



RECIPES FROM HOMES

LOCKDOWN

HOME RECIPES

Volume One

FROM HOMES AROUND THE WORLD

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ABOUT THE COORDINATOR OF THIS BOOK

I, Amina Ishani, was an Indian cookery teacher in Adult Education Institutes since 1982. These were evening classes at which I was teaching 20 adults in 5 centres in London.

Cooking in the UK was a no choice situation. The family had to be fed! I always had an interest to try experimenting with new dishes and combinations.

After this, at the age of 40, when my daughters were 10 and 15 years old, my husband's working days were 14 or 15 hours long, I decided to join the London College of Classical Homeopathy and I completed a 4-year degree course in Classical Homeopathy

Cooking had to be moved to the back burner!

After moving to Kenya 22 years ago, my Homeopathic practice kept me fully occupied. A cook was employed, but I found myself being drawn back to the kitchen. My love for cooking which had been dormant and my passion to try new recipes was reignited!

Recently, when the situation around the world changed so drastically and people needed to fill their time, (of course many, like both my daughters were working from home) the thought of trying to find people who would like to learn what others around the world were cooking and they were willing to share their own personal recipes, I came up with the idea of '**LOCKDOWN HOME RECIPES**'.

The immense enthusiasm from most people who read my invitation, in fact I put it as a rap, was quite amazing! I present this book as a tribute to all these ladies.

A special Thank You to Isaac Mbela without whom all the recipes would still be in our WhatsApp chats! Thank you Isaac. Our pillar.

We have decided to support local Kenya Charity Tasks for Masks.

MESSAGE FROM AMINA ISHANI



It is with immense pleasure I introduce this collection of authentic recipes in the first volume of "LOCKDOWN HOME RECIPES."

The title is self-explanatory; ladies around the world, were all locked in our homes, needing to feed our families, wanting something exciting to tickle our palates and requiring something to do to keep us stimulated!

Congratulations to everyone for your efforts; for contributing selflessly, genuinely and with enthusiasm. We came on board to help one another (and ourselves!) and has resulted in this amazing collection. I want to thank each one of you, for without you we could not have arrived at this compilation of 100 varied, international, tasty recipes that are so beautifully presented.

Voila, we created this book in just 6 days!

A huge thanks must go to my co-admin Ashifa Patni, a passionate IB educator who spent hours organising our recipes, categorizing them and editing them while juggling her school work.

For my part, I have to say it has been an intense, but both enjoyable and rewarding exercise; enabling me to reconnect with distant friends and family members while experiencing nostalgic emotions with memories of the times we used to enjoy these dishes with our parents, children and friends. I hope all of you who contributed also had an emotional connection as you shared your family heirlooms!!

The intention I hope has been fulfilled. We spent a few days doing something for ourselves that we will use and will be there for posterity. Be proud, be content and be happy.

Please remember all of us are amateur cooks. Some recipes are classic with the addition of our personal touches, and for all who use the recipes, you can do the same, add your own twist.

BE CREATIVE. Let us all work towards Volume 2!

Bravo!

CONTRIBUTOR DETAILS



**Shahira Lalani
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TASKS FOR
MASKS

Contributors with no pictures

- Evone Selvarajah, Sri Lanka
- Nina Hirjee, Kenya / Dubai
- Jane Khalifa, Kenya
- Dolat Premji, Kenya
- Naz Nizari, UAE

DRINKS

Rajul Shah

1. Solkadhi
2. Tamarind appetizer

Solkadhi

Ingredients:

- 10 kokum
- 2 cups coconut milk
- $\frac{1}{2}$ -inch ginger
- 1 green chilli
- 1 tsp roasted and powdered jeera
- 2 tsp mint
- Black salt
- Pepper

Method:

- To make kokum juice; soak the dry kokum in 2 cups of hot water for half an hour
- Then squeeze the kokum, to extract the juice and sieve to remove the pulp and seeds
- Blend the chilli and ginger fine with a little water
- Finally mix all the ingredients: the kokum juice, coconut milk, chilli and ginger, salt, pepper and jeera garnish with torn mint leaves

Serve at room temperature.



Tamarind appetizer

Ingredients:

- 2 fresh ripe tamarind pods or lemon sized ball of dry tamarind
- 1 green chilli
- 1 tsp roasted and powdered cumin
- 2 tsp fresh mint
- 1 tsp fresh coriander leaves
- Juice of half a lemon or 1/2 tsp raw mango powder
- 1/2 tsp pink or common salt
- 1/2 tsp pepper
- 1/2 tsp jaggery or powdered sugar or one small date previously softened in a little water
- A few mint leaves for garish

Method:

- To make tamarind extract from fresh ripe tamarind, devein and shell the pods, remove seeds. Put the pods in a cup of water and boil until the seeds separate from the pulp, sieve the mixture to extract the pulp
- To make tamarind extract dried tamarind, remove the seeds; put the pods in a cup of hot water for an hour. Once the tamarind softens, press down and sieve to extract the pulp
- Next, in a mixer bend the chilli, mint and coriander with a little of the tamarind pulp, then add the remaining spices and blend again . Pour into a jar add salt 2 cups of water. Taste to balance the sweet, sour and spicy taste.
- Let the drink rest for least half an hour before serving



VEGETARIAN: STARTERS/ SALADS/ SOUP

A. STARTER

Roxana Jaffer

Mahambri & bharazi

This dish is traditionally eaten for breakfast in areas of the East African Coast

Ingredients:

- 2 cups Plain Flour 375 gm/
- 1 Egg 1
- 1 teaspoon Dried Yeast
- 1 heaped teaspoon Cardamom powder
- 170 ml Coconut milk
- 1 tablespoon of Sugar (mix in the coconut milk)
- Oil 1 tablespoon

Method:

- Bind all with warm water to a nice strong consistency
- Make around 15 to 20 medium sized balls of the mixture and leave covered in a dish for 20 min
- Roll each ball to a flat bread
- Cut into 2 and Fry in hot cooking oil

Alternative recipe given by Julie Kassam: Tanzania, UK.

- 2 cups chappati atta
- 2 cups self raising flour
- 1 cup sugar
- 1 cup natural yogurt
- 4 to 5 tablespoons of oil
- Bind flour with warm water
- Leave overnight
- Make around 15 to balls of the mixture
- and leave covered in a dish for 20 min
- Roll each ball to a flat bread .
- Cut into 2 and Fry in hot cooking oil



Bharazi(Pidgeon Peas)

- Use I cup Fresh peas boiled or 1 tin
- Fry one small onion till pink.
- Add one small chopped tomato-fry till soft. Add 2 sliced whole green chilies
- Add one teaspoon each of crushed garlic/ Haldi and dhaniya powder
- Fry mixture till oil separates
- Add the peas and let it simmer.
- Add half tin of coconut milk - let cook
- Add green dhanian leaves and squeeze a full lemon

Serve with Mahambri



Zenny Hirji

Baked brie

Ingredients & Method:

- One round Brie (works well with Camembert or goats cheese also)
- Make slits on top surface
- Insert small pieces of garlic & cut up green chillies
- Cover with sundried tomatoes.
- Bake for 20 minutes
- Serve with crispbread or crackers to dip and pass around
- Another version: add honey and white wine over the surface



Habiba Hajee

Thai corn cakes

Ingredients:

- Thai red curry paste
- Garlic & ginger Paste - $\frac{1}{2}$ Tsp each
- Chopped basil
- Lemon juice
- Black pepper
- Rice flour
- 3 corn cob kernels- blend

Method:

- Mix all ingredients
- Make small balls & fry
- Coriander to Garnish
- Serve with raw papaya salad



Noori Hashwahi

Crispy bindi recipe

Ingredients & Method:

- Cut Bindi in slim sticks
- Flavour with Chana atta
- Salt- water-Lemon made in to a very light paste
- Mix well with Bindies
- Deep Fry in hot oil till light brown.
- Or grill
- Let them dry on kitchen Paper
- Sprinkle Chaat Masala on the Bindies and serve
- Chaat Masala available from shan or National Masala very flavorful.

Madhavi Mehta

Paav bhaji with a twist

Ingredients:

- 3 green unripe bananas boiled and mashed (Plantains)
- Half cup boiled green peas
- Quarter cup French beans
- Half cup cauliflower
- Six big tomatoes chopped finely
- 3 to 4 tablespoons ghee
- 2 tablespoons butter
- 2 cups grated cheddar cheese
- Salt to taste
- Small individual rolls of bread (paav)

Method:

- Heat ghee and saute finely chopped tomatoes till very soft. Add boiled green peas, french beans cauliflower and plantains. The result should be a thick gravy.

Now the twist

- Make a hole in the bread loaf carefully scoop out excess bread taking care that the shell of the bread is intact. Pour the bhaji carefully inside the paav. Add grated cheese on top of each paav and bake till cheese melts.

Kamu Bhavnani

Vegan spinach & artichoke dip or pasta sauce

Ingredients & Method:

Step 1:

- Make the cashew cheese by soaking $\frac{3}{4}$ cup of raw cashew nuts in hot water for at least 20 minutes.
- Drain the nuts and put them into a liquidiser.
- In the same liquidiser, add the following:
- 3 tbsp tapioca flour - or $1\frac{1}{2}$ tbsp cornflour (tapioca flour gives it a chewy mozzarella-cheese texture)
- 2 tsp apple cider vinegar
- $1\frac{1}{4}$ cup filtered water
- 4 tbsp nutritional yeast - important as gives cheesy taste.
- 4 cloves garlic
- Sea salt & black pepper to taste

Step 2:

- Prepare vegetables
- $\frac{1}{2}$ pound fresh baby spinach or 1 cup frozen
- 1 15oz can of artichoke hearts drained and chopped into big pieces
- 6 button mushrooms, chopped quite small
-
- 1 medium onion, chopped small
- Tobasco or other chilli to taste

Step 3: The Dip

- Sauté the spinach till wilted (if using frozen, till water dries) - remove as much water as possible. Set aside.
- In same pan, with very little oil, sautee mushrooms and onions till latter is golden brown. Add spinach.
- Pour the ground cashew nut mix from the liquidiser into a separate pan and on a medium/low fire bring to a gentle boil, whisking all the while. Cook till it has thickened.
- Add the mushroom/onion/spinach mix to the cashew nut mix and season with tobasco.

Note:

- If you are not a vegan, at this point you can stir in grated, regular strong cheese if using.
- Pour mix of vegetable and cashew sauce into a cast iron/grill proof dish and grill till golden brown on top.
- Serve either with chips, crispy bread, crackers, nachos, etc. Note: this also works very well as a pasta sauce. Boil pasta separately - drain, retaining some water. Mix pasta into sauce, adding some of the retained water, then broil or bake as required



Sultana Lilani

Garlic potatoes

Ingredients:

- 1 whole pod garlic
- Half cup whole dhana seeds(coriander)
- Quarter cup whole cumin
- 4 small dry red chillies soaked
- 1 tbsp. tomato puree
- 10-12 Small potatoes boiled with turmeric and salt
- Keep skin on if you wish

Method:

- Coarsely grind all spices not to a powder
- Do garlic separately.
- Heat oil add tomato puree plus some water
- Fry the ground masala (spices).
- Add potatoes shake wok add if water needed. Squeeze lemon juice if desired
- Garnish with coriander





Zenny Hirji

Coconut corn with a twist

Dedicated to Amina Ishani

Ingredients:

- Frozen or canned corn off the cob. You can use fresh corn on the cob as well
- No specific measurements really. Can use equivalent to half kilo pkt of frozen corn.

Method:

- Sauté one onion , one tomato and a few green chilies. The twist is to add chopped lemon grass
- Put the corn mix it all
- Add fresh or tinned coconut juice
- Let it boil till corn is ready. Add water if necessary
- Add salt, lemon juice and corrainder



Zarin Shroff

Patra chaat

Ingredients:

- 1 can patra roll, cut into wheels and then into quarters
- 2 medium firm red tomatoes chopped into large chunks
- 1 large potato boiled and peeled and cut into medium squares
- 1 small tomato grated
- 3 tbs. Tamarind and date chutney
- 1 cup yoghurt whipped
- 2 tbs. oil
- 1 tsp. Ajwain
- 2 tps. cummin seeds
- 10 curry leaves curry patra
- 5 small dry red chillies
- 3 tsp. sesame seeds Til
- 2 fresh green chillies chopped
- 2 tbs. Fresh coriander chopped
- 1 tsp. Garlic ginger paste
- 2 tsp. Cummin powder
- 1/2 tsp. Tumeric powder
- Salt to taste

Method:

- Heat oil in a medium saucepan
- Add sesame seeds, cumin seeds, red chillies, curry leaves, ajwain and half of the fresh coriander chopped; when spluttering remove from heat and take a tablespoon of the above minus the oil and add to the whipped yoghurt
- Keep the yoghurt aside
- Put the saucepan back onto the heat add crushed garlic and ginger, Chopped tomato chunks, Cummin powder, Tumeric powder, salt to taste
- Cook till tomatoes slightly soft
- Add the cubed potatoes, the grated tomato, and 2 tbs. tomato date chutney, gently mix
- Add the patra quarters and Mix very, very gently, switch off heat.

