



From our table, to yours

IDRF Cookbook

Bonus
Blogger
Recipes



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Contributors



Previously @cupful_of_wisdom

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@akramcooks

Akram Said is an American born Yemeni Chef. His late mother encouraged him to attend Le Cordon Bleu culinary school where he was classically trained. Currently, his main focus is sharing Yemeni cuisine to preserve his mother's memory and to introduce others to the rich traditions emanating from Yemen and its people.

Introduction

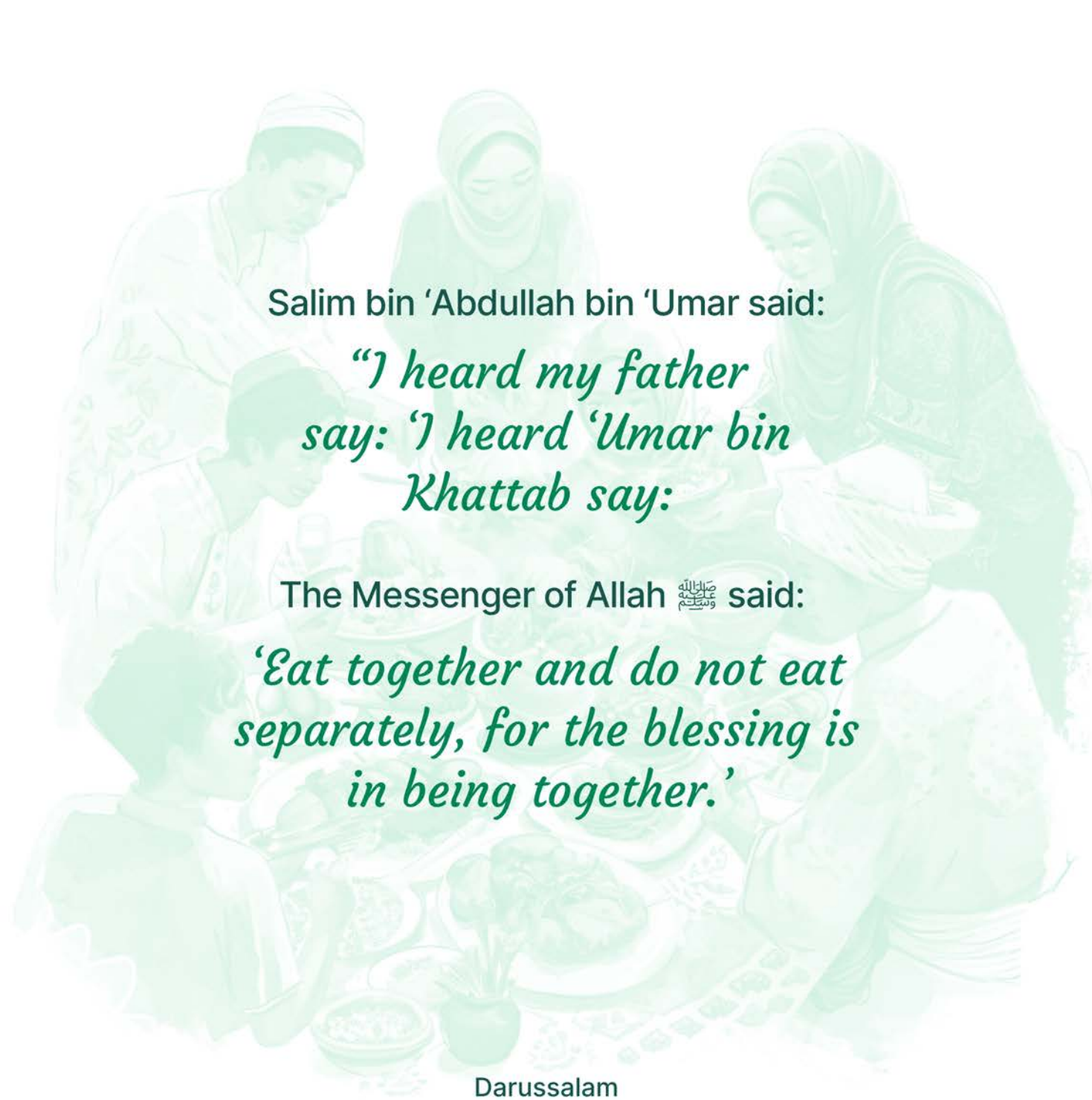
Sharing meals together holds a significant importance in cultures worldwide, bringing communities together, creating bonds, and an opportunity to give to those in need.

