaspoons Shan Achar Gosht masala



Method:

1. Trim the sides of the green beans and wash these thoroughly.



2. Add half a cup of oil to a cooking pot and heat this up.



3. Slice the onion into big chunks and fry in the heated oil on maximum heat until golden brown.



4. Slice the tomatoes and add these to the pot with the brown onion. Cook for a few minutes until the tomato slices soften, while stirring through occasionally.



5. Add the remaining ingredients (except for the green beans) and stir well for a few minutes until the tomatoes have further softened.



6. Add one glass of hot water and finally add the green beans.



7. Cover the pot with a lid and turn the heat to medium and let it cook for about 10 to 15 minutes. Make sure to stir the beans every 5 minutes.



8. Add the marinated green chillies and keep on low heat (with the lid on) for about 5 minutes.



9. The final appearance of your beans should be soft but not to the point that they come apart easily. You can adjust the quantity of salt and Shan Achar Gosht masala according to your taste. If there's too much liquid remaining after the beans have been cooked, turn the heat to high to let it evaporate quickly.



10. Pickled green beans are ready to serve alongside any type of flatbread.



Spiced Mustard Seed Potatoes (Rai Wale Aalu)

‘Rai wale aalu’ is the Urdu translation for mustard seed potatoes, an excellent vegetarian dish to serve on your table. Not only does this dish look great thanks to its vibrant appearance, it’s also a delicious and healthy meal which goes well with any flatbread. Best of all, this recipe is very easy to follow and making this potato dish won’t take you very long!

Ingredients:

- 1 kg potatoes
- 1 tablespoon mustard seeds
- 1 teaspoon salt
- ½ teaspoon turmeric powder
- ½ cup cooking oil
- 1 cup water
- 5-6 green chillies
- 1 bunch of coriander



Method:

1. Peel the potatoes and cut in cubes.



Recipe: *Spiced Mustard Seed Potatoes (Rai Wale Aalu)*

2. Cut the green chillies into small pieces. If you can't eat hot chillies, you can cut the chillies in half lengthways, scrape out the seeds, and then cut them into smaller pieces.



3. Chop the coriander – we need a whole bunch of freshly-washed coriander for this dish.



4. Heat the oil in a cooking pot and add mustard seeds. Stir well.



5. Add diced potatoes, salt, turmeric powder and green chillies to the pot.



6. Add one cup of water, or just enough to soak the potatoes. Keep this on full heat for a few minutes. As the diced potatoes cook, turn the heat down to medium and then finally to low heat until the potatoes are fully cooked.



7. Once potatoes are done, add the chopped coriander and stir well. Turn off the heat.



8. This delicious potato dish is ready and is best served with Maani (Kashmiri pancake). It goes equally well with Lebanese bread or Afghan bread as well.



Spinach and Potato Pakora

Pakorras are delicious fried potato snacks made with chickpea flour. They are the perfect snack to have as they're just right for when you're feeling hungry, but not too hungry for a full meal. These are best served hot and go well with most dips. Best of all, pakoras are suitable for vegan and gluten-free dietary requirements, making them a great serving choice for parties and events. Read on to learn how you can make these tasty snacks in just 10 steps.

Ingredients:

- 3 small potatoes
- 1 small onion
- 50-60g frozen spinach
- 1 green chilli, chopped
- 1 cup besan (chickpea flour) (from any Indian store)
- 1 tbsp ginger & garlic paste
- 1 tsp salt
- 1 tsp garam masala (from any Indian store)
- $\frac{1}{2}$ tsp red chilli powder
- 1 tsp whole coriander seeds
- $\frac{1}{3}$ tsp baking powder
- A few sticks of mint & coriander, chopped (optional)



Method:

1. Wash and peel potatoes. Slice potatoes in any shape that you like and put them in a bowl.



2. Slice onion finely.
3. Add the sliced onions, chopped green chilli (without seeds) and spinach to the bowl.
4. Add chopped mint and coriander for extra taste.
5. Add the remaining ingredients (besan, ginger and garlic paste, salt, garam masala, red chilli powder, whole coriander seeds, baking powder) to this mixture.



6. Add some water to the mixture until all the ingredients are combined. The consistency of the mixture should be enough to thoroughly coat the potato and spinach.



7. Heat oil in a deep-frying pan. Using your fingertips, place small quantities of the mixture into the oil.
8. Fry the pakoras while constantly turning them around in the oil until they are golden and crisp.



9. Remove the pakoras from the pan and place them on a paper towel or wire rack to remove the excess oil.
10. Serve pakoras with your favourite dips or with chutney (recommended).



Upside-Down Dish (Maqlubeh - مقلوبة)

Maqlubeh is Arabic for 'upside-down' and is a dish made of layers of chicken, vegetables and rice cooked together and flipped at the end to form its famous final look. This Palestinian dish is unique not just because of its impressive upside-down appearance, but also due to its flavoursome fusion of ingredients which come together when stewed underneath the rice. If you need a dish to impress, you've come to the right recipe!

