

A collage of various Ramadan recipes. The central focus is a wooden platter filled with golden-brown fried pastries, including samosas, spring rolls, and round pastries, some of which are filled with meat. Surrounding this central platter are other dishes: a bowl of white cream, a glass of strawberry yogurt, a jar of chia pudding with raspberries, a bowl of walnuts, a bowl of soup with a garnish of green herbs, and a plate of star-shaped cookies decorated with sprinkles and chocolate. The background is a light-colored marble surface.

Essential **RAMADAN RECIPES**

Tantalise My Taste Buds



Razena



Simone



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Peace and greetings Dear Reader

We are happy that you have joined us on our Ramadan journey this year and hope that you enjoy these traditional family recipes as much as we do.

Along with the soups, savories and sweets that are found everywhere on our tables during Ramadan, we have also included our favorite suhoor and beverage recipes to keep you nourished and hydrated during the blessed month.

www.tantalisemytastebuds.com

Introduction

For Muslims, the month of Ramadan is a period of increased religious devotion and deep spiritual reflection and contemplation; of self-restraint and self-control over physical appetites.

We strive to guard ourselves against sin and sinful actions while increasing our opportunities for performance of good deeds and gaining blessings through prayer and recitation of the noble Quran.

It is also a time that is spent with family, at the time of the pre-dawn meal and breaking the fast at the time of sunset. The nurturers of the family are usually up an hour before everyone else to prepare suhoor for the family.

I have so many food memories attached to Ramadan, favorite dishes in our own family home as well as the delicious iftar sweet and savory snacks shared every night from our neighbours.

The soups and boeber that are ubiquitous in Cape Muslim homes at the time of iftar are nourishing. Yet we seem to crave sweet and salty fried foods, at least for the first week or so when we still have an appetite when breaking the fast.

We have shared many of those beloved dishes as well as new ones in this e-book for you to enjoy with us this Ramadan.

May the Almighty accept our worship this Ramadan and always.

Razena

Table of Contents

00	Cover
01	Introducing
04	Breakfast / Suhoor
21	Beverages
36	Soups
51	Savoury snacks
71	Sweet snacks



Breakfast / Suhoor **Nourishing** **Tasty**

These nourishing and tasty meals will keep you sated during the period of fasting.

Berry Mango Smoothie Bowl



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Berry Mango Smoothie Bowl

Ingredients

- 75g (1/2 cup) frozen blackberries
- 75g (1/2 cup) frozen strawberries
- 140g (1 cup) frozen mango
- 500 ml (2 Cups) double cream plain / Greek yogurt or unsweetened yogurt of choice
- 5 ml (1 tsp) chia seeds
- Honey to taste

GARNISH

- Sliced fresh mango, blackberries
- Sliced strawberries
- Toasted nuts
- Toasted coconut flakes
- Edible flowers

Instruction

- Place all the ingredients into a blender or smoothie maker and blend until smooth.
- Serve immediately with desired garnish.

Serves 2

Fruity Overnight Oats



Prepare Time
15 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Fruity Overnight Oats

Ingredients

- 100g (1 cup) rolled oats
- 375ml (1 1/2 cups) milk of choice
- 125 ml (1/2 cup) raisins
- 1 medium Granny Smith apple, grated
- 15 ml (1 tbs) lemon juice
- 125 ml (1/2 cup) hazelnuts
- 60 ml (1/4 cup) pomegranate arils

GARNISH

- Berries
- Pomegranate arils
- Pumpkin seeds
- Honey

Serves 2

Instruction

- Add the oats and raisins into a bowl with the milk.
- Cover and refrigerate overnight.
- Before serving, grate the apple and add the lemon juice to prevent browning.
- Add this to the oats with the hazelnuts and pomegranate arils.
- Stir everything to combine without making it mushy.
- Serve with desired garnish.

Oat and Yogurt Chia pots



Prepare Time
15 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Oat and Yogurt Chia pots

Ingredients

BOTH OPTIONS

- 125ml (1/2 cup) rolled oats
- 30ml (2 tbs) chia seeds
- 250ml (1 cup) milk of choice
- 250ml (1 cup) Greek yogurt

ROSE RASPBERRY CHIA POT

- 22.5ml (1 1/2 tbs) rose syrup
- 5ml (1 tsp) honey, if needed
- pinch of cardamom powder
- 170g (250 ml) raspberries
- Pistachios

CHOCOLATE CHIA POT

- 15ml (1 tbs) unsweetened cocoa powder
- 30ml (2 tbs) honey
- pinch of salt
- 1 large ripe banana
- Nuts or cacao nibs

Instruction

To the base mix of oats, chia seeds, milk and Greek yogurt add the ingredients for your desired option.

ROSE RASPBERRY CHIA POT

- Add the rose syrup, honey and cardamom powder to the oats, chia seeds, milk and yogurt and mix thoroughly.
- Decant into two jars with lids and leave in the fridge overnight.
- Garnish with raspberries and serve.

CHOCOLATE CHIA POT

- Add the cocoa powder, honey, salt and cinnamon powder to the oats, chia seeds, milk and yogurt and mix thoroughly.
- Decant into two jars with lids and leave in the fridge overnight.
- Garnish with sliced banana and nuts and serve.

Each option Serves 2

NOTE - Do not use low quality rose syrup as it will give the chia pots a bitter aftertaste.

Creamy breakfast mieliepap (Cornmeal porridge)



Prepare Time
5 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes

Creamy breakfast mieliepap (Cornmeal porridge)

Ingredients

- 75g (1/2 cup) creamy maize flour OR fine white maize meal
- 375ml (1 1/2 cups) water
- 1 small cinnamon stick
- 2 cardamom pods
- 1.25ml (1/4 tsp) salt
- 250ml (1 cup) milk
- 15ml (1 tbs) butter
- 15ml (1 tbs) honey, optional

BERRY COMPOTE

- 85g (1/2 cup) berries
- 15ml (1 tbs) sugar
- 15ml (1 tbs) water

GARNISH

- 50g (1/2 cup) granola
- fresh strawberries and blackberries

Instruction

- Place the maize flour or fine maize meal and water into a small saucepan.
- Add the cinnamon stick and cardamom pods to the maize slurry.
- Turn on the heat to low and allow the water to come slowly to simmer.
- Stir occasionally to ensure that it doesn't form one big clump and increase the heat after 5 minutes (10 minutes for regular fine maize meal).
- Add the salt.
- When the slurry begins to simmer vigorously whisk or stir continuously and add the milk and butter.
- Be careful as the mixture may begin to splutter at this point.
- Cook for 8-10 minutes on low (15-20 minutes for regular fine maize meal) and stirring occasionally to prevent clumping.
- While the porridge is simmering, start on the accompaniments.
- Place the berries (I used blackberries) in a small sauce pan with the water and sugar and bring to a boil on medium high.
- Mash the berries to release the juice and cook on low until you see a syrup, about 7-10 minutes.
- Spoon the porridge into two bowls and top with berry compote, fresh berries and granola and serve immediately.