To serve:

- Ladle the patra mixture into a serving dish and top it up with the whipped yoghurt mixture ,
- Dot with remaining
- Tamarind chutney garnish with chopped coriander
- Serve as tea or coffee time snack or a starter.

A sure winner

Naz Nizari

Dokra & chutney

Ingredients:

- 1 cup semolina
- 1 tbsp gram flour
- 1 cup yoghurt
- 1 cup water
- 3 tbsp oil
- 1 tsp each of garlic, ginger and fresh green chilli paste
- 1/2 tsp lemon salt
- 1 tsp salt and pinch haldi
- 2 tsp eno
- Fresh Dhaniya

Method:

- Put the steamer on whilst you are mixing the dhokro.
- Line a tin of about 10 or 12 inches with oil
- take half the dhaniya asnd set aside. Keep eno aside
- In a mixing bowl mix the rest of the ingredients well with a whisk till the its all mixed well.
- Add eno in the mixture just before you pour the mixture in the tin and put it in steamer. Now decorate the top with remaining dhaniya and some red chilli powder. Put the lid on and steam for 30mins.

Chutney for Dokra

Ingredients & Method:

- 3 tbsp tomato paste
- 1 tsp red chilli
- 1 tsp garlic
- Salt to taste
- Lemon to taste
- Mix well in a bowl.

Roxana Jaffer

Healthy muesli (breakfast cereal)

Ingredients:

- Chia seeds - 50gm
- Sunflower Seeds - 50gm
- Pista Kernels 200 gm
- Pumpkin seeds 100gm
- Walnuts 200 gm
- Flax seeds 50gm
- Almond 200 gm
- White sesame seeds - 100 gm
- Cardamom kernels - handful depending on taste

Method:

- Grind together but to a crunchy texture.
- Have 2 tsp on a cut banana and your breakfast is made



B. SALAD

Shahira Lalani Alibhai

Avocado salad

Ingredients:

- 3 large avocados sliced,
- One large red onion chopped,
- 4 or 5 medium tomatoes sliced thinly,
- A few splashes of Worcestershire Sauce,
- 2 tablespoons balsamic or red wine vinegar,
- A dash of Olive Oil,
- Salt,
- Pepper,
- Paprika,
- Fresh chopped coriander,
- 1 part mayonnaise and 4 parts natural yoghurt depending on how much sauce you want.



Method:

- Mix the onions avocado and tomatoes in a bowl
- Prepare the sauce or dressing with the yoghurt, mayo, olive oil, salt, pepper, Worcester sauce, balsamic vinegar and mix into the avocado mix
- Mix gently and taste
- Add with seasoning and sauce or vinegar as necessary. It should be slightly sweet and tangy
- Sprinkle with paprika and chopped coriander on top. Refrigerate until needed

Serves 4



Bilquece Alimohamed

Couscous Tunisian salad

Ingredients:

- 1 large bunch parsley
- 1 large bunch mint
- 2 (Firm) tomatoes
- 1 cucumber
- 1 large white onion
- Capers and cornichon
- 1/4 cup couscous grains
- 1/4 cup lemon juice
- 1/4 cup olive oil
- Salt and pepper

Method:

- In a bowl put the couscous grains with a TBS of olive oil . Mix and cover with 1/2 cup boiling water. Cover the bowl and set aside for 5-10 mins.
- In the meantime chop all your ingredients in tiny pieces and put in your salad dish which you will use to serve.
- Now add the swollen couscous grains to the mixture and toss.
- Add the lemon juice and olive oil, salt and pepper and mix well. This salad can be prepared in advance and even eaten the next day.

Serves 8



Habiba Hajee

Papaya salad

Ingredients:

- 1 medium raw pawpaw, cut into very thin strips.
- A hand full of green beans, steamed,
- 2 firm red tomatoes, stomachs removed and quartered,
- A hand ful of bean sprouts,
- 2 red bullet chillies, deseeded and finely chopped.

Method:

- Mix all the ingredients together and sprinkle about a 1/3 cup of roasted peanuts, coarsely chopped and coriander leaves

Dressing:

- Lime juice, a little garlic, a teaspoons of fish sauce, some brown sugar to taste, pepper and one teaspoon of peanut butter, a little olive oil.
- Mix thoroughly together.
- Add the dressing just before serving



Rita Mehta

Pulses salad

Ingredients:

- 1 cup non chhilka mung dal soaked 6/7hrs
- 1 large firm tomato without skin, cut into very fine pcs
- 2/3 spoons of grated fresh coconut
- $\frac{1}{2}$ spoon of sugar. Twist of lemon salt and lemon juice
- Salt

Method:

- Warm 1tbs ghee, add asafoetida (heeng) + salt
- Add to dal
- Add sugar , lemon juice, tomatoes, cocnut, chopped coriander
- NB: No need to boil dal as was soaked.

Serves 4



Rajul Shah

Paneer and pomegranate salad

Ingredients:

- 1/4 capsicum
- 1/4 cucumber
- 4 black pitted olives.
- Baby rocket leaves

Dressing

- Oregano
- Rosemary
- Balsamic Vinegar
- Honey
- Olive oil
- Pepper
- Salt

Method:

- Put in one onion and one tamato blended in the ingredients.
- Add half a teaspoon of garlic half of ginger., quater teaspoon of turmeric powder, half a teaspoon of cumin powder, half teaspoon of coriander powder.
- And green chatni or crushed red chillies or red powder, half a spoon of tamato puree. Salt to taste. Cook for 10 min And let it cook. Add the matoke and let it cook with two cups of water. Once the matoke is cooked put in lemon and fresh coriander leaves



Jane Khalifa

Guacamole

Ingredients:

- Half big avocado
- 3 lemons
- 1 small Onion
- Half bunch coriander leaves
- 1 tsp red chilli powder
- Half teaspoon salt

Method:

- Mash the avocado with a fork in a bowl; add all ingredients into the mash; add lemons and salt to taste.



Shahira Patni-Tejpar

Mango salad

Ingredients:

- 2 ripe or raw mangoes, sliced into slivers
- 1 tsp fish sauce
- 3 teaspoons lemon juice
- 1 shallot slice thinly or onion
- Quarter cup chopped coriander
- half a red pepper sliced thinly
- 1 green chilli sliced thinly
- Half a cup of raw green beans
- Salt to taste
- 1 tsp olive oil
- 3 tbsp crushed salted peanuts

Method:

- Mix all the ingredients and serve on top of a bed of lettuce or eat on its own.



C. SOUP

Habiba Hajee

Roasted butternut, ginger and red pepper soup

Ingredients:

- 1 Small butternut
- Half a red pepper
- Ginger - $\frac{1}{2}$ tsp
- Garlic - $\frac{1}{2}$ tsp
- Olive oil
- Salt
- Coconut milk

Method:

- Cut one butternut into cubes, half a red pepper into slices, some ginger, cloves of garlic
- Sprinkle with a little olive oil, salt and pepper. Roast in the oven until cooked and a little golden
- When cool, blender, add a little home made veg or beef stock and a little coconut milk. Season as required
- Simmer a little and garnish with parsley
- Serve with garlic bread or dinner rolls



Kamu Bhavnani
Egyptian bean soup

Ingredients:

- $\frac{1}{2}$ can fowl medames (Egyptian style), lightly crushed
- 1 teasp oil
- 1 small onion, finely chopped
- 1 carrot, roughly chopped
- Handful green beans, chopped
- Handful spinach roughly chopped
- 2 cloves garlic, crushed
- $\frac{1}{2}$ teasp cumin seeds
- 2 cups water
- 1 heaped tablespoon tomato puree
- $\frac{1}{2}$ teasp chilli flakes
- $\frac{1}{2}$ teasp paprika
- Lemon juice & yoghurt (optional)

Method:

- Heat pan on medium. Add cumin and onion and cover, stirring occasionally till onion is golden.
- Add all the remaining ingredients and simmer for about 15 - 20 minutes till cooked.
- Remove and blend half the soup, then add back to the pan with the remaining soup
- Add lemon juice and if required, stir in a spoonful of fresh yoghurt.

Serves 2 people



Leena Rao
Tomator saar

Ingredients:

- 1/2 kg. Ripe tomatoes,
- 1 small onion finely chopped,
- One cup thick coconut milk (this is optional as many people don't use it, but I like the taste)
- Ghee
- Rai
- Jeera
- Hing
- Kadipatta
- Haldi
- Green Chillies
- Ginger
- Salt & Sugar
- Dhania

Method:

- Slightly boil the tomatoes to remove the skin. Grind them to a pulp.
- Heat a pan, add one tablespoon of ghee, add rai , jeera, and Hing. Add kadipatta.
- Add the chopped onions and fry a bit. Add 1/2 tsp haldi and the tomato pulp. Add two slit green chilies, crushed ginger, and one or more cup of water, salt and 1 tablespoon sugar. Sugar to be adjusted according to your taste. If you don't like it sweet then add less sugar.
- Let it boil for for 5 minutes. Add the coconut milk and boil for a minute. Add chopped dhania.
- Either eat with rice or drink a more dilute version.



Shahira Lalani Alibhai

Moroccan style chick pea and sweet potato soup

Ingredients:

- 2 tbsp olive oil
- 1 large onion finely chopped
- 1 small onion diced
- 500g passata or canned tomatoes or 4 to 5 roughly chopped tomatoes
- 2 finely chopped celery sticks
- 1 diced carrot
- Half tablespoon tomato paste
- 3 teaspoons crushed garlic
- Half teaspoon cinnamon powder
- Half teaspoon turmeric powder
- 2 teaspoons smoked paprika
- Chilli flakes, salt, pepper
- 2 bay leaves
- 1 teaspoon sugar
- 1 large sweet potato cubes
- 1 tin of chick peas (with liquid reserved)
- A handful of chopped kale if available
- Half red pepper cubed
- 1 1/2 pints vegetable or chicken stock
- Handful of chopped flat leafed parsley and coriander
- Lime wedges



Method:

- Saute the onions in olive oil, add garlic, celery, salt, pepper, bay leaves and all spices. Cook for few minutes over medium flame
- Add tomatoes, tomato paste, and cook for few minutes. Add the carrots, potatoes, sugar, most of the parsley and coriander. Cook for 5 more minutes until potatoes and carrots are half softened. Then add the stock and reserved liquid simmer until the potatoes are cooked.
- Add kale and red pepper and simmer for few minutes.
- Serve with remaining coriander and parsley.

Serves 4

NON-VEGETARIAN: STARTERS & SOUPS

A. STARTERS

Naseem Naushad Jivraj

Salmon sashimi

Ingredients:

- 8 salmon slices - wash and freeze on a plate
- Juice of 1lime
- 1 hot chilli chopped
- 4 tablespoons sesame oil
- 6 tablespoons of dark soya sauce
- 3 table spoons of chopped coriander
- 1.5 table spoons of chopped spring onions
- Rock salt to taste

Method:

- Wash and freeze the salmon, the next day, clean off the skin and chop into small pieces whilst the salmon is still a bit frozen.
- Add juice of one whole juicy lime
- Add Jalapeño or less hot green chilli, sliced or chopped very finely.
- Add soya sauce and sesame oil, increase soya sauce if needed.
- Add finely chopped coriander and spring onions to taste
- Add some rock salt to taste.
- Mix and leave in fridge till cold

Serve!



Rozina Masalawala
Jini kabaab bombay style

Ingredients:

- Minced Meat - 1kg
- Dhanajeera powder
- Red Chilli powder
- Chana atta
- Cooking oil

Method:

- Wash the minced meat, squeeze dry
- Add two teaspoons Dhanajeera powder
- I teaspoon red chili powder or more
- Add salt
- Add 2 tablespoons of chana atta and knead it well. Keep aside for few minutes. Heat oil, pick up the mixture with your fingers like small pinch or put with a teaspoon and fry.

(Jini is small, so pick small amount as a pinch)



Dolat Premji

Chicken lollipop

Ingredients and Method:

To prepare chicken lollipop from wings is little tricky -

- Half KG chicken wings
- Take out the thin bone of the chicken wing and discard
- Then push the meat up to the top of the thick bone

For batter:

- 4 spoons corn flour and white flour mixed
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 egg
- Beat egg, mix with the dry ingredients
- Dip the meat part of the lollipop into the batter and dip fry for 8 minutes

Sauce:

- Cut finely two onions,
- Add ginger and garlic tsp each,
- 1 tbs tomato ketchup
- 1 tbs white vinegar
- 1 tbs lemon juice
- 1 tsp chilli sauce
- 1 tsp soya sauce

Method:

- Fry all sauce ingredients for 2 minutes in one table spoon oil. Pour over the lollipops

Serve immediately



Rozina Masalawala

Junagadhi kabaab

Ingredients:

- 1KG Beef Kheema not very finely done a little coarse
- 2 bunch coriander leaves
- 3 bunch Mint leaves
- Both washed and chopped finely
- 3 tablespoons Ginger garlic paste
- 2 tablespoon Crushed coriander seeds
- 2 cups Bajra atta (Millet Flour)
- Salt according to taste 1/2 cup cooking oil

Method:

- Mix all the ingredients together and keep it aside for an hour it should not be soggy make sure you discard the excess water from the Kheema
- Keep oil for frying in a pan once it's heated good enough you have to pick like bunch with your fingers and put them straight into the oil. Do Not Press Them
- Make sure they fry good
- Just pick with your fingers and put them in the oil



Kamal Mulla

Stuffed savoury eggs with canned sardine filling

Ingredients:

- 4 hardboiled eggs
- 1 small tin sardines in oil
- 2 Tsp tomato ketchup
- Salt & pepper to taste
- Kothmir sprigs to garnish

Method:

- Cut eggs in half, lengthwise. Mash egg yolks, sardines, salt and pepper. Add in and mix tomato ketchup. Fill mixture in the egg whites. Garnish with kothmir sprigs.
- Refrigerate.
- Remove from fridge 15 minutes before serving.