Ingredients:

- whole chicken – to be boiled
- Spices – to add to chicken stock:
 - ✓ 1 tablespoon salt
 - ✓ 1 teaspoon black pepper
 - ✓ 1 teaspoon rosemary leaves
 - ✓ 1 teaspoon garlic powder
 - ✓ 1 teaspoon Italian herbs
 - ✓ 1 sliced onion
 - ✓ 1 large sliced tomato
- Vegetables – for layering:
 - ✓ 5 medium onions
 - ✓ 5 small white potatoes
 - ✓ 2 large eggplants
 - ✓ 2 green chillies
- Basmati rice – 3 cups
- Spices – to add to stock, for boiling rice
 - ✓ 1 teaspoon turmeric powder
 - ✓ 1 tablespoon salt (or to taste)
 - ✓ 1 tablespoon mixed spices
 - ✓ 1 teaspoon cinnamon powder
- Canola oil for frying vegetables

Method:

1. Boil the chicken in enough water, making sure that all the pieces are fully submerged. When the water starts boiling, remove the foamy white layer from the top and add spices (see part 2 of the Ingredients). Keep boiling until the chicken is cooked well.



2. Slice onions, white potatoes, eggplants and green chillies (see part 3 of the Ingredients).



3. Deep fry potatoes and eggplants until they are lightly golden brown.



4. Unlike the potatoes and eggplants, do not deep fry the sliced onion. Instead, add 3 tablespoons of oil to a pan and fry the onion until it softens and appears lightly golden.



5. Take the chicken out of the stock. We now want to give it a golden-brown colour and a slightly crispy outer layer. You can either cook the chicken on a grill or fry it in a pan with some oil.



6. Start to make the layers of the upside-down dish in a large and deep saucepan. The first layer is made up of the chicken with the golden side down.



7. For the next layer, add the fried onion.



8. Add the fried eggplant and potato slices to form the third layer.



Now onto the final layer:

9. Let the rice soak in boiling water for 15 minutes.



10. Drain the water from the rice and it on top of the vegetables layer.



11. Make about 6-7 cups of chicken stock with water using the spices listed in part 5 of the Ingredients. You can add or change the spices according to your preference.



12. Carefully pour the chicken stock over the rice to ensure the layer of rice is still intact and neat.



13. Cook on the stove until the water is reduced and has gone down. Cover with a lid and lower the heat. Let the upside-down dish cook until the rice is completely cooked through. This should take around 10 – 15 minutes.



Recipe: *Upside-Down Dish (Maqlubeh - مقلوبة)*

14. Cover the top of the saucepan with a very large plate or serving dish. Carefully, flip the pan over in one smooth motion so that the pan is upside-down and is sitting on the plate. Let the pot sit there for at least 5 minutes.
15. Lift the saucepan off the plate/serving dish to reveal the upside-down dish, with the top layer consisting of the chicken.
16. Serve with some salad and Greek yogurt.



Important note: try using the same saucepan for frying and cooking the upside-down dish to reduce dishwashing.

Sweet

Almond Sweet

Almond Sweet, more commonly known as 'Badam Ki Mithai' in Urdu, is the perfect afternoon treat to serve with tea. This sweet consists of a balance between a creamy essence of ghee and milk powder with a strong nutty texture thanks to the ground almonds. With only six ingredients needed, this is an easy recipe to try and one which doesn't take too much (cooking) time.

Ingredients:

- 1 cup almonds
- 1 cup full cream milk powder
- $\frac{3}{4}$ cup ghee butter
- $\frac{1}{3}$ cup sugar
- 4-5 green cardamom pods
- $\frac{1}{3}$ cup tap water



Method:

1. Grind the almonds in a food processor.



2. Heat the ghee butter on the stove until it completely melts and looks just like oil.



3. Grind cardamom pods and these to the melted ghee. Stir well.



4. Slowly and gently add water to the pot and let this mixture boil. Be careful with this step to avoid burning yourself when the water mixes with the oil.



5. Add sugar and stir to fully dissolve.



6. Once sugar is dissolved, bring the heat down to a low heat. Add the ground almonds (from step 1) and milk powder and stir this mixture well.



7. Keep stirring on low heat until the mixture dries out. You should see the oil beginning to separate from the rest of the mixture. The colour and hardness of this sweet depends on how long you keep cooking the mixture after the separation of oil from the mixture. The longer you keep cooking, the harder and darker the sweet will become.



8. Place a layer of towel paper in a Pyrex dish with a layer of baking paper on top of the towel paper.



9. Spread the mixture in a dish evenly. Use a spoon or spatula to press down hard to get the sweet together. This also helps to get the excess ghee to come out at the top.



10. Use another towel paper to absorb the excess ghee.



11. Let the sweet cool down for at least a couple of hours. Take it out of the dish or the container that it was in and place in on a cutting board.



12. Turn the sweet upside down on the cutting board and cut it into shapes of your choice.



13. Your delicious Almond Sweet is ready to be served.



Baklava

Delicious crispy layers of pastry with crushed nuts and strong scents of cardamom and lemon are what await you in this recipe. Baklava, the iconic pastry dessert, is so easy and fun to make despite its intricate appearance. This pastry is the perfect dessert to serve with tea or have on its own. The only problem with baklava is that once you start eating, you won't be able to stop!