Scrambled eggs with caramelised onions



Prepare Time
15 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Scrambled eggs with caramelised onions

Ingredients

- 15 ml (1 tbs) canola or olive oil
- 45g (3 tbs) butter
- 150g (1 large) onion, sliced
- 6-8 large eggs
- 1 green chili
- 1 clove garlic, minced
- 125ml (1/2 cup) thick cream
- salt and pepper to taste

GARNISH

- 15ml (1 tbs) chopped chives
- 15ml (1 tbs) chopped parsley

SRIRACHA MAYO

- Mix together
- 60ml (1/2 cup) mayonnaise
- 10ml (2 tsp) sriracha or harissa paste

Serves 2-4

Instruction

- Melt half the butter and oil in a medium frying pan on medium-high heat.
- Add the sliced onions and stir over heat for 3-4 minutes before turning it down to low.
- Caramelize the onions, stirring occasionally for 15-20 minutes until it is a deep brown color. Add the garlic.
- Add the remaining butter to the onions and add the chili. Turn the heat down as low as possible.
- Whisk the eggs and cream in a small bowl and season to taste.
- Pour the eggs mixture over the onions and wait 30 seconds before bringing the edges in gently with a spatula and stirring until it thickens to custard consistency.
- Season to taste, remove from the heat.
- Garnish with chopped herbs and serve with chili mayo and salad / toast.

NOTE:

The caramelised onions can be prepared the night before and reheated before adding the eggs in the morning.

Shakshuka - Poached eggs in spicy tomato sauce



Prepare Time
10 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Shakshuka - Poached eggs in spicy tomato sauce

Ingredients

- 15ml (1 tbs) canola or olive oil
- 150g (1 large) red bell pepper, chopped and de-seeded
- 15ml (1 tbs) harissa paste
- 5ml (1 tsp) tomato paste
- 2 garlic cloves, peeled and chopped
- 2.5ml (1/2 tsp) cumin powder
- 3 medium tomatoes, grated
- 4 eggs, at room temperature
- 60ml (1/4 cup) labneh

GARNISH

- 15ml (1 tbs) herbs

Serves 2-4

Instruction

- Heat the oil in a medium sized pan over high heat and add the chopped red bell pepper. Cook for 2-3 minutes until it is slightly charred.
- Reduce the heat to medium then add the harissa, tomato paste, chopped garlic and ground cumin to the peppers and cook for a further 5 minutes until the peppers are soft.
- Add the chopped tomatoes or grated tomato pulp to the peppers cook on a gentle simmer until most of the watery liquid is evaporated. This will take another 8-10 minutes.
- Reduce the heat to low then make indentations in the sauce with the back of a spoon to hold the eggs.
- Break an egg into a small bowl and pour each egg into it's own hollow.
- Simmer the eggs in the sauce until the egg whites are starting to become less opaque or see through but the yolks are still runny. At a low heat this will take 6-8 minutes.
- The eggs will continue to cook in the sauce so remove it from the heat before the egg whites and yolks are completely set.
- Leave for 5 minutes to settle and flavors to meld before serving with labneh and bread.

NOTE:

The tomato gravy can be prepared the night before and reheated.

Ricotta Frittata



Prepare Time
10 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes

Ricotta Frittata

Ingredients

- 6 large eggs, separated
- 250g (1 tub) fresh ricotta cheese
- 45g (3 tbs) butter
- 25g (60 ml) grated Parmesan
- Salt and pepper to taste
- 15ml (1tbs) chopped fresh garlic chives

GARNISH

- Fresh basil leaves

Serves 2

Instruction

- Heat the oven to 180 Celcius / 350F.
- Whisk the egg yolks with the ricotta until combined.
- Whisk the egg whites until firm and holding their shape but not dry.
- Fold the egg whites into the yolks and ricotta mixture.
- Add the chopped chives.
- Melt the butter in an oven-proof 26 cm frying pan over medium heat.
- Pour the egg mixture into the warm frying pan and bring the edges in with a spatula, stirring gently.
- Cook on the stove for 2-3 minutes until the mixture is starting to set.
- Sprinkle over the grated Parmesan then transfer the frying pan into the oven and bake for 15 minutes or until set.
- Garnish with chopped chives and basil leaves and serve.

Peri Peri Chicken livers



Prepare Time
15 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Peri Peri Chicken livers

Ingredients

- 500g chicken livers
- salt and pepper
- 45ml (3 tbs) olive oil
- 1 medium onion, finely chopped
- 15ml (1 tbs) fresh minced garlic
- 7.5ml (1 1/2 tsp) smoked paprika
- 5ml (1 tsp) chili powder
- 250ml (1 cup) fresh cream
- 15ml (1 tbs) white balsamic vinegar
- 400ml peri-peri sauce
- 22.5ml (1 1/2 tbs) honey
- juice of 1/2 lemon

GARNISH

- Fresh coriander leaves

Serves 2 - 4

Instruction

- Remove any fat and sinew from the chicken livers and then pat dry with a paper towel.
- Sprinkle chicken livers with salt and pepper.
- Use 30 ml olive oil and fry the chicken livers for 2-3 mins on each side on high heat. This will make them crisp on the outside but still a bit pink inside.
- Remove the chicken livers from the pan and set aside until required.
- Heat the remaining olive oil in a clean pan and sauté the onions until it is golden brown, about 10-15 minutes.
- Add spices and the crushed garlic to the onions and give it a good stir until the spices are evenly distributed and garlic is cooked but not burnt.
- Add the vinegar to the pan and cook for one minute.
- Add the fresh cream and stir to amalgamate in the sauce until it starts to thicken.
- Add the peri-peri sauce and honey and cook for another minute.
- Add the chicken livers and the lemon juice, stir to combine without breaking the livers and cook until warmed through for 5 minutes on low heat.
- Garnish with chopped coriander leaves and serve with your favorite crusty bread.



Beverages **Hydrating Refreshing**

These refreshing beverages will keep you hydrated after long days of fasting.

Fruit infused water



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Fruit infused water

Ingredients

FOR ALL OPTIONS

- 1 liter (4 cups) filtered cold still or sparkling water
- 250ml (1 cup) ice cubes

LEMONGRASS, MANGO, PINEAPPLE

- 1 stalk lemongrass, bruised and sliced
- 125ml (1/2 cup) mango cubes
- 125ml (1/2 cup) pineapple cubes
- 1 orange sliced
- sliced ginger

RASPBERRY / STRAWBERRY / MINT

- 150g (1 cup) raspberries
- 150g (1 cup) strawberries
- 1 sprig mint leaves
- 1 lemon sliced

Instruction

- Place all the ingredients into a glass water jug and fill up with filtered still or sparkling water.
- Refrigerate and serve chilled.
- Add ice before serving.

Serves 4

Mango & Orange Agua Fresca



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Mango & Orange Agua Fresca

Ingredients

- 250ml (1 cup) mango cubes
- 125ml (1/2 cup) orange juice
- 500ml (2 cups) chilled green tea
- 5ml (1 tsp) lime or lemon juice
- 15ml (1 tbs) honey
- ice cubes

Instruction

- Place all the ingredients into a blender and blend until smooth.
- Refrigerate and serve chilled over ice cubes.
- Garnish with mint and lime or lemon wedges.

GARNISH

- Mint leaves
- Lime or lemon wedges

Serves 2

Berry Blast



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Berry Blast

Ingredients

- 135g (1 cup) seedless watermelon cubes
- 100g (1 cup) strawberries
- 80g (1 small) green apple cored and cubed
- 80g (1/2 cup) seedless grapes
- 20g (3 small or 1 large) dates, seeds removed
- 140g (1 cup) ice cubes (add an extra cup for a slushy consistency)

GARNISH

- Mint leaves
- Lime or lemon wedges

Serves 1

Instruction

- Place all the ingredients into a blender and blend until smooth.
- Garnish with mint and lime or lemon wedges.
- Serve immediately

NOTE

If you are using a Nutribullet or similar size blender, give the fruit a spin first before adding the ice cubes or the lid will not be able to close.

