

Bringing Families Together

*Mamma  
Margam's*

INDIAN  
KITCHEN



— PRESERVING THE FAMILY RECIPE —

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The outcome of any recipe can be affected by many things such as: oven temperatures, humidity, the temperature in your kitchen, altitude, climate, different appliances, substitutions, different food sources/consistencies, individual cooking abilities etc. If the recipe does not come out exactly as you hope please try it again.

You assume full responsibility for using your best judgment when cooking with raw ingredients such as beef, poultry, or eggs, and seeking information from an official food safety authority if you are unsure.

It is your responsibility to review all listed ingredients in a recipe before cooking to ensure that none of the ingredients may cause a potential adverse reaction to anyone eating the food. This includes allergies, pregnancy-related diet restrictions, etc.

**SPECIAL THANKS TO:  
ZAAKIR, ZAAFIR, RAQEEMA, HASSAN, & LATIEFAH  
FOR HELPING PUT THIS BOOK TOGETHER.**

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"Let me introduce **Mama Maryam** and tell why everyone loves her and her food."

Mama was born in South Africa in 1933 and at the age of 14 she started cooking for her family of 11 siblings.

Ever since then she has not only raised 7 of her own children but has been cooking and refining the most delicious Indian food.

She expresses her love through her food and she brings the whole family together.

With almost 70 years of cooking skills she is so excited to share her family recipes with everyone in the hope that families come together to share those special moments and eat food cooked with love.



She is an example of cooking with love and being a mother to everyone.

*Raqema – Mama's Grandchild*

What her grandkids have to say about her cooking:

"She makes it with love"

"It makes you feel happy"

"Very very very yummy!"

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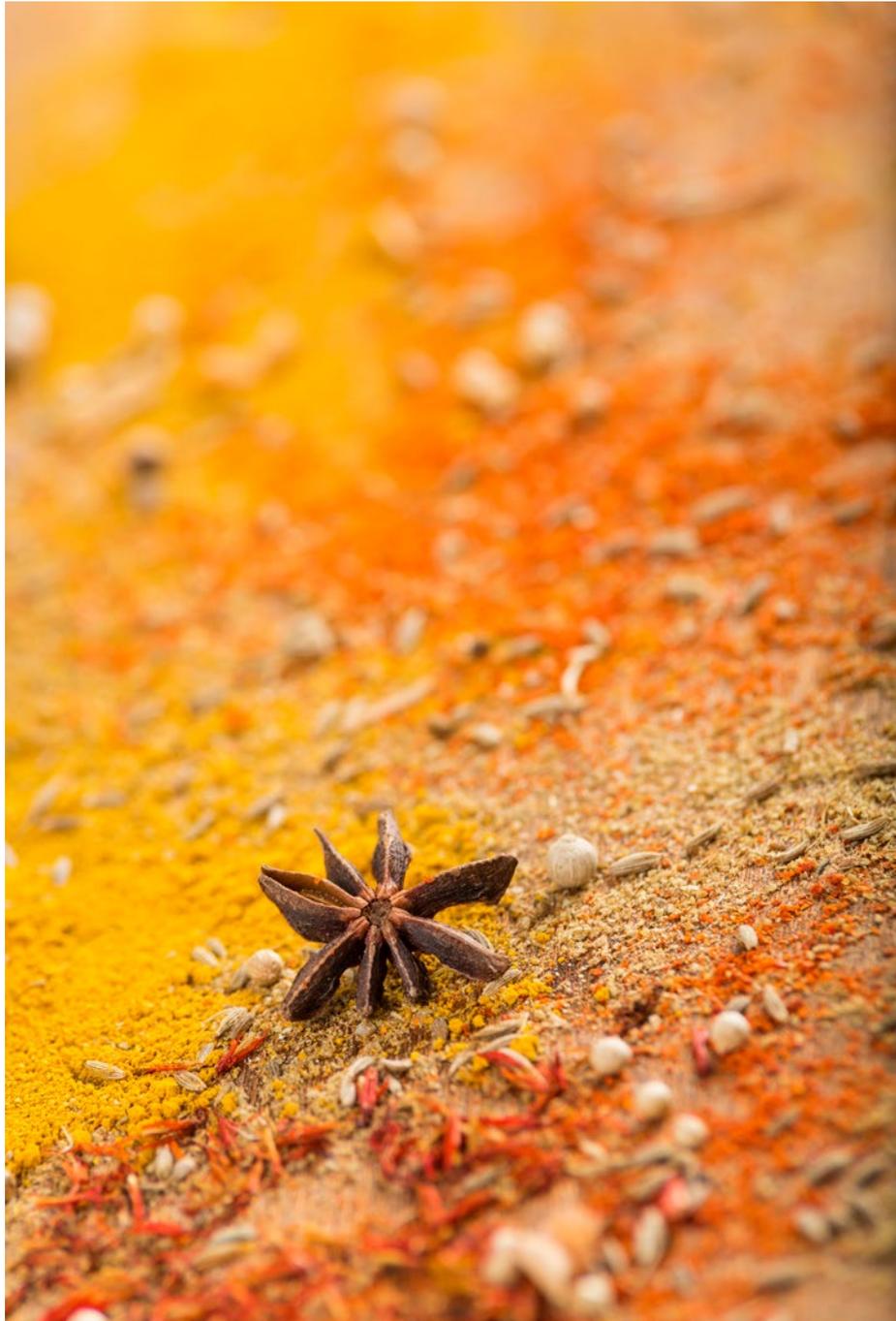
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To my family whom I love:

“When you cook, cook with a **good feeling** and  
**love**. It makes people **happy**.”



Core Ingredients

## Core Ingredients

The following spices and ingredients form the basis of most Indian dishes:

- **Biryani Masala:** Excellent blend of ground cardamom, cinnamon, black pepper and cloves.
- **Ghee:** This is clarified butter. Butter is put to boil and when it is crystal clear, the residue is drained through a strainer. The ghee is stored in tins, bottles, or enamel pots.
- **Masala:** A mixture with a paste consistency containing fresh root ginger, garlic and chilli. The ingredients are carefully scraped, cleaned and put twice through a mincer and then stored in bottles. With a little bit of salt, oil and refrigeration, masala will last a long time - it can also be frozen for months. Besides its distinguished flavour, it is also a wonderful meat tenderiser and can be used as a base in other cuisines.
- **Dhania Jeero:** Finely powdered combination of coriander and cumin seeds used for subtle flavouring.
- **Gharum Masala:** A combination of different spices - the composition differs regionally, but for the most part this blend includes coriander, cumin, cardamom, cloves and black pepper. These are all toasted to add another depth of flavour.

### The Common Ingredients

Indian Name	English Name
Dhania	Fresh coriander leaves
Dhania Jeero	Ground coriander and cumin powder
Jeero	Cumin (powder or seeds)
Mircha	Chillies
Aamli	Tamarind
Arad	Turmeric
Elachi	Cardamom
Til	Sesame seeds
Tuj	Stick cinnamon
Dhal	Various types of split lentils
Zafron	Saffron
Lavang	Cloves



BIRYANI MASALA

# BIRYANI MASALA

TIME: 15 minutes

An aromatic blend of ground cardamom, cinnamon, black pepper and cloves.

## Ingredients:

- 2 tbsp. Cardamom
- 1 tsp. Cloves
- ½ cup Cinnamon sticks
- 2 tsp. Black pepper

## Suggestions & Tips:

- Store in an airtight container.
- Used in dishes such as Biryani, Kalya, Chicken curry, etc.

## Directions:

- 1.** Grind all ingredients to a fine consistency
- 2.** Using a sieve, separate the finely ground bits from the coarse bits.
- 3.** Set aside the finely ground powder. Grind the coarse bits again until fine. Repeat step 2 if needed.
- 4.** Fill into a storage jar.



DHANIA JEERO

# DHANIA JEERO

A finely powdered combination of both coriander and cumin seeds used for subtle flavouring.

## Ingredients:

- 1 kg. Coriander seeds
- ½ kg. Cumin seeds

## Suggestions & Tips:

- After washing the coriander and cumin seeds it will need to be dried. This can be done by placing the seeds in separate trays and either:
  - Dried under full sun for the day; or
  - Placed in the oven on very low heat (~50 degrees) so that the seeds do not brown. This will also take some time for the seeds to dry out.
- If stored in a cupboard, Dhania Jeero will last up to 3 months. However, refrigerating this spice mix can allow it to last up to 1 year.
- Store in an airtight container.

## Directions:

- 1.** Clean and wash the coriander seeds by taking out all the stones and fine sticks. Ensure it is dried completely before continuing.
- 2.** Clean and wash the cumin seeds. Drain and ensure it is dried completely.
- 3.** When the seeds are completely dry, take the fine sticks out.
- 4.** Grind the cumin seeds to a fine consistency and set aside.
- 5.** Grind the coriander seeds until fine.
- 6.** Using a sieve, separate the finely ground coriander seeds from the coarse bits.
- 7.** Set aside the finely ground coriander seeds. Grind the coarse bits again until it is fine.
- 8.** In a bowl, combine the ground coriander and cumin. Mix well.
- 9.** Fill into a storage jar.



GHARUM MASALA

## GHARUM MASALA

A combination of different spices and its composition differs regionally. For the most part this blend includes coriander, cumin, cardamom, cloves and black pepper which are all toasted to bring out more flavour

### Ingredients:

250 grams	Coriander seeds
60 grams	Cumin seeds
15 grams	Cloves
15 grams	Cardamom seeds
15 grams	Cinnamon sticks
15 grams	Whole cardamom
30 grams	Black peppercorns

### Suggestions & Tips:

- After washing the coriander and cumin seeds it will need to be dried. This can be done by placing the seeds in separate trays and either:
  - Dried under full sun for the day; or
  - Placed in the oven on very low heat (~50 degrees) so that the seeds do not brown. This will also take some time for the seeds to dry out.
- Store in an airtight container.

### Directions:

1. Clean and wash the coriander seeds by taking out all the stones and fine sticks. Ensure it is dried completely before continuing.
2. Clean and wash the cumin seeds. Drain and ensure it is dried completely.
3. Mix cloves, cardamom seeds, cinnamon, cardamom and black pepper in a baking pan and bake in the oven set to 200 degrees for 10 minutes.
4. Remove the spices from the oven when they turn brown. Let it cool.
5. Place the coriander seeds and cumin seeds in the oven and bake them for 5 minutes on 200-degree heat until they turn brown.
6. Take the coriander seeds out of the oven and let it cool. Leave the cumin seeds for a little longer until they are brown.
7. Put all of the oven browned spices in a large bowl and mix.
8. Scoop some of the mixture into a food processor and grind it until it is fine.
9. Using a sieve, separate the finely ground spices from the coarse bits.
10. Return the still-coarse mixture back to the food processor and grind it again until it is fine.
11. Repeat the steps until all the mixture is finely grounded.
12. Store in a jar or tight-lid bottle.



GHEE

# GHEE

TIME: 15 minutes

A clarified butter commonly used in Indian cuisine. Ghee is essential in a variety of dishes, from curries to desserts and can make all the difference.

Butter is put to boil and when it is crystal clear the milk solids are drained through a strainer or left in the bottom of the pot. At the end of the process, you are left with just the pure fat, or oil from the butter.

The ghee is stored in tins, bottles or enamel pots.

## Ingredients:

½ lb. Butter

## Suggestions & Tips:

- Remember to watch the butter and keep on stirring it all the time to avoid bubbles from forming and the Ghee boiling over.

## Directions:

- 1.** Melt butter on medium high heat.
- 2.** Continuously stir the butter until it boils.
- 3.** Keep on stirring the butter until it is clear.
  - Be careful not to boil the butter over as it will froth and rise quite fast.
- 4.** Remove from heat and let it cool.
- 5.** Using a muslin cloth strain to separate the impurities.
- 6.** Pour into a glass container.
- 7.** Freeze for future use.



MASALA

## MASALA

TIME: 30 minutes

A mixture of fresh root ginger, garlic and chillies. The ingredients are carefully scraped, cleaned and put twice through a mincer to achieve a beautiful paste-like consistency. With a little bit of salt, oil and refrigeration, masala will last a long time; it can also be frozen for months. Besides its distinguished flavour, masala is also a wonderful meat tenderiser.

### Ingredients:

- 1 kg. Ginger, chopped
- ½ kg. Garlic
- 5 tbsp. Dried chillies, ground
- ½ cup Oil
- 2 tbsp. Paprika

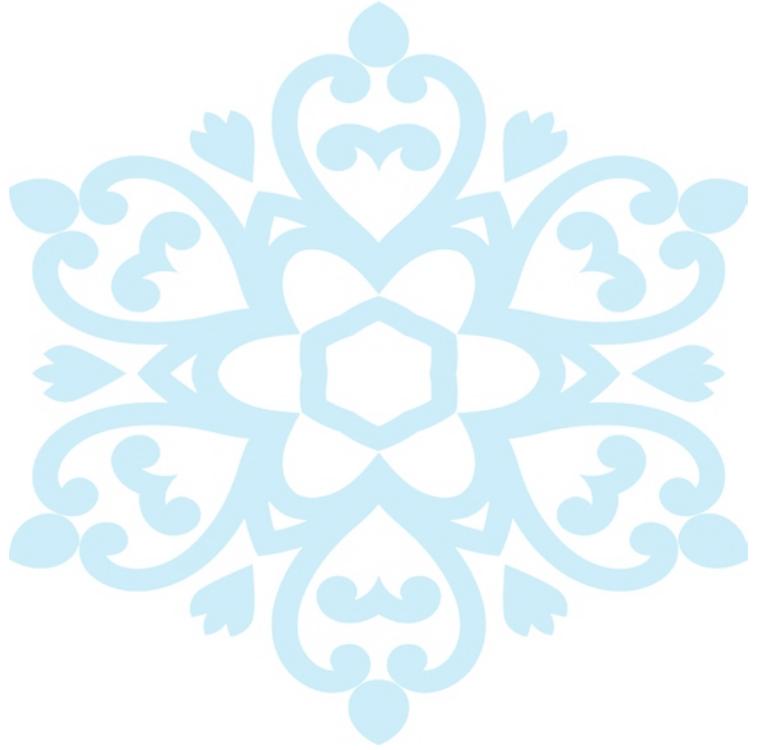
### Suggestions & Tips:

- The chillies must be nice and red to give the masala a nice colour.
- Instead of using already ground chillies, you can use 125g of whole dry red chillies and grind it to a fine consistency.
- If you are making masala in big batches, add oil to the mixture before storing it to preserve the mixture..
- Fill up a plastic container with masala and store it in deep freezer for up to 6 months.
- For daily cooking, store bottled masala in the refrigerator. It will last for 1 to 2 months.
- Store this mixture in air tight containers.

### Directions:

- 1.** Grind garlic using a food processor or a hand mixer until coarse. Set aside.
- 2.** Grind ginger until it is fine. Mix the ginger to garlic.
- 3.** Add the ground dried chillies to the mixture. Add more chillies to increase/decrease hotness.
- 4.** Add the paprika.
- 5.** Mix the ingredients together until the red colour of paprika and chillies coat the garlic and ginger mixture.
- 6.** Add the oil to preserve masala.
- 7.** Mix the ingredients together.

# Accompaniments



# ALOO FRY

TIME: 20 minutes

SERVINGS: 3

A mouth watering dish of stir-fried potatoes that is popular at all family dinners and parties. Marinated in an aromatic blend of spices, these tenderly fried potatoes can be served as an accompaniment or enjoyed by itself.



## Ingredients:

- 3 Potatoes, sliced
- 1 tbsp. Mustard seeds
- 80 ml. Cooking oil
- 1 tbsp. Masala
- 1 tbsp. Dhania Jeero
- 1 tbsp. Crushed dry chillies
- 1 tsp. Cumin seeds
- 1 tsp. Turmeric powder
- ½ tsp. Black pepper, ground
- 1½ tsp. Salt
- 1 tsp. Paprika
- 1 Small onion, sliced

## Suggestions & Tips:

- Stir continuously to avoid burning the potatoes.
- Serve with dhal and rice, curry khitchry , spinach, masala chicken, masala fish or masala chops.