Shaheen Ishani

Chicken wings

Ingredients:

- $\frac{1}{2}$ KG chicken wings
- 1 bunch fresh chopped coriander
- 2 tablespoons olive oil
- 2 tablespoons Soya sauce
- 2 heaped tablespoons of course grain mustard
- Chilli sauce according to taste
- 6 cloves garlic (crushed)
- 1 tablespoon honey
- Salt and pepper
- 1tbsp tomato ketchup

Method:

- Add ingredients all together and then marinade for two hours
- Cook for 50 mins at 200 degrees or deep fry



B. SOUP

Bilqueece Alimohamed

Turkish tiny kofta soup

Ingredients:

- 300 grms lean mince meat
- 1 medium onion chopped very fine.
- 1 bunch parsley chopped
- 2 tbsp (round grain) rice
- Salt and pepper to taste
- Garnish:
- Juice of 1/2 lemon and 2 egg.
- 1TBS butter and 1 TBS tomato paste

Method:

- Mix all ingredients make, make small balls
- Lay the balls onto a floured tray. Size of the balls must be tiny so 3 can fit into one tablespoon.
- When all the mixture is finished role the tray back and forth to cover the balls with flour.
- Take a medium size pot and bring 4 cups of water to a boil.
- Drop the tiny balls gently into the boiling water.
- Keep it simmering for 10 mins until the meat is cooked and the soup thickens with the coated flour. Set aside.
- Squeeze 1/2 a lemon and add to one egg. Beat.
- Slowly dribble the egg and lemon mixture into the hot soup.
- In a frying pan warm 1 tbsp butter and 1 tbsp tomato paste.
- Serve, add the balls in bowls of soup

Zenny Hirji

Chicken noodle soup

Ingredients:

- 1 Chicken leg, skinless, bone on
- A bunch of Pakchoy
- 1 stalk spring onions
- 1 inch piece ginger
- 1 stalk celery
- 2 tsp soya sauce
- Fine Chinese noodles. A handful
- 1 tbsp white vinegar (ideally rice wine vinegar)
- Salt to taste

Method:

- Boil the chicken with the celery, salt and ginger. When chicken is cooked, strain to get a clear broth. Debone the chicken and made small pieces.
- Place the chicken back into the broth on high heat. Add the noodles, when nearly cooked, add the pakchoy, soya sauce, finely chopped spring onions and vinegar. Serve as soon as pakchoy softens and is still green.
- Place an unopened can of Evaporated Milk in hot water and bring to the boil and boil for 15 minutes
- Once cooled, place the can in the freezer for 24 hours and then remove and thaw
- Mix the following ingredients in a blender: Evaporated Milk, Condensed Milk to taste, thick cream, ground pistachios, ground almonds, vanilla essence and saffron to taste
- Once blended and tasty, place in a container and put into the freezer. Every hour for three hours, remove the container and stir the Kulfi until it is thick and creamy.

Serves 2





Gulshan Fazal

Potato and leek soup

Ingredients:

- 1 bunch leeks thorough washed and chopped
- 3 medium size potatoes chopped
- 1tbsp butter.
- 1 bunch chives chopped
- 1 chicken cube or 1 cup stock
- 1cup milk.

Method:

- Melt butter in a saucepan and fry leek just to soften it.
- Add potatoes and mix for about 2 minutes add salt and pressure cook for 20 minutes.
- Liquidise and add a cup of milk and chicken. n stoke or cube. You can add water if the soup is thick. Add pepper to taste
- Serve with sprinkled chives.

VEGETARIAN MAIN COURSES

Shahira Lalani Alibhai

Mushrooms in soy sauce with bean sprouts

Ingredients:

- A few large red onions finely chopped
- Mushrooms preferably a variety of large + small (about 1/2 KG)
- Minced garlic and ginger, chopped chili or red chili flakes,
- 2 cups bean sprouts/ a few tablespoons soy sauce,
- A teaspoon or two of white sugar/ salt pepper/chopped coriander with stalks,
- A few tablespoons dark Chinese vinegar if available or normal white Chinese vinegar,
- 2 tsp corn flour and a dash of oil.

Method:

- Use whatever mushrooms that you may have, chop the larger ones in half leave the smaller button ones intact.
- Fry the mushrooms quickly over a high heat until softened, and remove from pan including all juices which should be collected.
- Fry the onion and garlic ginger chilies in a little oil and then add some of the mushroom stock collected.
- Add the vinegar, soy sauce, sugar, coriander, salt, pepper, let cook for 5 minutes and then remove from heat and strain retaining the liquid.
- Return the strained liquid to the pan. It will not be very much. Use some of the mushroom juices from the mushrooms that you set aside and make a paste with corn flour and add to the pan a cook over a low heat stirring.
- Add all the mushrooms and some of the strained onions and stir together and finally add the bean sprouts and allow to soften but no more. Garnish with chopped coriander and serve.



Serves 4-5 people as a side dish

Roxana Jaffer

Steamed stuffed aubergines

Ingredients:

- 8 Small 1.5 inch Aubergines.
- Washed well and dried with paper napkin.
- Slice in centre but not halved
- Make masala
- 6 Tablespoons of tomato puree.
- Add Garlic n ginger paste 2 tsp
- Dhania powder 2 t spoon .
- Haldi powder
- Salt to taste
- 2 Green chillies very finely chopped
- 2 t spon of white sesame seeds.



Method:

- Mix above .
- Stuff aubergines through the slashes with mixture.
- Take a flat pan
- Add 3 spoons cooking oil
- Fry large diced potatoes till brown
- Add little water n steam
- Slowly add each aubergine
- The whole mix in the pan is very dry
- Close the lid upside down
- Add hot water on the lid.
- And let it cook till all water eon lid evaporates
- Dont open lid
- This cooks like a home made pressure cooker
- Serve garnished with green coriander with chappaty or Bajra roti

Amina Ishani

Drumstick/Moringa and peas curry

Ingredients:

- 5 drumsticks part peeled cut into 2 /3 inch length(boil for few minutes)
- Half cup peas
- 1 small potato in cubes (optional)
- 2 tbsp Oil or ghee
- 1 medium onion chopped
- One tomato cut up
- Spices
- Garlic 1tsp
- Turmeric half tsp
- Salt to taste
- Cumin/ coriander powder 2 tsp
- Chilli powder one tsp
- 1 green chilly break it into 2 pcs
- Lemon juice
- 1 tablespoon
- Ginger 1 tsp

Method:

- In saucepan fry onions till soft not brown
- Add tomatoes, fry 3 minutes till tomato and onion looks like a sauce
- Add garlic and ginger
- Add moringa (drumsticks)
- Fry again till well covered with sauce
- Add the peas, add salt
- Fry well add half cup hot water
- Mix well and cover
- Check after 5 minutes may need water check if both veges cooked should not become mushy
- Add lemon juice
- Sprinkle with coriander leaves or mint before serving
- Can serve with ugali (amazing) or roti





Leena Rao

Tambli

Ingredients:

- Fresh coconut
- 2 red chillies
- 3 cloves of garlic
- 1 cup yoghurt

Method:

- Grind all 3 together very finely
- Add salt
- Add yoghurt
- Stir
- No cooking, serve with rice. It is a cold dish



Naseem Naushad Jivraj

Penne arrabiata

Ingredients:

- 7 table spoons of olive oil
- 5 cloves of garlic crushed or chopped finely
- One chicken cube by Knorr
- One packet of fresh Basil finely chopped.
- A tin of chopped tomatoes
- 7 table spoons of water
- Lemon and chilli flakes to taste (optional)

Method:

- Heat oil, add garlic and saute for a few minutes
- Add all the other ingredients and cook for 20 min till the tomatoes are well cooked ,and you can crush into a paste with a large ladle or spoon.
- Boil penne pasta add salt into the water when cooking
- When penne is ready mix the sauce in and serve.

Shahira Alibhai

Lasagna

Ingredients:

- 1 bunch chopped spinach retaining the stalks and drained of water.
- 100gm mushrooms sliced.
- 4 or 5 smallish aubergines sliced
- 5 grated medium sized tomatoes (or can of chopped tomatoes)
- 1 large red onion finely chopped
- 1 small red onion finely chopped
- 1 tablespoon tomato paste
- 3/4 cup roasted salted cashew nuts
- 1 tablespoon Italian herbs with extra oregano and basil, together with salt, pepper and chilli flakes
- 1 cup grated cheddar cheese
- 3/4 cup ricotta cheese
- 5 shakes of Worcestershire Sauce
- 1 teaspoon sugar
- 1 vegetable stock cube mixed
- 1 1/2 cups hot water
- 1 1/2 tablespoons ground garlic
- 1 tablespoon Balsamic Vinegar
- Olive oil
- 1 tablespoon plain flour
- 1 pint warmed milk
- 1/2 cup grated mozzarella cheese
- cashew nuts, they go in to the tomato sauce at the end

Method:

- Cook the large onion in a pan with a little I've oil, add the garlic until onions are light brown and add the tomatoes and Italian herb mix. Cook for 10 minutes, then add the stock cube, water, sugar and tomato paste for 10 more minutes on a gentle heat and simmer. Longer the better.
- Add the Worcestershire Sauce and Balsamic Vinegar . Remove from Heat.
- For the cheese sauce, heat the butter in a small pan, add the flour and cook until slightly browned then slowly add the warmed milk bit by bit, stirring constantly and avoiding lumps. Add the cheddar cheese and melt.
- Can add a little salt and white pepper.
- In a frying pan, add the olive oil and 1 small onion. Let the aubergines get lightly browned. Use enough oil to coat the aubergine. Add the remaining garlic and mushroom. Add a little salt and pepper.
- When mushrooms are softened add the tomato sauce and mix. Keep aside.
- Layer a deep ovenproof dish with lasagne sheets, and pour half the tomato vegetable sauce on top. Add half the cheese sauce. Then layer with crumbled Risotto cheese. Then add the final layer of pasta sheets. Pour the remaining vegetable tomato sauce. Then pour the remaining cheese sauce with the Mozzarella cheese sprinkled on top. Bake in a pre-heated oven at 180 for 45 minutes.





Kamu Bhavnani

Sindhi tomato kadi

Ingredients and Method:

- Take handful of any available veg - we use green beans, spinach, pumpkin.
- Add 2 tomatoes & 1-2 spoons of split green moong daal .
- Boil all together till soft and liquidise. Sieve. Heat oil in a pot, add 1/2 teasp mustard seeds, 1tsp jeera seeds & some curry patta, then the tomato mixture.
- At this point, add a few chopped vegetables - carrots, beans, bindhi and potato and little water if needed. Should be soup consistency, but not too watery.
- Add kukum flowers and cook till veg is cooked . Add fresh coriander & serve with rice.

Serves 4



Roxana Jaffer
Masoor or moong biriani

Ingredients and Method:

- Soak pulse for min 2 hours - helps to soften
- Boil 1 cup of the pulse till al dente.
- Brown one small onion - little crispy and keep aside.
- Soften another onion in 3 tablespoons of oil add 2 sliced chilies.
- Add 3 diced tomatoes - and soften.
- Add 2 spoons of garlic and ginger paste.
- Separately mix yellow food colour with strands of saffron in half cup water
- Add half to the colour mix to the cooking sauce
- Cook till oil separates Add boiled pulse and let it cook in the masala for ten min.
- Separately in a frying pan in one T spoon of oil add half spoon of sugar.
- Let it caramelize.
- Add medium pieces of potato and brown them in the caramel mixture.
- Add 2 tbs of water. Mix cover and let cook on slow heat.
- Separately bring to boil water
- Add washed rice till semi cooked.
- Drain the water.
- Add little oil tempered with cardamom cinnamon and cloves.
- In the pan of the pulse pan' add the caramelized potatoes. Layer with half of the crispy onion, add the semi cooked rice add colour/ saffron mix in between the rice to give a serrated yellow and white look.
- Add rest of the crispy onions on top and in between the rice.
- Cook for 30 min on low temp or oven on 180degrees.
- Serve with raita and cachumber.