Baklava ingredients:

- 375g filo pastry
- 250g melted unsalted butter
- 1 cup finely chopped walnuts and/or almonds
- $\frac{1}{4}$ cup sugar



Syrup ingredients:

- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup honey
- $\frac{3}{4}$ cup water
- 1 tablespoon lemon juice
- 8 to 10 cardamom pods



Method:

1. Preheat the oven to 200°C.
2. Combine chopped nuts and sugar.



3. Thoroughly spread melted butter over the top layer of filo pastry.



4. Sprinkle 1-2 tablespoons of the nut mixture along one edge of the pastry.



5. Gently take the first three pastry sheets directly under the nut mixture and roll them up. Once done, it should look similar to a sausage roll.



6. Place the pastry roll in a large greased baking dish. Cut it into a shape of your preference – diamond or rectangle often work best and are the easiest shapes to cut.



7. Repeat steps 2 to 5 until the baking tray is full of cut rows of filo pastry. Make sure that the pastry rolls are packed securely with one another in the tray.



8. Apply leftover melted butter liberally over the top of the pastry.



9. Turn the oven down from the preheated 200°C to 180°C for baking the pastry.



10. Bake for about 30 minutes or until golden brown.



11. While the pastry is baking, prepare the syrup by adding sugar, honey, water, cardamom and lemon juice in a cooking pot.



12. Boil the ingredients together for about 10 minutes to form the syrup.



13. Stir the syrup every few minutes.



14. Once pastry is ready, turn the heat off but keep it in the oven for 10 to 20 minutes to let it to cool down. Keep the oven door shut.



15. Using tongs, dip one piece of baklava at a time into the warm syrup for a few seconds.



16. Place the piece of baklava onto a tray.



17. Finely crush up the pistachios.



18. Sprinkle the crushed pistachios over the baklava pieces.



19. Your rich, tasty and golden-brown baklava is ready to serve. ☺



Basbousa

Basbousa is a Middle Eastern coconut yogurt semolina cake and is one of my favourite recipes. It's simple and fun to make, serving as a great addition to afternoon tea or just as a light snack on its own. You basically mix all the ingredients (both dry and wet) into a bowl, stir them with a spoon, pour into a baking dish, and pour the syrup on the cake once it's baked. With such a simple and straightforward method, there's no reason to not give this recipe a go!

Ingredients for Basbousa:

- Coarse semolina 2 cups*
- Desiccated coconut 2 cups
- White sugar 1 cup
- Full cream milk 1 cup
- Greek style yogurt 1 cup
- Vegetable/canola oil $\frac{3}{4}$ cup
- Vanilla essence 2 full teaspoons
- Baking powder 2 full teaspoons

*1 standard cup = 230 mL



Ingredients for syrup:

- Sugar 1 ½ cups**
- Water 1 ½ cups

** Make sure the same cup with same proportions is used to measure out the sugar and water for the syrup. Otherwise, the syrup may be different and cause the Basbousa to become soggy or dry.

Make syrup with 1 ½ cups sugar and 1 ½ cups water. Place a lemon slice for lemon flavour. This syrup must be thinner than regular syrup.



Method:

1. Mix all the ingredients well into a big bowl - the mixture should look thick as shown in the picture
2. Put the mixture in a 28 - 30 cm diameter pan
3. Let it rest for 10 minutes
4. Preheat the oven at 180⁰ C and place the pan in after 10 minutes
5. Turn the heat up/down as needed
6. Bake it for about 30 minutes or until golden brown
7. Pour the warm syrup (about 1 cup) over the hot Basbousa
8. Decorate it however you like ***
9. Yummy Basbousa is ready to serve



*** I used crushed pistachio (see photos below)



Cake Rusk

Cake rusk is a type of hard, dry biscuit that is twice-baked. Baking the cake twice helps to get rid of the moisture present in the cake and also helps to preserve cake life for weeks instead of days. Cake rusks are often served at breakfast and are best dunked in milk tea or coffee.

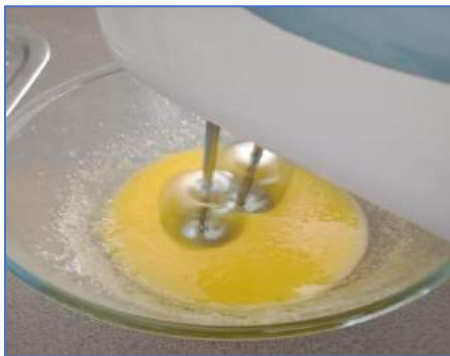
Ingredients:

- Unsalted butter 100g-120g (½ cup) – at room temperature
- ¾ cup white sugar
- 3 eggs
- 1 cup plain flour
- 1 tsp baking powder
- ¼ tsp vanilla essence
- ¼ tsp yellow food colour



Method:

1. Beat butter and sugar with an electric beater until the mixture is light and fluffy.



2. Add 3 eggs and beat until all have been mixed well. Add vanilla essence and a few drops of yellow food colour.



3. Add the flour and baking powder to the mixture.



4. Whisk until all ingredients are combined well and appear smooth.



5. Grease the baking tray or add baking paper.



6. Pour the mixture into the tray and tap the tray a few times so that the mixture is evenly distributed.



7. Place the cakes into a preheated oven at 180°C and bake for 30 to 40 minutes until golden-brown. Remove from the oven and let it cool for at least 20 minutes.