## Directions:

- 1.** In a bowl, mix potatoes with masala, dhania jeero, crushed chillies, cumin seeds, turmeric powder, black pepper, salt and paprika. Mix well until the potatoes are covered with spices.
- 2.** Add onion and mix. Set aside.
- 3.** Sauté mustard seeds in oil on medium high heat until it turns brown.
- 4.** Add the potatoes into the pan and stir.
- 5.** Cook the potatoes on medium heat for about 20 minutes until soft. Stir continuously to avoid burning the potatoes.
- 6.** Remove from heat and let it cool before serving.

# CORNERD BEEF

TIME: 2 hours

## Ingredients:

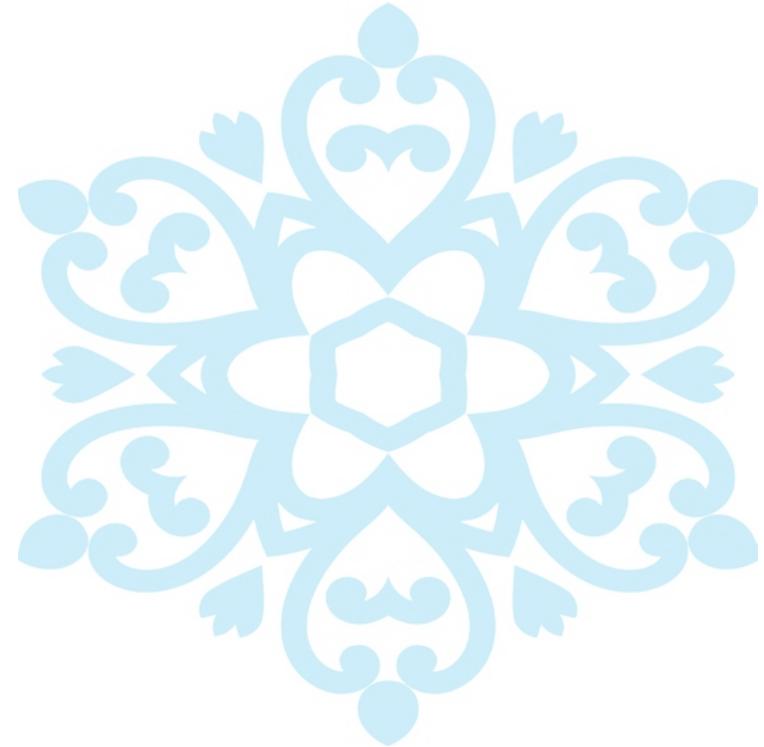
- 1 Carrots
- 1½ cups Water
- 1 bunch Coriander stalks
- 2 stalks Celery
- 1 Whole onion
- 1 Whole sweet potato
- 2-3 Whole garlic cloves
- 1 Whole potato
- ¾ tsp. Whole black pepper corns
- 1 kg. Corned beef
- Apple Cider or white vinegar
- Honey

## Suggestions & Tips:

- Can be stored in the freezer.
- Enjoyed with naan bread, mayonnaise, tomatoes and sweet pickles.
- The left over vegetable can be enjoyed on its own as it is flavoursome.

## Directions:

- 1.** Add all the ingredients into a pot.
- 2.** Cook slowly on low heat for about 1 to 2 hours until the meat is cooked through and is soft and tender (every half hour turn the meat over).
- 3.** Remove from heat.
- 4.** Let it stand for 5 to 10 minutes then add a little vinegar and/or honey to taste according to saltiness of the meat.
- 5.** Set aside until the meat is cooled and to allow the liquid to be absorbed as all the flavours are in the liquid.
- 6.** Slice and enjoy warm.



# CARROT ACHAR (PICKLES)

TIME: 30 minutes

A typical Indian pickle mixture (achar) with a hint of apricots and chilli.

## Ingredients:

1kg.	Carrots – cut into strips
2 cups	Green beans
1 cups	Peas
½ cup	Mustard powder
½ cup	Ground red chilli powder (course)
½ cup	Salt
2 tbsp.	Turmeric
2 tbsp.	Paprika
1 cup	Dried apricot
1 ½ cup	White Vinegar Oil
½ cup	Methi masala
2 tbsp.	Mustard seeds
2 tbsp.	Sesame seeds
1 hand full	Curry leaves



## Suggestions & Tips:

- Store in jars and refrigerate (lasts for up to 6 months).
- Enjoyed with most dishes as pickles on the side.

## Directions:

### Mixture 1

1. Rinse and combine the carrots, beans, and peas in a dish and set aside.
2. Grind the apricots in 1 cup vinegar till fine. Add another ½ cup vinegar and grind again.
3. Add all the spices (mustard powder, ground chilli, salt, paprika, and turmeric) to a large dish and mix in 1 cup of oil till it forms a paste.
4. Add the methi masala and apricot mixture to the paste and mix well.
5. Add the vegetables to the paste and stir in till evenly coated. Set aside

### Mixture 2

1. Fry the mustard seeds in ½ cup of oil till dark brown.
2. Add the sesame seeds and fry till it turns brown.
3. Add the curry leaves to the oil and fry till the leaves are crispy.
4. Turn off the heat straight away to avoid burning the curry leaves.
5. Set aside until the mixture cools.

**Add Mixture 1 to Mixture 2 and combine well**

# LEMON ACHAR

TIME: 15 minutes

A chilli and lemon Indian pickle mixture (achar).



## Ingredients:

- 5 Lemons or limes – sliced and cut into pieces
- 3 tbsp. Ground red chilli powder (course)
- 2 tbsp. Salt
- 1 tbsp. Paprika
- 1 tbsp. Cumin seeds
- 1 cup Lemon juice
- ½ cup Oil

## Suggestions & Tips:

- Store in jars and refrigerate (lasts for up to 1 month).
- Enjoyed with most dishes as pickles on the side.

## Directions:

- 1.** Add the lemons into a large bowl and mix in all the spices (ground chilli, salt, paprika, and cumin seeds).
- 2.** Add the oil and mix well.
- 3.** Pour in the lemon juice and mix well.

# MANGO ACHAR (PICKLES)

TIME: 90 minutes  
SERVINGS: 3 kg.grams

Pickles are main side dishes and many varieties of vegetables are used. In this version raw mangos and a special freshly mixed masala is used to create the perfect pickle that is enjoyed with most meals.

## Ingredients:

### Mixture 1

3 kg.	Green Mangos (must be hard)
33 grams	Ginger powder
¼ cup	Garlic (this does not have to be thin, but you want the slices to be around the same size)
100 grams	Mustard powder
45 grams	Turmeric powder
155 grams	Salt
115 grams	Red crushed chilli powder (flaky/course)
185 grams	Methi masala (can be purchased from an Indian spice shop)
2 cups	Sunflower oil
2 cups	White vinegar
330 ml.	Tamarind paste
6 grams	Green curry leaves



### Mixture 2

1 cup	Sunflower oil
80 grams	Black mustard seeds
50 grams	Sesame seeds
6 grams	Curry leaves

### Suggestions & Tips:

- Store in jars and refrigerate (can last between 6 to 12 months).
- Summers are the best time to make pickles as mangos are abundant and in season.
- Enjoy the next day.

## Directions:

### Mixture 1

1. Peel and cut the mangoes into small cubes.
2. Add all the ingredients into a dish.
3. Mix well.

### Mixture 2

1. Warm the oil on medium heat until it is hot.
2. Add and fry the mustard seeds in the oil until they are brown.
3. Add in the sesame seeds and fry till light brown.
4. Add in the curry leaves giving it a quick mix.
5. Turn off the heat straight away to avoid burning the curry leaves.
6. Set aside until the mixture cools.

**Add Mixture 1 to Mixture 2 and combine well**



BHAJIA (PAKORA)

## BHAJIA (PAKORA)

TIME: 45 minutes  
SERVINGS: 2 dozen

A quick and easy party favourite.

### Ingredients:

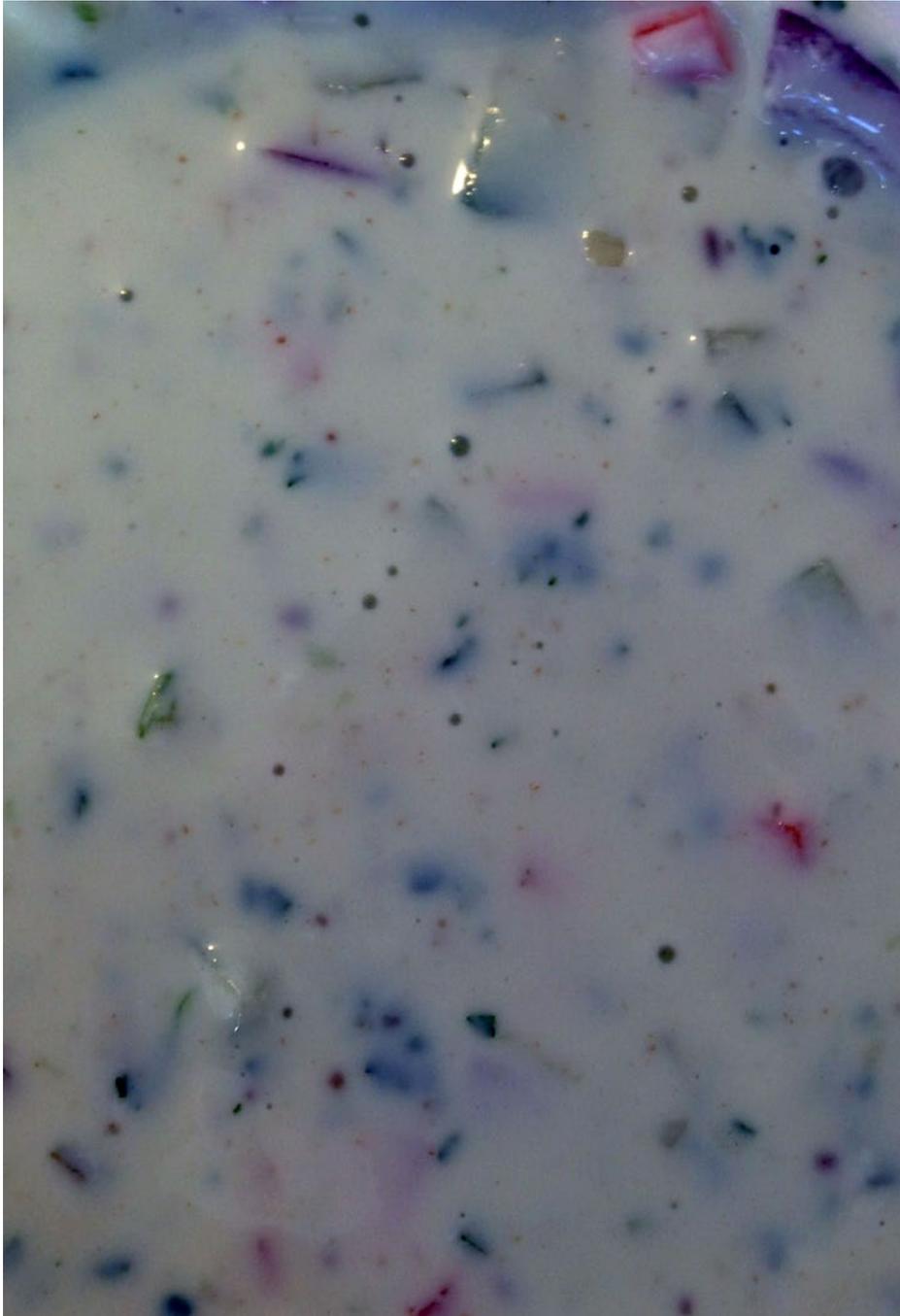
- 4 cup Chickpea flour
- ½ cup Maize meal
- ¼ cup Self-raising flour
- ½ cup White flour
- 2 tbsp. Masala
- 2 tbsp. Salt
- ½ tsp. Black pepper
- 1 tbsp. Cumin seeds
- 2 tbsp. Dhania Jeero
- 1 tsp. Turmeric
- 2 cups Lettuce/spinach chopped
- 1 tbsp. Green chillies sliced finely
- 1 cup Sweet potato grated
- 1 cup Potato grated
- ½ cup Zucchini grated
- 1 Onion sliced
- 1 cup Coriander leaves chopped
- 1 cup Sweet corn

### Suggestions & Tips:

- ° Yummy with tomato chutney.

### Directions:

- 1.** Mix the chickpea flour, white flour, self-raising flour, and maize together in a dish.
- 2.** Add all the spices (masala, salt, black pepper, cumin seeds, dhania jeero, turmeric) to the flour mixture and mix well.
- 3.** Keep adding and mixing in ½ cup of water at a time until it forms a paste that is not too thick.
- 4.** Mix in the lettuce, green chillies, sweet potato, potato, zucchini, onion, coriander leaves, and corn into the paste.
- 5.** Take a hand full of the mixture at a time and fry deep in oil till golden brown on medium heat.



DAHI YOGHURT

# DAHI YOGHURT

TIME: 15 minutes

Dahi yoghurt is a popular condiment in South Asia. Yoghurt is mixed with ground spices and coriander leaves to give it more flavour and texture.

## Ingredients:

500 grams	Yoghurt
½ tsp.	Jeero (Ground Cumin seeds)
1 tsp.	Salt
2 .	Green chillies
1	Clove garlic
¼ bunch	Coriander leaves
¼ glass	Milk
¼	Cucumber, chopped
¼	Carrot, chopped
¼	Onion, chopped

## Suggestions & Tips:

- Serve dahi yoghurt with biryani, akhni or chicken akhni.

## Directions:

- 1.** Pour milk into a food processor. Add in jeero, salt, green chillies, garlic, and coriander leaves.
- 2.** Blend the mixture until the milk and spices are well mixed.
- 3.** Add the milk mixture to the yoghurt. Stir well.
- 4.** Mix in the cucumber, carrot and onion. Stir well.
- 5.** Store in a cool, dry place.



MASALA TEA

# MASALA TEA

TIME: 30 minutes

Masala tea is a black tea flavoured with spices and milk. Black tea is brewed along with a mixture of ground spices and herbs. Immensely popular in India where it originated. A cup of Masala tea gives a delightful sense of warmth and soothes a tired body.

## Ingredients:

### Spice:

60 grams	Ginger powder
30 grams	Cinnamon sticks
15 grams	Whole Cardamom
15 grams	Cardamom seeds
30 grams	Cloves
1 tbsp.	Black peppercorns
1	Nutmeg

### Tea (2 people):

1 cup	Milk
1 cup	Water
½ tsp.	Masala tea spice
2 bags	Black tea

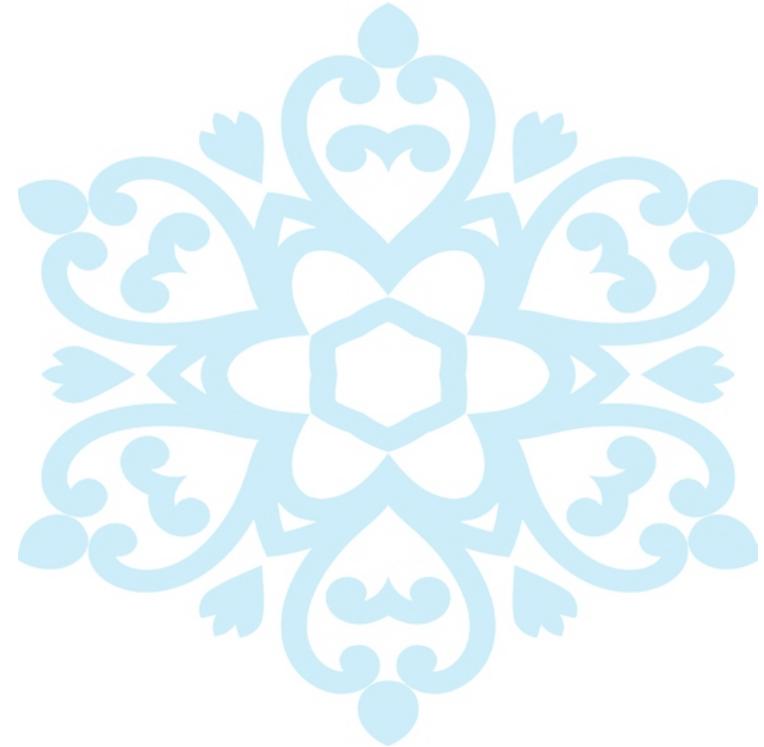
## Directions:

### Spices

1. Spread cinnamon, cardamom, cardamom seeds, cloves, pepper and nutmeg on a baking tray. Bake the spices in the oven set to 200 degrees for 10 minutes until they turn light brown.
2. Put the spices in the food processor and grind it until the mixture is fine.
3. Sift the spice powder to separate the coarse bits. Return the coarse spices to the food processor and grind again. Repeat the process until all the spices are finely ground.
4. Add the ginger powder to the spices. Mix well.
5. Store the masala tea spice in a airtight jar.