It allows us to explore and appreciate each other's cultures and traditions, embracing these values gives us a sense of togetherness and compassion. What better way to embody these values than to share a meal together?

This year, we asked our staff and friends to share their favourite traditional recipes that is a staple in their homes whether it's for a holiday or an everyday occasion. This cook book has a diverse array of recipes from Afghanistan, Pakistan, India, Bangladesh, Somalia, Yemen, Zambia, Canada and many more.

These recipes capture the essence of sharing and togetherness. Join us in the kitchen, the heart of every home, as we spread love through the art of cooking, from our table to yours.

Enjoy these delicious recipes!



Salim bin 'Abdullah bin 'Umar said:

*"I heard my father
say: 'I heard 'Umar bin
Khattab say:*

The Messenger of Allah ﷺ said:

*'Eat together and do not eat
separately, for the blessing is
in being together.'*

Chachu's Chapli Kebab



Pakistan

Serves

1 hour

Chachu's is a multi-franchise Pakistani-fusion street food restaurant that is taking over Toronto. Chachu's serves paratha bowls, chapli kebab, chai, samosas, and more to bring back the kick of Pakistani street food to the streets of Toronto is The Chachu himself and shared a recipe with us!

- 300 gm minced beef
- 1/2 cup onions (chopped)
- 2 tbsp pomegranate seeds
(crushed, soaked and
grinded)
- 1 tsp all spice powder
- 2 tbsp gram flour (roasted)
- 3-4 green chilies (chopped)
- 2 tsp chili flakes
- 1 tbsp coriander seeds
(roasted & crushed)
- 1/2 cup coriander leaves
- 1 egg
- 1/2 cup tomatoes (chopped)
- oil for frying
- salt to taste

In a bowl, combine minced beef, soaked pomegranate seeds, allspice powder, roasted gram flour, finely chopped green chilies, salt, red chili flakes, crushed coriander seeds, chopped coriander leaves, diced onion, and egg.

Mix all the ingredients thoroughly until well combined.

Refrigerate the mixture for 10-20 minutes to allow the flavors to marinate. After refrigeration, mix well once again.

Heat oil in a frying pan over medium-low heat.

Take a portion of the mixture and shape it into a flat, thin patty. Place a slice of tomato on top of each patty before adding it to the hot oil.

Fry each side of the kebab for 4-5 minutes on low flame or until golden brown and cooked through.

To ensure even cooking, cover the frying pan with a lid while frying the kebabs.

Serve the Chapli kebabs with naan, paratha, or a plate of white rice.



Get your Chachu's fix at

113 Bond St Toronto ON M5B1Y2
16 Mallard Road Unit A208 Toronto ON M3B 3N1
605 Kingston Road West Ajax ON L1S6L9
6 Front Street North Orillia ON L3V1T9



Chicken Jalfrezi



Bangladesh

Serves

45 mins

Jalfrezi, meaning hot-fry, is a spicy tomato and bell-pepper based curry with juicy boneless chicken that originates from Bangladesh and is popular throughout the entire Indian sub-continent. Pair it with rice, or naan and it makes for a satisfying meal.