Rose Lassi



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Rose Lassi

Ingredients

- 500ml (1 cup) cold plain unsweetened yogurt
- 250ml (1 cup) ice cold water
- 5ml (1 tsp) rose water
- 60ml (4 tbs) rose syrup
- 1.25ml (1/4 tsp) ground cardamom
- 60ml (1/4 cup) sugar, adjust to taste

GARNISH

- Rose petals
- Chopped pistachio nuts

Serves 2-3

Instruction

- Place all the ingredients into a blender and blend until smooth and frothy.
- Garnish with chopped pistachios or rose petals.
- Serve immediately.

Watermelon refresher



Prepare Time
5 Minutes



Cook Time
0 Minutes



Serve Time
5 Minutes

Watermelon refresher

Ingredients

- 4 cups (1 small) seedless watermelon, flesh only cut into chunks
- 1 lemon, juice only
- 30ml (2 tbs) honey, to taste
- ice cubes

GARNISH

- Mint sprigs
- Lime or lemon wedges

Serves 4

Instruction

- Place all the ingredients into a blender and blend until smooth.
- Refrigerate and serve chilled over ice cubes.
- Garnish with mint and lime or lemon wedges.

Falooda Milkshake with China grass



Prepare Time
45 Minutes



Cook Time
10 Minutes



Serve Time
5 Minutes

Falooda Milkshake with China grass

Ingredients

BASIL SEEDS

- 5ml (1 tsp) basil seeds
- 60ml (1/4 cup) cold water

CHINA GRASS

- 5ml (1 tsp) agar agar powder a.k.a china grass
- 250ml (1 cup) hot water
- 15ml (1 tbs) rose syrup
- 5ml (1 tsp) rose water

FALOODA MILKSHAKE

- 1 litre (4 cups) milk whole milk is preferred
- 125ml (1/2 cup) rose syrup
- 250ml (1 cup) Vanilla or strawberry ice cream

GARNISH

- 3tbs flaked almonds or pistachio powder

Instruction

- In a small pot add the china grass powder and pour over the hot water. Stir vigorously until dissolved and bring to the boil before adding 1 teaspoon of rose water and one tablespoon rose syrup. Let it cool, then cover and refrigerate until set.
- Boil the milk and allow to cool, then decant into a jug and refrigerate.
- Put the basil seeds in a small bowl or cup and cover with cold water. Allow to soak for at least 30 minutes.
- Just before serving add the rose syrup to the milk and mix thoroughly to combine.
- Grate the china grass into a bowl and drain the basil seeds.
- For each serving glass add 2 small scoops of ice cream, 1 teaspoon drained basil seeds and 1 teaspoon grated china grass.
- Pour over the falooda milk and garnish with flaked almonds or pistachio powder.

Serves 4

Creamy Boeber with condensed milk



Prepare Time
25 Minutes



Cook Time
60 Minutes



Serve Time
5 Minutes

Creamy Boeber with condensed milk

Ingredients

- 50g (1/5 cup) butter
- 80g (2 cups) fine vermicelli
- 80ml (1/3 cup) sago pearls
- 5 pieces cinnamon approximately half of a small quill
- 5 green cardamom pods bash open
- 2 litres (8 cups) milk
- 395g (1 can) condensed milk
- 125ml (1/2 cup) water
- 5ml (1 tsp) rose water

GARNISH

- 125ml (1/2 cup) toasted almond flakes

Serves 4

Instruction

- Rinse the sago, cover with water and allow to soak for 20 minutes.
- On a low heat, melt the butter in a pot and add the vermicelli.
- Add the cinnamon and cardamom pods and ensure that it fries a little in the butter as this releases the essential oils.
- Allow the butter to brown while stirring the vermicelli, but do not allow it to burn. This should not be longer than 5 minutes.
- When you can smell the brown butter and the vermicelli is golden, add the milk.
- Increase the heat to medium and allow the milk to come to a slow simmer.
- Stir regularly to ensure that the milk does not burn on the bottom of the pot.
- After simmering for 20 minutes add the sago.
- Allow the boeber to simmer on low heat until the sago pearls are completely clear and cooked. This may take 15-20 minutes.
- Add the condensed milk and fill the empty can halfway with hot water and add to the boeber.
- Stir thoroughly and simmer for five minutes more for the flavors to combine.
- Add 1 teaspoon rose water and stir to combine.
- Garnish with toasted flaked almonds and serve.



Soups

Nourishing Tasty

These nourishing and tasty soups are power packed with nutrients and will keep you deliciously sated.



Vegan Red Lentil Soup



Prepare Time
120 Minutes



Cook Time
45 Minutes



Serve Time
5 Minutes

Vegan Red Lentil Soup

Ingredients

- 250ml (1 cup) dried split red lentils
- 60ml (1/4 cup) Extra Virgin olive oil
- 1 red onion, finely chopped
- 1 carrot, grated
- 5ml (1 tsp) cornflour
- 500ml (2 cups) vegetable stock
- 500ml (2 cups) water
- 1 clove garlic, sliced
- 1.25ml (1/4 tsp) chili flakes
- 2.5 ml salt, adjust to taste
- freshly ground black pepper to taste

GARNISH

- 30ml (2 tbs) chopped parsley
- 1/2 grated lemon rind and juice

Instruction

- Rinse the lentils twice then cover with cold water and soak for at least 2 hours. Rinse once more before use.
- Heat 30 ml of olive oil in a medium sized pot and sauté the onions until soft and translucent but not brown or scorched.
- Add the cornflour and cook for 1 minute before adding the drained lentils, grated carrot, garlic and chili flakes.
- Add the stock or water and bring to the boil, then reduce the heat and simmer for 40 minutes or until the lentils are soft.
- Blend the soup until creamy and completely smooth then add the remaining oil.
- Season to taste.
- Garnish and serve with croutons and lemon wedges.

Serves 4

Pumpkin Soup with Cannellini beans



Prepare Time
15 Minutes



Cook Time
90 Minutes



Serve Time
5 Minutes

Pumpkin Soup with Cannellini beans

Ingredients

- 60ml (1/4 cup) Extra Virgin olive oil
- 2.2 kg pumpkin (1 small)
- 200gr (1) brown onion, finely chopped
- 1 large carrot
- 4 cloves garlic
- 1 liter (4 cups) vegetable stock
- 260g (1 cup) cooked cannellini beans
- 2.5ml (1/2 tsp) salt, adjust to taste
- 1.25ml cayenne pepper
- 15 ml (1 tbs) chili oil

GARNISH

- 60 ml (1/4 cup) pumpkin seeds, toasted
- 60 ml (1/4 cup) pomegranate arils
- Chili oil, to taste

Instruction

- Heat the oven to 180 C / 350 F.
- Slice the pumpkin in half and scoop out the seeds. Cut into half again.
- Drizzle over half the oil then place on a lined baking sheet and bake for 45-60 minutes or until the pumpkin is soft.
- With the remaining oil in a large pot, sauté the chopped onions, chopped carrot and garlic for 15 minutes until the onions are translucent but not browned.
- Scoop out the roasted pumpkin flesh and add to the pot with the vegetable stock.
- Blend with a stick blender until creamy and smooth and season.
- Add the cannellini beans, cayenne pepper and chili oil and heat through for another 5 minutes.
- Garnish with pumpkin seeds, pomegranate arils, chili oil and serve.