### Tea Preparation

1. To prepare masala tea, pour milk and water in a pan.
2. Add ½ tsp. of the masala tea spice and bring the pan to boil.
3. Once the mixture is boiling, add the tea bags and let it boil for two more minutes.
4. Strain the tea into a cup.
5. Serve with sugar or honey to desired taste.





NAAN (INDIAN BREAD)

## NAAN

TIME: 90 minutes  
SERVINGS: 7 Naans

Mama's version of naan bread which goes well with Haleem and also with corned beef sandwiches & mayonnaise. It is a favourite during festive celebrations.

### Ingredients:

#### Mixture 1:

6 tsp.	Dry Yeast
1 tbsp.	Sugar
¼ cup	Luke warm water

#### Suggestions & Tips:

- Make yummy sandwiches with butter, corned beef, mayonnaise, sweet pickle, tomato, lettuce and cheese.
- Great with Haleem or soup.
- Enjoy with a little butter and masala tea.

#### Mixture 2:

7 cups	Flour
4 tbsp.	Ghee OR ½ lb. grated butter
6 tbsp.	Sugar
1 tbsp.	Fennel seeds
2	Eggs
1 ¼ cup	Water- luke warm
1 ½ cup	Milk- room temperature
3 tbsp.	Oil
1	Egg
1 tsp.	Salt

Sesame seeds for sprinkling on top of naan

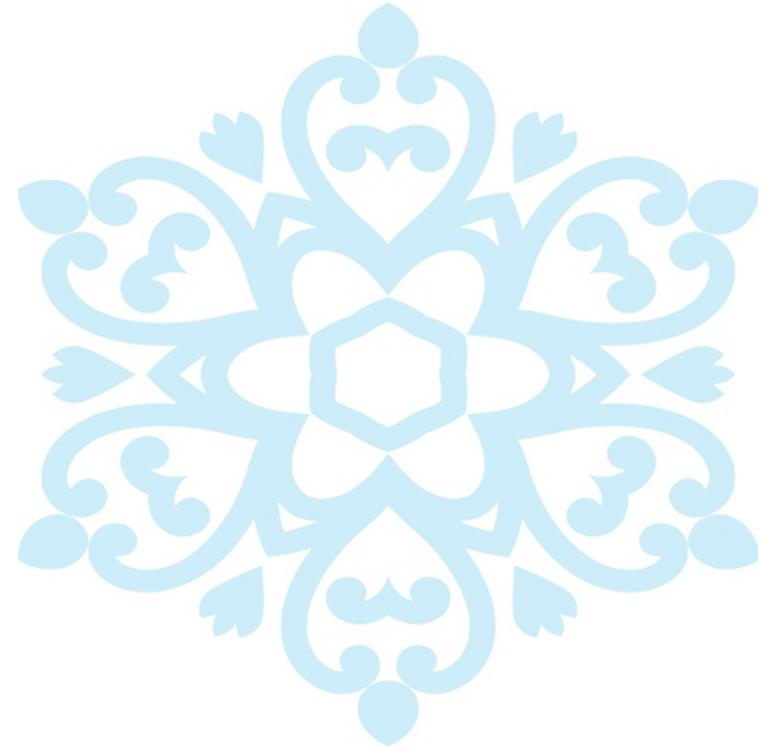
## Directions:

### Mixture 1

1. Mix all the Ingredients in together and leave to froth.

### Mixture 2

1. In a separate bowl combine the sugar, oil, 2 eggs, and ghee and beat it till it is creamy.
2. Add in the water and milk. Mix well.
3. Sift the flour into a separate dish and add in the fennel seeds and salt. Add in Mixture 1 and the mixture above.
4. Make a soft dough by kneading carefully. You may need to add more warm water or flour.
5. Rub oil over the dough to prevent it from drying out and cover with a thick cloth or glad wrap to retain heat. Allow to rise to twice it's size.
6. Knead the dough again and divide into about 7 pieces.
7. Roll out each piece with a rolling pin to about 18cm in diameter and place into a baking pan.
8. Beat another egg and apply a good coat to egg wash the naan.
9. Sprinkle with sesame seeds and allow to rise for the second time.
10. Bake until golden brown, at 180 degrees Celsius for about 25 minutes.





PIE PASTRY

## PIE PASTRY

TIME: 90 minutes

A simple way of making pastry for pies. Portions of butter are continuously folded into the dough, making this pastry perfect for savoury pies.

### Ingredients:

250 grams	Butter
3 ½ cup	Flour
½ cup	Maizena (Corn Flour)
1 tsp.	Cream of tartar
1 tsp.	Baking powder
1	Egg
1 tbsp.	White vinegar
1 cup	Cold Water
¼ cup	Cooking oil

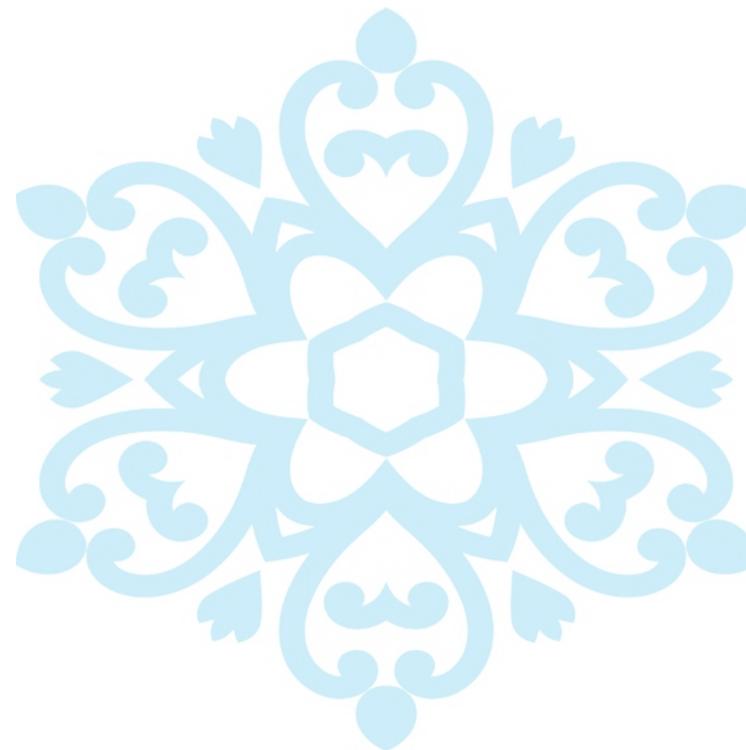
### Suggestions & Tips:

- The pastry slices can be stored in the freezer for about a month.
- In between rolling the pastry, if the butter starts melting, refrigerate the pastry for half an hour and proceed to the next step.
- Take one slice of pastry out of the freezer and defrost.
- Use the pastry for making freshly baked sweet or savoury pies.

### Directions:

1. Mix the vinegar and water and set aside.
2. Using a food processor or grater, grate the butter (use butter straight from the refrigerator) and separate into three portions. Set aside.
3. Pour in flour, maizena, cream of tartar, and baking powder into a food processor and mix. Take a half cup of the flour mixture out & set aside. Pour the cooking oil into the food processor & mix again until it is the texture is soft.
4. Add the egg and vinegar/water mixture to the flour. Mix until it forms a dough.
5. Place the dough on a flat surface and sprinkle with the flour mixture. Roll out the dough into a rectangular shape **to about 30cm by 15cm** using a rolling pin.

- 6.** Spread one portion of the butter onto half of the rectangle. Sprinkle with some flour and fold the other half over the butter. Make sure the edges are sealed before rolling out the dough again to form a rectangular shape of the same size as before.
- 7.** Fold over both of the short edges of the rectangle so that both edges overlap evenly in the middle and forms a smaller rectangular shape. Roll out the dough again whilst maintaining the rectangular shape. You will need to flip the dough over to its other side once or twice.
- 8.** Spread another portion of the butter on half of the dough. Sprinkle with flour and repeat the steps above to roll out the dough.
- 9.** Spread the remaining butter on half of the dough. Sprinkle with flour and repeat the steps above for the last time to roll out the dough.
- 10.** Fold over both of the short edges of the rectangle so that both edges overlap evenly and forms a smaller rectangular shape.
- 11.** Cut the pastry into thick strips of about 3cm wide and freeze for future use.





STEAK PIES

## STEAK PIES

TIME: 60 minutes  
SERVINGS: 4 dozen

Famous in our family, these pies are a favourite amongst everyone especially the kids! It uses homemade pastry which melts in your mouth and is easy to prepare. Nothing beats Mama Maryam's steak pies.

### Ingredients:

- 1 kg. Top side or Rump steak
- 1 tbsp. Masala
- 2 tsp. Salt
- 1 tbsp. Dhania jeero
- 1 cup Tomato sauce
- ½ cup Sweet mustard pickles
- 2 tsp. Black pepper
- 1 tbsp. Cumin seeds
- 1 tbsp. Ground chillies
- 1 Green pepper
- Pie pastry

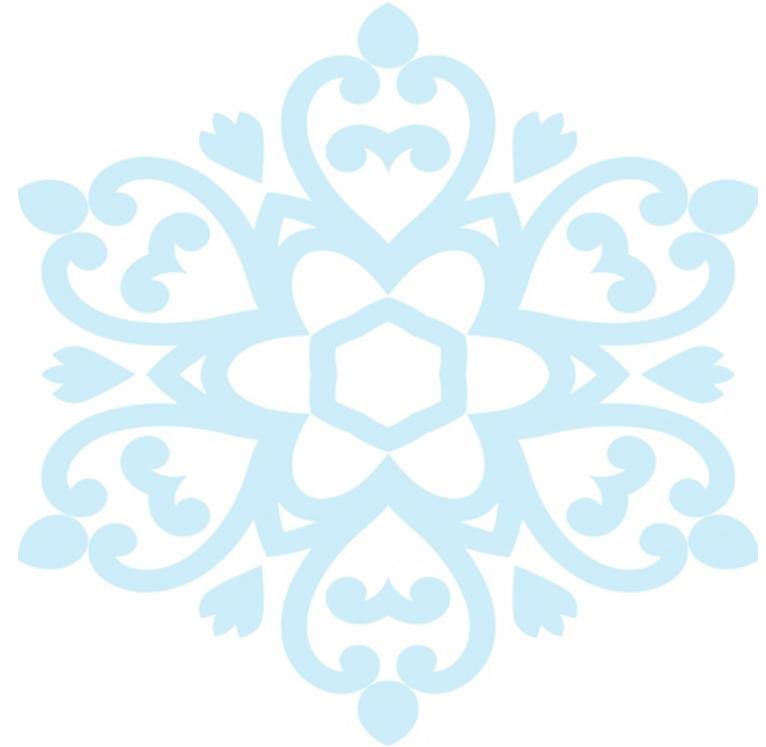
### Suggestions & Tips:

- It's even yummiier with tomato chutney.
- The pies can be frozen and baked later.

### Directions:

1. Cut the steak into small cubes.
2. Add the masala, salt, and dhania jeero to the steak and mix well.
3. Cook the steak on medium heat for about ½ hour till the meat has cooked and the mixture is relatively dry.
4. Cut the green pepper into cubes.

- 5.** Add and mix in the tomato sauce, sweet mustard pickles, black pepper, cumin seeds, ground chillies, and the green pepper to the steak.
- 6.** Cook the steak again on medium heat for about 10 minutes till the mixture is dry.
- 7.** Remove from heat and set aside to cool.
- 8.** Cut the pie pastry into cubed (about 5cm x 5cm x 2cm) blocks and roll it out into a rectangle shape (about 10cm by 15cm); occasionally sprinkling with flour.
- 9.** Cut the rectangle in half and brush one of the long edges with egg yolk.
- 10.** Add about a table spoon of the steak to the middle of each half of the pastry.
- 11.** Fold and roll one edge of the pastry over the steak ensuring that the egg yolk on the edge closes and holds the pastry together.
- 12.** Trim the ends of the pies if needed. Brush the top with egg yolk and cut 3 diagonal slits into the top of the pies.
- 13.** Sprinkle with sesame seeds.
- 14.** Bake in an oven on 180 degrees Celsius till it gets golden brown.





ROTI

# ROTI

TIME: 30 minutes

SERVINGS: ~10

A staple food amongst many Asian communities. It is primarily made from whole meal flour and is a great accompaniment to many cuisines.

## Ingredients:

- 3 cups Flour
- 1 tsp. Salt
- ¾ cup Cooking oil
- 2 cup Boiling water

## Directions:

- 1.** Mix flour, salt, oil and 1 cup boiling water in a mixing bowl.
- 2.** Slowly add in the boiling water to form a dough that is not too soft and holds well together.
- 3.** Knead the dough until it becomes nice and smooth.
- 4.** Separate the dough into six pieces and roll into balls in the palm of your hand.
- 5.** Place one dough ball on a flat surface and sprinkle with flour
- 6.** Using a rolling pin, roll out the dough until it is thin and the size of medium plate.
- 7.** Repeat the same procedure for the remaining dough balls.
- 8.** Cook the rotis on high heat until light brown. Flip the roti and cook the other side.



SAMOSAS

# SAMOSAS BEEF MINCE

TIME: 40 minutes  
SERVINGS: 3 dozen samosa

A Samosa is a fried or baked pastry with a savoury filling such as ground beef, chicken, potatoes, onions, peas or lentils.

## Ingredients:

- ½ kg. Beef, ground or minced
- 1 tbsp. Masala
- 1 tbsp. Dhania Jeero
- 1 tbsp. Cumin seeds
- ½ tsp. Ground pepper
- 2 tsp. Salt
- ½ tsp. Turmeric powder
- 2 tbsp. Green chilli, diced
- 1 cup Onion, finely chopped
- 1 bunch Coriander leaves, finely chopped

## Suggestions & Tips:

- Store the cooked minced beef in the refrigerator for future use.
- You can also use minced chicken as a substitute for ground beef.

## Directions:

- 1.** Place the minced beef in a frying pan.
- 2.** Add masala, dhania jeero, cumin seeds, ground pepper, salt and turmeric powder.
- 3.** Mix the ingredients and cook it on medium heat until the mince is cooked.
- 4.** Add green chilli and mix well.
- 5.** Mix in the onions.
- 6.** Remove from heat and add the coriander leaves. Mix well.
- 7.** Add more salt according to taste.
- 8.** Let the mince cool before using it as a filling for the samosas.

# SAMOSAS POTATO FILLING

TIME: 30 minutes  
SERVINGS: 1 dozen samosas

A very tasty filling if you are vegetarian and love samosas.