- 1/2 kg boneless chicken
- 1 large onion
- 4 red, green, yellow, and orange bell peppers
- 1 red onion
- 1 tomato
- 1 tsp crushed black pepper
- tsp red crushed chili
- 1/2 tbsp coriander powder
- 1 tbsp red chili powder
- 1 tbsp garam masala
- 1 tbsp ginger & garlic paste
- 2 green chilies
- 2 tbsp tomato paste
- 1/2
- 2-3 cups oil
- salt to taste

In a deep pan, add ½ cup oil, over medium heat, 1 sliced large onion and fry until golden brown.

Once the onion is golden brown, add the chicken and ginger garlic paste (or mixture of ginger, garlic, and chilies).

When your chicken is white in colour, add in all your spices and mix well, then add half of a chopped up tomato.

Cover the pan and let it sit, stirring occasionally, for 5 minutes over high heat.

Add the bell peppers, red onion, and the remaining half of the tomato.

Cover the pan and let it simmer over medium-low heat for 10 minutes.

Your dish is Ready to serve.



Beef Rolls



India

Serves



🕒 30 mins

Similar to a deep-fried taquito, egg roll, or other fried, meaty handheld snack, these Indian delights combine meat filling in a crispy wrapper. Kheema pan rolls use thin savoury pancakes to hug a filling in place while being deep-fried. Once you try these, you'll definitely be reaching for seconds.

Prepare Filling

- 1 lb lean ground beef
- 2 small onions
- 4 garlic cloves
- 1/2 inch of ginger
- 1/4 tsp pepper powder
- 1/2 tsp turmeric powder
- 1 tsp tomato paste
- vinegar to taste
- salt to taste

Pan roll Batter

- 3 cups all-purpose flour
- 2 cups milk
- 3 eggs
- salt to taste

For Assembly

- 2 eggs beaten
- bread crumbs

Prepare Filling

Chop the onions finely and fry until light brown.

Add the ground beef and fry until browned.

Add the remaining ingredients and cook until beef is fully cooked.

Prepare Pan Roll Batter

Combine all pan roll batter ingredients and mix using a whisk or hand mixer to prepare a smooth batter. If it is too thick add more milk to the batter.

Grease a non-stick frying pan lightly. Pour enough batter to line the bottom of the pan to form a thin crepe. The frying time is approximately 2 minutes on each side.

Flip the crepe and fry on the other side.

Assemble Pan Rolls

On each crepe place one tablespoon of filling.

Turn one side of the crepe over to cover the filling, and proceed to roll up the crepe to form the pan roll.

Dip the pan rolls in beaten egg then coat them in bread crumbs.

Fry lightly to brown on all sides.



Hyderabadi Tootak

🇮🇳 India Serves 4 ♥♥♥♥ ⌚ 1 hour

Tootak (pronounced too-tuck), is a classic snack from Hyderabad, India. The dough is made with semolina and filled with seasoned ground beef or ground chicken. Tootak is infused with aromatic spices, it's soft on the inside with a slightly crispy exterior. This is a perfect on the go snack!

Dough

- 1 cup unsalted butter, softened
- 1 brick cream cheese, softened
- 1/2 tsp ground saffron
- 1 1/2 tsp salt
- 5 cups semolina
- 2 cups table cream

Ground Beef Filling

- 2 lbs ground beef (veal)
- 2 large onions, chopped
- 2 tbsp ginger garlic paste
- 1 tsp red chili powder (or to taste)
- 1/4 tsp turmeric
- 2 green chilies finely chopped
- 1 tsp salt to taste
- 1 handful, fresh coriander, chopped
- 1 tsp dried mint
- lemon juice to taste

Prepare the Dough

In a mixer, using a paddle attachment, add the butter, cream and cheese. Beat until fluffy.

Add saffron and salt, ensuring they are well mixed. Then add in 3 cups of semolina, mix until just combined.

Gradually pour in half of the cream, and mix until it's just blended. Repeat this process with the remaining semolina and cream.

Cover and let rest for 2 hours. You can also refrigerate overnight. Allow it to come to room temperature before proceeding.