Serves 4

Creamy Mushroom Soup



Prepare Time
15 Minutes



Cook Time
50 Minutes



Serve Time
5 Minutes

Creamy Mushroom Soup

Ingredients

- 4 dried porcini or shitake mushrooms
- 250ml (1 cup) boiled water
- 45ml (3 tbs) olive oil
- 45g (3 tbs) butter
- 1 onion finely chopped
- 5ml (1 tsp) chopped parsley
- 250grams portobellini mushrooms reserve 3 for garnish
- 250grams white button mushrooms reserve 3 for garnish
- 100grams brown mushrooms reserve 2 for garnish
- 3 cloves garlic finely sliced
- 1000ml (4 cups) chicken or vegetable stock
- 5ml (1 tsp) salt
- freshly ground black pepper to taste
- 5ml (1 tsp) fresh thyme OR parsley finely chopped
- 30g (2 tbs) butter
- 5ml (1 tsp) corn flour
- 125ml (1/2 cup) creme fraiche or fresh cream
- 1/2 lemon zest and juice

GARNISH

- 15 g (1 tbs) butter approximately
- 100 g shimeji mushrooms (half a pack)
- salt and pepper

Serves 4

Creamy Mushroom Soup

Instruction

- In a small bowl, cover the dried mushrooms with a cup of boiling water to completely submerge them and let soak for at least 20 minutes until ready to be added to the soup.
- Remove the fresh mushroom stems and chop the caps into a small dice.
- The stems can be frozen and used later in another dish.
- In a pot, melt the butter in the oil and add the onion and parsley and sweat for 10 minutes on medium heat.
- Next, add the chopped mushrooms and sauté for 10 minutes before adding the sliced garlic.
- When the mushrooms start to release their liquid, add the soaked dried mushrooms that have been chopped up and continue cooking until all the liquid has disappeared.
- Add the strained soaking liquid to the mushrooms in the pot with a teaspoon of salt and pepper to taste.
- Add the stock and parsley and then bring to the boil and reduce the heat to a simmer for 20 minutes, then remove from the heat.
- Set aside a cup of the broth without any mushroom pieces for the roux.
- Finely slice the reserved mushrooms and sauté in a hot pan with 1 tablespoon of butter until browned at the edges.
- Remove the mushrooms from the pan and add the other tablespoon of butter.
- To the melted browned butter add a tablespoon of cornflour and stir quickly to cook the roux.
- Add the reserved broth a little at a time and whisk continuously until the sauce is thick and smooth.
- Add the cream and simmer for another minute.
- Blend the soup with an immersion blender or in a stand blender until smooth, adjusting the seasoning if required.
- Add the creamy roux to the soup and blend again.
- Return the soup back to the heat until it comes to a bubble, before serving.
- Cook the shimeji mushrooms in the tablespoon butter and season with salt and pepper.
- To serve garnish each bowl with a few mushrooms, a sprinkling of parsley, a pinch of lemon zest and a squeeze of lemon juice in the centre. A few slices of crusty bread on the side will be good too.

Velvety Prawn Coconut Curry Soup



Prepare Time
15 Minutes



Cook Time
45 Minutes



Serve Time
5 Minutes

Velvety Prawn Coconut Curry Soup

Ingredients

- 15 ml coconut oil approximately 1 tablespoon
- 400 grams prawn tails

COCONUT CURRY SOUP

- 225g (250 ml) onion, finely chopped approximately
- 5ml (1 tsp) freshly grated ginger
- 7.5ml (1 1/2 tsp) finely crushed garlic (2 large cloves)
- 10ml (2 tsp) tomato puree
- 7.5ml (1 1/2 tsp) freshly ground black pepper
- 10ml (2 tsp) fish spice
- 5ml (1 tsp) chilli flakes
- 1.25 ml (1/4 tsp) hot curry powder
- 5ml (1 tsp) dried parsley or dried coriander
- 1 vegetable stock cube
- 125ml (1/2 cup) boiling water
- 350ml (1 2/5 cup) fresh cream
- 250ml (1 cup) coconut milk
- 10ml (2 tsp) fish sauce
- 30ml (2 tbs) lime juice approximately 1 lime
- 15ml (1 tbs) full fat milk, optional approximately 1 tablespoon

Serves 4

Velvety Prawn Coconut Curry Soup

Instruction

- In a pan, fry prawns in 15 ml coconut oil on low heat for 2-3 mins till prawns are just pink in color.
- Saute the chopped onions in a separate pot and until the onions are golden brown. This will take 10-15 minutes on medium heat.
- Add the ginger and garlic and allow to sauté for 4-5 mins on medium-low heat.
- Add the tomato puree and continue stirring for 2 minutes until the tomato is amalgamated.
- Add the prawns, black pepper, fish spice, crushed chillies, curry powder, parsley or coriander and stir for 5 minutes until the spices are cooked through.
- Add the vegetable stock cube to the boiling water and mix until dissolved then add to the prawn curry mixture.
- Add the fresh cream and coconut milk and cook stirring continuously until the soup thickens, about 2-3 minutes.
- Once the soup has thickened up, add the juice of 1 lime or small lemon and continue stirring. Add the fish sauce and adjust the seasoning if required.
- Allow the soup to reduce until it reaches your desired consistency. If it thickens too much add the milk one tablespoon at a time to loosen it.
- Serve garnished with chopped parsley or coriander and a few slices of crusty bread, jasmine rice or noodles.

Chicken Soup with coconut milk



Prepare Time
15 Minutes



Cook Time
40 Minutes



Serve Time
5 Minutes

Chicken Soup with coconut milk

Ingredients

- 30ml (2 tbs) Extra Virgin olive oil
- 200gr (1) brown onion, finely chopped
- 3 cloves garlic, minced
- 1 inch piece ginger peeled, minced
- 1ml (1/5 tsp) Turmeric powder
- 1 red chili, minced
- 5ml lemongrass, minced
- 375ml (1 1/2 cups) sweet corn kernels
- 400 ml (1 can) coconut milk
- 500 ml (2 cups) chicken stock
- 5ml (1 tsp) fish sauce, adjust to taste
- 15ml (1 tbs) lime juice
- 5ml (1 tsp) sugar
- 300g (2 cups) cooked shredded chicken

GARNISH

- 60ml (1/4 cup) coriander leaves
- 60ml (1/4 cup) coconut flakes

Instruction

- In a medium size pot sauté the chopped onions, garlic and grated ginger in olive oil for 15 minutes until the onions are translucent but not browned.
- Add the turmeric powder, red chili, lemon grass and sweet corn and cook for 5 minutes.
- Add the coconut milk, chicken stock, fish sauce, lime juice and sugar and simmer for 10 minutes.
- Blend with a stick blender for a smooth consistency, if desired, although it is not required.
- Add the cooked shredded chicken and adjust the seasoning then warm through for another few minutes.
- Garnish and serve.