## Ingredients:

- 4 Medium potatoes
- 1 tsp. Cumin seeds
- 1 tsp. Salt
- 1 tsp. Red chilli powder
- 1 tsp. Fresh green chillies, finely chopped
- 2 tbsp. Sweet corn
- 2 tbsp. Coriander leaves, finely chopped
- 4 tbsp. Grated cheese
- 2 tbsp. Lemon juice
- 2 tbsp. Grated cheese

## Directions:

- 1.** Boil and mash the potatoes.
- 2.** Add the rest of the ingredients to the mash and mix it in well.
- 3.** Let it cool before using as filling for samosa.

# SAMOSAS VEGETABLE FILLING

TIME: 30 minutes  
SERVINGS: 3 dozen samosa

The perfect mixture of vegetables, potatoes, beans, coriander and spices.

A very tasty and happy alternative for vegetarians.

## Ingredients:

- 2 Medium potatoes (peeled)
- 1 Medium onion
- 3 tbsp. Oil
- 1 tbsp. Mustard seeds
- 1 tbsp. Masala
- 1 tsp. Dhania jeero
- ½ tsp. Turmeric powder
- 1 tsp. Salt
- 2 cups Frozen vegetables
  - carrot, peas, and corn (can be any fresh vegetables of your choice)
- ½ cup Borlotti beans (tinned)
- 1 tbsp. Brown sugar
- ½ cup Coriander leaves (copped)
- 1 tbsp. Fresh green chillies (finely chopped)

## Directions:

- 1.** Cut the onion and potatoes into small cubes.
- 2.** Put 3 tablespoons of oil into a pan and add the mustard seeds.
- 3.** Fry the mustard seeds on medium heat until it is brown.
- 4.** Add in the onions and potatoes.
- 5.** Add in the masala, dhania jeero, turmeric powder, and salt.
- 6.** Cook on medium heat until the potatoes are soft.
- 7.** Add in the mixed vegetables and the borlotti beans.
- 8.** Cook on medium heat until the vegetables are heated through and the mixture is relatively dry. Be careful not to overcook the vegetables as it may go mushy.
- 9.** Turn off the heat.
- 10.** Add in the sugar, coriander leaves, and green chillies.
- 11.** Mix well.
- 12.** Let the mixture cool before filling and folding the samosas.

# SAMOSA PASTRY

TIME: 120 minutes  
SERVINGS: 3 batches

Samosas are a traditional Indian snack food that is delicious and well-loved. I have found that the pastry is equally as important as the filling and often makes all the difference. In this recipe, you will learn how to make your own samosa pastry which you can fill with any filling of your choice. The samosa can then be fried or baked.

## Ingredients:

1 kg. Cake flour  
1tsp. Salt  
3 cups Water  
½ cup Oil

## Suggestions & Tips:

- The left over edges can be frozen and used as purr for other dishes such as Khow Suey.
- The pastry can be frozen and used at a later time to fold the samosas. Be sure to leave the pastry out on the bench for a while till all the layers are defrosted.

## Directions:

1. Mix the cake flour, salt, and water in a bowl.
2. Add a little more water if the dough feels dry.
3. Take the dough out of the bowl and knead it on a flat surface until it is nice and smooth. Make sure it is not too hard, nor too soft.
4. Cut the dough into approximately 22 small equal pieces.
5. Sprinkle a little flour on the work surface so that the dough won't stick. Shape the dough pieces into balls.
6. With a rolling pin, roll 10 of the balls into a circle the size of a small plate and set aside.
7. Roll out another ball (11th) so that it is slightly bigger than the others.

8. Brush oil onto the bigger disc (11th ball) and layer the other 10 on top of it. Be sure to brush some oil and sprinkle a little bit of flour in between the layers. The last layer doesn't need oil on the top.
9. Set the oven to 180 degrees celsius.
10. Carefully roll out the layered stack into a large circle. Make sure that you wipe the surface clean from any oil spillage and sprinkle with flour to avoid the stack sticking to the surface. It is recommended to use a large rolling pin for this step. Remember to flip the layered stack regularly whilst rolling it out.
11. The layered dough should be rolled out till it is the size and shape of a baking tray and about 5mm thick.
12. Place the flattened stack on a sheet of baking paper. Make sure they are at least the same size.
13. Brush oil on the dough's surface
14. Take a baking tray and flip it upside down
15. Place the rolled out dough together with the baking paper onto the upside down tray.
16. Bake it in the oven for ten minutes until the layers start to separate.
17. Remove from oven and flip the stack over onto a surface. Take apart the layers one by one and set aside. The last layer can be discarded.
18. Re-assemble the layered stack by placing each layer on top of the other.
19. Trim the edge on the one side of the layered stack so that a straight edge is formed
20. Start cutting the pastry into strips. The width should be the size of the samosa. A piece of paper can be used as a guide.
21. Trim the ends of the strips to make a straight edge and remove the hard parts.
22. The pastry can now be used to fold the samosas with the filling (beef mince, chicken mince, etc.) and fried.
23. Repeat the steps above for the 2nd batch of 11 balls



TOMATO CHUTNEY

# TOMATO CHUTNEY

TIME: 40 minutes

SERVINGS: 1 litre

## Ingredients:

300 ml.	White vinegar
4 tbsp.	Tamarind concentrate
4 cups	Tomato sauce (Approx. 1 litre)
1 cup	Apricot, soaked in hot water
3 tbsp.	Methi masala
1 tbsp.	Paprika
2 tbsp.	Red chillies, ground
2 tbsp.	Garlic, chopped
2 tbsp.	Mustard seeds
2 tbsp.	Sesame seeds
2 handful	Curry leaves
½ cup	Oil

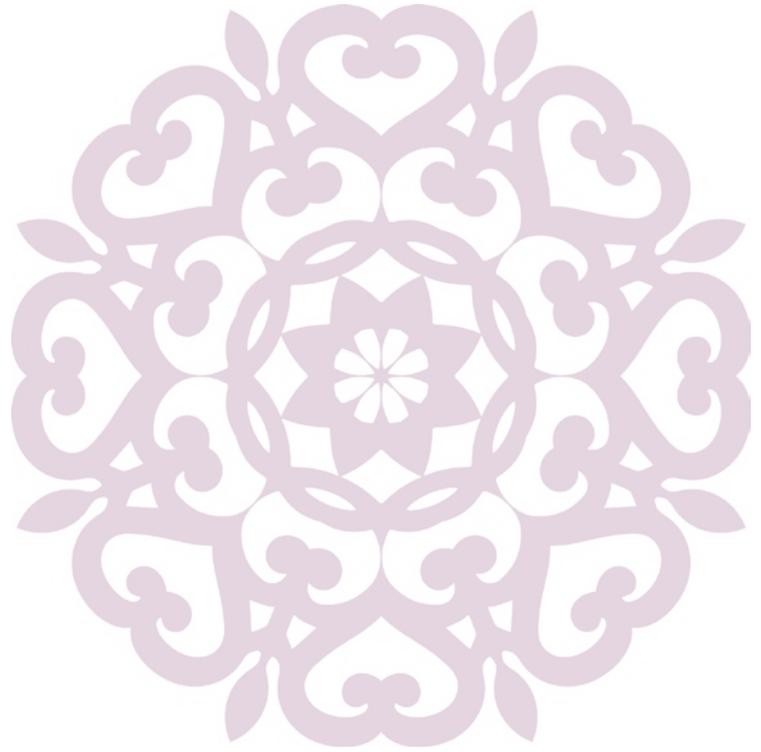
## Suggestions & Tips:

- You can use puréed fresh or tinned tomatoes instead of tomato sauce.
- Pour the tomato chutney into jars or containers and store in the refrigerator for future use.

## Directions:

- 1.** Pour the vinegar into a pot and set to high heat.
- 2.** Add the tamarind concentrate and boil for 5 minutes.
- 3.** Grind the soft apricots (no water) using a food processor until it is a fine puree. Set aside.
- 4.** Add the tomato sauce to the boiling tamarind/vinegar mixture.
- 5.** Add in the apricots and bring to a boil (~5minutes). Keep stirring.
- 6.** Add in the ground dried chillies, methi masala, and paprika.
- 7.** Mix and let it cook on medium heat for 5 minutes.
- 8.** Remove from heat.
- 9.** In a separate pan, cook the mustard seeds in ½ a cup of oil on medium heat until brown.
- 10.** Add in the sesame seeds and garlic. Cook until the garlic turns brown.
- 11.** Add curry leaves; mix and remove from heat.
- 12.** Add the sesame seeds mixture to the tomato sauce.
- 13.** Mix the ingredients and let it cool.

# Mains



# SPICED BLACK BEANS

TIME: 45 minutes

SERVINGS: 4

A delicious and flavourful vegan black bean curry that provides a great hearty meal option.

## Ingredients:

1 tbsp. Masala  
1 tsp. Garum masala  
½ tsp. Turmeric  
¼ tsp. Pepper  
3 tsp. Salt  
2 tsp. Dhania jeero  
1 Onion cut  
4 tin Black beans  
1 tin Tomatoes  
1 Sweet potato cut into blocks  
¼ Pumpkin cut into blocks  
2 Carrots cut into pieces  
Fresh coriander leaves

## Serving Suggestions:

- Served with rice or roti
- You can try to cook everything in one pot by adding the beans and vegetables at the same time. Mama does however say that by doing it in separate pots is the best way and most flavourous.
- Try adding vegetables of your choice and/or other beans such red kidney beans

## Directions:

1. Braise the onion and all spices till the soft.
2. Add the tomatoes and cook on medium heat till soft.
3. Add the sweet potatoes, carrots, pumpkin and cook till all the vegetables are soft.
4. Cook beans separately in water (2 tins water) until it becomes saucy and a bit thick.
5. Add the tomato and vegetable mixture to the beans and cook on low till everything is well cooked and the flavours are combined. About ½ hour.
6. Finish with fresh coriander leaves.

# STRING BEANS

TIME: 30 minutes

SERVINGS: 4

A tasty and easy recipe that is delicious.

## Ingredients:

500 g. String beans (1 packet)  
2 cups Cabbage  
1 Sweet potato.  
Cut into slices (circles)  
1 Green pepper.  
Cut into slices  
½ tin Tomatoes  
2 tsp. Dhania jeero  
2 tsp. Salt  
¼ tsp. Black pepper  
½ tsp. Turmeric  
1 ½ tbsp. Masala  
1 Onion chopped into blocks  
2 Carrots cut into rings  
2 cups Peas  
1 tin Cannoli beans  
Fresh coriander leaves

## Serving Suggestions:

- Served with rice or roti
- Can also be made with chicken. Braise the chicken first with the masala and onions, then add all the ingredients and follow the recipe as below.
- Can also make with lamb pieces. Braise lamb first with the masala and onions till soft then add all the ingredients and follow the recipe as below. You may need to add water to the lamb for it get soft.

## Directions:

1. Wash and add all the ingredients except the peas and cannoli beans to a pot and cook on medium heat for about 20minutes until dry; but not too much.
2. Add the peas and beans and cooked a bit more till dry.
3. Lastly sprinkle with fresh coriander leaves

# BIRYANI LAMB

TIME: 90 minutes

SERVINGS: 6

A rice-based dish made with spices, rice and chicken or lamb. Biryani, from the Persian word “berya,” meaning fried or roasted, is a very popular South Asian cuisine. Whilst this dish may take time and effort to prepare, the payoff is a tasty dish bursting with flavourful spices that is a huge hit at parties and special occasions.



BIRYANI LAMB

## Ingredients:

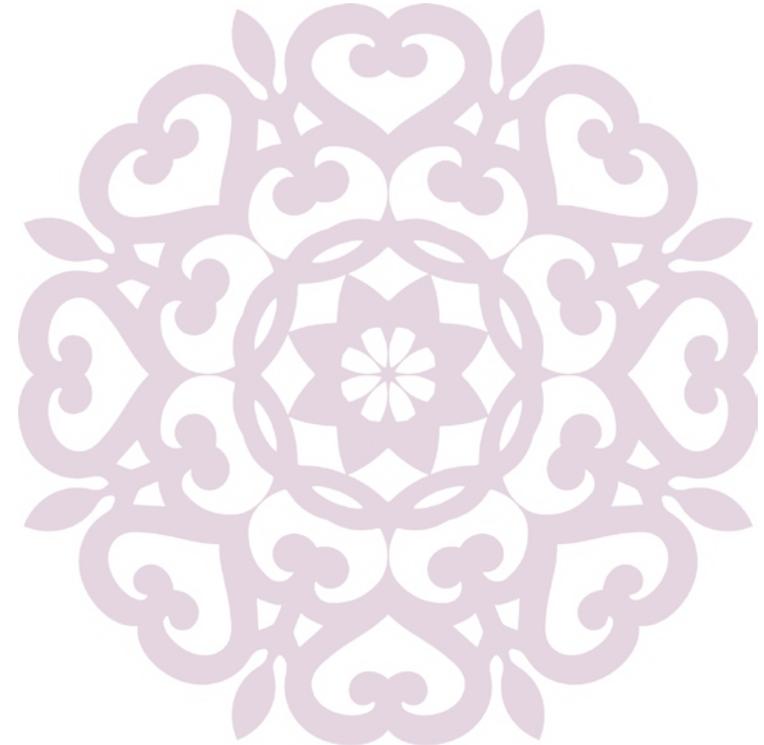
- 1 kg. Lamb shoulder cut into pieces
- 80 ml. Lemon juice
- 1 cup Plain Yogurt
- ½ cup Fresh (diced) or tinned tomatoes
- 3 tbsp. Masala
- 1 tbsp. Dhania Jeero
- 9 tsp. Salt
- 2 tbsp. Cumin seeds
- 1 tsp. Saffron
- 1 tbsp. Biryani masala
- 5 Green chillies
- 1 tsp. Paprika
- 1 Onion, cut into strips
- 3 cups Basmati rice, uncooked
- 4 Potatoes, cut in half
- 1 cup Brown lentils (Masoor)
- 1 tsp. Turmeric powder
- Butter

## Suggestions & Tips:

- Keep the pot on simmer and turn the heat off only after the rice is dry and not watery.
- Spoon the biryani lamb into a plate and serve.

## Directions:

1. Soak the meat in lemon juice and set aside.
2. Mix together the yogurt, tomatoes, masala, dhania jeero, 3 tsp. salt, 1 tbsp. cumin seeds, saffron, biryani masala and chillies in a dish.
3. Add the lamb to the paste and mix until the meat is evenly coated with the spice mixture.
4. Sprinkle the paprika over the top of the meat mixture and set aside.
5. Sauté the onions on medium high heat until golden brown. Remove from heat.
6. Wash the rice three times before pouring it into a pot of water. Add 4 tsp. salt and 1 tbsp. cumin seeds and let it boil on medium high heat until the rice is half done.
7. Remove the rice from the heat after 10 minutes and strain. Set aside.
8. Fry the potatoes until both sides are golden brown. Remove from heat.
9. Wash the lentils three times and pour it into a pot of water. Add in turmeric powder and 2 tsp. salt. Cover the pot and let it cook until the water boils.
10. After 25 minutes, remove the lentils from the heat and strain. Set aside.
11. Crush the browned onions in the palm of your hand and add it to the meat. Add in the potatoes and mix.
12. Layer half of the cooked lentils in a deep pot. Add the potatoes on top of the lentils. Place the meat one by one on top of the potatoes. Add more lentils to the top of the meat, and then pour in the cooked rice.
13. Add the remaining lentils on top of the rice.
14. Cover the pot and cook on medium high heat until it steams.
15. After about 10 minutes cook on low heat and let the biryani stew for approximately another 60 minutes until the lamb is soft.
16. Shave/slice the butter and add on top of the rice. Replace the cover and let it simmer until the butter is melted (2 minutes)
17. Remove from heat and serve.





CHANA DHAL

## CHANA DHAL

TIME: 120 minutes

SERVINGS: 5-6

Chana dhal is baby chickpeas that has been split and has a nutty flavour and creamy texture. It is the perfect vegetarian dish that is tasty and wholesome.