8. Once cool, cut the cake into thick slices.



9. Arrange the slices so that they're facing up on a larger baking tray and bake again at 150°C for 15 to 20 minutes.



10. Take the tray out and flip the slices onto their other side. Bake for another 15 to 20 minutes.



11. Freshly baked homemade cake rusk is ready to eat. 😊



12. Have with a cup of tea and enjoy.



Carrot Barfi

Most desserts require using an oven, the stove, or both. It can be frustrating when you just don't have access to either one of these. Similarly, some people may just want a simple method of making an impressive dessert which doesn't require baking or stovetop cooking. This recipe shows you exactly how to do that but using a microwave!

Carrot barfi is a fun and easy recipe, which can be made by even the ultimate beginner to the kitchen. Be sure to try making this dense, milk-based sweet but be careful – once you make it, you'll have your friends and family completely obsessed!

Ingredients:

- 4 cups milk powder
- 1 cup thickened cream
- $\frac{3}{4}$ cup sugar
- 2 carrots



Method:

1. Shred carrots.



2. Mix 2 cups of milk powder, sugar, carrots and thickened cream well in a big microwaveable bowl.



3. Cook this mixture in the microwave for three minutes. Take it out, stir it well, and then cook it again for another three minutes.



4. Add the remaining 2 cups of milk powder to the heated mixture and stir through well. Cook this again in the microwave for two minutes.



5. Take the barfi mixture out of the microwave and mix well to ensure an equal distribution of heat. Place this back in the microwave for another two minutes. Continue this process of mixing and cooking in the microwave for two minutes for another two more times.



6. Reduce the cooking time from two minutes to one minute and continue the mixing-cooking process for a couple more times until the barfi mixture appears completely solidified without any traces of moisture.



7. Line two identical containers (or trays) with enough baking paper so that the paper can doubly fold over. Divide the barfi mixture into two by putting both halves into the containers.



8. Using your fingers, spread the mixture and press down smoothly to ensure that the barfi mixture is flattened equally across the container and into the corners.



9. As both containers should be identical in size, firmly press one container over the other. This is to remove any air bubbles and to completely flatten out the barfi.



10. Repeat the above step for the other container.



11. Refrigerate both containers of barfi for at least three hours.



12. Cut the barfi into any shape you like. Here I've cut diagonally, creating diamond-shaped barfi pieces. Carrot barfi, also known as Gajar ki Barfi, is ready to serve!



Chamois Cake

Chamois cake is perfect for people with a sweet tooth who just can't have enough of dessert. This will satisfy both your sugar and caffeine cravings with its subtle yet profound tones of caramel and coffee. As a classy addition to any meal, you really can't go wrong with this cake. Make sure to enjoy it with a steaming cup of your favourite hot drink.

Ingredients:

- One plain cake
- 1/2 cup full cream milk (optional—to soften cake)
- 2 cups full cream milk (or 450 mL)
- 1 packet of cream caramel mix
- 1 packet of double thick cream (160mL)
- 20 scotch finger biscuits (or any sweet but plain biscuit)
- 1/2 teaspoon of instant coffee
- Cocoa powder/drinking chocolate – to sprinkle on top



Method

1. Bake a cake of your choice. Alternatively, you can use our sponge cake recipe that we released earlier.



2. Pour half a cup of milk evenly over the cake to soften it. If you prefer a harder cake texture, then you can skip this step.



3. Mix 2 cups of milk and cream caramel in a pan and boil on medium heat. Keep stirring to prevent the milk from burning at the bottom of the pan.



4. While the milk and cream caramel mixture is still hot, add it to a food processor and blend it with 20 scotch finger biscuits, double thick cream and instant coffee.



5. Pour the mix on top of the cake and wait for about 30 minutes until it cools down.



6. Sprinkle some cocoa powder on top or use another topping of your choice.



7. Refrigerate for at least two hours before serving.



Cheese Kanafeh

Fancy something sweet to eat? You've come to the right recipe! Kanafeh is a super sweet and equally super delicious Middle Eastern dessert made of dough, cheese and nuts, soaked in a sugar-based syrup. While this dessert is a real beauty to look at, the real treat is the stretchy, gooey cheese which lies inside the pastry when cut into. Best of all, Kanafah is so easy and fun to make. You'll definitely enjoy this one!

Kanafeh ingredients:

- 375g Kataifi pastry
(shredded fillo/Kanafeh dough)



- 450g mozzarella cheese



- 250g ricotta cheese



- 210g bocconcini cheese



- tablespoons (60g)
unsalted butter at room
temperature



- 2/3 cup (150g) of melted
unsalted butter for mixing with
kanafeh



- ¾ cup of Arab sweet syrup*

*Ingredients and recipe are provided
at the end of this document



- ¼ cup crushed pistachios



Method:

1. Chop the Kanafeh dough into small pieces.



2. Melt the butter in a microwave and add it into the Kanafeh dough. Make sure that the butter reaches all the strands of the dough.



3. Spread the 4 tablespoons of butter well into all sides of the baking trays**



** If you have a large 35cm tray, then one will be enough. If it is a small 20-22cm tray, then you will need two of these.

4. Layer the bottom of the baking tray with about one-third of the Kanafeh dough. Press to make sure that the entire surface is covered, leaving no space for gaps.