Serves 4

Beef and Split pea soup



Prepare Time
15 Minutes



Cook Time
120 Minutes



Serve Time
5 Minutes

Beef and split pea soup

Ingredients

- 210 grams (1 cup) dried green split peas
- 100g (1/2) brown onion, finely chopped
- 300g (1 cup) beef pieces
- 5 Allspice berries
- 5 Cloves
- 300g (5 medium) carrots, chopped
- 150g (1 medium) potato, chopped
- 50g (1/4 medium) tomato, chopped
- 25g (1/2 cup) soup celery, chopped
- 1 stock cube of your choice
- 1-1 1/2 liters (4-6 cups) water
- 1.25ml (1/4 tsp) chili flakes
- 2.5 ml salt, adjust to taste
- freshly ground black pepper to taste

Instruction

- Rinse the split peas twice then place in a small pot covered with cold water. Let the water come to the boil then remove the from the heat and rinse through a strainer.
- Return the split peas to the clean pot and add 500 ml water and boil until soft (40-50 minutes).
- Add the onions, meat and spices to a large pot and cover with enough water to cover the ingredients. Cook on low until the meat is tender (60-75 minutes).
- Cook the chopped carrots, potatoes, tomato, celery and the stock cube in 1 to 1 1/2 liters of water until soft (25-30 minutes).
- Add the split peas with it's cooking liquid to the vegetables and blend until smooth.
- Add the blended vegetables to the meat and cook together for 15 minutes until the flavors are combined.
- Season to taste and serve.

Serves 4-6

The background is a collage of food-related images. On the left, there's a close-up of a bowl filled with golden-brown, fried balls, possibly falafel or vegetable fritters, garnished with fresh green herbs. To the right, there's a top-down view of a grey stone surface with several small bowls containing different colored sauces (pink, red, green) and a plate of golden-brown, triangular samosas. A floral patterned cloth is visible in the upper right corner.

Savoury **Crunchy** **Satisfying**

These crunchy savouries will satisfy the craving for fatty salty foods and provide a quick calorie boost.

Dal-tjies / Chili Bites (Spinach & corn fritters)



Prepare Time
30 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes

Daljtjies / Chili Bites

(Spinach & corn fritters)

Ingredients

- 100g (1 cup) chickpea flour
- 140g (1 cup) cake flour
- 10ml (2 tsp) baking powder
- 2.5ml (1/2 tsp) salt, adjust as required
- 7.5ml (1 1/2 tsp) cumin powder
- 5ml (1 tsp) coriander powder
- 2.5ml (1/2 tsp) turmeric powder approximately 1/2 teaspoon
- 1 small red onion finely grated
- 1 small carrot finely grated
- 50g (1 cup) chopped spinach
- 125ml (1/2 cup) sweet corn kernels
- 1 chopped green chilli, use 2 for spicy
- 30ml (2 tbs) chopped fresh coriander leaves and stalks
- 1 clove garlic finely grated
- 1 egg plus water to make 200 ml liquid

Optional

- 5 ml (1 tsp) olive oil
- 5 ml (1 tsp) sugar

Instruction

- In a clean medium sized bowl sift the chickpea flour, cake flour and salt.
- Add the ground cumin, ground coriander and turmeric and combine with a whisk.
- In another bowl grate the garlic, onion and carrot and add the chopped spinach, corn kernels and chilli and stir to mix through.
- Finely chop the coriander leaves and stalks and add to the other vegetables.
- Toss the vegetables into the chickpea flour and then add the egg and water mixture. If using add the sugar and oil too.
- Stir to combine thoroughly and leave to rest for at least 10 minutes before frying.
- At this point you can add the optional teaspoon olive oil and sugar and mix it through.
- The batter may seem thick at first but will loosen up while it rests as the vegetables start releasing their liquid.
- Add the baking powder just before frying and mix through thoroughly before frying off tablespoon fulls of batter in oil at least 5 cm deep.
- Fry until golden brown and check that they are evenly cooked before removing with a slotted spoon.
- Drain on kitchen paper towels to absorb any excess oil.
- Garnish with coriander micro-greens (or chopped coriander) and serve hot.

Mince Samosas



Prepare Time
60 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Mince Samosas

Ingredients

ONIONS

- 7.5ml (1 1/2 tsp)salt
- 1 large onion, finely chopped

FILLING

- 500 grams minced beef or lamb
- 10ml (2 tsp) grated garlic or garlic paste
- 5ml (1 tsp) grated ginger or ginger paste
- 2.5ml (1/2 tsp) turmeric powder
- 5ml (1 tsp) chili powder
- 5ml (1 tsp) coriander powder
- 5ml (1 tsp) cumin powder
- 1 red chilli, sliced
- 250ml (1 cup) fresh coriander leaves and stems, chopped

ASSEMBLY

- 70g (1/2 cup) cake flour approximately
- 30ml (2 tbs) water
- 25 samoosa pastry sheets

Mince Samosas

Instruction

ONIONS

- Peel and finely chop the onions then place into a rice colander.
- Rub the onions with salt and let sit for 5 minutes then pour over a kettle of boiling water and allow to drain.
- Squeeze out the excess moisture from the onions by placing it in a clean unused tea towel, and turning the edges tight. Repeat three or four times.

FILLING

- Heat a high sided frying pan on medium high without oil and add the minced beef or lamb.
- Cook the minced meat until it is crumbly and no liquid remains. This may take about 20 mins on medium high.
- Add the garlic, ginger, turmeric, chili powder, coriander and cumin powder and sliced chilli and cook through for 5 minutes.
- Add the drained chopped onions and stir to combine thoroughly then remove from heat. You don't need to cook the onions more than that.
- Place the mixture into a rice colander over a bowl and allow to cool and drain of excess liquid.
- When the mixture is completely cool, chop the coriander and stir through before filling the samosas. Use a sharp knife so the coriander doesn't bruise and turn brown.

ASSEMBLY

- Mix the flour and water for the glue when the mince filling is cool and you are about to assemble.
- Take the short end of the samoosa pastry strip and fold across until it is aligned with the long end and fold over once more to make a triangle shaped pocket.
- Fill the pocket with one tablespoon of samoosa filling. Use more or less depending on the width of the samoosa pastry strips.
- Fold the long end of the pastry strip over the pocket and continue folding the triangle until only a short flap remains.
- Use your finger or the back of a teaspoon to spread samoosa glue onto the pastry strip.
- Fold the glued section against the triangle and ensure that all the corners are tight.
- Deep fry in hot oil and serve immediately.

Chicken Samosas



Prepare Time
60 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Chicken Samosas

Ingredients

ONIONS

- 7.5ml (1 1/2 tsp)salt
- 1 large onion, finely chopped

FILLING

- 500 grams minced chicken
- 2.5ml (1/2 tsp) salt
- 10ml (2 tsp) garam masala
- 10ml (2 tsp) grated garlic or garlic paste
- 2.5ml (1/2 tsp) turmeric powder
- 5ml (1 tsp) cumin powder
- 5ml (1 tsp) crushed chili flakes
- 375ml (1 1/2 cup) fresh coriander leaves and stems, chopped

ASSEMBLY

- 35g (1/4 cup) cake flour approximately
- 30ml (2 tbs) water
- 25 samoosa pastry sheets

Chicken Samosas

Instruction

ONIONS

- Peel and finely chop the onions then place into a rice colander.
- Rub the onions with salt and let sit for 5 minutes then pour over a kettle of boiling water and allow to drain.
- Squeeze out the excess moisture from the onions by placing it in a clean unused tea towel, and turning the edges tight. Repeat three or four times.

FILLING

- Peel and finely chop the onions then squeeze out the excess moisture from the onions by placing it in a clean unused tea towel, and turning the edges tight.
- Heat a high sided frying pan or wok on medium high without oil and add the finely chopped chicken.
- Cook the chicken mince until the chicken is crumbly and no liquid remains. This should take about 15 minutes.
- Add the drained chopped onions stir to combine thoroughly and allow to simmer for 10 minutes.
- Add the salt, minced garlic, garam masala, turmeric, crushed chili flakes and cumin powder and cook through for 5 minutes.
- Taste the filling to check the seasoning and add more salt, if required.
- When the mixture is completely cool, chop the coriander and stir through before filling the samosas. Use a sharp knife so the coriander doesn't bruise and turn brown.