Prepare the Filling

Coat the bottom of the pot with oil. Add the onion and fry until golden brown. Add the ground meat, red chili powder, turmeric, ginger garlic paste, salt, coriander, mint and green chili. Cook until the ground meat is cooked though and dry. Add in lemon juice. Give it a taste to check seasonings.

Assemble the Tootak Pastry

Preheat oven to 350 F. Keep a small bowl of oil on the side. If the dough is sticky, oil hands a bit. Take a piece of dough and flatten in hand. Add ground meat, seal dough and form into a teardrop shape. With the sealed side on the bottom, score the top with three lines.

Place on a baking sheet. Bake for 20 minutes or until the bottom is browned. Turn oven on broil. Broil until the tops have browned.



Lebanese Meat Fatayer

 **Lebanese** **Serves**   **1 hour**

A traditional Middle Eastern meat pie made with lamb, onions and a blend of common spices. Fatayer is an easy gateway recipe to Middle Eastern food. This savory dish makes the perfect appetizer for any gathering.

For the dough

- 3 2/3** cup self-rising flour
- 3** tbsp powdered milk
- 2 1/4** tsp instant yeast
- 1/2** tsp kosher salt
- 2** tbsp granulated sugar
- 1/2** cup neutral oil
- 2** large eggs, room temp
- 1** cup warm water (105°)

For the filling

- 2** tbsp ghee (or oil)
- 1** large onion, chopped
- 1** pound lean ground beef
- 3** Roma tomatoes, diced
- 2** tsp kosher salt
- 1** tsp ground cinnamon
- 1** tsp allspice
- 1/4** tsp cayenne pepper
- 2** tbsp sumac
- 2** tbsp lemon juice
- chopped parsley
- 6** tbsp tahini paste
- 2** tbsp pomegranate molasses

Dough

Add the dry ingredients for the dough to a large mixing bowl. Whisk to combine. Make a well in the center, and add oil and eggs. Using a wooden spoon or a whisk, stir as you add the water. When the dough comes together, make sure it isn't dry. If it is, add another 1-2 tablespoons of room temperature water, bring it together, then dump it out on a clean work surface. Knead it 6-8 times. When it comes together but doesn't hold its shape, place it in a bowl and loosely cover it with plastic wrap. Let rise in a warm place for 1 hour.

Filling

Heat the ghee in a large skillet over medium heat. Sauté the onions for 3 minutes or until translucent. Add the ground beef, cook and crumble until the meat is cooked through, about 7-8 minutes. Kick the heat up to medium-high, add the tomatoes, and continue cooking for 8-9 minutes or until the tomatoes wilt and the liquid dries out. Add the kosher salt, cinnamon, allspice, cayenne, sumac, tahini, and pomegranate molasses. Let cool for one minute. Turn off the stove, then add the lemon juice and parsley. Let the filling cool to room temperature.

Assemble

Position a rack in the center of the oven and preheat the oven to 425°F. Divide the dough out into 16 (for large) or 32 (for small pieces). Roll out dough balls on a lightly floured work surface into a 4-6 inch circle. It's okay if the dough feels a little oily, don't add more flour. Place 2 tablespoons of filling for large sfeeahas (meat pies) and 1 tablespoon for mini ones. Grab 2 ends and bring them to the center over the filling. Pinch the seam together to create a seal. Stop at the center and bring the last side up and pinch it down the sides to create a triangle. Place on a parchment-lined baking sheet. Bake 6 large per sheet pan or 12 small.

Bake

Let the pies rest for 15 minutes before baking. Bake for 12-15 minutes or until the start to turn lightly golden browning. Serve warm with yogurt, or a tahini dip and lemon wedges.