5. Shred the bocconcini cheese into fine strands/pieces.



6. Mix the shredded bocconcini cheese with the ricotta and mozzarella cheese.



7. Next, spoon the cheese mixture that you just prepared and spread it over the base layer of dough in the tray. There shouldn't be any gaps visible.



8. Take the remaining Kanafeh dough and spread it over the cheese layer to cover completely. This will form the final and top layer.



9. Pre-heat oven to 190° C (375° F). Place your Kanafeh tray on the middle rack and bake for about 30 minutes.



10. After 30 minutes, the Kanafeh should appear golden brown and ready to be removed from the oven. Take the tray out and pour the heated Arab syrup over the Kanafeh while it's still hot, making sure to evenly coat the dessert. Garnish with pistachios.



11. Let the Kanafeh cool and enjoy!



Arab sweet syrup ingredients:

2 cups sugar



1 cup water



2 tablespoons lemon juice



½ tablespoon rosewater



250 ml

Method:

1. Boil sugar and water for five minutes on stovetop.



2. Add lemon juice and continue boiling until the water thickens into a syrup consistency.



3. Once the syrup looks done (as shown in the photo above), turn the heat off and add rose water.

Chocolate Mousse

Chocolate lovers rejoice! This recipe is for you and anyone else with a sweet tooth. Chocolate mousse is a popular dessert at many cafes but now you can make this creamy goodness from the comfort of your own kitchen. It's rich, sweet and definitely addictive. Just make sure to follow an important rule – **fold*** the ingredients together, don't mix them

* The process of gently combining lighter ingredients with heavier ones without stirring, beating or agitating the mixture.

Ingredients:

- 70% cocoa cooking chocolate - 200g
- 4 eggs - separated
- Unsalted butter - 125g
- Caster sugar - 2 tablespoons
- Thickened cream - 600 mL
- Oreo cookies or chocolate – for decoration



Method:

1. Place the chocolate and butter in a small saucepan over low heat and stir until melted and the mixture is smooth.



2. Separate egg whites from egg yolks.



3. Add the egg yolks one-by-one into the melted chocolate mixture and gently stir before setting this aside.



4. Whisk the egg whites with an electric beater until soft peaks form. Gradually add the sugar while whisking until stiff peaks form.



5. In a separate bowl, whisk the thickened cream with the electric beater until stiff peaks form.



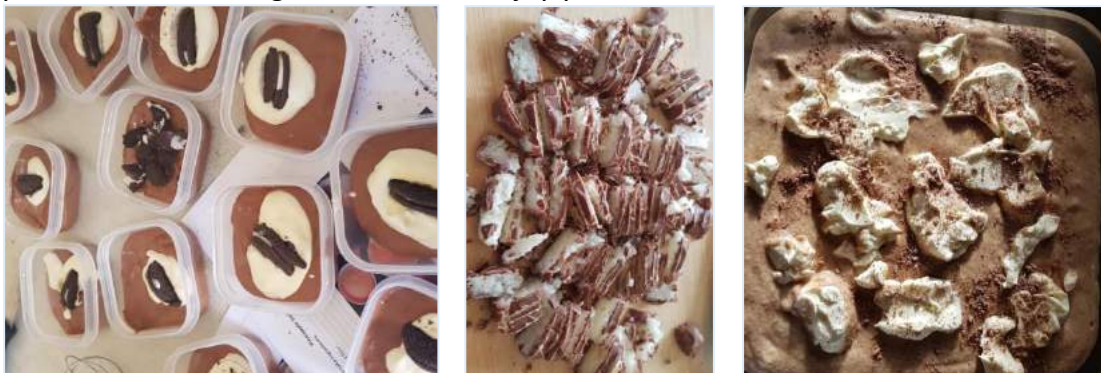
6. While the chocolate mixture (prepared in step 3) is still warm (i.e. neither too hot, nor cold), add the whisked egg white mixture to the chocolate mixture and fold very gently. This is best done with a flexible spatula.



7. Add the mixture (prepared in step 6) to the whisked cream (prepared in step 5) and fold again gently.



8. Spoon into serving glasses/containers. Top with the Oreo biscuits or any chocolate of your choice and refrigerate until set. Enjoy your chilled chocolate mousse!



Colourful Zarda - Mutanjan (colourful rice)

This is a traditional sweet rice dish served hot or at room temperature. Unlike most rice dishes, Mutanjan is colourful in both appearance and flavour, making it a delicious treat for people of all ages.

This recipe has three levels to choose from. The difference between the levels is the addition of ingredients in the rice. Go for the beginner level if you want to try a simple recipe with few ingredients. However, if you want to make your Mutanjan more rich you can go for the intermediate or advanced levels.