ASSEMBLY

- Mix the flour and water for the glue when the chicken filling is cool and you are about to assemble.
- Keep the length of the pastry facing away from you and fold the bottom right corner across to the left edge.
- Now fold that across to the right side again to form triangle shaped pocket. Ensure that the bottom tip of the pocket is tightly sealed or all the filling will escape during frying.
- Fill the pocket with two tablespoon of samoosa filling. Use more or less depending on the width of the samoosa pastry strips.
- Fold the long end of the pastry strip over the pocket and continue folding the triangle until only a short flap remains.
- Use your finger or the back of a teaspoon to spread samoosa glue onto the pastry strip.
- Fold the glued section against the triangle and ensure that all the corners are tight.
- Fry the samoosas in oil at least 2 cm deep for 1 1/2 - 2 minutes until golden

Potato Samosas



Prepare Time
40 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Potato Samosas

Ingredients

FILLING

- 6 potatoes, peeled and cubed
- 5ml (1 tsp) salt for potato cooking water
- 15ml (2 tsp) grated garlic or garlic paste
- 2.5ml (1/2 tsp) turmeric powder
- 10ml (2 tsp) garam masala
- 5ml (1 tsp) cumin powder
- 5ml (1 tsp) crushed chili flakes (or chopped green chilies)
- 2.5ml (1/2 tsp) salt, adjust to taste
- 250ml (1 cup) fresh coriander leaves and stems, chopped

ASSEMBLY

- 35g (1/4 cup) cake flour approximately
- 30ml (2 tbs) water
- 25 samoosa pastry sheets

Potato Samosas

Instruction

FILLING

- Cook the potato cubes in salted water for 20 mins until soft.
- Strain the water from the potato cubes and put back on the stove on low heat to let it dry out excess water.
- Mash the potatoes roughly to break it up but not fine like mashed potato.
- Melt the butter or ghee in a pan over medium heat and add the mustard seeds. Cook until it pops.
- Add the turmeric powder, garam masala, cumin powder, chili flakes and 60 ml water to prevent the spices burning.
- Cook for 1 minute and add to the potato.
- Add the salt and mix thoroughly to combine and adjust the seasoning if necessary.
- Add the chopped coriander leaves and stems and mix again to distribute.

ASSEMBLY

- Mix the flour and water for the glue when the potato filling is cool and you are about to assemble.
- Keep the length of the pastry facing away from you and fold the bottom right corner across to the left edge.
- Now fold that across to the right side again to form triangle shaped pocket. Ensure that the bottom tip of the pocket is tightly sealed or all the filling will escape during frying.
- Fill the pocket with two tablespoon of samoosa filling. Use more or less depending on the width of the samoosa pastry strips.
- Fold the long end of the pastry strip over the pocket and continue folding the triangle until only a short flap remains.
- Use your finger or the back of a teaspoon to spread samoosa glue onto the pastry strip.
- Fold the glued section against the triangle and ensure that all the corners are tight.
- Pack flat into zip lock bags and freeze until required or fry immediately.
- Fry the samosas in oil at least 2 cm deep for 1 1/2 - 2 minutes until golden.

Chicken and Veg Spring Rolls



Prepare Time
60 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Chicken and Veg Spring Rolls

Ingredients

CHICKEN

- 3 large bone-in chicken breasts (1-1.25kg)
- 2.5ml (1/2 tsp) salt
- 1 large onion, quartered
- water

FILLING

- 250g (1 large) onion, peeled and finely chopped
- 22.5ml (1 1/2 tbs) grated garlic or garlic paste
- 30ml (2 tbs) cumin powder
- 1 green chili, finely chopped
- 30ml (2 tbs) water
- 1 large red bell pepper, de-seeded and chopped
- 1 large red bell pepper, de-seeded and chopped
- 4 carrots, coarsely grated
- 250ml (1 cup) fresh coriander leaves and stems, chopped
- 250ml (1 cup) grated cheese (cheddar or mozzarella)
- salt and fresh ground black pepper, to taste

ASSEMBLY

- 35g (1/4 cup) cake flour approximately
- 30ml (2 tbs) water
- 25 spring roll pastry sheets

Chicken Spring Rolls

Instruction

CHICKEN

- Place the onion quarters, chicken breasts and salt in a deep pan or pot and add enough water to allow it steam on low.
- Cook for 25-30 minutes or until done and then remove from the heat and allow to cool.
- When the chicken is cooled shred the meat from the bones.

FILLING

- Heat a high sided frying pan or wok on medium high without oil and add the finely chopped onions.
- Cook the onions until translucent then add the garlic paste, cumin powder and green chili and cook for 2-3 minutes to remove the raw garlic flavor.
- Add 30 ml water to prevent the spices burning. Leave to cool.
- Peel and grate the carrots then squeeze out the excess moisture by placing it in a clean unused tea towel, and turning the edges tight.
- Add the cooled onions, chopped bell peppers and grated carrots to the shredded chicken and stir to combine thoroughly.
- Add the chopped coriander, grated cheese and salt and pepper and mix to combine.
- Taste the filling to check the seasoning and add more salt, if required.

ASSEMBLY

- Mix the flour and water for the glue when the chicken filling is cool and you are about to assemble.
- Keep the length of the pastry facing away from you and place two tablespoons of filling 2 cm from the bottom edge of the pastry, leaving the same space on the sides.
- Use your finger or the pastry brush to spread glue along the sides and the top edge of the pastry.
- Fold the bottom edge over the filling and fold the sides in so that it forms a pocket.
- Roll into a cigar shape and make sure the edges are sealed.
- Use more or less depending on the width of the spring roll pastry squares.
- Fry the spring rolls in oil at least 2 cm deep for 1 1/2 - 2 minutes until golden.
- Serve with your favorite dipping sauce.

Chicken Half moons



Prepare Time
60 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Chicken Half moons

Ingredients

PASTRY

- 500ml (2 cups water)
- 60g (4 tbs) butter
- 350g (2 1/2 cups) cake flour

CHICKEN FILLING

- 30ml (2 tbs) olive oil or vegetable oil
- 250g (1 large) onion, peeled and finely chopped
- 500g chicken breast cut into small cubes
- 1 large green bell pepper, de-seeded and chopped
- 30ml (2 tbs) grated garlic or garlic paste
- 30ml (2 tbs) garam masala
- 7.5ml (1 1/2 tsp) cumin powder
- 5ml (1 tsp) chili flakes
- 500ml (2 cups) sweetcorn kernels
- 500ml (2 cups) grated cheese (cheddar or mozzarella)
- salt and fresh ground black pepper, to taste
- 250ml (1 cup) fresh coriander leaves and stems, chopped

WHITE SAUCE

- 30g (2 tbs) butter
- 22.5ml (1 1/2 tbs) cake flour
- 750ml (3 cups) full fat milk, divided
- salt and fresh ground black pepper, to taste

CRUMB COATING

- 750ml (3 cups) dried bread crumbs
- 4 large eggs

Chicken Half moons

Instruction

PASTRY

- Place the water and butter in a pot on high heat and let it come to a boil.
- Remove from the heat and add the flour mixing it in quickly until it comes together in a ball.
- Knead the dough lightly to make it smooth, cover with a bowl and leave to cool completely before using.