### Ingredients:

- 1½ cup Chana dhal
- 1 tbsp. Masala
- 1/2 tsp. Turmeric Powder
- 1 tbsp. Dhania Jeero
- 1 tsp. Salt
- ½ tsp. Black Pepper
- ½ fin Tomatoes
- 1 tbsp. Garlic cut into small pieces
- 1 Sliced onions
- 2 Chopped green chillies
- ½ cup Chopped green coriander
- Water as needed

### Suggestions & Tips:

- To cook chana dhal with meat:
  1. Cook the meat (chicken or lamb) with the spices (masala, turmeric powder, Dhania jeero, salt, black pepper) until it is halfway cooked.
  2. Add in the tomatoes and let it cook for a few minutes before adding in the dhal. Continue and follow the rest of the steps as usual.
- Garnish with some chopped coriander.
- Serve with hot parathas or naan.

### Directions:

1. Soak the dhal in water for ½ a day, then wash it and transfer it to a pot. Add in 3-4 cups water and bring it to a boil on medium heat. If it boils over keep the lid a little open.
2. The dhal should be half cooked in about ½ an hour - add in masala, ½ tsp. turmeric powder, Dhania jeero, salt, black pepper and tomatoes.
3. Let it boil until the dhal is soft. Add a little water to the dhal if it is too dry.
4. In another pot, fry the onions in oil on medium heat till golden brown.
5. Add garlic to the onions and fry till brown.
6. Drain the oil and add the onions and garlic to the dhal.
7. Cook for about 15 minutes on medium heat.
8. Remove from heat and add in the coriander and green chillies. Mix well.

# CHICKEN CURRY

TIME: 45 minutes

SERVINGS: 4

A popular dish in South Asia with many regional variations. Chicken is stewed in a tomato-based sauce with potatoes and spices. Chicken curry is usually garnished with coriander leaves and served with rice or roti.



## Ingredients:

- 1 whole Small chicken, cut in pieces
- 1 tbsp. Masala
- 1 tbsp. Dhania Jeero
- 2 tsp. Salt
- 1 tsp. Turmeric powder
- 1 tsp. Paprika
- ½ tsp. Black pepper, ground
- 1 cup Fresh (diced) or tinned tomatoes
- 1 Onion, chopped
- 6-7 Potatoes, peeled and cut in halves
- 1 tsp. Gharum masala
- 2 Green chillies
- 1 bunch Coriander leaves
- 1 cup water

## Suggestions & Tips:

- Serve with rice or roti.

## Directions:

1. Cut the chicken into pieces. Set aside.
2. Sauté the onions in oil on medium heat until it turns light brown.
3. Add in the chicken.
4. Add masala, Dhania Jeero, salt, turmeric, paprika and black pepper. Mix well until the pieces of chicken are coated with the spices.
5. Cover the pot and cook the chicken on medium heat until it is cooked halfway.
6. After 10 minutes, add the potatoes into the pot.
7. Replace the cover and cook the chicken until it is dry.
8. After 10 minutes, pour in the tomatoes.
9. Braise for another 10 minutes or until the potatoes are tender.
10. Remove from heat and pour in 1 cup of water. Mix well.
11. Add the coriander leaves, green chillies and gharum masala.
12. Stir and serve.

# COCONUT CHICKPEA CURRY

TIME: 45 minutes

SERVINGS: 6

A yummy and flavourful chickpea curry that is easy to make and healthy too.

## Ingredients:

- 4 tins Chickpeas
- 1 tin Coconut cream
- ½ tin Tomatoes
- 2 tbsp. Coconut oil
- 1 tbsp. Masala
- 2 tsp. Dhania jeero
- ¼ tsp. Turmeric
- 2-3 tsp. Salt
- 1 tsp. Garam masala
- ¼ Capsicum - pieces
- ¾ cup Sweet potato - pieces
- Fresh coriander leaves

## Serving Suggestions:

- Served with rice.

## Directions:

1. Add all the spices to the oil and cook on medium heat till light brown for about 5 minutes.
2. Add in the tomatoes and braise until it is smooth and cooked.
3. Add the chickpeas (remove the water), capsicum, and sweet potato.
4. Cook for about 5-10 minutes on slow heat till the chickpeas are soft. You can use a masher to soften the chickpeas a bit more but not too much as it may then become mushy.
5. Add the coconut cream and cook for another 5 minutes on low.
6. Turn off the heat and add ½ the coriander leaves.
7. Sprinkle with fresh coriander leaves when serving.

# CURRY KHITCHRI

TIME: 60 minutes  
SERVINGS: 3 - 4

A flavourful Indian rice recipe served with a yogurt curry, making it a perfect cuisine for family gatherings or special occasions.

## Ingredients:

### Rice

1 cup Rice, uncooked  
½ cup Pink dhal  
2 tsp. Salt  
2 tsp. Cumin seeds  
1 tsp. Turmeric powder

### Yoghurt

1 small Tomato, whole  
1 tsp. Cumin seeds  
1 tbsp. Cooking oil  
2 Green chillies  
¼ bunch Coriander leaves  
3 cloves Garlic  
1 tsp. Salt  
¼ tsp. Turmeric powder  
1 tsp. Chick pea flour  
500 grams Plain yogurt

### Mince

2 tbsp. Cooking oil  
1 small Onion, sliced  
½ kg. Minced meat  
1 tbsp. Masala  
¼ tsp. Black pepper  
1 tsp. Turmeric powder  
1 tbsp. Dhania Jeero powder  
1 tsp. Salt  
1 Potato, quartered  
1 cup Tomato, minced  
½ Green pepper, chopped  
1 Green chilli, whole  
1 cup Green peas  
½ cup Water  
½ cup Coriander leaves, finely chopped

## Suggestions & Tips:

- In a separate pan, brown some onions in butter. Cook on low heat until the onions are golden brown.
- Serve a portion of rice in a plate and layer the rice with some of the browned onions and yoghurt.
- Serve with mince curry on the side.

## Notes:

- Add a little bit of water to rice or potato to help it get softer faster.
- Use masala fish, masala chicken, aloe fry, eggplant, or spinach as substitute for minced curry.

## Directions:

### Rice

1. Wash rice before adding it to a pot of water (about 3-4 cups).
2. Add pink dhal, salt, cumin seeds and turmeric powder to the rice. Mix and let it simmer on medium heat for 15 minutes or until the rice is soft.
3. Remove from heat and strain.
4. Return the rice to the pot and steam on low heat for another 10 minutes.
5. Remove from heat and set aside.

### Yoghurt

1. In a separate pan, put cumin seeds and oil. Cook on low heat until cumin seeds turns brown.
2. Put tomato, green chillies, coriander leaves, garlic, salt, turmeric powder, chick pea flour and yogurt in a food processor & process the mixture until fine.
3. Add the yogurt mixture to the pan with cumin seeds. Mix and bring to a boil on low heat.
4. Remove from heat and let it cool before serving.

### Mince

1. In another pan, add in oil and the onions. Cook on medium high heat until the onions turn golden brown.
2. Combine the mince, masala, black pepper, turmeric powder, dhania jeero powder and salt in a bowl. Add to the cooked onions.
3. Mix well and braise.
4. Add the potato. Cover and braise on medium heat for 15 minutes or until the potato is soft.
5. Once the potato is soft, add the tomatoes, green pepper and green chilli.
6. Cover and braise for 5 minutes on medium heat.
7. Add green peas and water. Cover and cook for another 5 minutes on medium heat.
8. Sprinkle with coriander.
9. Cover the pot and remove from heat.

# DHAL AND RICE

TIME: 60 minutes

SERVINGS: 3

Dhal is a staple food throughout India and is considered to be one of the best plant-based sources of protein.

## Ingredients:

1 cup	Pink dhal
1	Medium onion, chopped
3 cloves	Garlic
1	Carrot, sliced
30ml.	Cooking oil
1 tbsp.	Masala
2 sticks	Cinnamon
1 tsp.	Salt
½ tsp.	Turmeric powder
¼ tsp.	Black pepper, ground
1 tbsp.	Dhania Jeero
1 cup	Tomatoes (fin or diced)
1½ cup	Water
4	Whole green chillies
½ bunch	Coriander leaves

## Suggestions & Tips:

- Serve with either aloo fry, masala chicken, masala chops, masala fish, spinach, and/or onion salad on the side.
- Serve a generous amount of dhal on a bed of rice (basmati).



## Directions:

- 1.** Soak the dhal in hot water. Set aside.
- 2.** Pour oil in a non-stick pan. Add in onion, garlic and carrots. Sauté on medium high heat until the onions turn golden brown.
- 3.** Drain the dhal and wash it three times until the water is clear. Set aside.
- 4.** When the onion is soft, add in masala, cinnamon sticks, salt, turmeric powder, black pepper and dhania jeero.
- 5.** Mix it well and braise for a minute.
- 6.** Pour the tomatoes into the pan. Mix and let it cook for a few minutes.
- 7.** Add the dhal into the pan.
- 8.** Pour 1 ½ cups of water into the pan and let it boil on medium high heat for 15 minutes until the dhal is soft. Gradually add more water (1 -2 cups) if the dhal is too thick as it needs to be quite runny.
- 9.** Take the cinnamon sticks out of the dhal and set aside.
- 10.** Blend the dhal using a hand-mixer or food processor until the it is nice and smooth.
- 11.** Return the cinnamon sticks back into the dhal.
- 12.** Add green chillies for flavour and mix well.
- 13.** Remove the pan from heat. Let it cool for 10 minutes.
- 14.** Sprinkle with coriander leaves and serve.



# DRUMSTICKS CURRY

TIME: 45 minutes  
SERVINGS: 3

Drumsticks (*Moringa oleifera*) are long thin pods and are one of the most favourite vegetable dishes in our family. The only portion consumed are the soft, almost jelly-like interior in which the seeds are embedded. They are a popular ingredient in vegetable curries.

## Ingredients:

1	Onion, chopped
2 tbsp.	Oil
1	Small Eggplant, cut into small pieces
1	Small potato, chopped
1 tbsp.	Masala
1 tbsp.	Dhania jeero
1 tbsp.	Turmeric powder
1 ½ tbsp.	Salt
2 bunch	Drumsticks (string beans), peeled & cut into small pieces
1 cup	Water
1 bunch	Coriander leaves
½ tin	Tomatoes

## Suggestions & Tips:

- Serve with yellow rice or roti.
- You can also add mince or chicken to this recipe:

Follow the same procedure but add in the mince or chicken after the onions are golden brown followed by the spices, potatoes, and eggplant.

## Directions:

1. Heat oil in a saucepan set to medium high temperature and add the chopped onion.
2. When the onions are golden brown, add the eggplant and chopped potato.
3. Add masala, coriander powder, turmeric powder and salt.
4. Mix and cover the pan. Let it cook on medium heat until the eggplant and potato are soft.
5. Add a little water (~ ¼ cup) as it may dry out and to also help soften the potato and eggplant. Stir occasionally.
6. After a few minutes check that the potatoes and eggplant are done. The potatoes may still be a bit hard but that is ok as it will soften after the steps below.
7. Add and stir in the tomatoes.
8. Cover and simmer for a few minutes until the tomatoes are cooked.
9. Add in the drumsticks. Stir and cook until they are soft.
10. Add ½ a cup of water. Cover and simmer for 10 minutes to soften the drumsticks.
11. Remove from heat and sprinkle with coriander leaves.





EGG MASALA

# EGG MASALA

TIME: 20 minutes

SERVINGS: 2

An easy to make spicy egg dish that is very tasty and can be enjoyed with bread or roti.

## Ingredients:

- 4 Eggs
- 1 small Onion, sliced
- 1 tsp. Ghee
- 1 tsp. Masala
- ½ tsp. Black pepper
- 1 tsp. Salt
- 1 small Tomato, diced
- ¼ bunch Coriander diced

## Suggestions & Tips:

- Serve with bread or roti.
- Turmeric can be added for health benefits, colour and flavour when the masala is added.

## Directions:

- 1.** Combine onion and ghee in a saucepan. Cook in medium heat until the onion turns golden brown.
- 2.** Add masala, black pepper and salt to the mixture. Mix well and braise.
- 3.** Add in tomato and let it cook until the tomato is soft.
- 4.** Pour in the eggs.
- 5.** Add coriander and mix.
- 6.** Braise until the egg is cooked.



FISH CAKES

# FISH CAKES

TIME: 30 minutes

Made with the simplest of ingredients, these fish cakes are yummy.

## Ingredients:

- ½ kg. Fish
- 1 Onion – medium
- 4 cloves Garlic – crushed
- 4 Green chillies
- 3 tbsp. Parsley – chopped
- 2 Eggs
- ½ cup Bread crumbs
- ¼ bunch Fresh coriander
- 1 tsp. Salt
- 1 tsp. Pepper
- ½ Nutmeg

## Tomato Sauce:

- 2 Medium onions - cut into slices
  - 1 tin Tomatoes
  - 1 tsp. Salt
  - ½ tsp. Pepper
  - 1 tbsp. Sugar
  - 1 tsp. Fine dry red chilli powder
1. Fry the onions till golden brown.
  2. Add the tomatoes.
  3. Cook till the mixture is thick and dry on medium heat.
  4. Add the rest of the ingredients.
  5. Mix well and remove from heat.

## Directions:

1. If the fish is not soft and tender then boil some water in a pot and remove it from heat. Put the fish in the boiled water for about 10 minutes.
2. Wash the fish and put it in a mixing dish.  
\* Fish of your choice can be used ( salmon, king clip, sweet lip, snapper, etc.)
3. Add eggs, garlic, parsley, chillies, breadcrumbs and the coriander leaves.
4. Add salt, pepper and nutmeg.
5. Mince the mixture in a grinder but not too fine.
6. Make round flat balls from the mince and fry in about ½ tbsp. oil.
7. Enjoy with tomato source, vegetables, and either rice or mashed potatoes.

\* Can also be made with mince except there is no need to grind the mince.



HALEEM

# HALEEM

TIME: 180 minutes

SERVINGS: 8

A popular lamb and lentil Indian soup with a bit of spice. Its origins are from India however there are links to the Middle East.

## Ingredients:

1 kg.	Lamb Soup Bones	1	Small sweet potato, sliced
2 tbsp.	Pink lentil	¼	Zucchini, sliced
2 tbsp.	Pigeon pea (known as toor dhal, toovar dhal, or oil lentil)	1 cup	Pumpkin
2 tbsp.	Chana dhal	2	Carrots, cut in half
3 tbsp.	Soup mix	1 stalk	Celery, cut in half
1 tbsp.	Indian brown lentils (Sabut masoor/red lentils)	2 tbsp.	Ginger
3 tbsp.	Wheat	1	Onion, sliced
2 tbsp.	Masala	1	Tomato, sliced
1 tsp.	Turmeric powder	3 cloves	Garlic
3 tsp.	Salt	3 tbsp.	Oil
1 tbsp.	Dhania jeero	1	Onion, thinly slice
1 tsp.	Biryani masala	3 cloves	Garlic, thinly sliced
½ tsp.	Black pepper	2 tsp.	Salt
1 tsp.	Garam masala		
3-4	Green chillies, whole		
1 cup	Coriander, chopped		

## Suggestions & Tips:

- Before serving, sprinkle more coriander leaves as desired and squeeze in a little lemon.
- This dish is also nice with naan or bread.