Shahira Lalani Alibhai
Green vegetable Thai curry

Ingredients:

- 5 or 6 small Aubergines cut into half inch slices
- 3 courgettes cut into half inch slices
- 100gm mushrooms cut in half or whole if small
- one large finely chopped red onion
- 1 medium diced red onion
- 120g shop bought Green Curry Sauce,
- 100gm snow peas cut in half
- 1 to 2 tablespoons coconut oil or peanut oil
- 1 can tinned corn
- chopped coriander with stalks
- chopped spring onions
- 5 or 6 kaffir lime leaves very finely chopped or Kaffir lime powder(if not available, use curry leaves)
- 1 or 2 tsp palm or any other sugar
- A few stalks of lemon grass
- Juice of 1 lime
- 1 can coconut cream
- salt to taste
- 2 or 3 green chillies
- 1 tablespoon crushed garlic ginger
- 2 tablespoons soy sauce
- 1 tablespoon light soy sauce

Method:

- Saute the onion in the oil with the garlic ginger salt and chillies for 5 minutes until onions are translucent.
- Then add the chopped aubergines, saute till softened and light brown, add the courgettes and cook stirring until softened but still firm, add mushrooms and then add the green curry sauce and lemon grass.
- Heat on low heat for a few minutes stirring. Stir in the coconut cream, and add the snow peas and drained corn (reserve the liquid). Heat for just a few minutes stirring. The peas should be crunchy and not overcooked.
- Add the soy sauces, fish sauce, kaffir lime leaves and sugar and taste. Cook for a few minutes.
- Add lime juice and taste. Adjust the taste with a pinch more sugar or fish sauce if needed. If too thick add some of the corn liquid. Sprinkle with chopped coriander, kaffir lime leaves and spring onions and serve with sticky Thai Rice. This is a fav Lockdown meal at my home at the moment.



Kamu Bhavnani

South Indian tofu & mushroom curry

Ingredients:

- 300g fresh firm tofu
- 1 small green chilli chopped, or chilli flakes
- 1cm piece ginger crushed
- 2 garlic cloves crushed
- 3 spring onions chopped
- 100g chopped tomatoes
- 100g mushrooms thickly sliced
- 100g shredded cabbage
- Use any veggies you feel like
- 1 teasp sunflower oil
- 1 teasp mustard seeds
- $\frac{1}{2}$ teasp turmeric
- $\frac{1}{2}$ teasp cumin seeds
- $\frac{1}{4}$ cup water
- Salt, pepper & lemon juice
- Fresh coriander
- Dollop of yoghurt - optional

Method:

- Drain tofu of as much water as can.
- Heat a large non-stick frying pan over medium heat and add oil and mustard seeds.
- As soon as seeds pop, add turmeric, cumin, chilli, ginger & garlic and stir till fragrant.
- Add mushrooms & cabbage, then tomatoes. Stir for a few minutes.
- Add water, spring onion and salt & pepper.
- Cut tofu into cubes or break into the pan in largish chunks.
- Cook 10 mins or till tofu has absorbed liquid.
- Remove from heat, stir in lemon and coriander & optional yoghurt and serve hot.

Can serve with rice

Illa Arun Devani

Chinese Manchurian (vegetable dumplings)

Ingredients:

- Dumplings:
- 1 cup shredded cabbages
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup shredded courgette or zucchini
- 1 medium size chopped red onion
- 1 - 2 tbs self raising flour to bind the above vegetables
- Salt to taste
- Manchurian Sauce
- 1 tbs chopped green chillies
- 1 tbs chopped garlic
- 1 tbs chopped ginger
- 1 level tbs cornflour (corn starch)
- 4 tbs soya sauce
- 4 tbs chillie garlic sauce (bottled one also works well)
- 1 tbs cooking oil

Method:

- Drop the above mixture into oil for deep frying making uneven but round dumpling until they are cooked inside. Set them aside.
- Heat the cooking oil in a separate pan and fry chillies, garlic & ginger for a few minutes
- Mix the corn starch in 1.5 cups of cold water and add to the above mixture
- Add the soya sauce, chillie garlic sauce and cook until it thickens.
- To serve, warm the sauce and pour over the dumplings

Garnish with chopped spring onions and serve hot

Illa Arun Devani

Tofu in black pepper sauce

Ingredients:

- 1 block fresh Tofu
- 2 tbs cooking oil for shallow frying
- For Sauce
- 1 tbs cooking oil
- 1 pinch of sugar
- 1 level tbs corn starch
- cup cold water
- 1 tbs chopped garlic
- 1 tbs chopped chillies
- 1 sliced white onions
- 1 tbs crushed black pepper
- Salt to taste

Method:

- Cut Tofu into 1" squares
- Heat oil in a shallow frying pand and fry on medium heat taking care not to break them
- Set aside on kitchen paper

Sauce

- Heat oil in a pan and fry the sliced onions until pink.
- Add the chopped garlic and chillies
- Mix the cornflour in the cold water and add to the above ingredients in the pan. Allow to thicken.
- Add salt, sugar and black pepper and allow to simmer for 2-3 minutes
- Just before serving, place the Tofu in a 1" deep dish, pour the sauce over it



Meena Popat (Through Sheli Popat)

Famous matoke recipe - Ras wari matoke

Ingredients:

- 8-10 pieces green matoke (raw bananas) cut up in thick rounds
- 3 tablespoons of oil in a pan
- Add quarter teaspoon cummin seeds
- Quarter teaspoon rai seeds and,
- 4 green chillies slit with a handful of curry leaves

Method:

- Add in one onion and one tamato blended.
- Half a teaspoon of garlic half of ginger. Quater teaspoon of turmeric powder. Half a teaspoon of cumin powder half teaspoon of coriander powder.
- Add fresh green chilli or red chilli powder, half spoon tomato puree and salt.
- Cook for 10 minutes, add the matoke with two cups of water, add lemon juice and coriander leaves when ready

Evone Selvarajah

Srilankan Dal

Ingredients:

- 1 cup Masoor Dal
- 1/2 tsp. Turmeric powder
- 1 cup Medium - Thick Coconut Milk

For Tempering:

- 1 Onion (small, chopped)
- 1/2 - 1 tsp. Crushed garlic
- 1/2 tsp. Fennel seeds
- 1/4 tsp. Cumin seeds
- 1/4 tsp. Mustard seeds
- 2 Green Chillies (slit lengthwise)
- 1/2 - 1 tsp. Crushed red chillies
- Salt to taste
- 2 - 3 tsp. Oil (I use Coconut oil)
- Curry leaves

Method:

- Rinse the lentils 3-4 times. Add 2 cups water, turmeric powder and salt to dal. Bring it to boil. Reduce flame to lowest and cook till it's done, around 12 - 15 minutes
- Mash the cooked dal slightly with the back of the spoon. Add coconut milk gradually and mix well. Continue to cook on low flame for 6-8 minutes
- Meanwhile in a small frying pan, heat the oil and add mustard, cumin and fennel seeds. Add chopped onion, crushed garlic, green chilly and red chilly flakes. Cook till onion browns. Add this to the dal and mix well and serve with a sprinkle of coriander leaves.
- Can be served with rice or string hoppers



Shefali Khapre
Vegetable momos

Ingredients:

- 1 cup All purpose flour, water to knead
- Water to knead
-
- 1/2 cup Carrots
- 1/2 cup Beans
- 1/2 cup Cabbage
- 1/2 cup Babycorn
- 4 tbsp Coriander with stems
- 1tbsp Chopped ginger
- Salt & Pepper to taste
- 4 tbsp Spring onions
- All vegetables above finely chopped
- 2 tbsp Tomato ketchup
- 1tsp Chilli flakes
- 1 tsp Soy sauce
- 2 tbsp Mushroom Sauce
- 1& 1/2 Tbsp Dark roasted Sesame oil
- 2 tbsp Cornflour
- 1 tbsp Chopped garlic

Method:

- Make a dough with flour and water. The consistency should be like a chapati dough.
- Heat sesame oil, add ginger , garlic and saute. Now add all the finely chopped vegetables except cabbage. Add salt and pepper. Cook for 3-4 mins. Should not let become too soft.
- Add cabbage, sauces, spring onions and coriander, cornflour mixed with 2-3 tbsp water.
- Cover and give some steam. Open the lid to avoid discoloration of vegetables and let it cool completely.
- Now make small balls dough (grape size) , using little flour roll out into a thin puri or wrapper. Fill one tbsp of mixture and close the middle of athe puri or wrapper. Holding the puri in your left hand. Use your right thumb and index finger to start pinching the edges of the puri or wrapper together. Pinch and fold until the edges of the circle close up like a little satchel. Place the momo in the prepared steamer pan. Repeat with remaining wrappers and filling.
- Fill the steamer pot halfway with water and bring to a boil. Set the steamer pan with the momos on top of the pot and cover with a tight lid. Steam the momos until cooked, 10 minutes.
- Serve hot with chilli flake oil sauce.



Beejal Shah
Pani puri water

Ingredients:

- Soak for 2-3 hours :
- 2 tspn variali
- 2 tspn jeeru
- 2 grated raw mangoes
- 2 bowls mint
- 2 bowls coriander
- 4-5 green chillies
- 1 Ltr water

Method:

- Blend above with little water at a time, sieve, return water-ever has remained in the sieve and blend again. Keep on repeating till all the water is finished.
- Then to the water add salt, jaggery and Sanchar
- I don't always stick to 2 bowls mint, I put as much as 4 bowls of mint!

Chutney for bhelpuri / paani puri (by Amina Ishani)

- In a 2/3 cups of water put two lumps of amla.
- One teaspoon salt/ 1 teaspoon jeera powder/1 teaspoon chilli powder or half tsp.
- 6 dates .
- Boil 5 minutes.
- Leave to cool. Then with hands squeeze out both dates and amla
- Strain and taste.
- Add what u think is less



Barbie after 21 days lockdown

Charbie



@vibesofmeme

NON-VEGETARIAN MAIN COURSES

Amina Ishani

Dhaan Saak: A Parsi lentil and vegetable dish with or without meat

Ingredients:

- 4 types of vegetables half cup each.
- Spinach, potato, cauliflower, dudhi, carrot, any!
- 2 types of daals ie lentils.
- Tooovar and split Moong.

Method:

- Soak overnight.
- Boil all vegetables and dals together in a pressure cooker.
- Should be mushy.
- Liquidise.
- Heat 2 tbsp oil, add few curry leaves. A stick cinnamon, 2 each cardamom, cloves, black pepper.
- Add 2 onions, fry well till brown, add 2 peeled cut finely chopped tomatoes.
- Fry well add 2 tsp of water till it becomes a homogenized sauce.
- Add ginger/ garlic 2 teaspoon each. Add 2 tbsp tomato puree.
- At this stage add your boiled meat or chicken pieces
- Fry again. Sauce and meat should look like a curry
- Add 2 teaspoons dhana jeera, 1 teaspoon or more according to taste chillipoder. Half teaspoon turmeric.
- Salt 2 teaspoons maybe more according to taste. Chilli powder 2 teaspoons. Paprika 2 teaspoons.
- Keep stirring add few spoons of water so base does not stick.
- Wait for oil to separate from the curry, ie bubbles of oil should show.
- Don't let base dry out
- Add a ladleful of the liquidised mixture at a time but keep it smooth add water each time you add dal /veg mixture. Mix everything continuously.
- All must be well mixed when you put in the last batch.
- Add lemon juice. Sprinkle a teaspoon garam masala on the surface.
- Add tamarind pulp strained to taste.
- Sprinkle with coriander leaves
- Serve with rice and deep fried crispy onions & lemon juice.
- Can be eaten with Broon paav(baguette style bread which only Mumbaikars know?!)
- It's a complicated recipe but well worth trying!



Rice for dhaan saak

Method:

- 1 cup basmati rice, 2 cups hot water
- Heat 2 tsp ghee. add 2 each whole garam masala
- Add 1 chopped onion fry till brown. Add 1 clove chopped garlic salt to taste.
- Fry for only a minute
- Add the water but just before add 1 teaspoon brown sugar & immediately add water.
- Add the rice and cook as normal.
- Sprinkle fried crispy onion when serving.
- Rice will have a brownish tinge.

Azmina Visram

Srilankan fish curry

Ingredients:

- 500 gms Pomfret (used red snapper)
- 2 Onions chopped
- 1 Tomato chopped
- 2 tsp Ginger garlic paste
- 2 Green chillies
- 1 tsp Turmeric powder
- 1/2 tsp mustard seeds
- 1/4 tsp Fenugreek seeds
- 1.5 cups Coconut milk
- Tamarind extract a small lemon size
- Curry leaves
- Salt
- 1 tbspc Coconut Oil
- 1 tsp Chilly powder
- Pandan leaves (substitute for curry leaves)



To Roast And Grind

- 1" piece cinnamon
- 3 cloves
- 3 cardamom
- Pandan leaves (substitute limbro leaves)
- 1 tbspc Coriander seeds
- 1/2 tsp cumin seeds
- 6 Red chillies
- Curry leaves
- 1/2 tsp Peppercorns
- 1/2 tsp Fennel seeds
- 1/4 tsp Fenugreek seeds

Method:

- Dry roast all the given ingredients and grind it to a powder.
- In a kadai heat oil, add mustard and fenugreek seeds. Add onions and pandas (limbro) leaves
- Add green chillies, Ginger garlic paste and tomatoes.
- Add turmeric powder, chilly powder and the grinder masala powder. Saute for 2 mins.
- Add tamarind water and salt. Let it boil.
- Add coconut milk and simmer the flame. Let it cook for 2 mins.
- Add fish pieces and cover and cook for 10 mins.