CHICKEN FILLING

- Place the oil in a high sided pan or pot and sauté the onions on medium high until translucent and golden, 10-15 minutes.
- Add the chopped bell pepper and cook for another 5 minutes.
- Add the chopped chicken and all the spices and mix through then cook for 10 minutes or until all the liquid has evaporated and the chicken is cooked.
- Add sweetcorn and allow to cook for 1-2 minutes, then remove from the heat and set aside until required.
- When cool, add fresh chopped coriander, cheese and white sauce.

WHITE SAUCE

- In a small bowl, mix 1 ½ tablespoons cake flour with 1 cup of milk, adding the milk slowly so it doesn't clump. Work the flour through until there are no lumps.
- In a pot, add the other 2 cups of milk and the butter and allow to come to a boil on medium-high heat.
- Remove from the heat and add in the flour slurry and whisk until you reach a smooth consistency.
- Place back on the heat and cook until it bubbles and thickens.
- Add salt and pepper, to taste then remove from heat and leave to cool.
- When cool add the white sauce to the chicken mixture and mix thoroughly to combine everything.
- Taste the sauce to check the seasoning and add more salt, if required.

ASSEMBLY

- Roll out the dough and cut out 9cm diameter circles.
- Place one teaspoon filling in the middle and fold over the edges to form a half moon.
- Press the edges together to seal properly or press down with a fork.
- Dip the half moons into the beaten egg then into breadcrumbs.
- Fry in oil at least 2 cm deep for 1 1/2 - 2 minutes until golden.
- Drain on kitchen towels then serve hot with dipping sauce.

Cocktail minced beef pies



Prepare Time
60 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Cocktail minced beef pies

Ingredients

- 500g butter puff pastry
- 125ml (½ cup) sago pearls
- 30ml (2 tbs) olive oil
- 1 large onion, finely chopped
- 22.5ml (1 ½ tbs) crushed garlic
- 5ml (1 tsp) whole cloves
- 5 ml (1 tsp) dried allspice (pimento) berries
- 500g lean minced beef
- 250ml (1 cup) beef stock
- 2.5ml salt, adjust to taste
- 5ml (1 tsp) white pepper powder
- 1 egg, beaten

Serves 4-6

Instruction

- Soak the sago pearls in cold water for at least 30 minutes before use.
- In a pot, sauté the chopped onions with cloves and allspice balls until the onions are translucent and golden 10-15 minutes.
- Add the crushed garlic and cook for 2 minutes.
- Add the mince and cook for 10-15 minutes until browned.
- Drain the sago and mix thoroughly with the minced beef.
- Add the beef stock, salt and pepper and allow the mixture to cook for 15-20 minutes until the mince beef is tender and the sago is transparent and fully cooked.
- Allow to cool before going ahead and folding the pies.
- Dust the worktop with flour and roll out the pastry until it is about 5mm thick and cut out pastry rounds with 7cm diameter cutter.
- Put a tablespoon of mince filling into the center of the pastry round and cover with another pastry disk. Stretch the top one a bit with your fingers so it fits over the mound.
- Brush with beaten egg before baking.
- Bake at 220 Celcius / 200 Fan or 425 F or Gas Mark 7 for 10 minutes until the pastry starts to puff.
- Reduce the heat to 190 Celcius / 170 Fan or 375 F or Gas Mark 5 and bake until the pastry is crispy and golden brown.



Sweet
**Indulgent
Decadent**

These little treats will satisfy your cravings.



Pancakes with coconut



Prepare Time
45 Minutes



Cook Time
60 Minutes



Serve Time
5 Minutes

Pancakes with Coconut

Ingredients

PANCAKE BATTER

- 100g (3/4 cup) cake flour
- 15ml (1 tbs) sugar
- 1ml (1/4 tsp) salt
- 125ml (1/2 cup) milk
- 150ml (3/5 cup) water
- 2 eggs large
- 5ml (1 tsp) vanilla extract
- 15ml (1 tbs) vegetable oil
- 30ml (3 tbs) vegetable oil to grease the pan, use as needed

COCONUT FILLING

- 75g (1 cup) fine dessicated coconut
- 250ml (1 cup) water
- 2 pieces stick cinnamon small
- 2 pods cardamom bruised
- 155g (3/4 cup) sugar approximately
- 10ml (2 tsp) butter approximately

Serves 6

Pancakes with Coconut

Instruction

PANCAKE BATTER

- Sift the flour, sugar and salt into a large bowl.
- In a jug whisk the eggs, milk and water until combined, about 2 mins.
- Make a well in the center of the dry ingredients and add half the liquid slowly, stirring continuously with a whisk or wooden spoon to ensure there are no lumps.
- Whisk for 5 minutes until the batter is shiny and smooth.
- Add the rest of the liquid and continue whisking until the batter has the consistency of pouring cream.
- Whisk in the melted butter or vegetable oil until combined.
- Cover the batter and leave on the counter for 30 minutes to rest. You can also rest the batter in the refrigerator overnight.

COCONUT FILLING

- Simmer all the ingredients except the butter together until the coconut is soft and the water has mostly evaporated. This takes approximately 30 minutes on a medium low heat.
- Add the butter and stir until the butter becomes amalgamated with the coconut mixture.
- Test the coconut filling to check if it is soft then remove from the heat and leave to cool.

COOKING THE PANCAKES

- Use a low sided crepe pan or frying pan to cook the pancakes.
- Put the pan on a medium heat and brush a thin film of oil onto the base of the pan.
- Add one ladle of batter to the centre of the pan and tilt and swirl the pan until the batter covers the base completely. Fill over any holes.
- After 1 minute check to see if the pancake is cooked. It will loosen and slide and you can lift it from the base with a thin spatula to flip it over.
- Cook for no more than 20 seconds on the second side.

ASSEMBLY

- Fill the bottom half of a pancake with the coconut filling and fold in the sides, then roll up. Take care not to tear the thin crepe.
- If you don't like cooked coconut, then serve with fresh macerated berries or berry compote.

Pumpkin fritters



Prepare Time
25 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Pumpkin fritters

Ingredients

- 500g raw pumpkin cubes, steamed and strained (approximately 2 cups mashed)
- 2 large eggs
- 45ml (3 tbs) sugar
- 5ml (1 tsp) vanilla extract
- 140g (1 cup) cake flour, sifted
- 1.25ml (1/4 tsp) salt
- 10ml (2 tsp) baking powder
- Oil for frying
- up to 1/4 cup self-raising flour to be added only if the pumpkin was too watery and the batter is too liquid.

CINNAMON SUGAR

- 50g (1 /2 cup) castor sugar
- 5ml (1 tsp) cinnamon powder

Instruction

- Mash the cooked pumpkin and strain off any remaining liquid that collects.
- Whisk the eggs with the sugar for 5 minutes until it is light and airy and add the vanilla extract and pumpkin.
- Sift over the salt, cake flour and baking powder and whisk to combine.
- Leave to rest for 10 minutes before frying.
- Add the self-rising flour if batter is loose.
- Make the cinnamon sugar and leave until required.
- Heat 1 cm oil in a pan over medium-high.
- Use an ice-cream scoop to measure out the pumpkin fritters batter into the oil.
- When bubbles form on the surface flip the fritters and fry on the other side until done. About 2 minutes.
- Remove from the oil and drain on absorbent paper then dip or sprinkle with cinnamon sugar. Serve warm.