## Directions:

1. Mix all the lentils and soak for about ½ an hour. Set aside.
2. On medium heat, add 4 cups of water to a pot and boil the soup bones for 15 minutes.
3. Throw the boiling water out and give the bones another good rinse. Leave a little water in the pot with the bones.
4. Add in all the spices and mix well (masala, turmeric, salt, dhanian jeero, black pepper, biryani masala).
5. On low heat, cover the pot and cook slowly for a few hours (~ 2 hours) until the bones are soft and the soup is thick.
6. Check regularly and add 1 cup of water if it's starting to get dry. Continue adding water until it's done.
7. Boil the soaked lentils for ½ an hour till is it soft.
8. When the lentils are cooked, add in all the vegetables (sweet potato, zucchini, pumpkin, carrot, celery, ginger, garlic, onion, tomato). Lower the heat and let it boil for about 20 minutes until the vegetables are soft.
9. Put the lentil mixture in a blender and grind it for 1-2 minutes until you get the right consistency. Add in a little water if mixture is too thick.
10. Add the lentil mixture to the lamb bones and mix well. Add more water if the soup is too thick to adjust consistency.
11. Adjust stove to medium heat and let it boil for 10 minutes.
12. In a separate pan, fry 1 onion in oil until golden brown and add in 3 cloves of thinly sliced garlic. Mix until the garlic turns golden brown. Set aside.
13. Check on the soup mixture and if it is too thick add more water as needed.
14. Add 2 teaspoons salt and 1 teaspoon gharam masala. Add in the whole chillies and simmer for another 2-3 minutes.
15. Turn off heat. Add in the fried onion and garlic and about half of the chopped coriander.
16. Give it a little mix and it's ready for serving.

# MINCE KABABS

TIME: 30 minutes

## Beef kababs in a spicy tomato sauce.

### Ingredients:

- ½ kg. Beef mince
- 1 tbsp. Masala
- 1 tsp. Dhanian jeero
- 1 ½ Salt
- ½ tsp. Turmeric
- ¼ tsp. Black pepper
- ½ tsp. Garam masala
- 1 Onion – finely chopped
- 1 Egg
- 1 tbsp. Green ground chillies
- ½ bunch Fresh Coriander leaves
- 1 Onion – Sliced into rings
- ¾ tin Tomatoes  
(can also use fresh tomatoes)
- 4 Whole green chillies

### Suggestions & Tips:

- Can be served with roti or naan.
- Add pickles (achar) to spice it up.

### Directions:

1. Wash and strain the mince.
2. Add the beef, masala, dhanian jeero, salt, turmeric, black pepper, the finely chopped onion, egg, and ground green chillies into a dish and mix well.
3. Make round flat balls from the mixture and fry in about 4 tbsp. of oil till light brown on medium heat.
4. Turn over and fry the other side.
5. Layer the sliced onion on top of the kababs.
6. Add in the tomatoes and the whole green chillies.
7. Simmer until the tomatoes turns into a sauce.
8. Remove from heat and sprinkle with the green coriander leaves.

# KALYA

TIME: 90 minutes  
SERVINGS:4

A great and tasty Indian lamb or mutton dish that is easy to make and perfect for entertaining.

## Ingredients:

1 kg.	Lamb, cut in pieces
2 tbsp.	Masala mixture
1 tbsp.	Dhania jeero (coriander and cumin seeds) mixture
1 tsp.	Turmeric powder
2 tsp.	Salt
1 tsp.	Cumin seeds
½ tsp.	Ground black pepper
1 tsp.	Biryani mixture (cinnamon, cumin seeds, ground pepper)
1 tsp.	Saffron
1 cup	Plain yogurt
½ cup	Canned or fresh tomatoes
1 tbsp.	Tomato paste
2 medium	Onion, sliced
2 large	Potatoes (cut into quarters)
4	Eggs, boiled
½ cup	Coriander leaves

## Suggestions & Tips:

- Fry the potatoes and boil eggs in advance to help save time.
- Can be eaten with roti or rice
- Can also be made using chicken instead of lamb but use half the yoghurt and 1 whole chicken.

## Directions:

- 1.** In a pot add the lamb meat, masala, dhania jeero, turmeric powder, salt, cumin seeds, ground black pepper, saffron and biryani masala. Mix well.
- 2.** Pour the yogurt, tomato sauce and tomato paste into the pot. Mix until the lamb pieces are evenly coated.
- 3.** Cook on medium heat for 30 to 60 minutes until the lamb is tender.
- 4.** In a separate pan, fry onions until it is golden brown. Remove from the pan and set aside.
- 5.** Using the same pan, fry the potatoes. Remove from heat and set aside.
- 6.** When the lamb is tender, add in the fried onions and potatoes.
- 7.** Mix and let it cook on medium heat for 10 minutes until the potato is soft.
- 8.** Once the potato is soft, add the boiled eggs and coriander leaves on top.
- 9.** Remove from heat and serve.



KHOW SUEY

## KHOW SUEY

TIME: 60 minutes

SERVINGS: 8

A mouth watering Burmese cuisine loved by all around the world. Chicken in coconut milk and served with noodles makes it a unique and a perfect cuisine for any party or family dinner.

### Ingredients:

- 1 Chicken
- 2 tbsp. Masala
- 1 tsp. Chilli Powder
- 1 tbsp. Garlic cut into small pieces
- 2 tbsp. Grated onions
- 1 tsp. Dhania jeero
- 3 tsp. Salt
- ½ tsp. Black pepper
- 1 tsp. Turmeric powder
- 2 ltrs. Milk
- 400 g Coconut cream
- 2 tbsp. Dry coconut powder
- 1 tsp. Garam masala
- 2 tbsp. Chana flour/gram flour

### Noodles & Accompaniments:

- Egg noodle ( enough for 4 people )
- As required Purr -Samosa strips (deep fried)
- 1 bunch Coriander leaves
- 5-6 Lemons
- 2-3 Chopped onions
- Dry red chilli flakes fried in oil (heat 3 tbsp. oil in a pan and add 4 tsp. of the chilli stirring to avoid scorching)

### Directions:

1. Cut chicken into pieces and braise in oil (enough to cover the bottom of pot).
2. Add masala, chilli powder, garlic, grated onions, black pepper, dhania jeero, turmeric powder and salt.
3. Mix the ingredients well.

4. Cover the pan and let the chicken cook for about 10-15 minutes until all the ingredients are dry but not burnt on medium heat.
5. Add milk, coconut cream, dry coconut powder and gram flour to the chicken mixture.
6. Stir regularly until it boils on a medium heat.
7. Reduce the heat down to low and add the garam masala.
8. Cook for a few more minutes and remove from heat.

#### Suggestions & Tips:

- Cut the coriander into pieces and put it in a serving dish together with the lemon and onion.
- In a serving plate add the Khow suey mixture to a portion of noodles.
- Add lemon juice and chopped onions.
- Garnish with coriander leaves and crispy samosa strips.
- If you want your Khow suey to be spicy add roasted chilli flakes.



# LAMB CURRY

TIME: 90 minutes

SERVINGS: 4

A popular dish in our family. Lamb is stewed in spices and a tomato-based sauce with potatoes. It is usually served with rice or roti and pickles.



## Ingredients:

- 1 kg. Lamb pieces
- 2 tbsp. Masala
- 2 tbsp. Dhania jeero
- 2 tsp. Salt
- 1 tsp. Dry chillies
- 1 tsp. Turmeric powder
- ½ tsp. Biryani masala
- 1 cup Fresh (diced) or tinned tomatoes
- 2 Small onions, sliced
- 6-7 Potatoes, peeled and cut in halves
- 1 bunch Coriander leaves
- Cooking oil

## Suggestions & Tips:

- ° Serve with rice or roti and pickles (Achar).

## Directions:

- 1.** Cut the lamb into pieces. Set aside.
- 2.** Add masala, dhania jeero, salt, dry chillies, turmeric, and biryani masala to the lamb and mix well.
- 3.** Braise the onions in oil on medium heat until golden brown.
- 4.** When the onions are ready, add in the lamb and cook on medium heat for about 1 hour until the lamb is soft.
- 5.** Add in the potatoes.
- 6.** Cover and cook for about 15 minutes till the potatoes are soft.
- 7.** Pour and mix in the tomatoes and cook for another 15 minutes.
- 8.** Sprinkle with coriander leaves.



MASALA CHICKEN

# MASALA CHICKEN

TIME: 40 minutes

SERVINGS: 4

Masala chicken is a mouth watering Indian dish marinated in spices and fried to perfection. Best served with roti and a touch of lemon.

## Ingredients:

- 1 Whole chicken – cut into pieces
- 2 tbsp. Masala
- 1 tbsp. Cumin (jeero)
- 2 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Paprika
- ¼ cup Lemon juice
- Cooking oil

## Suggestions & Tips:

- A squeeze of lemon juice on top enhances the flavour.
- Serve with roti OR
- Serve with dhal & rice OR
- Serve with curry khitchri

## Directions:

- 1.** Mix masala, jeero, salt, pepper, and the lemon juice together in a bowl.
- 2.** Add the mixture to the chicken and mix well until evenly coated.
- 3.** Heat oil on medium heat.
- 4.** Fry the pieces of chicken for approximately 30 minutes until brown and soft.

# MASALA CHOPS

TIME: 45 minutes

SERVINGS: 4

A tasty and simple chops recipe made with masala. Perfect for any party or family dinner.



## Ingredients:

- ½ kg. Lamb chops
- 2 tbsp. Masala
- 1 tsp. Ground cumin
- 1 tsp. Whole cumin seeds
- 1 tsp. Turmeric
- ½ tsp. Black pepper
- 1½ tsp. Salt
- ½ cup Tomato sauc (can also be canned or fresh tomatoes if preferred)

## Suggestions & Tips:

- Serve with roti.

## Directions:

- 1.** Mix masala, ground cumin, whole cumin seeds, turmeric, black pepper and salt in a small bowl.
- 2.** Pour the mixture over the lamb chops and mix until evenly coated.
- 3.** Cook the lamb chops on medium heat for 30 minutes until tender and dry.
- 4.** Add tomato sauce to the chops.
- 5.** Mix and let it simmer for a few minutes.
- 6.** Remove from heat and serve.



MASALA FISH

# MASALA FISH

TIME: 40 minutes

SERVINGS: 4

A mouth watering Indian cuisine of fish marinated in spices and fried to perfection. Best served with roti and touch of lemon.

## Ingredients:

- 1 kg. Fish – fillet Snapper or any other choice of filleted fish
- 3 tbsp. Garlic, crushed
- 2 tbsp. Dhania jeero
- 3 tsp. Salt
- 1 tsp. Turmeric
- 1 tsp. Paprika
- 3 tbsp. Ground red chilli powder (coarse)
- Cooking oil

## Suggestions & Tips:

- A squeeze of lemon juice on top enhances the flavour.
- Serve with roti OR
- Serve with dhal & rice.

## Directions:

- 1.** Mix crushed garlic, dhania jeero, salt, turmeric, paprika and ground chillies in a small bowl until a paste is formed.
- 2.** Rub the paste over the pieces of fish coating both sides evenly.
- 3.** Marinate the fish for 10 minutes.
- 4.** Heat oil on medium heat.
- 5.** Fry the pieces of fish until brown. Turn the fish over and cook the other side.

# MASALA PRAWNS

TIME: 40 minutes

SERVINGS: 4

A simple, yet delicious dish that is packed with flavour. Masala prawns is a mouth watering dish that is simple and quick to make. It goes really well with freshly made roti and lemon.



## Ingredients:

½ kg.	Prawns, shelled
2 tbsp.	Crushed garlic
1 tbsp.	Dhania jeero
¼ tsp.	Black pepper, ground
2 tsp.	Salt
1 tsp.	Turmeric
1 tbsp.	Cumin seeds
2 tbsp.	Crushed chillies
1 tsp.	Paprika
240 grams	Diced tomatoes
1 cup	Coriander leaves

## Suggestions & Tips:

- Serve with Chapati / Roti
- Remember not to overcook the prawns otherwise it will end up rubbery and chewy.

## Directions:

- 1.** Mix garlic, dhania jeero, black pepper, salt, turmeric, cumin seeds, crushed chillies and paprika in a bowl.
- 2.** Braise the mixed spices in oil on medium heat until it turns brown.
- 3.** Add diced tomatoes to the mixture.
- 4.** Continue mixing and let it cook for 10 minutes until the mixture becomes thick.
- 5.** Add prawns to the mixture. Cook for another 10 minutes.
- 6.** Remove from heat.
- 7.** Garnish with chopped coriander

# MINCE AKHNI

TIME: 60 minutes

SERVINGS: 6

This dish has a distinct flavour and is easy to serve as all the ingredients are cooked in one pot that is layered with mince, rice, and peas.



## Ingredients:

- 1 Onion sliced
- ½ kg. Beef mince
- 1 tbsp. Dhania jeero
- ½ tsp. Black pepper, ground
- 1 tsp. Salt
- 1 tsp. Turmeric
- ¼ tsp. Saffron
- 2 tbsp. Masala
- 1 tsp. Biryani masala
- 1 tin Diced tomatoes
- 2 Potatoes (cut in quarters)
- 1 cup Peas

## Rice:

- 3 cups Basmati rice
- 1 tbsp. Cumin seeds
- 1 tbsp. Salt

## Directions:

1. Sauté the onions in oil till golden brown.
2. Add the mince and spices (masala, dhania Jeero, black pepper, salt, turmeric, saffron, and biryani masala) to the onions and mix in well.
3. Add in the potatoes and braise on medium heat (closing the pot) for about 15 minutes till the potatoes are half done.
4. Add in the diced tomatoes and let it cook for about another 15 minutes (close pot lid) till the potatoes and mince are done.

5. Add in half of the peas and turn off the heat.
6. Layer the half-cooked rice on top of the mince mixture.
7. Pour the rest of the peas onto the rice.
8. Steam on low heat till the rice has cooked.
9. Remove from heat.

### Rice:

1. Wash the rice and add it to boiling water in a pot.
2. Add in the salt and cumin seeds.
3. Half cook the rice on medium heat
4. Strain the rice and add it to the mince mixture.

### Suggestions & Tips:

- Make sure the pot is deep enough to hold the rice and mince before you start.
- Enjoy with Dahi yoghurt and salad.

# MUG NI DHAL

TIME: 45 minutes

SERVINGS: 4

A famous dhal in Indian kitchens, this delicious and homely Gujarati dry dhal recipe is light and nutritious.



### Directions:

1. Soak the dhal for 3 hours in water.
2. Rub the dhal in-between your hands to loosen the shells. The shells will rise to the top.
3. Pour out the water and shells. You may need to add a second or third round of water to get rid of about 80% of the shells.
4. Put the dhal into a colander to strain out the water.
5. In a pot add all the ingredients except for the dhal.
6. Cook and mix all the ingredients together on medium heat for a couple of minutes.
7. Add the dhal and mix well.
8. Cover the pot and cook for about 10 minutes on medium low heat till the dhal is soft.
9. If it is not soft enough add in ½ a cup of water and cook for approximately another 10 minutes.
10. Garnish with the coriander leaves

### Ingredients:

- 2 cups Split green dhal
- 1 Onion chopped into cubes
- 1 tbsp. Masala
- 2 tsp. Dhania jeero
- ½ tsp. Turmeric
- 2 tsp. Salt
- ¼ tsp. Black pepper
- 1 tsp. Garam masala
- 6 tbsp. Oil
- 2 Green chillies finely chopped
- 3 Whole green chillies
- ½ bunch Fresh coriander leaves
- ½ Green capsicum
- 1 cup Spinach leaves
- 1 cup Tomatoes
- ½ Zucchini cut into blocks

### Suggestions & Tips:

- Serve with roti / bread and pickles.

# MOONG DHAL

TIME: 60 minutes

SERVINGS: 3

A healthy vegetarian dish that is enjoyed with roti and pickles; this dhal is a delicious recipe that is made with green lentils, tomatoes, garlic, and spices.

## Ingredients:

- 1 cup Mung beans/Green Lentils
- 3 cups Water
- 1 tbsp. Masala
- 1 tbsp. Dhania jeero
- ½ tsp. Turmeric powder
- 1 tsp. Salt
- ½ tsp. Ground pepper
- ½ Tin Tomato
- 1 Onion, chopped
- 3 tbsp. Oil
- 1 tbsp. Garlic, minced
- 1 bunch Chopped coriander for garnishing
- 2 or 3 Whole green chillies

## Suggestions & Tips:

- Serve with roti or bread.
- You can add more water while the lentils are boiling so that it will not dry out.
- Remove oil from the onion and garlic mixture before adding it to the lentils.