Chicken Suqaar

🇸🇴 Somalia Serves 🍷🍷🍷🍷 🕒 1 hour

Suqaar is a meat dish originating from Somalia, this dish comes in different varieties, it can be made with chicken or beef. Fragrant with aromatic spices, chicken Suqaar is diced into chunks for a burst of flavour in every bite. This dish is best served with either rice, flat bread or a salad.

Ingredients

- 2 tbsp olive oil - add more as needed
- 1 medium red onion, sliced
- 1 pound boneless, skinless chicken thighs, diced into bite sized pieces
- 1/2 a juice of a lemon
- 1/8 tsp ground black pepper
- 2 tsp xawaash
- 1 tsp salt to taste
- 4-5 Garlic cloves (minced)
- 1 medium red bell pepper, diced
- 1 medium yellow pepper, diced
- 1 handful of cilantro leaves, roughly chopped

In a large non-stick skillet over medium heat, put 2 tablespoons of oil. Sauté the onions until soft, stirring occasionally, for about 6 to 7 minutes.

In a medium bowl, mix the chicken with lemon juice, paprika, black pepper, 1 teaspoon of xawaash blend, and 1 teaspoon of salt until evenly coated.

Once the onion is softened, add the garlic and jalapeño to the skillet. Cook, stirring occasionally, until the garlic softens, about 2 to 3 minutes.

Add the chicken and increase the heat to medium-high. Let the chicken cook without stirring until almost cooked through for approximately 4 to 5 minutes. Then stir and continue cooking for 2 to 3 minutes until fully cooked and browned.

Add the bell peppers, cilantro, and remaining 1 teaspoon of xawaash blend. If needed, add a little more oil.

Reduce the heat to medium-low, cover the skillet with a lid, and cook the suqaar, stirring occasionally, until the bell peppers become tender for about 10 to 15 minutes.

Taste and adjust seasoning with more salt if desired.

Serve the chicken suqaar with over over rice, salad, or with a flatbread of your choice.



Afghan Shorwa

🇦🇫 Afghanistan Serves  ⌚ 45 mins

Shorwa, the Pashto and Farsi/Dari word for soup, is a traditional soup served in Afghanistan. It is served warm and spread over a bowl of small pieces of bread topped off with tender meat, potatoes, and vegetables. It's the perfect comfort food that'll give you a warm hug on chilly day.

- 1 kg veal meat
- 1/4 cup oil
- 3 onions
- 6 cups water
- 1/2 cup kidney beans
- 1/2 cup chickpeas
- 1 carrot (chopped)
- 1 celery (chopped)
- 1 green pepper (chopped)
- 1 cup spinach
- 1 cup coriander (chopped)
- 2 turnip
- 2 potatoes

In a pressure cooker, fry onions until golden brown.

Add meat, turmeric powder, coriander powder, black pepper, salt.

Add water, kidney beans, and chilly peppers. Mix well, close the pressure cooker, and cook for 5 minutes on high and 25 minutes on low.

Open the pressure valve a little bit to release pressure slowly. Once the pressure has released, open the pressure cooker and add all the fresh vegetables: chopped carrots, chopped celery, green pepper, spinach, chopped coriander, and chopped turnips, and mix well.

Close the pressure cooker and cook for 5 minutes on high and 15 minutes on low or until meat is done. Once the pressure has released, open it, and lastly add chopped potatoes.

Mix well and close the pressure cooker and cook for 5 minutes on high and 5 minutes on low.

Once the pressure has been released, open the pressure cooker and serve the soup in one and vegetables and meat in another dish.

In a bowl, add bread in small pieces. Add soup, cooked meat, and cooked vegetables as much as desired. Serve with lots of fresh vegetables.



Sudanese Rijla Purslane, Lamb, & Lentil Stew

🇸🇩 Sudan

Serves ♥♥♥♥♥

🕒 1 hour 30 mins

Rijla, Purslane with red lentils stew Purslane cooked in a base of onions, tomato paste and meat, with red lentils. Originating from South Sudan, it is rich, aromatic, sweet and slightly acidic. This perfectly balanced dish is sure to bring you warmth and comfort.