Serves 12

Sweet corn fritters



Prepare Time
20 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Sweet corn fritters

Ingredients

- 2 large eggs, lightly beaten
- 45ml (3 tbs) sugar
- 5ml (1 tsp) vanilla extract
- 140g (1 cup) cake flour
- 10ml (2 tsp) baking powder
- 1.25ml (1/4 tsp) salt
- 415g (1 tin) cream style sweetcorn
- Oil for deep frying

Serves 12

Instruction

- Whisk the eggs with the sugar for 5 minutes until it is light and airy and add the vanilla extract.
- Sift over the cake flour, baking powder and salt and whisk to combine.
- Add the cream style sweetcorn and stir to combine.
- Leave to rest for 10 minutes before frying.
- Make the cinnamon sugar and leave until required.
- Heat 1 cm oil in a pan over medium-high.
- Use an ice-cream scoop to measure out the sweet corn fritters batter into the oil.
- When bubbles form on the surface flip the fritters and fry on the other side until done. About 2 minutes.
- Remove from the oil and drain on absorbent paper then dip or sprinkle with cinnamon sugar.
- Serve warm.

Cardamom bolls



Prepare Time
30 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Cardamom bolls

Ingredients

BATTER

- 280g (2 cups) cake flour
- 10ml (2 tsp) baking powder
- 5ml (1 tsp) cardamom powder
- 1ml (1/4 tsp) salt
- 67g (1/3 cup) sugar
- 1 egg
- 85ml (1/3 cup) vegetable oil
- 250ml (1 cup) buttermilk
- 5ml (1 tsp) vanilla extract
- Oil for deep frying should be at least 5 cm deep

SYRUP

- 500g (2 1/2 cups) sugar
- 500ml (2 cups) water
- 15ml (1 tbs) fresh lemon juice
- 5 ml butter approximately 1 teaspoon

GARNISH

- 125 ml pistachios coarsely ground

Instruction

- Sift the flour, cardamom and baking powder together in a bowl with the salt and set aside.
- Whisk the eggs and sugar in a bowl until it has doubled in volume and the color has turned pale yellow.
- Add the oil and vanilla and whisk again to combine.
- Add the buttermilk and whisk again for a minute.
- Add the sifted flour and mix into a soft and spoonable dough.
- Fry a tablespoon full in moderately hot oil until golden and cooked through.
- Adjust the heat if required to ensure that the bolls are not browned too quickly and undercooked. If the oil is too cold it will soak it up like a sponge. Do not crowd the frying space.
- When cooked remove the bolls with a slotted spoon and place on a tray lined with paper towels to absorb excess oil. Leave to cool completely before putting in the sugar syrup.
- For the syrup boil all the ingredients together until the syrup starts to bubble, about 15-20 minutes. If it is too thin it will be watery and soak into the bolla instead of forming a glossy cover.
- Remove the bolls from the syrup with a slotted spoon and toss in ground pistachios.

Ring doughnuts



Prepare Time
30 Minutes



Cook Time
25 Minutes



Serve Time
5 Minutes

Ring doughnuts

Ingredients

- 60g (1/4 cup) salted butter, melted
- 100g (1/2 cup) fine granulated sugar
- 2 eggs, lightly beaten
- 250ml (1 cup) buttermilk
- 5ml (1 tsp) vanilla extract
- 500g (3 1/2 cups) self-raising flour
- 2.5ml (1/2 tsp) salt
- Oil for deep frying

CHOCOLATE TOPPING

- 100g (1 slab) Cadbury milk chocolate
- 125ml (1/2 cup) milk

GARNISH

- Chopped nuts
- Oreo crumbs
- Sprinkles

Instruction

- Place melted butter and sugar in a large bowl and whisk for 3 minutes until the sugar begins to dissolve.
- Add the eggs, buttermilk and the vanilla extract and whisk until combined.
- Sift over the self-raising flour, add the salt and mix to a soft dough.
- Leave the dough to rest for 5 minutes.
- Flour the surface and roll out the dough until it is 1cm thick.
- Dip the cutter into flour and cut out the doughnuts.
- Heat the oil in pot on medium-high and when the oil is hot enough place the doughnuts in the oil.
- Fry until golden, flip then fry on the other side.
- Drain the donuts on kitchen towel.
- Melt the chocolate and dip cooled donuts in chocolate then sprinkle with desired garnish.
- Serve immediately.

Makes 18

Chocolate choux puffs



Prepare Time
30 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Chocolate choux puffs

Ingredients

- 65g (1/4 cup) cold salted butter, cubed
- 125ml (1/2 cup) water
- 70g (1/2 cup) cake flour
- pinch of salt
- 2 large eggs

FILLING

- Medium thick cold custard
- 250ml (2 cups) heavy cream

CHOCOLATE TOPPING

- 100g (1 slab) Cadbury milk chocolate
- 5g (1 tsp) soft butter

Makes 18

Instruction

- Bring the butter and water to the boil in a saucepan over medium high heat.
- Remove the pot off the heat and add all the flour, beating it until there are no lumps.
- Return the pot to the heat and stir until the pastry forms a ball and comes away from the sides.
- Remove from the heat and leave to cool for at least five minutes.
- Heat the oven to 200 C / 400 F / Gas mark 6.
- Add the eggs to the pastry one at a time, beating thoroughly after each addition.
- Ensure that the eggs are all incorporated and that the pastry is stiff and glossy.
- Place teaspoonfuls on a parchment lined baking sheet and bake for 10 minutes.
- Turn down the heat and bake for 10 more minutes at 180 C / 350 F / Gas mark 4.
- Remove and poke a hole in the sides with a sharp knife and leave to cool completely.
- Cover with melted chocolate and fill with custard and whipped cream.

Fresh Cream doughnuts



Prepare Time
120 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes

Fresh Cream doughnuts

Ingredients

DOUGH

- 65g (4 tbs) salted butter
- 50g (1/4 cup) fine granulated sugar
- 125ml (1/2 cup) boiling water
- 125ml (1/2 cup) sour cream
- 1 egg, lightly beaten
- 5ml (1 tsp) vanilla extract
- 500g (3 1/2) cups cake flour
- 5ml (1 tsp) baking powder
- 7.5ml (1 1/2 tsp) salt
- 10g (3 tsp) Instant yeast
- 5ml (1tsp) baking powder
- Canola oil for frying

SYRUP

- 400g (2 cups) fine granulated sugar
- 250ml (1 cup)
- 5ml (1 tsp) lemon juice
- 5ml (1 tsp) cold butter

FILLING

- 250ml (1 cup) fresh cream, whipped

Instruction

- Place butter, sugar and sour cream in a large bowl and pour over the hot water. Stir to dissolve the sugar and melt the butter.
- Add the egg and the vanilla extract and whisk until combined.
- Sift over the flour, add the salt and yeast and baking powder. Mix to a soft dough and knead for 5 minutes until it is elastic.
- Rub a light film of oil over the dough and cover with cling wrap and leave to rise in a warm place for 60-90 mins or until doubled in size.
- Knock back the dough and make 30 equal sized dough balls of approximately 30 grams each and let rise for another 15-20 minutes.
- Fry in hot oil until golden and puffed up.
- Let it cool completely before dipping in sugar syrup or roll in castor sugar.
- Boil all the ingredients for the syrup together until it comes to a rolling boil and is sticky.
- Dip the doughnuts into the boiling syrup for 30 seconds either side and remove.
- Allow to cool then cut down the middle and pipe with fresh cream.
- Serve immediately.

Makes 25



Razena



Simone



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