Ingredients

Beginner level:

- 4 cups Sella rice
- 3 cups sugar
- 1 cup oil
- ½ cup milk
- 5–7 green cardamom pods – ground
- Red (or pink), green and yellow food colour
- Lemon juice – few drops



Intermediate level:

Ingredients from beginner level and:

- ½ cup roasted sultanas
- ½ cup peeled almonds – split
- ½ cup sliced fresh coconut



Advanced level:

Ingredients from intermediate level and:

- Multi glaze cherries
- Coloured dried papaya (also known as *tutti frutti*)
- Orange zest
- Khoya (milky pieces) – make in microwave oven with 2 cups of milk powder and ¾ cup of fresh cream



Method

1. Soak rice for at least 1 hour.



2. Boil rice in a big cooking pot. Add some lemon juice to the boiling water.



3. When the rice is fully done (almost ready to eat), transfer it to a strainer to drain the water out.



Recipe: *Colourful Zarda - Mutanjan (colourful rice)*

4. Heat oil in a large pot and add cardamom pods. Add milk and sugar. Boil until sugar dissolves.



5. Add almonds and sliced coconut (optional).



6. Add the drained rice and cook on full heat until the extra liquid (water) in the pot evaporates.



7. Once the water evaporates, turn the stove to minimum heat. Add different food colours to different places in the rice. Cook on very low heat. Keep rotating the pot every 5 minutes so that the heat reaches all sides of the pot. It should take 20 to 25 minutes for the Mutanjan to be ready.



8. Once the Mutanjan is ready, add roasted sultanas (optional). You may also choose to add more ingredients from the **Advanced level** ingredients.



9. Gently stir the rice to combine all the ingredients and food colours together. Enjoy!



Fresh Cream Sponge Cake

The classic fresh cream cake is adored by many for its balanced flavour composed of fluffiness encased within a creamy layer. It's the perfect addition to any tea party or simply as a dessert as it leaves everyone wanting more. This recipe provides an easy way to make such a delightful cake so why not give this one a go?

Ingredients:

- Sliced sponge cake 2
- Thickened cream 600 ml
- Cocoa powder 2 tablespoons
- Cooking chocolate - milk 200g
- Cooking chocolate - white 200g (for decoration)
- Maltesers (or any other chocolate) For decoration



Method:

1. Place the thickened cream and cocoa powder in a big mixing bowl and mix well. Add more cocoa powder for a darker colour, as desired.



2. Melt the cooking chocolate in the microwave. Add this to the mixture.



3. Use an electric mixer to beat the mixture until it starts to thicken.



4. Grate the white chocolate block to make chocolate flakes. Any other chocolate block (dark, milk etc.) can be used for this step.



5. Take one slice of the sponge cake and spread the cream mixture from Step 3 over it smoothly and evenly. Place the second slice of the sponge cake on top of the first slice and cover this slice with cream too.



6. Start decorating the cake as desired.



7. A very yummy, spongy and creamy cake is now ready to serve. Enjoy!



8. Variation: You can use this recipe to make a similar cake with cream and white chocolate but without cocoa powder. Instead of chocolate, the layers can be decorated with pineapple pieces.

Gulab Jamun

Gulab Jamun is a popular milk-based sweet loved by many. When made right, its distinct look comprising a brown exterior and tender golden interior, complemented by a succulent texture is hard to forget. Gulab Jamun is the perfect treat for anyone with a sweet tooth as it's fun-sized and easy to eat in one to two bites. Just don't search up the calories for one Gulab Jamun – it really should be for special occasions only!

Ingredients for the mixture:

- Milk powder – 1 cup
- 1 egg
- Cooking oil – 1 tablespoon
- Baking powder – 1 teaspoon
- Plain flour – 1 ½ tablespoons



Ingredients for the syrup:

- Sugar – 1 cup
- Water – 1 ½ cups
- Lemon juice – 1 tablespoon
- Cinnamon stick – 1 to 2 pieces



Method:

1. Add oil to a deep-frying pan and keep it on low heat.



2. In a cooking pan, add the ingredients for the syrup and boil on low heat.



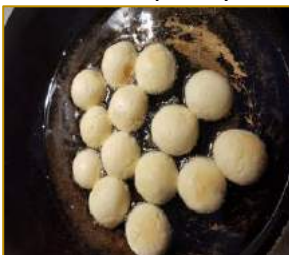
3. Use your fingers to combine milk powder, plain flour, egg and baking powder together. You can add a couple of spoons of milk if mixture looks too dry.



4. Make firm balls of the mixture by rolling them between the palms of your hands. Deep-fry these balls in the pan (from Step 1) while keeping the heat as low as possible.



5. Now is the most challenging part of making Gulab Jamun for which you will need a lot of patience. Let the balls cook in the oil on minimum heat until they start turning golden brown. Keep stirring the balls to allow all sides to cook equally. If the heat is too high, the balls will turn brown quickly leaving the centre uncooked and hard.



6. Once golden brown, transfer the balls to the syrup. Keep the syrup on low heat until the balls have had a chance to be fully immersed in the syrup.



7. If you want to give your Gulab Jamun a shiny look or make them sweeter, turn the heat up to full heat and let the syrup boil for a few minutes.



8. Take the Gulab Jamun out of the syrup. These are now ready to serve.



9. For decorative purposes, you can sprinkle coconut powder/flakes or any other crushed nuts on top and use patty pans to serve.



Makhadi Halwa

Makhadi halwa is a rich, sweet dessert similar to regular halwa. The distinct taste comes from the semolina soaked in milk prior to cooking. This is a fun and easy recipe to try as it doesn't take very long to make. Make sure to top the halwa with nuts and any dried fruit as you prefer.