Serve with steamed rice.

Amina Ishani

Cottage pie

Method:

- Quarter kg mince
- 1 carrot finely chopped
- 1 onion finely chopped
- 1 tsp garlic paste or 2 cloves
- 1 tbsp tomato puree
- 2 tbsp Worcester sauce (L&P)
- 1 tblsp chilli sauce
- Salt
- Pepper q a lot!
- 1 tblsp Olive oil
- 1 tablespoon white flour
- 6 potatoes mashed with butter added

Method:

- Fry onions till soft, add garlic don't crisp them
- Add mince
- Break it up make even
- Add 2 tablespoons water
- Add carrots
- Add flour keep stirring till smooth add more water if u wish
- Add the seasoning and the sauces
- Should look a brown mush! (liquidy)
- Turn off heat
- Pour into baking dish
- Set to cool
- Take a big tablespoonful of mash, place at distance of 3 inches from each other like small hills.
- With fork gently move the potatoes to cover small area around the hill, do the same with all. Till dish is covered and no sauce is seen
- Taste for salt n if you need add now.
- Place pats of butter around the top use fork to form a design on the mash. Bake when you're ready to eat at 180 think 30 minutes should be enough the butter will melt and top will have brown streaks on potato.

Please report when you make it?

Azmina visram

Chicken and mushroom pie

Filling:

- 3 boneless and skinless chicken breasts, cubed appx 500 gm
- 150g of button mushrooms, sliced
- 1 small onion, diced
- 1 tsp garlic paste
- 50g of butter
- 2 tbsp of plain flour and some more for dusting
- 300ml of milk
- 1 1/2 tsp or 200ml of chicken stock
- White pepper to season
- 2 tbsp of dry parsley
- 1 egg, beaten
- 2 tbsp of olive oil
- salt to season
- PASTRY: Puff Pastry Square - 40 gm x 10 pieces

Method:

- Heat the oil in a frying pan, add the chicken and cook it until it begins to turn white. Add the mushrooms and continue to fry until the chicken is golden-brown and the mushrooms have released all their moisture. Remove from the pan and set aside
- Add a touch more oil to the same pan and sweat onion and garlic for 2-3 minutes or until softened. Remove from the heat and set aside with the chicken and mushrooms
- Melt the butter in a saucepan, stir in the flour and cook for about 3 minutes, stirring constantly until it has formed a thick smooth paste
- In a bowl, mix the stock, milk, white pepper together. Pour the liquid slowly into the flour mixture, whisking constantly on a medium heat until smooth. Reduce the heat and simmer, stirring constantly for about 5 minutes or until the sauce has thickened
- Stir in the parsley and pour the sauce (enough sauce to moisten BUT not all) over the chicken and mushroom mixture. Mix well,
- Roll out 1 piece (of the 10 piece) puff pastry dough on a lightly floured surface until it is the thickness desired for the filling. Brush along each side of the 4 edges of the puff pastry with beaten egg,
- Put the filling on one half the puff pastry. Cover the other half of the pastry on top & press down the edges with a fork. Brush the top of the pie with beaten egg.
- Repeat the process for the remaining 9 puff pastry pieces.
- Bake the pies in the oven on a tray lined with foil and brushed with oil. Temperature: 180 degrees for 10 minutes, or until golden-brown on top



Sajida H. Shroff

Rhogan josh

Ingredients:

- 5 tbsp vegetable oil
- 7 black peppercorns, left whole
- 3 black cardamom pods, left whole
- 5 green cardamom pods, left whole
- 4 cloves, left whole
- 1 cinnamon stick
- 1 piece of mace (optional)
- 1 onion, finely chopped
- 750g/1½lb lamb or mutton, cut into pieces
- 6 garlic cloves, peeled, left whole
- 2cm/¾in piece ginger, peeled and cut in half
- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp red chilli powder
- 2 tsp ground fennel seeds
- 1½ tsp garam masala
- salt, to taste
- 2 tomatoes, blended to a pulp in a food processor
- 3 tbsp plain yoghurt, stirred
- handful chopped fresh coriander, leaves and stalks

Method:

- Heat the oil in a large pan over a medium heat. Add the black peppercorns, black and green cardamom pods, cloves, cinnamon and mace and fry for 1-2 minutes, or until the spices are sizzling and fragrant.
- Add the chopped onion and fry for 8-10 minutes, stirring regularly, until golden-brown.
- Add the lamb pieces and fry for 3-4 minutes, stirring continually, until golden-brown all over.
- Meanwhile, in a food processor, blend the garlic cloves and ginger with one tablespoon of water to a fine paste.
- Add the garlic and ginger paste to the lamb mixture, stir well to combine, then reduce the heat and continue to cook for 3-4 minutes, stirring regularly.
- Stir in the powdered coriander, cumin, red chilli powder, fennel seeds, garam masala, salt, tomato pulp and yoghurt, cover the pan with a lid, then reduce the heat to a low heat and simmer for 10-12 minutes, or until the sauce has almost completely dried out.
- Add 2-3 tablespoons of boiling water to the sauce, stir well and simmer for a further 7-8 minutes, stirring continually and adding splashes of water as necessary, until the volume of liquid has reduced and the sauce has thickened.
- Add enough boiling water to almost cover the lamb, bring the mixture to the boil, then reduce the heat to a simmer and simmer for 8-10 minutes, or until the lamb is cooked through.
- Stir in the chopped coriander just before serving.

Baked fish with sour cream and dill

Ingredients:

- 6-7 ounces fish fillets
- 1 cup chicken broth
- Juice of half a lemon salt.
- 3 tablespoon flour
- 2/3 cup sour cream (room temperature)
- 2 teaspoon dried dill, 3 tablespoon chopped fresh dill
- salt and pepper

Method:

- Pre heat oven to 400 degrees
- Pat fish dry with paper towels and place single layer in a baking dish
- Cover with broth and lemon juice and sprinkle lightly with salt
- Bake covered 10-15 minutes or until fish loses its translucency
- Pour off liquid and measure. If there is less than one cup add broth to correct measurements
- Melt butter in skillet over medium heat, sift in the flour stir, but do not brown
- Remove from heat and gradually add reserved liquid
- Return to heat and stir constantly until thick and smooth
- Over low heat blend in cream and dil, don't boil or sour cream will curdle
- Season with salt and pepper
- Cool and spoon sauce over fish covering completely
- Dish may be covered and refrigerated at this point
- Remove from fridge 2 hours before serving
- Just before serving pre heat oven to 300 degrees
- Bake uncovered for 20 mins or until sauce is bubbling around the edges
- Sprinkle with parsley and serve



Rosina Dhala

Jeera chicken

Ingredients:

- 1 chicken cut in 8 pieces
- 1 small pot yoghurt
- 1 onion cut into small pieces
- 2 teaspoons dhana jeera
- 1 tablespoon whole jeera
- 1 /2 green chillies
- 1 tablespoon tomato puree
- Half a teaspoon turmeric
- Salt
- 1 tablespoon oil

Method:

- In oil fry onion till translucent, heat jeera for a minute, add yogurt salt and spices fry.
- Add chicken.
- Close lid let it cook slowly till chicken is cooked.
- You may need to add a little water but this is not a 'saucy' dish!
- Serve with chapatti or crusty bread and lemon wedges.



Amina Ishani

Deconstructed salad nicoise

Ingredients:

- Half tin tuna chunks in brine, flaked with a fork (100gm)
- Few olives
- One firm tomato pieces chopped
- A boiled chopped egg
- Boiled and cooled french beans half inch long (10-12)
- One boiled and cubed potato
- Olive oil /few chopped basil leaves/
- Mint leaves
- Salt n pepper

Method:

- Place 2 tbsp olive oil in a small wok
- Add 2 tbsp lemon juice salt pepper
- Add all ingredients. Shake wok few times,(don't overheat)
- Serve immediately. Sprinkle with chopped parsley

Note: All very nutritious ingredients.



Tasneem Virani

Lamb curry

Ingredients:

- 1 kg lamb
- 1 tin tomatoes (or 4 fresh, chopped)
- 2 hands full of fried onions
- 2 teaspoons garlic
- 2 teaspoons ginger

Method:

- Take 1 tablespoon of oil, fry 2 cinnamon sticks, 3 cloves and 3 cardamon then add lamb and garlic and ginger
- Wait for colour to change
- Then add tomatoes, 1 teaspoon cumin, coriander and turmeric and salt to taste
- Cook until oil separates, add water as needed
- Check lamb is cooked
- Garnish with fresh coriander

Serve with lemon wedges

Roxana Jaffer

Burmese khao sway (Suey)

- Secret is to give larger serving bowls and maybe napkins as tie guards!!
- This is a very detailed dish of noodles in a coconut curried sauce - but worth the effort.
- Best is that guests become the 'mixers' as the hostess leaves all the mixing items separately served in different bowls on the dining table with the different garnishes.
- This dish is a great talking point too.
- Serve in separate bowls, each for: Chicken cubed curry (large bowl), Coconut sauce (large bowl), Boiled Noodles (rice or any other thin variety) (large bowl) & Garnishes each in individual small bowls

Ingredients:

- Chopped coriander/Chopped Chilies/ Quartered Limes or Lemons/ Fried browned crispy sliced onions/ Fried diced garlic kernels /(best of all) Crispy noodles (fry some of the noodles in the dry state and broken into very small pieces)/ Diced Spring onion Leaves/ Chopped slices of boiled eggs

Method:

- Cut 2 large chicken breasts into $\frac{1}{4}$ in cubes.
- Add 1 tbs spoon each of crushed garlic and ginger
- Add $\frac{1}{2}$ spoon of turmeric powder, salt and chilly powder to taste
- Add 1 spoon of corn flour and mix well- Let it marinate for 2 hours.
- Prepare the cooked garnishes - In two tbsp oil - fry the sliced garlic till brown and keep in a bowl. In the same oil fry diced onions till crisp and light brown - Keep in another bowl.
- Boil large packet of noodles - add 1 spoon of oil and a little salt. Drain, and add few chopped coriander pieces for a nice visual look - Serve in a large bowl.
- In the same pan where we fried the garlic and onions - to keep the flavor - add two spoons of oil - temper one or two dry red chillies with a tea spoon of cumin seeds. Once spluttering add one diced fresh tomato - when soft add the chicken. Let it cook with a quarter cup of water. When the oil separates, check for the chicken, if cooked and serve in a large bowl. And, now for the coconut sauce. - Boil coconut milk (2 tins of good quality Thai variety) - add salt and spoonful of haldi. Separately mix one and half table spoons of channa atta - mix with warm water to a lump free consistency. Slowly fold into the coconut milk - stirring with a spatula. Add water to give it a runny consistency. Serve in a large bowl with a big spatula.
- Let guests serve themselves in small bowls- first adding chicken, top with noodles, then pour lots of coconut sauce topped with all the ingredients to suit each one's preference. Top with the coriander and crunchy fried noodles.



Priya Dadani

Whole masala fish (baked or deepfried)

Ingredients:

- Clean and wash the fish Pat dry with paper towel
- Marinade
- Lemon juice
- Garlic 1 tsp
- Salt
- Marinade for couple hours
- Ingredients for sauce
- Tomato puree 1 tbsp
- Garlic ginger paste 1 tsp
- Coriander cumin powder 2 tsp
- Chilli powder 1 tsp or to taste
- Add some water and 2 tbsp oil.

Method:

- Spread over both sides of the fish .
- Put into oven and bake covered at 180 for 30 minutes then remove cover to dry and crisp the top for 20 minutes
- Garnish with coriander serve with naan



Nuri Abdul

Ginger crabs

Ingredients:

- Fresh crabs quartered.
- Chop red onions length wise - 1 per crab
- Tomatoes again 1 per crab

Method:

- Fry onions in hot oil & butter
- till light brown.
- Add grated ginger nice 2 tablespoon.
- Add the tomatoes.
- And tomato purée salt, red chilies, turmeric and dhania jiru!!
- When the sauce is nice and saucy add the crabs.
- Cook for a few minutes in the sauce till they turn red. Garnish with lemon and dhania. Serve with baguette



Shefali Khapre

Garlic jumbo prawns in white wine

Ingredients:

- 2 tbsp olive oil
- 1 tbsp butter
- 12 tiger prawns
- 2 cloves garlic (chopped fine)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- 2 tablespoons parsley (chopped fine)
- $\frac{1}{4}$ cup of a sweet white wine
- 1 tbsp lemon juice
- Salt & Pepper to taste
- Slice yellow pepper (optional)

Method:

- Peel and de-vein the prawns. You can also butterfly them if you like, by making an incision on the back of the prawn. Make the incision on the thicker half only and about half way through.
- Season the prawns with the salt, pepper, lime juice and red pepper flakes
- Now preheat a large fry pan on medium-high heat. Once the pan is hot, add the olive oil, butter and garlic. Saute.
- Add prawns, cook for 2 mins. Add white wine and adjust the seasoning. Just before the prawns finish cooking, add parsley and toss for about few seconds.