## Directions:

- 1.** Wash the lentils well.
- 2.** In a pot add three cups of water and the lentils. Bring to a boil on medium heat until the lentils are soft.
- 3.** The peels of the lentils will float to the top when it is soft. Take the peels out. You may need to add more water if it becomes dry.
- 4.** Mix in the masala and dhania jeero.
- 5.** Add turmeric powder, salt and ground pepper.
- 6.** Add the tomatoes..
- 7.** Mix the ingredients well and bring it to a boil until it has a smooth texture and the tomatoes are cooked. Once it boils, it is up to you if you want to add more water or leave it dry.
- 8.** Leave the lentils simmering on low heat.
- 9.** In a separate pan, braise the onions in oil until light brown.
- 10.** Add in the garlic and sauté until golden brown.
- 11.** Remove from heat and add the onions and garlic to the lentils.
- 12.** Add in the coriander leaves and green chilli.
- 13.** Mix well and remove from heat.



MOONG DHAL



MUSTARD CHICKEN

# MUSTARD CHICKEN

TIME: 40 minutes

SERVINGS: 6

A flavoursome chicken marinated with mustard and vinegar. Best served with roti.

## Ingredients:

1 ½ kg.	Chicken pieces
4 tbsp.	Mustard powder
1 tbsp.	Black fine pepper
4 tsp.	Salt
1 tbsp.	Red chilli powder
¾ cup	White vinegar
125 grams	Butter
¼ cup	Lemon juice

## Directions:

- 1.** Mix the chicken, mustard powder, pepper, salt, chilli powder, lemon juice and vinegar in a non-stick pan.
- 2.** Cover and simmer on medium heat stirring occasionally.
- 3.** When the sauce has almost evaporated, add the butter.
- 4.** Brown the chicken to your liking.

## Suggestions & Tips:

- Serve with fried rice

**OR**

- Roti

# NASI GORENG

TIME: 60 minutes

SERVINGS: 4

An Indonesian rice meal which literally means “fried rice”. It can be eaten anytime of the day but mostly served for breakfast or dinner.

## Ingredients:

- 1 cup Chicken, sliced
- 1 cup Prawns, whole or cut in half
- 1 tbsp. Garlic
- 2 tbsp. Fresh red chillies (cut into small fine pieces)
- 3 Fresh red chillies (cut into long strips)
- 1 tbsp. Dhania jeero (coriander and cumin seeds)
- 1 tsp. Cumin
- 1½ tsp. Salt
- 3 tbsp. Grapeseeds oil
- 3 tbsp. Soy sauce
- 1 cup Cooked basmati rice, long grain
- 1 Onion, fried
- 2 Eggs – pmelette cut into strips

## Sambal Sauce:

- ½ cup Lemon juice
- 2 Red chillies, cut
- 1 tsp. Cumin seeds
- 1 tsp. Salt

## Directions:

1. Heat oil in a pan on medium heat and add in the chicken pieces.
2. Add the garlic, ½ of the red chillies (finely chopped), dhania jeero, cumin, red chillies (cut into strips), and salt.
3. Mix well and cook until it is relatively dry but not burnt.

4. Add in the prawns and the rest of the red chillies and mix well. Cover the pan and let it cook till the prawns are done (approximately 3 minutes).
5. Add 1 tablespoon of soy sauce to the cooked rice and mix it until it is well-combined. Set aside.
6. Stir and add in 2 tablespoons of soy sauce to the chicken and prawn mixture.
7. Mix in and combine the rice with the chicken and prawns.
8. Turn off the heat and sprinkle the egg slices and fried onion on to the top of the rice.

## Sambal Sauce:

1. Mix the lemon juice, red chillies and cumin seeds in a food processor.
2. Grind it till it is fine.
3. Sift it into a sauce bowl.
4. You can add another teaspoon of chillies for a stronger taste.



# POTATO, EGG AND YOGHURT

TIME: 45 minutes  
SERVINGS: Approximately 6

A yoghurt soup like dish that can be enjoyed with maize roti or flat bread

## Ingredients:

### Yoghurt Curry

1 whole	Potato
3	Eggs
1	Onion, chopped
4	Green chillies
4 cloves	Garlic
1 tsp.	Cumin seeds, ground
1½ tsp.	Salt
Half bunch	Coriander leaves
3 cups	Plain yoghurt
1 tbsp.	Pea (chana) flour
2 tbsp.	Oil
1 tsp.	Turmeric powder
½ tsp.	Black pepper



### Maize Roti

1½ cup	Maize
2 cups	Water
½ tsp.	Salt
1 tbsp.	Butter

## Directions:

### Yoghurt Curry:

1. Boil potato and eggs till soft. Remove from heat.
2. Peel potato and chop into blocks. Set aside.
3. De-shell eggs; remove the egg yolks and thinly slice the egg whites. Set aside.
4. In a food processor grind the coriander, green chillies and garlic.
5. Add yoghurt, pea flour, ground cumin seeds and salt. Cover and quickly mix in the food processor. Set aside.
6. Sauté the onions in a pot on medium heat until it becomes golden brown.
7. Add the potato and egg whites and braise it for a little while.
8. After 3 minutes, add the yoghurt mixture. Stir the mixture and bring it to boil.
9. Add turmeric powder for colour.
10. Add the egg yolks.
11. Stir and remove from heat.

### Maize Roti:

1. Cook the maize with 2 cups of water and salt until it is firm on medium heat.
2. Remove from heat and fold the butter into the maize.
3. Shape a handful of maize into a ball and place it on a baking sheet.
4. Cover the maize with another baking sheet and roll it out with a rolling pin.
5. Heat up a pan on medium heat so that it is hot.
6. Cook the maize in the pan until one side is brown. Flip it over and cook the other side.

### Suggestions & Tips:

- ° Serve with maize roti.

# PUMPKIN BREEDIE

TIME: 60 minutes

SERVINGS: 3

A traditional recipe for a classic stew of lamb cooked with pumpkins, onions and spices.

## Pumpkin Breedie:

- ½ kg. Lamb meat, cut in pieces
- ½ kg. Pumpkin, cut in medium size pieces
- 1 Chilli, cut in pieces
- 2 tbsp. Garlic (chopped into slices)
- 1 big Onion, chopped
- 1 tbsp. Cooking oil
- 1 tsp. Salt
- 1/2 tsp. Black pepper
- 1/2 tsp. Red chillies
- 2 tbsp. Brown sugar
- 1 cup water



## Onion Salad:

- 1 whole Onion, chopped
- 1 bunch Coriander leaves
- Lemon
- Green chilli
- Salt
- Pepper

## Directions:

### Pumpkin Breedie:

1. Cut the lamb meat into pieces and put in a pot together with chilli, garlic and onion.
2. Cook on medium heat for about 45 minute or until the lamb is soft.
3. Add a little oil to brown the meat and mix the ingredients well.
4. Add a little water so that the pot doesn't burn and the lamb is not too dry. Mix well.
5. After a few minutes when the water has been cooked off, add a little more water and mix in the salt, black pepper and red chillies.
6. Add in the pumpkin and cover the pot. Let it cook on medium heat for about 10 minutes or until the pumpkin is soft.
7. If needed add a little water to help make the pumpkin softer and cook for another 5 minutes.
8. When the pumpkin is soft, add brown sugar.
9. Stir well and let it simmer for a minute or so before removing from the heat.

### Onion Salad:

1. Cut the coriander into pieces and mix it with chopped onion, green chilli, salt and pepper. Drizzle with lemon juice.

### Suggestions & Tips:

- ° Place a cup of rice on a serving plate; add the pumpkin breedie on top of the rice.
- ° Serve with kachumer (onion salad) on the side.

# SPINACH & SPICY CHICKEN

TIME: 60 minutes  
SERVINGS: 4

## Ingredients:

1	Onion, diced
3 tbsp.	Oil
1 kg.	Chicken, cut in small pieces
2 tbsp.	Masala
1 tbsp.	Dhania jeero
1 tsp.	Salt
1 tsp.	Turmeric powder
½ tsp.	Ground pepper
1 bunch	Spinach, chopped
1	Potato, cut in 4 pieces
1 medium	Onion, chopped
1 cup	Green peas
½ tsp.	Black Pepper

## Suggestions & Tips:

- Serve with roti or bread.
- You can also use beef or chicken mince. Just follow the same steps, and substitute your choice of meat.
- Aside from spinach, you can also use fenugreek leaves. Use half a packet of fenugreek leaves as substitute for spinach.

## Directions:

- 1.** Sauté diced onion in oil set on medium heat until golden brown.
- 2.** Add chicken and all the spices (masala, dhania jeero, salt, turmeric, pepper). Mix well.
- 3.** Cover with a lid and simmer until the chicken is cooked.
- 4.** After about 20 minutes, add in the spinach, potato, and onion (chopped). Mix well.
- 5.** Close the lid and let it simmer on medium heat until the potato is soft.
- 6.** Add in the peas and stir.
- 7.** When the peas are cooked (few minutes), remove from heat.

# STUFFED CAPSICUM WITH MINCE

TIME: 30 minutes  
SERVINGS: 4

A tasty yet simple dish that is so easy to make and will be loved by the whole family.

## Ingredients:

½ kg.	Mince
1 tbsp.	Masala
1 tbsp.	Dhania jeero
2 tsp.	Salt
1 tsp.	Turmeric powder
½ cup	Fresh (diced) or tinned tomatoes
1	Onion, chopped
1 tbsp.	Green chillies finely cut
Small bunch	Coriander leaves
	Water

## Suggestions & Tips:

- Serve with roti (chapati).

## Directions:

- 1.** Braise ½ of the chopped onions till lightly browned and add the mince followed by dhania jeero, turmeric, salt, and masala. Mix well.
- 2.** Cook till the mince is dry and the water is cooked out.
- 3.** Add the other half of the chopped onion together with the tomatoes and chillies to the mince. Mix well.
- 4.** Cook for about 2 minutes.
- 5.** Cut the fresh coriander leaves into small pieces and add it to the mince. Remove from heat.
- 6.** Cut off the stalks and make a slit into the peppers near the top so that the seeds can be removed.
- 7.** Once the inside of peppers has been removed, stuff the peppers with mince.
- 8.** Add a little oil into a pot and cook the peppers till lightly browned on one side on medium heat.
- 9.** Turn the peppers over and brown the other side.
- 10.** Add ½ cup water to steam and soften the peppers

# TANDOORI CHICKEN

TIME: 105 minutes

SERVINGS: 4

Tandoori chicken is a popular Indian dish enjoyed by many people around the world. This dish is composed of roasted chicken prepared with yogurt and spices.

## Ingredients:

- 1 whole Chicken
- 1 ½ tbsp. Masala
- 2 tsp. Dhania jeero
- 2 tsp. Salt
- 1 tsp. Biryani masala
- 1½ tbsp. Tomato paste
- 1 tbsp. Garlic
- 1 tsp. Ground cumin
- ½ tsp. Black pepper
- 1 tsp. Paprika
- 2 tbsp. Yogurt
- 1 tbsp. Dried coconut, ground
- 1 tbsp. Sesame seeds, ground
- 2 tbsp. Lemon juice
- ¼ lb. butter

## Suggestions & Tips:

- Served with roti or puri

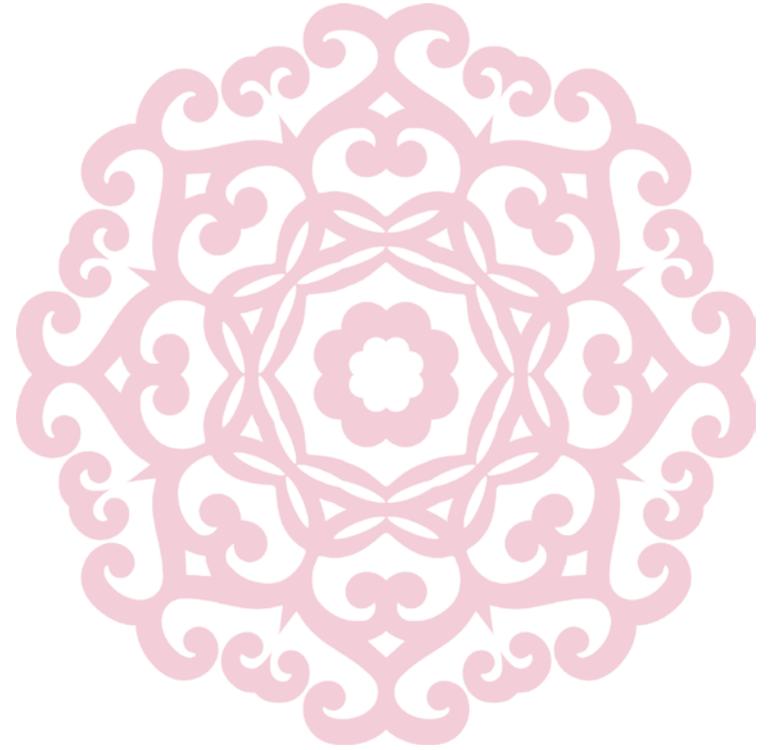
## Directions:

1. Place the chicken in a baking tray that is lined with enough foil to wrap the chicken closed. Set aside.
2. In a bowl, mix the masala, dhania jeero, salt, biryani masala, tomato paste, garlic, ground cumin, black pepper, paprika, yogurt, ground coconut, ground sesame seeds and lemon juice to form a paste.

3. Rub the paste onto one side of the chicken. Turn the chicken over and rub the rest of the paste on the other side.
4. Cut the butter into small slices/pieces and spread it evenly on top of the chicken.
5. Close the foil wrapper, making sure to leave an opening on the top.
6. Place the chicken in the oven and bake it for 50 minutes at 200 degrees Celsius.
7. Take the chicken out of the oven and open the foil wrapper. Set the oven to grill and place the chicken back into the oven (180 degrees) to brown it.
8. After 15 minutes, turn the chicken over to the other side and spoon the remaining sauce over it.
9. Return the chicken to grill and brown it for about another 30 minutes.
10. Take the chicken out of the oven when it is dry and there is still a little gravy left. Make sure not to burn the chicken or let it dry out too much.



# Desserts





BADAM MILK (INDIAN ALMOND MILK)

# BADAM MILK

TIME: 45 minutes

A very delicious creamy and flavoursome drink that is popular at Indian weddings, special occasions, and parties. It is made with milk, fresh almonds, cardamom, rosewater, and sago.

## Ingredients:

- 4 ltrs. Milk
- 2 cups Blanched Almonds (without the skin)
- 1/3 cup Sago
- ½ cup Pitted dates
- 2 tins Condensed milk
- 2 tbsps. Rosewater essence
- 1 tbsps. Ground cardamom

## Suggestions & Tips:

- Best enjoyed warm or hot.
- Can be cooled at room temperature and refrigerated for about 2 to 3 days.

## Directions:

- 1.** Pour the milk into a pot and scoop out 1 cup and add to a blender together with the almonds.
- 2.** Blend into a paste.
- 3.** Add the almond paste to the rest of milk and mix well.
- 4.** Chop the pitted dates into small pieces and add to the milk.
- 5.** Add the sago to the milk.
- 6.** Cook the milk on high heat till it boils. Make sure to continually stir the milk to avoid it sticking to the bottom of the pot and burning.
- 7.** When it boils, turn the heat down to low and continue stirring till the sago is nice and soft.
- 8.** Add the condensed milk, rosewater essence, and cardamom. Mix well.
- 9.** Stir for while till it boils again and remove from heat.



BARFI (INDIAN SWEETS)

## BARFI

TIME: 60 minutes

Barfi is a delicious traditional Indian sweet prepared in every household during festive events like Diwali or Eid.

Burfi is made with powdered milk, reduced fat cream, cardamom, almond meal, sugar, butter, and water.