Ingredients:

- 1 cup semolina flour
- 1 cup brown sugar
- ½ cup ghee
- 2 cups milk – enough to soak semolina
- ¼ cup water
- Sultanas, shredded coconut and crushed almonds (or any other crushed nuts of your preference)



Method:

1. In a bowl, add semolina flour and pour in enough milk to soak it. Set this aside.



2. Add sugar and water to a saucepan and cook to dissolve the sugar on medium heat. Stir occasionally to help the sugar dissolve.



3. Once the sugar has completely dissolved, add ghee to the pan and stir to mix well.



4. Stir in the milk-soaked semolina which was prepared in Step 1.



5. Continue stirring until the mixture begins to thicken while separating from the melted ghee (see below).



6. It should take anywhere between 10 to 20 minutes for the mixture to solidify into clumps and change to a caramelised shade of brown. The halwa is now ready.



7. Serve halwa with sultanas, shredded coconut and crushed almonds sprinkled on top.



Orange Cake

This fluffy orange cake is the perfect treat to have with tea or as a snack. Its light texture and crumbly exterior make it enjoyable without the richness normally associated with other heavier cakes. You may prefer to have this orange cake on its own, or with other toppings like fruit, honey or cream cheese icing. Just be careful not to eat it all in one go!

Ingredients:

- 3 eggs – well beaten
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup vegetable oil
- 3 teaspoons vanilla essence
- 1 $\frac{1}{4}$ cup orange juice
- Orange zest from 1 orange*
- 2 $\frac{1}{2}$ cups plain flour
- 3 teaspoons baking powder

* Prepare by scraping or cutting strips of the coloured part of the orange peel



Equipment (recommended):

- Bundt cake tin, or any ring mould cake tin. This pan allows for heat to be distributed more evenly across the cake while in the oven.

Method:

1. Grease the cake tin by brushing over with vegetable oil.
2. Sprinkle flour to ensure final product won't stick, or you can use baking paper instead.
3. Mix the ingredients well. Transfer the mixture to the tin and bake at 180 °C for about 30 minutes or until golden brown.
4. Decorate with honey, candied fruits and crushed nuts. Enjoy!

Pineapple Delight

Can't decide what to have for dessert? Try this recipe which makes for a creamy and tasty delight that can be enjoyed by anyone with a sweet tooth. Pineapple Delight is the perfect combination of cream and cake, without being too rich in taste. It's a fun and refreshing alternative to cheesecake and best of all, it's super easy to make!

Ingredients:

- Sponge cake 2
- Thickened cream 600 ml
- Pineapple (sliced) 3 cans (400g each at least)
- Sour cream 400 ml
- Condensed milk 1 can (396g)
- Pineapple jelly 2 packs (80g each)



Method:

1. Cut the sides and top of the cake slices. Either use one big Pyrex rectangular container, or two small square Pyrex containers to make this dish. Don't throw the sides and the top part of the cakes – make another container of Pineapple Delight with these – kids would love it!



2. Drain the pineapple slices but keep some of the remaining syrup to moisten the cake slices later. Place 2 cans of sliced pineapples, thickened cream, sour cream, condensed milk and one pack of jelly crystals in a blender and blend well until smooth. If your blender is small, you may need to do this twice.



3. Pour some pineapple syrup (remaining from the can) over the cake slices to slightly dampen and give a pineapple flavour.



4. Add the blended mixture on top of the cake slices.



5. Make 'thin' jelly with the second pack of jelly crystals. For this recipe, "thin" means to dilute the jelly crystals in a greater volume of liquid than suggested on the packet. For example, if the packet says to use 400ml water, then you should use at least 500ml water and about 100ml of pineapple juice. Mix the crystals with boiled water well for couple of minutes until all crystals have dissolved. Then, add pineapple juice and mix for a minute again. Don't let the jelly settle and cool down – we need it while it's still warm at room temperature.



6. Use the third can of pineapple slices to decorate as you like. Make sure that the canned syrup is drained out from the pineapple.



7. Pour the jelly mixture on top, starting from the edges first and gradually moving towards the centre.



8. It will take at least 6 hours to settle properly. (The left photo was taken after 3 hours while the right one was taken after being refrigerated overnight). After overnight refrigeration, the Pineapple Delight looks and taste similar to fresh cheesecake!



9. Enjoy your newly made Pineapple Delight!

Variation: By replacing pineapple slices with either fresh or canned mango slices, you can make a variation of this dessert: Mango Delight. Just make sure to also use mango jelly instead of pineapple jelly if you wish to make the mango variation.

Kulfi

Kulfi is a type of ice cream originating from the Indian subcontinent. This dessert is known for having rich tones of nuts and cardamom encased within the creamy goodness. In this recipe, you will learn how easy it is to make kulfi and that it doesn't require too much time. Perfect for a hot summer's day, you'll be sure to impress your friends and family with this delicious kulfi recipe!



Ingredients:

- 2 slices white bread
- 2-2 ½ cans evaporated milk (750-930mL in total) *
- 1 can condensed milk (395g)
- 2 packs thickened cream (for whipping) (500mL in total)
- ½ cup full cream milk (125mL)
- ¼ cup almonds
- ½ cup pistachios
- 6-8 cardamom pods



* Use 2 cans of evaporated milk if you want your kulfi to be sweeter. Otherwise, you can use 2 ½ cans of evaporated milk.

Method:

1. Tear the bread into smaller pieces. Place the pieces into a food processor and process for about a minute or until you've got breadcrumbs.