Serve immediately with a glass of white wine and garlic bread



Gulshan Fazal

Chicken poussin

Ingredients:

- 1 chicken cut up into 8 pieces
- 1 tbsp spanish paprika
- 1tbsp. Black pepper grounded
- 2tbsp butter
- 2tbsp margarine
- 2tbsp oil
- Salt to taste
- Paste of ground bullet chillies, lemon juice and garlic

Method:

- Partially boil chicken and deep fry
- Prepare sauce with butter, margarine ,oil, chilli paste pepper and salt.
- Pour the sauce over the chicken
- Save some to serve with Nan and chips.

Serve with naan or chips

Noori Hashwani

Khowsay (2)

Ingredients & Method:

CHICKEN

- 4 Chicken breast cut into strips
- Take 4 tomatoes soften them in the micro add 3 tsp Garlic
- Salt to taste
- 2 tbsp chilli paste (Soak round dry chillies without seeds in hot water when soft make paste)
- Red Paprika powder 1Tsp
- Mix all with the chicken .
- Marinate if for few hours .
- In a pan add 1/4 cup oil when very hot add the chicken mixture .
- Cook till chicken is cooked and the oil surfaces on top.
- Save 3 tsp of the chicken gravy and put it in the coconut curry .

COCONUT CURRY

- 3 tins coconut
- Add salt to taste
- 3tbsp of the chicken cooked gravy
- 1/2 tsp haldi
- I chicken cube diluted in water then add to the coconut
- Cook slowly till boiling

BOILED SPAGHETTI

- Prepare the following garnishing:
- Chopped green chillies
- Coriander
- Spring onions
- Sliced lemons
- One boiled egg
- Deep fried spaghetti



All ready to serve:garnish to your taste

Can serve 8



Kamal Mulla

Mutton curry and rice

Ingredients:

- 1 kg mutton (shoulder & leg pieces).
- Pressure cook mutton. Reserve soup.
- Grind together:
 - 1/2 coconut
 - 3 tblsps cashewnuts
 - 8 red Kashmiri chillies
 - 3 green chillies
 - 2 1/4 tblsps khus khus (poppy seeds)
 - 1 1/4 tblsp dhannia seeds
 - 1 1/2 tsp jeera seeds
 - 1 inch piece cinnamon
 - 1 inch piece ginger
 - 12 cloves garlic
 - 8 cloves
 - 8 cardamoms
 - 1 tsp haldi powder

Method:

- Chop 2 onions and fry till golden brown. Add 6 curry leaves. Sauté. Add ground masala and 2 tsps salt and fry well. Add the reserved mutton soup and blend well. Then add coconut milk (from half a coconut) and the cooked mutton.
- Cook for a while. Then add lemon juice to taste.
- Rice (to accompany above Curry)
 - Wash 2 cups rice.
 - Heat 1 tblsp butter or ghee and fry 1 chopped onion till light brown.
 - Add in the rice mixed with 1 tsp garam masala and salt to taste. Stir well.
 - Add in 4 cups water and cook till rice is done and water absorbed.

Shaheen Ishani

Chop chop

Ingredients:

- Lamb chops- 1KG
- 3 Onions
- 1 Green pepper
- 2 Potatoes
- Fried onions
- 2 Tomatoes
- Garlic / Ginger paste
- Tomato puree - 1tbsp
- Dhana/jeera powder - 2tsp
- Coriander leaves
- Lemon juice
- 2 tablespoons olive oil
- Salt
- 2 green chillies slit

Method:

- Marinade chops in garlic, ginger, green chilli, fresh dhanya, salt and lemon juice
- Place chops in a baking dish
- Sprinkle fried onions on top
- For sauce, mix 3 tablespoons tomato puree, 1 teaspoon garlic ginger, 1 teaspoon dhana jeera powder, 2 tablespoons olive oil, chopped dhanya and $\frac{1}{2}$ cup water. Mix all together
- Spoon half of this mixture on top of chops
- Slice tomatoes / green peppers in rings and layer
- Add more of the sauce
- Slice potatoes and layer
- Pour remaining sauce. Add olive oil on top so it does not dry
- Bake in oven at 160 degrees for 1 $\frac{1}{4}$ hours
- Covered at first then remove cover- Should be left with a sauce

The dish requires only one baking dish. Layer everything, cover. Ready to bake.

Bake and serve immediately



Shazma Esmail

Chicken pot pie

Ingredients:

- 2 tbsp - Olive oil
- 2 leeks (only white part)
- $\frac{1}{2}$ - 1 cup Mushrooms
- $\frac{1}{2}$ - 1 cup Carrots
- $\frac{1}{2}$ - 1 cup Celery
- $\frac{1}{2}$ - 1 cup Peas
- $\frac{1}{2}$ - 1 cup Corn
- 2 cups chicken broth
- Chicken breast - diced and cooked
- $\frac{1}{2}$ tsp ground pepper
- Salt to taste
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp thyme
- $\frac{1}{2}$ tsp soy sauce
- $\frac{1}{3}$ cup flour
- Sambal olek to taste (or chilli sauce)

Method:

- Heat oil, add leeks, celery, mushrooms and carrots. Cook until vegetables are softened. Sprinkle with flour and cook for a few minutes. Whisk in chicken broth, salt, pepper, thyme, and sambal olek.
- Simmer for 10 minutes. Add cooked chicken breast and simmer for 10 more minutes. If it becomes too thick, add some more chicken broth.

Topping:

- Option 1 - top with ready made pie crust, such as pillsbury
- Option 2 - top with mashed potatoes or mashed sweet potatoes - cooked and peel potatoes, add milk, salt, pepper, paprika and cheddar cheese

Karina Govindji

Family pasta chicken

Ingredient and Method:

- Boil 500g pasta and keep aside
- Fry 1 onion in 1 tbsp olive oil until clear
- Add 1sp garlic paste and 1tsp ginger paste and mix together
- Add 500g chicken breast pieces and fry together
- Add salt and green chillis to taste
- When chicken is half cooked, add 3 tomatoes
- Add 3 chopped bell peppers, celery, sweetcorn, leeks and mangetout into chicken mix.
- Fry well
- Add pasta
- Add Cream of mushroom soup and heat, stir.
- Serve with garlic bread

Can be a vegetarian main course: leave chicken out





Pervis Rawji

Chicken tarragon

Ingredients:

- Chicken breast, cut into long strips, about an inch thick
- 2 tbsp olive oil
- 1 tsp garlic
- salt, pepper
- 1 or 2 tbsp water
- 1 cup rice
- 1 cup green onions, chopped fine
- 1 or more Tbsp dry tarragon

Method:

- Depending on how quick you are in the kitchen, keep your ingredients ready. Cook the rice, I like to cook mine with peppercorns and some whole cumin seeds.
- In a heavy skillet, heat the olive oil or any oil e.g avocado or grapeseed. Put garlic in and lay the chicken pieces on, but do not have them touch. Add salt and pepper and if you like some more flavour, you may add a tsp each of soy sauce, lee and perrins and hot sauch. Crush the tarragon in your palm and sprinkle over the chicken. Turn to cook the other side. Add the water and cover if the chicken is not cooked. Turn the heat off.
- The rice should be cooked and steaming now. Put it all onto a platter, heaped near the centre in a gentle mound. Place the onions in a pile at the top, spreading them out a bit. The steam from the rice will soften and cook them. Now lay the chicken pieces over the rice like the spokes of a wheel and splash the liquid all over the dish.

Serve immediately



BREAD & CHAPATI

Beejal Shah

Millet bajra rotis

Ingredients:

- Bajra flour,
- grinded green chillies
- crushed garlic and salt.

Method:

- Bind with cold water.
- Roll between 2 sheets of cellophane.
- Shallow fry on low heat.
- Salt, garlic ginger to taste


Tove Hussein
Zaras breakfast rolls

Ingredients:

- 5 decilitre lukewarm water
- 1 decilitre lukewarm milk
- 10 gram active dry yeast
- 2 teaspoon salt
- 1 tablespoon honey
- 800 gram baking flour

Method:

- Dissolve the yeast in a little of the milk, then quickly mix all ingredients together
- Pre-heat oven til 230 oC
- Sprinkle flour on the table top and pour the dough onto it.
- Sprinkle over the dough and slightly flatten. Do NOT knead flour
- Divide the dough to roll-size or any size you prefer
- Place on well-greased baking tray
- Bake in the middle of the oven for about 17 minutes.
- Leave bread to cool without cover





Nuri Abdul

Crispy parothas

Ingredients:

- White flour & Wheat flour
- Salt/sugar
- Ghee
- Water

Method:

- Mix white flour with wheat flour. 2/1.. add salt, a little ghee and warm water and knead to a nice roll (moisty)!! Keep aside for 1/2 hr.
- Then roll out to saucer size, spread ghee lightly and sprinkle flour!! Pleat it from end to end, then roll it up like a jelebi. Pat it back and roll to a plate size. Should be nice and thin. Fry in hot ghee. Nice & flaky !!
- As an alternate to this, add a little sugar (instead of salt) to white flour only. Pleat the dough, smaller rolls and fry. You can then place in a syrupy treacle !!



Rita Mehta

Puran pudi-guju style

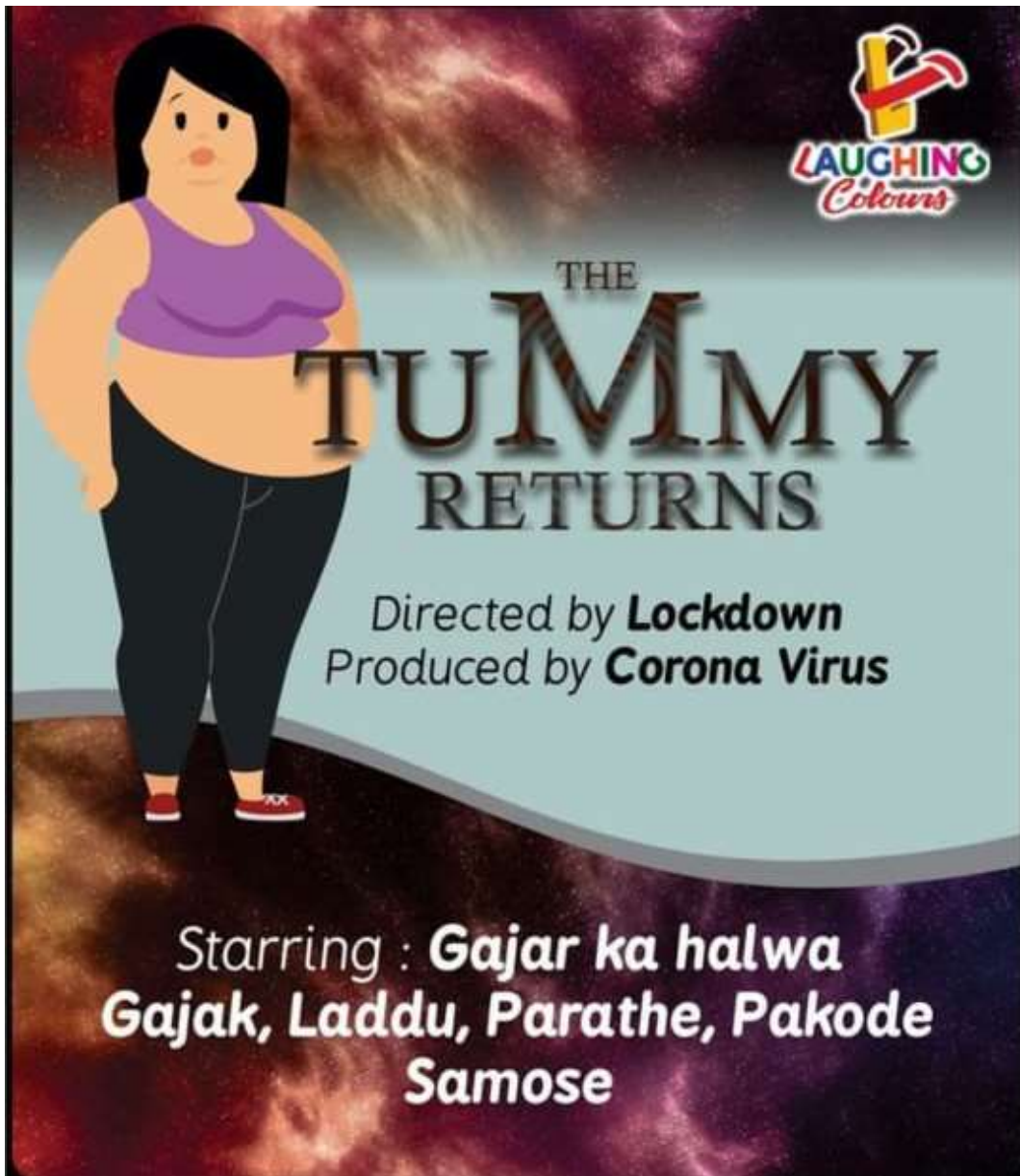
A sweet chapatti

Ingredients:

- 1 cup toor dal
- 1/2 cup flaked gur/ jaggery
- 1 cup flour for the roti
- Ghee & Salt

Method:

- Boil dal in pressure cooker for 6/whistles.
- Make sure it is dry
- Mix the cooked dal well
- Add jaggery and a pinch of cardamon
- Add two table spoons of ghee
- Stir very well till there are no lumps
- Make each chapatti 4 inches round. In the middle, put a ball of the dal mix. Close all sides to the center.
- Flatten with palm. Gently roll the roti abit more then sprinkle a bit of dry flour on it, put it on the tava, add drops of ghee around, flip over add ghee again till both sides are well cooked
- Serve hot.