### Ingredients:

1 kg.	Milk powder
200 grams	Butter
1 tin	Nestle cream
1 tsp.	Cardamom powder
1 tsp.	Crushed/ground cardamom
1 cup	Almond meal

*Toppings: Slivered almonds, ground pistachio*

### Syrup:

3 cups	Water
3 cups	Sugar
1 tbsp.	Rosewater essence

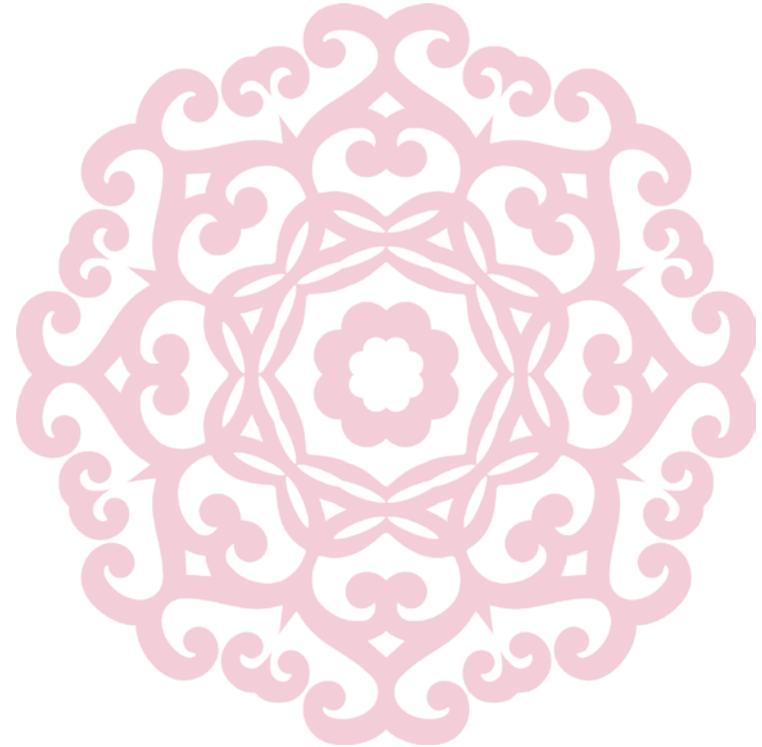
### Directions:

1. Combine butter, cream, and milk powder in a food processor and mix till it is light and crumbly (can be mixed by hand too).
2. Set aside for a few hours then add in the cardamom and almond meal.
3. Mix well.
4. Pour in the hot syrup and mix it in with a spatula by hand till smooth and creamy.
5. Pour into a Pyrex glass baking dish so that the mixture is about 15mm thick.

6. Decorate with the almonds and pistachios.
  7. Leave overnight to set.
  8. Cut into blocks and serve.
- 

### Syrup:

1. Add water and sugar in a pot and simmer for 10 minutes.
2. Add in the rosewater essence.
3. Cook until the syrup is reasonable thick and sticky.





GULAB JAMUN

## GULAB JAMUN

TIME: 40 minutes

A classic Indian sweet that is made with ghee, cardamom, nutmeg, condensed milk and almond meal. It is soaked in syrup and rolled in desiccated coconut.

It is a favourite at parties, weddings and festive events and is a dessert that is usually served after meals.

### Ingredients:

2 tbsp. Ghee  
2 tsp. Ground cardamom  
4 tbsp. Almond meal  
1 tin Condensed milk  
½ tsp. Nutmeg  
3 tsp. Baking powder  
¼ tsp. Bicarb  
1 Egg  
2 ½ cups Plain flour  
4 tbsp. Milk  
Cooking oil  
Desiccated coconut

### Syrup:

2 cups Water  
2 cups Sugar

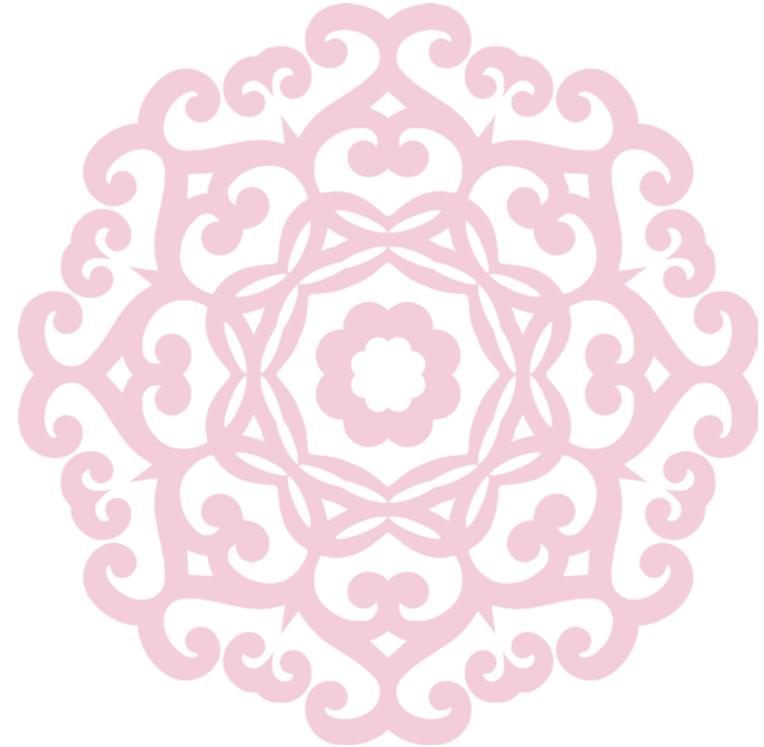
### Directions:

1. Mix the almond meal with the milk to make a paste.
2. Combine ghee, egg, 2 tbsp. of the almond paste, and condensed milk to a dish and mix.
3. Add the flour, cardamom, nutmeg, baking powder, and bicarb.

4. Mix by hand till the mixture forms a nice soft dough. You may need to add more flour if the mixture is too sticky.
5. Break small pieces from the dough and roll into strips.
6. Deep fry the strips of dough in oil until they turn golden brown on low heat.
7. For the syrup, add two cups of sugar to water and cook on the stove. Bring the water to boil until it forms a light syrup.
8. Remove from heat.
9. Soak the Gulab Jamun's in the syrup.
10. Roll the Gulab Jamuns in the desiccated coconut shavings.

#### Suggestions:

- Perfect with Masala Tea (Chai Tea).
- Best served while still hot.
- Can be stored in the freezer and syruped later.





KOESISTERS

## KOESISTERS

TIME: 90 minutes  
SERVINGS: 36 pieces

A mouth watering syrup-coated spicy doughnut rolled in coconut. This popular South African delight is best served with masala tea and enjoyed whilst it is still hot.

### Ingredients:

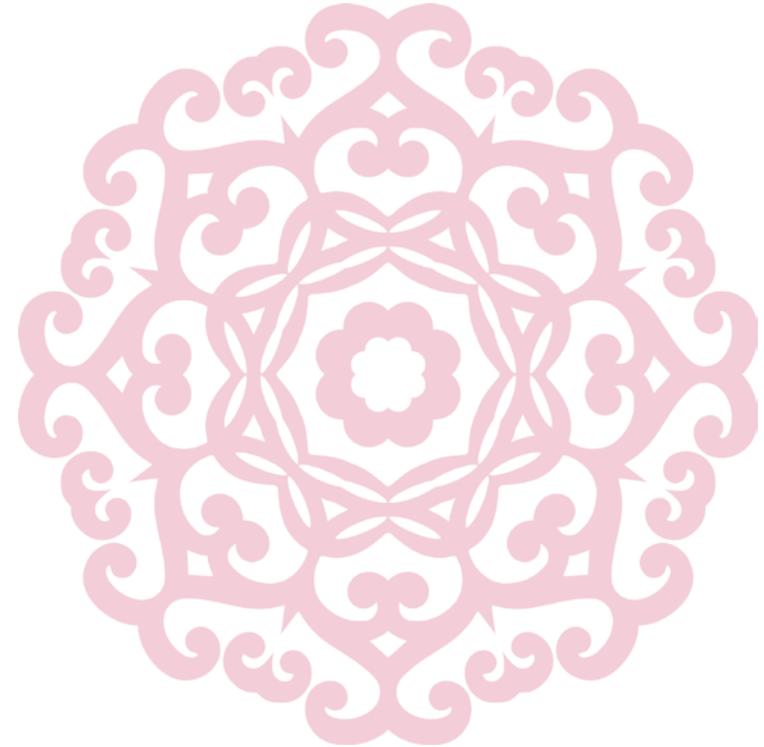
1	Large potato, chopped
1 tbsp.	Ground ginger
1 tbsp.	Ground cardamom
1 tbsp.	Ground cinnamon
1 tbsp.	Mixed spice
1 tsp.	Baking powder
½ tsp.	Salt
¼ cup	Sugar
114 grams	Butter
2	Eggs
¼ cup	Cooking oil
½ cup	Milk
3 tsp.	Yeast
1 tbsp.	Sugar
¼ cup	Lukewarm water
4 cups	Plain flour
	Coconut shavings

### Syrup:

2 cups	Water
2 cups	sugar
	Cinnamon sticks
	Cardamom seeds

## Directions:

1. Add water to the potatoes and cook it on high heat until they are soft (cover the lid of the pot).
2. Spoon 2 tsp. of sugar into the yeast. Add ¼ cup lukewarm water and mix. Set aside until the yeast rises.
3. Mix flour, ground ginger, ground cardamom, cinnamon, mixed spice, baking powder, salt and sugar in a bowl. Set aside.
4. When the potatoes are soft, remove from heat. Add oil and butter and mix with a hand blender.
5. Add the eggs and pour half of the milk into the potato mixture. Blend again until the mixture is nice and smooth.
6. To make the dough, create a hole into middle of the flour and pour the yeast into the hole.
7. Slowly pour the potato mixture into the flour while folding it with a spoon.
8. Mix the flour until there are no lumps and it forms a dough. Mix in more milk if the dough is too dry.
9. Brush a little oil on top of the dough to keep it moist. Cover the bowl and leave it to rise for about one hour.
10. When the dough has risen to about half the height of the bowl, remove the dough from the bowl.
11. Roll the dough out using even pressure with a rolling pin into an oval shape. Roll one edge of the dough over and roll it until you have a long log.
12. Cut the dough log into about 1cm pieces and roll it in the palm of your hand, twisting or plaiting each strip into a twisted doughnut shape.
13. Deep fry the twisted strips of dough in oil until they turn golden brown.
14. For the syrup, add the sugar, water, cinnamon sticks, and cardamom seeds to a pot and bring it to a boil until it forms a light syrup.
15. Submerge each koeksisters into the syrup making sure that it coated well.
16. Roll the koeksisters in the coconut shavings.
17. Serve while they're still hot.





NAAN KHATAI (INDIAN SHORTBREAD BISCUIT)

## NAAN KHATAI

TIME: 45 minutes

A light and flaky shortbread recipe that is very popular during the festive seasons.

It is flavoured with ghee, cardamom, and just melts in your mouth.

### Ingredients:

- 2 cups Ghee
- 1 cup Castor sugar
- 2 cups Flour
- 4 tbsp. Almond meal
- 2 Egg yolks
- 2 tsp. Cardamom powder
- ½ tsp. Baking powder
- ½ tsp. Bicarbonate of soda
- 2 tbsp. Oil (sunflower)
- Slivered almonds (tiny strips)

### Suggestions & Tips:

- Perfect with Masala Tea (Chai Tea).
- You can also add 2 tbsp. of fine semolina to the dry ingredients as a variation to this recipe.

### Directions:

- 1.** Combine ghee and castor sugar in a bowl and beat the mixture till it is creamy and fluffy
- 2.** Add in the egg yolks and mix well
- 3.** Combine the rest of the dry ingredients (cardamom, bicarb, flour, almond meal, and baking powder) and mix well.  
If the dough is too soft then add extra flour to make it firmer.
- 4.** Add the oil to the mixture and combine well.
- 5.** You may need to add even more flour if the dough is still too soft.
- 6.** Make and roll small round balls in the palm of your hand from the dough and place into a baking tray.
- 7.** Colour the almonds with a food colouring of your choice and a small amount of water.
- 8.** Dry the almonds out and set aside.
- 9.** Make a few small slits with a knife into the top of each ball and add a couple of almonds.
- 10.** Set the oven to 170 degrees Celsius and bake until golden brown for about 25 minutes



BUTTER PECAN SNOWBALLS

# BUTTER PECAN SNOWBALLS

TIME: 35 minutes

These Pecan shortbread biscuits are quick, easy and very delicious. It is perfect for special occasions or for just a casual afternoon tea treat.

## Ingredients:

- ½ lb Margarine
- 4 tbsp. Castor sugar
- 3 cups Flour
- 3 cups Pecan nuts
- Icing sugar

## Suggestions & Tips:

- Perfect with Masala tea (Chai tea).
- You can substitute the margarine with butter for a healthier option.

## Directions:

- 1.** Combine margarine and castor sugar in a bowl and beat the mixture till it is creamy.
- 2.** Add in the flour and mix it to form a dough.
- 3.** Add in the pecan nuts to the dough and mix it through.
- 4.** You may need to add more margarine if the dough is a little hard.
- 5.** Roll small round balls in the palm of your hand from the dough and place into a baking tray.
- 6.** Set the oven to 170 degrees Celsius and bake until it is light brown for about 25 minutes.
- 7.** Remove from the oven and let the biscuits cool in a cooling rack.
- 8.** Once cooled, roll the cookies in icing sugar and store in an airtight container for up to 7 days.



PRINCESS CAKE (Venetian Custard Slice)

# PRINCESS CAKE

TIME: 60 minutes

A very colourful layered custard cake that is sure to make you smile and happy.

## Ingredients:

120 grams	Butter	3 cups	Cake flour
½ cup	Sugar	2 tsp.	Vanilla essence
4 tsp.	Baking powder		Custard
4	Eggs		Ground cardamom

## Directions:

1. Melt the butter and add in the sugar, eggs, and vanilla essence. Beat with a mixer until it is well combined.
2. Gradually add and mix in the baking powder and flour until a mixture is formed that is soft in texture and not too sticky.
3. Divide the dough into five equal portions.
4. Roll each portion into a circle of about 30cm in diameter (use flour and grease proof paper when rolling).
5. Heat the oven to 175 degrees celsius.
6. Bake the portions separately one at a time until golden and not crusty.
7. Make custard as per usual instructions.
8. Pour the custard into 3 separate containers and use food colouring to make red, green, and natural coloured custard.
9. Simply put the layers together one at a time by spreading a different coloured custard between each layer.
10. On the top layer spread custard and sprinkle with crumbs and cardamom (the crumbs are from pieces of baked wafer that was crushed and put aside).
11. Leave to set and cool. Place in the fridge.



SOOJI

# SOOJI

TIME: 30 minutes

SERVINGS: 4

A sweet and savoury Indian dish that uses semolina as its main ingredient.

This dish is delicious and fun to make.

## Ingredients:

- ½ cup Ghee
- 1 cup Semolina
- 2 cups Milk
- 2 Eggs
- ½ tsp. Saffron
- 1 tsp. Cardamom powder
- ½ cup Boiling water
- 1 cup Brown sugar

## Suggestions & Tips:

- Sprinkle chopped almonds on top of sooji before serving.
- Can also be enjoyed with cream or ice cream.
- Sooji can also be made with apricots or prunes.

## Directions:

- 1.** Combine ghee and semolina in a saucepan and cook on medium heat until it turns light brown.
- 2.** Break the eggs into a bowl and add the milk, saffron, and cardamom powder.
- 3.** Using a food processor or hand mixer, grind the milk and egg mixture until it is nice and smooth. Set aside.
- 4.** When the semolina mixture turns brown, pour in ½ cup boiling water and stir.
- 5.** Add in the milk mixture gradually while continuously stirring until the sooji is dry and mushy.
- 6.** Add the brown sugar and mix.
- 7.** Close the lid and let it simmer on low heat for a few minutes.
- 8.** Remove from heat.



Designed by Zaafir - Mama's grandson