2. Blend evaporated milk with condensed milk in a food blender.



3. Finely grind almonds and pistachio nuts in a food processor.



4. Crush up the cardamom pods. It might be best to use a mortar and pestle to do this.



5. Using an electric beater, mix thickened cream (for whipping) with full cream milk until about half of the mixture has a foam-like appearance.



6. We're now ready to combine all the prepared ingredients to form the kulfi.



7. Start by folding the breadcrumbs into the evaporated and condensed milk mixture.



8. Next, gently fold the grinded nuts into the mixture.



9. Add the grinded cardamom and fold again.



10. Gradually add the mixture prepared in step 9 to the mixture made in step 5. Fold both mixtures into one another gently to ensure the foamy consistency remains.



11. Your kulfi mixture is now ready! Pour it out into ice cube/cone trays or any other containers and place in the freezer.



12. Refrigerate overnight to allow the kulfi to fully form and settle. Your kulfi is now ready to be eaten, in whatever shape or form that you froze it in!



Sponge Cake

Sponge cake is essential for several desserts as it serves as a base to some complex cakes and colder desserts such as many types of trifles. Hence, a home-made sponge cake is a good idea and once you get it right, it tastes so much better than the generic sponge cake found at the supermarket. After all, who doesn't love a good, fluffy sponge cake?

We will use this sponge cake for the next two recipes too, so don't miss out on trying this recipe!

Ingredients:

- Self-raising flour 1 cup
- Sugar 1 cup
- Oil $\frac{1}{2}$ cup
- Hot water $\frac{1}{4}$ cup
- Baking powder 1 teaspoon
- Eggs 4



Method:

1. Separate the egg yolks and egg whites into two bowls



2. Mix yolks well with a fork. Use an electric beater for the egg whites until soft peaks form



3. Add sugar, oil and hot water into the beaten egg yolks



4. Mix the ingredients well until all have combined smoothly



5. Add flour and baking powder and mix well



6. Add egg white foam to the mixture and gently fold* it with a spatula (preferably one made of rubber)



*Search up “folding in cooking” on Google if you would like to know more

7. Keep folding until the mixture has equally combined and appears smooth



8. Pour the mixture into a cake pan. Following this recipe, there should be enough mixture for two medium sized cake pans



9. Place the cakes into a preheated oven of 180 degrees and bake for 30 minutes (or until golden brown)



Sweet Vermicelli Noodles (شعيريه)

Sh'ariyeh (شعيريه) is an Arab sweet dish consisting of sweet vermicelli noodles. This dessert is quite similar to a Pakistani dish called Seviyan (سویان), yet it has its own original taste thanks to the short cut angel hair pasta. These sweet noodles take very little time to make and best of all, you can serve them either hot or cold, with pretty much any garnish or topping of your choice.

Ingredients:

- 250g short cut angel hair pasta
- ½ cup sugar
- 2 tablespoons vegetable oil
- 1 ½ litre boiling water
- 5-6 green cardamom pods
- Almonds – for garnishing
- Thickened cream – for serving



Method:

1. Roast short cut angel hair pasta in a non-stick frying pan until golden brown.



2. Add at least 1 ½ litre boiling water to the roasted angel hair pasta and boil until soft and fully cooked, like noodles.



3. Drain the excess water once fully boiled.



4. In the same non-stick frying pan, add some oil or butter. Grind the green cardamom pods and add this to the hot oil (or butter) and stir for few seconds.



5. Add drained angel hair pasta and sugar to the oil. You can change the quantity of sugar based on how sweet you would like your noodles to be.



6. Stir well on high heat for a couple of minutes until sugar fully dissolves.



7. Transfer mixture to a serving bowl. Garnish with chopped almonds and/or roasted sultanas.



8. Your sweet noodles are ready and can be served either hot or cold. If you prefer to have cold noodles, you can add thickened cream or ice-cream on top.



Walnut Barfi

Barfi is a dense milk-based sweet similar to fudge which can have many variations. Walnut barfi is a delicious type of barfi and is a great way to use any leftover walnuts. While barfi is generally dense and sweet, the walnuts help balance out these flavours. Best of all, walnuts are full of nutrients and antioxidants, so you won't feel too guilty eating this barfi!

Ingredients:

- 2 cups milk powder
- 1 cup thickened cream
- $\frac{3}{4}$ cup white sugar
- 1 cup walnuts



Method:

1. Mix all the ingredients in a large microwaveable bowl.



2. Cook in the microwave for 3 minutes. Take the bowl out, stir the mixture well and then cook again for another 3 minutes.



3. Continue this process of cooking in the microwave for 2 minutes a couple of times. Stir the mixture after every 2-minute interval.



4. Reduce the cooking time from 2 minutes to 1 minute and cook for a couple more times until you see oil separating from the mixture.



5. Place mixture into a container or baking tray lined with baking paper.



6. Spread the mixture and press down smoothly to ensure that the barfi mixture is flattened equally across the container/tray and into the corners.



7. Using an identical tray as the one currently holding the barfi, firmly press this tray over the other one to remove any air bubbles and flatten out the barfi.



8. Refrigerate for a few hours.



9. Once the barfi has cooled down you can cut into any shape you like. Walnut barfi is ready!