DESSERTS

Roxana Jaffer

Umm ali

History behind this dessert: Bibi Fatima Al Asad, the mother of Imam Ali came from humble beginnings. Sometimes she had no food to feed her children and would go begging and receive dry stale bread. She would soak in water boil and add sugar to feed her children.

(Recipe adapted from her Egyptian friend Sameh Youssef)

Ingredients:

- 500gm puff pastry
- 1.5 litter full cream milk
- 250 gm sugar
- 50 gm Raisins
- 50 gm pistachio crushed
- 20 gm almond
- 50 gm desiccated coconut
- 250 gm whipped cream (unsweetened)



Method:

- Pre - heated oven to 180 degrees
- Thin the puff pastry with little flour and place on baking tray, cooking till crispy and golden in color.
- Combine milk and sugar in a heavy based saucepan and bring to boil until the sugar dissolve.
- Add rose water
- Pour milk and sugar mixture over the puff pastry and leave to soak for 2 to 3 minutes.
- Add nuts , dry fruits, coconut and top with whipped cream
- Place the baking tray under an oven broiler until it bubbles around the edges and the top turns golden brown.



Bilqueece Alimohamed

Swiss cake

Handed down by a close Spanish friend (Gloria)

Ingredients:

- 4 eggs (large) or 5 small ones. Separate the whites from the yolk and beat until stiff.
- 200 grms sugar.
- 200 grms powdered almonds (white)
- 100 grms butter (softened)
- 1|2 tsp almond essence.
- 1/4 cup powdered sugar for decoration.

Method:

- In food processor mix the above ingredients in order that they appear above. After making the egg whites stiff change the speed to medium when adding the rest of the ingredients below.
- Add the yellow of the eggs to the stiff whites, then the sugar, powdered almonds and lastly the softened butter and almond essence.
- Bake in a small square pan or a 24 cms round pan (lined with butter paper) in a pre heated oven 150-160 degrees for 30-40 mins on the bottom step of the oven until golden brown colour .
- Remove from oven and cover the cake in its pan (so moisture does not escape) with a clean kitchen towel for 10 minutes.
- Remove and decorate with powdered sugar over a stencil of your choice.
- Since there is no flour the cake is like pure marzipan.



Iman Lalani

Lemon cake

Ingredients:

Cake:

- 1 lemon
- 225 g self-raising flour
- 1 tsp baking powder
- 4 eggs
- 225 g soft butter
- 225 g caster sugar

Icing:

- 1 lemon
- 125 g icing sugar

Method:

Cake:

- Heat oven to 180 degrees celsius
- Grate rind of lemon and then juice it
- Sift flour and baking powder into a bowl
- Break eggs in a cup and add butter and sugar
- Beat everything together and stir in lemon rind and juice
- Divide the mixture into two tins
- Bake the cakes for 25 minutes or until they spring up when you press down on them
- Leave the cakes to cool

Icing:

- Grate rind of lemon and then juice it
- Sift icing sugar and mix with lemon juice until it looks like glue
- Spread icing onto the cake and use lemon zest for decoration





Beejal Shah

Instant shrikhand

Ingredients and Method:

- 1 tub thick / Greek yoghurt.
- Add 2 or 3 tablespoons icing sugar.
- Mix thoroughly. Add some strands of Saffron and a pinch of crushed cardamom.
- Sprinkle with chopped almonds and pistachios.
- Serve cold.

Tove Hussein

Ella's rhubarb compote

Ingredients and Method:

- 250 grams rhubarb chopped
- 100 grams sugar
- 1 deciliter water
- Vanilla powder or essence to taste
- Boil sugar and water to a thick syrup
- Add the chopped rhubarbs
- Reduce heat and simmer for 5-10 min.
- This can be used as a jam or stuffing in sweet pies





Amina Ishani

Quicke n easy bread pudding

Ingredients:

- 3 or 4 slices bread (white)
- 1 cup milk
- 3 tablespoons sugar
- 2 eggs beaten
- Pinch cinnamon pinch nutmeg pinch cardamom pinch saffron few raisins any, all or none ok
- 2 tablespoon butter

Method:

- Beat eggs
- Warm the milk & sugar add butter let butter melt, remove from heat- don't boil
- Place quartered slices of bread in a buttered dish- cut out edges if you wish
- Mix milk mixture and egg together and whisk
- Pour over bread, leave to soak till ready to bake (or at least 2 hours)
- Put in oven 30 minutes covered 180 then uncover 15 mins to brown on top/ Serve immediately if you wish with custard sprinkle almonds and pistachios or icecream. Easy peasy & yummy comfort food.

Tove Hussein

Raspberry tart

This tart recipe can be used with many different kinds of berries and fruit.

Ingredients:

- 250 gram baking flour
- 190 gram butter
- 75 gram icing sugar
- 1 egg

Filling:

- 250 gram fresh raspberries or other fruit and berries.
- 1 tea spoon sugar
- Mix softened butter with flour and icing sugar to form grainy dough.
- Mix egg and dough quickly together.
- Place the dough to cool in the fridge for one hour. It can be kept in the fridge for a couple of days.
- Grease a 10" pie dish.
- Remove a quarter of the dough to make the strips for decoration over the fruit.
- Roll out the dough to a size slightly larger than pie dish.
- Roll the dough around the rolling pin and place over the pie dish.
- Press the dough gently to the bottom and sides. The extra dough can be removed by rolling pin over the edges.
- Place the fruit evenly over the bottom of the dish and sprinkle the sugar over the berries.
- The remaining dough is rolled out, cut into one centimetre wide strips in the length of the dish and placed over the berries as shown on the illustration.
- Bake in preheated oven at 200o C. for 30 minutes, or till the crust is brown.
- Serve with Cream, Ice cream or crème fraiche.





Shaheen Sheikh

Crispy seviyan squares

Ingredients:

- Seviyan
- Butter
- Milk
- Almonds

Method:

- Take two packets of seviyan (200gm each). Break seviyan into small pieces in plastic tray. Take 450 gm of packet of butter. Melt butter and fry seviyan for a few minutes. Take 398 gm can of
- Condensed milk and add to mixture. It will thicken and 'disappear' into the seviyan. Take out into dish, put sliced almonds on it and score (make into rectangular pieces).
- Serve warm or cool



Ashifa Patni

Passion fruit mousse

Ingredients:

- 8-12 passion fruit (decide according to how sour you want it to be)
- 500 ml whipping cream
- 400 -415 ml condensed milk (or 1 can)

Method:

- Cut the passion at the top (like you are cutting off the hat) and empty contents into a bowl, including the seeds. Mix with hands to soften the pulp and remove and inner skin pieces. (If you don't want the seeds, then sieve the pulp; the seeds add a nice texture)
- Stir in the sweetened condensed milk
- In a chilled bowl; beat cream until stiff peaks form. Fold 1/3 of the cream into the passion fruit mixture, then quickly fold in remaining cream until no streaks remain.
- Refrigerate for at least two hours (I like to leave it over night for better consistency).
- You can serve it in a big bowl or in small dessert dishes.
- Garnish with passion pulp and/or a mint leaf.

Rita Mehta

Eggless chocolate cake

Ingredients:

- 2 pkts of large size bourbon biscuit 120gms each
- 1 cup of milk
- 1 pkt eno fruit salt (2 teaspoon)

Method:

- Crush biscuit to fine powder
- Add milk little at a time till cake consistency , mix in one direction. Line the cake tin with butter and flour.
- Pour the mix in the tin and use preheated cooker with the whistle removed for 35/40 min Test the cake with a knife and see if anything sticks , if so it needs a bit more time in the cooker.
- Do not over cook or else cake will become dry
- After testing remove from the cooker, cool , remove from the sides and turn down on a plate.
- You can garnish with whipped cream or ice cream

In this cake there is no additional sugar or butter



Shaheen Sheikh

Kulfi (1)

Ingredients and Method:

- Take one pint of whole milk, boil, add one can of evaporated milk in it. Boil until reduced.
- Sugar to taste - I put about two cups. Then add slivers or crushed almonds in it. some people add Kewra (rose water- depending on how strong you want the taste of rose water).
- Put in moulds and freeze.



Gulshan Fazal

Kulfi (2)

I dedicate this to all the enterprising ladies who have participated in Amina's initiative during this compulsory lock out

Ingredients:

- 500ml fresh milk
- Half goti mavo (milky mold usually ready made)
- Kesar
- 1tin ideal milk
- 500ml fresh whipping cream
- I tin condensed milk (use according to taste) .
- 1 to 2 tbsp of ground Almonds and Pistachios
- Cardamon powder
-

Method:

- Boil three above ingredients. Let mavo mix well
- Keep it aside to cool.
- Separately whip the cream lightly
- Seperate whip ideal milk
- Add the above to the cooled Milk mixture, and add sweet milk, almonds and pistachios.
- Mix everything well
- Set in a freezer proof dish.



Nina Hirjee

Kulfi (3)

Ingredients:

- 1 x Condensed Milk
- 1 x Evaporated Milk
- 1 x Nestle Thick Cream 250ml
- Saffron
- Blended Pistachios
- Blended Almonds
- Ground Elachi (cardamoms)
- Vanilla Essence
- 10 - 12 servings

Method:

- Place an unopened can of evaporated milk in hot water and bring to the boil and boil for 15 minutes fully covered in water
- Once cooled, place the can in the freezer for 24 hours and then remove and thaw
- Mix the following ingredients in a blender: Evaporated Milk, Condensed Milk to taste, thick cream, ground pistachios, ground almonds, vanilla essence and saffron to taste
- Once blended and tasty, place in a container and put into the freezer. Every hour for three hours, remove the container and stir the Kulfi until it is thick and creamy. Spoon or cut in squares.

Enjoy



1-26

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"DAD SAYS YOU'RE MAKIN' A NEW RECIPE,
SO WE'LL PROBABLY HAVE PIZZA TONIGHT."



Farah Bhanji

Apple pizza

Ingredients:

- 1 roll of puff pastry
- 1kg apples peeled and sliced very thin
- 60g Brown sugar
- 75g butter
- 2 tbs almond powder

Method:

- Roll puff pastry very thin
- Prick with folk
- Add almond powder with a little sugar on top of pastry
- Cook pastry for 10 min at 200 degrees
- Mix butter and sugar and warm in microwave
- Mix apples in the sauce
- Add the apples on top of pastry
- Cook for 15min at 210 degrees.

Serve hot



Farah Bhanji

Chocolate mousse

Ingredients:

- 75g dark chocolate
- 50g sugar
- 3 eggs separated
- 2 tbs water

Method:

- Break chocolate and warm with 2 tbs water on low heat
- Make sure to use a wooden spoon. Remove from heat.
- And add 3 egg yolks to chocolate mixture and keep mixing.
- Beat 3 white eggs and add sugar slowly.
- Beat until firm
- Mix chocolate with egg whites and pour in small glasses
- Put in fridge to cool



Farah Bhanji

Vanilla cream

Ingredients:

- 750 ml of milk
- 259 ml of double cream
- 70 g sugar
- 1 vanilla bean/ Vanilla essence
- 2tbs corn starch

Method:

- Cut through the vanilla bean.
- Mix milk, double cream, sugar and vanilla bean on low heat until it boils.
- In a separate bowl, mix 4 yellow eggs with 2 tbs of corn starch
- Remove the beans from the vanilla and put back in the mixture.
- Mix 100ml of the mixture with yellow egg mixture (you need to do that otherwise everything will curdle)
- Then mix everything together and warm on slow heat until it becomes thick.
- Pour in small glasses and put in fridge

Roxana Jaffer

Muhallabia - Middle Eastern dessert

As Adapted from my Egyptian friend Sameh Youssef

Ingredient:

- 1 litre full cream milk
- 200 gm sugar
- 80 gm cornstarch
- 20ml rose water or orange blossom
- Garnish: crushed pistachios or toasted almonds

Method:

- Combine the milk and sugar in a heavy based saucepan and bring it to boil
- Mix the cornstarch with little water to make like a paste.
- Once the milk starts to boil, mix the cornstarch paste and stir occasionally on medium heat
- After few minutes, you'll notice the milk mixture begin to thicken
- Remove the mixture from the heat and mix the rose water or orange blossom
- Pour the mixture into serving dishes and place in the fridge to cool for at least 3 hours to set.
- To serve sprinkle with nuts





Amina Ishani

Mango falooda

Ingredients:

- 1/2 litre whole milk
- Half tin condensed milk
- 1 oz china grass(agar agar)
- One mango deseeded and crushed
- 2 slices cut into tiny pieces to garnish
- 1 tbsp sugar

Method:

- Boil china grass in half cup water dont let it stick. It should fully dissolve
- Put both milks to boil
- Stir continuously
- Add the melted China grass
- Keep stirring.
- To check if it's going to set place a few drops on a plate and blow at them
- If they spread boil longer if they retain the drop shape stir little longer as mango is to be added will dilute the mixture.
- Keep on stirring.
- Place saucepan in sink with cold water keep stirring to cool or will start setting in base of saucepan. When fairly cool add mango pulp and with egg whisk whisk vigorously.
- Taste for sugar add if necessary
- When ready pour into your serving bowl spread and cover surface with cut mango garnish.
- Put some in a small bowl as you cant break main one to taste if it's ok.



Sajida H. Shroff

Chocolate chip cookies

Ingredients:

- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup (2 sticks) unsalted butter, softened
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup packed brown sugar
- 1 tsp vanilla extract
- 2 large eggs
- 2 cups semi-sweet chocolate chips
- $\frac{1}{2}$ cup milk chocolate chips
- 1 cup chopped walnuts
- If omitting nuts, add 1-2 Tbsp all-purpose flour

Method:

- Preheat oven to 170C
- In a small bowl, combine flour, baking soda and salt
- In a large mixing bowl, beat butter, granulated sugar, brown sugar and vanilla extract until creamy
- Add eggs, one at a time, beating well after each addition
- Beat in flour mixture gradually
- Stir in chocolate chips and nuts
- Drop round balls onto lightly greased baking sheet
- Bake for 6-7 minutes or until golden brown
- Cool on baking sheet for 2 minutes
- Remove to wire racks to cool completely



Zarin Shroff

Date squares

Ingredients:

Pastry:

- 1 $\frac{1}{2}$ cups Flour
- 1 $\frac{1}{2}$ cups Oats
- 1 $\frac{1}{2}$ cups Brown Sugar
- $\frac{1}{2}$ tsp Baking Soda
- 1 cup Butter

Filling:

- 1 lb chopped Dates or Date Paste
- $\frac{1}{2}$ cup warm Water
- $\frac{1}{4}$ cup Orange Juice
- Grated rind of 1 Orange
- 1 tsp Vanilla
- Pinch of Salt

Method:

- Mix dates, water, juice, rind, & salt
- Cook until dry
- Add vanilla & cool completely; set aside
- Mix flour, oats, sugar & baking soda
- Add butter & rub all together
- Spread half the oats mixture onto a well-greased base of 8" square baking tray
- Add filling on top and spread well
- Pre-heat oven to 350°
- Cover with remaining oats mixture and even out
- Bake for 30 mins on medium heat
- Cut into 1" squares



Rozina Masalawala

Pineapple sundae

Ingredients:

- 1 packet Pineapple Jelly
- 1 sponge cake
- 1 can of pineapple pieces
- 1 tin pineapple pieces
- Whipped cream

Method:

- 1st set the jelly in a transparent glass bowl
- Once it has set, cut cake into cubes, pour the juice of the pineapple over the cake.
- Place pieces of pineapple over the cake
- Cover with whipped cream and spread evenly.
- Garnish with some pieces of pineapple.
- Chill

Naz Nizari

Vitumbua

Ingredients:

- 1 cup of rice soaked over night in hotwater
- 1 packet of yeast(ill send an image below of the size i use)
- 1 cup of sugar (but i sometimes add 1/4 cup extra for added sweetness especially when I make it for Emaan and Aden)
- 1 table spoon all purpose white flour
- 1 table spoon of elchi powder or more if you like more elchi
- 1 can of coconut milk(if the milk is thick you may need to add a little extra milk over snd above the 1 can) if its not so thick then 1 can will do
- 8 gram packet of yeast

Method:

- Blend all ingredients together on high speed until the rice is almost all broken down and the batter just feels like there are small particles of sugar (but it should be as close as possible to being a fine batter thats why blending may take up to 7-8min)
- For consistency, Ensure that when you place a spoon in the batter the batter shouldnt drip too easily off the back of the spoon it should be in between thick and thin
- Then let the batter rest so it can rise (cover the bowl) for 45 min
- Once it has risen pour the batter into a jug that will make it easy to fill into the individual molds. Before you do so oil each mold using a brush .. it shouldnt be too much oil just a few drops in each.
- The heat level should be at medium
- Once batter has been poured into the pan, allow about 10 seconds for the batter to cook underneath. Then with a wooden skewer flip the bottom part over so that the cooked part(which was below) is now on top. Depending on how cooked you like it.. ie a little burnt or not keep flipping till you get what you like. Here is what they will look like once done.. good luck and send me a picture once you've made it.





Rosina Dhala

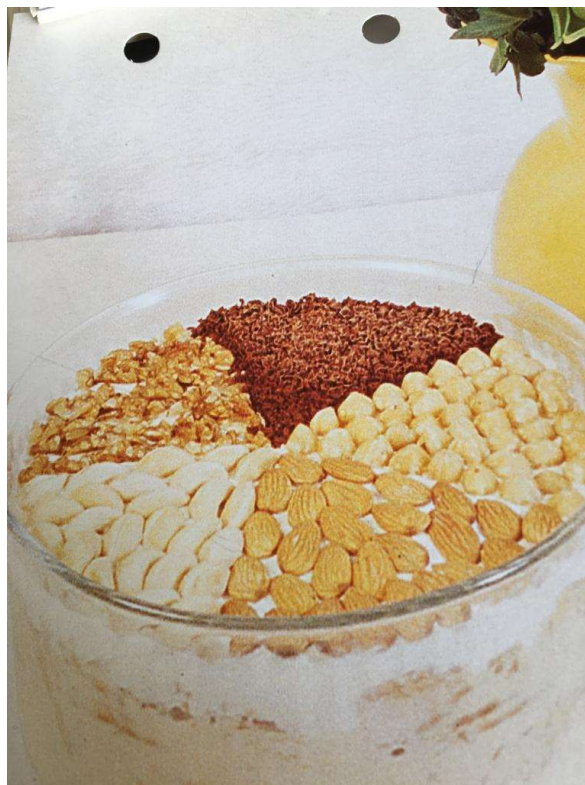
Biscuit pudding

Ingredients:

- 1 pkt Marie or rich tea biscuits
- 1 tin ideal milk
- 1 Carton fresh cream
- 1/2 tin condensed milk
- Decoration-chopped nuts and grated chocolate

Method:

- Break biscuits and lay on dish
- Pour condensed milk over them
- Pour ideal milk and half the cream and half the nuts
- Spread cream over top, decorate with nuts and chocolate





Shehnaz Ajania

Cashew and date cake

Ingredients:

- 1 small packet butter
- 1 cup sugar
- 4 eggs
- 1 and half cup white flour
- 1 tsp baking powder
- $\frac{1}{2}$ cup cashew nuts and dates

Method:

- Soak half the dates in strong tea overnight
- Half packet dates to be soaked in strong tea overnight with 2 tsp soda bicarbonate.
- Cut the cashew nuts into small pieces
- Beat butter and sugar and slowly add the eggs and chopped dates
- Fold in the flour. Bake at 180 degrees for about 40 minutes



PICKLES & CHUTNEYS

Evone Selvarajah

Lime, mango, green chili and raisin pickle

Ingredients:

- Lime
- Mango
- Green chilli
- Raisin

Method:

- Simmer all ingredients (Lime, mango, green chili and raisin) in vinegar, mustard, brown sugar, whole peppercorn.
- In Sri Lanka we also use shallots, pineapple chunks, french beans, salt, lime. When cool, store in an airtight jar.

Shehnaz Ajania,

Gulab jambu

Ingredients:

- 250 g milk powder
- $\frac{3}{4}$ cup semolina
- $\frac{3}{4}$ white flour
- 2 tbs ghee
- $\frac{1}{2}$ tsp soda bicarb

Method:

- Soak semolina in milk for 20 minutes
- Mix all ingredients, leave for one hour
- Should be a sticky mixture, if left over one hour it will get hard.
- Make sugar syrup with 5 cups of water
- Fry Jambus in hot oil in small balls. Put into the syrup.
- Serve hot or cold




Tove Hussein

Raspberry jam

Ingredients and Method:

- 50 grams fresh or frozen raspberries
- 2 tablespoon sugar
- 1 teaspoon vanilla sugar or fresh
- Grains from vanilla pod mixed with sugar
- Place all ingredients in the saucepan and heat to boiling point while stirring regularly
- Leave to simmer till it has obtained the right consistency



VEGAN DISHES

Kamu Bhavnani

Vegetarian laksa

Ingredients:

- 1 tablespoon sesame oil
- 4 tablespoons Vegan Laksa Paste (see below)
- 3 cups veg stock or water
- 2 cups full-fat coconut milk
- 1 large head broccoli, chopped
- 1 large carrot, peeled and chopped
- 1 large tomato, chopped
- enough fried tofu blocks for 4
- enough dried rice noodles to feed 4
- 1 tablespoon brown sugar
- 1 large handful bean sprouts
- 4 spring onions, sliced
- 1/2 cup mint leaves
- 1/2 cup fresh coriander leaves
- slices of lime



Method:

- Heat the sesame oil in a large wok, and fry the Laksa Paste until it is fragrant
- Add in the coconut milk, water and veg stock and stir well
- Add the broccoli and carrot into the mixture, and cook on high until mostly tender; about 5-10 minutes
- While cooking, place the rice noodles in a bowl of hot water. If you're using thicker noodles, heat them in a small pan over a medium heat
- Add in the tomato and tofu blocks, and stir well
- Stir in the brown sugar
- When the noodles are soft and the vegetables are tender, divide the noodles out between the 4 bowls
- Ladle the soup onto the noodles, dividing it between the bowls
- Top each soup with bean sprouts, spring onions, mint leaves and coriander, and serve with 2 slices of lime

Kamu Bhavnani

Vegan brownies

Ingredients:

10-ingredient vegan gluten-free brownies that are naturally sweetened, fudgy, rich, and studded with chocolate chips and nuts!

- Prep time 20 minutes, cook time 22 minutes total time 42 minutes
- Freezer Friendly 1 month, keeps 3-4 Days
- Ingredients
- US Customary - Metric
- 2 batches flax eggs (2 Tbsp (14 g) flaxseed meal + 6 Tbsp (75 ml) water - should be a bit runny)
- 1/2 cup melted vegan butter (or coconut oil) + 1/4 cup hazelnut or other nut butter
- 1/2 cup coconut sugar (or organic cane sugar)
- 1/4 cup maple syrup (or agave nectar) plus extra 1/4 cup - could still have been a bit sweeter
- 1 tsp vanilla extract
- 3/4 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup unsweetened cocoa powder
- 3/4 cup gluten free flour blend
- 1/4 cup almond meal plus an extra 1/4 cup
- 1/3 cup pecans or walnuts (optional)
- 1/3 cup vegan chocolate chips (optional)



Method:

- Preheat oven to 350 degrees F (176 C) and lightly grease an 8x8 inch (or similar size // adjust number/size of pan if altering batch size) baking dish with coconut oil, then line with parchment paper (the oil helps the parchment paper stick to the sides).
- Prepare flax eggs in a small mixing bowl. Set aside. Make sure its not too thick
- To a large mixing bowl add melted vegan butter or coconut oil, nut butter coconut sugar, maple syrup and vanilla extract. Whisk thoroughly to combine and start dissolving the coconut sugar.
- Add flax eggs and whisk once more until combined. Then add baking powder, sea salt, and cocoa powder and whisk.
- Add gluten-free flour blend and almond meal and fold with a spatula until just mixed. Then add desired add-ins (optional), such as vegan chocolate chips or nuts. Check consistency and add hot water if too thick.
- Add the batter to the prepared baking dish and spread into an even layer with a rubber spatula. Add a few additional toppings if desired, such as chocolate chips and nuts (optional).
- Bake for 17-22 minutes, or until the edges appear dry and slightly fluffy and the center is no longer wet or sticky.
- Remove from oven and let cool in the pan for at least 10 minutes, preferably 45 minutes - 1 hour (the longer they cool, the less tender they will be). Then gently lift out of pan and use a sharp knife to cut into desired number of squares (I went for 9 // amount as original recipe is written // adjust if altering batch size).
- These are delicious on their own, but would also be great paired with vegan ice cream.
- Store completely cooled leftovers in an airtight container at room temperature up to a few days. Will keep in the freezer up to 1 month.

L O C K D O W N

If you don't come
out of this
Lockdown with:

A New Skill

More knowledge

Better Health & Fitness

You never lacked
time.

**Ask yourself
why??**