- 2 tbsp vegetable oil
- 1 lb boneless lamb or venison stewing meat (cut into bite-sized pieces)
- onions, chopped
- 2 tsp ground coriander
- 1 tsp ground pepper
- 1 tsp kosher salt
- 1 large cloves garlic,
- 2 chopped
- 2 tbsp tomato paste
- 2 tomatoes, chopped
- 1/2 cup dry red lentils
- 2 cups water or stock
- 5 oz purslane, roughly chopped

Heat the oil up over medium high heat in a Dutch oven or thick bottomed pot. Add the meat and cook until very brown on all sides, about 10 minutes or so.

Add the onions, coriander, pepper, and salt and cook until the onions are nice and browned, about 10 more minutes.

Add half of the garlic and the tomato paste and cook, stirring often for another 5 minutes or so, letting the tomato paste brown a little bit.

Add the chopped tomatoes, 2 cups of water, and the lentils. Bring to a boil, then reduce to a simmer and cover. Cook for about 40 minutes, opening up the pot and giving everything a stir every 10-15 minutes so nothing sticks to the bottom of the pot.

After 40 minutes, add the purslane and the other half of the garlic and stir it in. Bring to a stronger simmer and cook uncovered for for another 20 minutes, stirring regularly.

Serve on its own, or with rice, and a refreshing glass of kerkede, or Sudanese hibiscus cold tea.

Enjoy!



Khaliat Al Nahl

by @akramcooks

Blogger
Recipe

🇻🇪 Yemen

Serves 4

🕒 45 mins

Honeycomb bread (khaliat al nahl) is a popular Arabic bread usually filled with cheese and covered with a sugar syrup. It can also be filled with savory fillings and no sugar syrup if you choose. The bread looks really nice when finished and it is easier than it looks to prepare.

- 1/2 cups whole milk
- 2 1/4 teaspoons instant yeast
- 1/4 cup granulated sugar
- 4 1/4 cups bread flour
- 1 1/4 tsp fine sea salt
- 2 large eggs
- 6 tbsp unsalted butter, melted and slightly cooled
- 12 oz spreadable cream cheese
- Black nigella seeds
- White sesame seeds

For the syrup

- 1 1/2 cup honey
- 1/2 cup hot water
- pinch of saffron threads

For the eggwash

- 2 egg yolks
- 2 1/2 tbsp whole milk

Slightly heat your milk till it reaches 95F. Mix in instant yeast.

Gently melt your butter in a pan. Don't heat it. Combine and mix in flour, sugar, salt in a stand mixer or large bowl.

Using the hook attachment, mix on medium speed while slowly adding in melted butter. Once butter is added, slowly pour in yeast-milk mixture. Add in eggs one at a time. Mix for 3 minutes or until your dough is homogeneous.

On a floured surface, fold and flip the dough until it becomes smooth. Form into a ball and place in a large oiled bowl. Cover it with plastic wrap and let it proof in the oven (turned off) with the light on for 2 hours.

Make your syrup by adding a small pinch of saffron to your hot water. Pour in honey and mix until honey is dissolved.

After proofing, divide dough into 50 small balls, flatten the balls out with your palm and add cheese in the center using a piping bag. Close the ball and form back into a ball. Spread melted butter on an 18" round platter and arrange the cheese filled balls, leaving some space in between each one.

Cover your balls with a clean towel and put back in the oven (turned off) with the light on for another 1-2 hours or until risen. They should all connect from the expansion.

Brush your dough with the egg wash mixture and sprinkle black/sesame seeds all over. Bake on 375 for 30-35 minutes or until golden brown.

Immediately pour honey syrup all over.



Spicy Cape Malay Beef Curry

🇿🇦 South Africa Serves 🍷🍷🍷🍷🍷 ⌚ 45 mins

Logday Curry is a beloved staple across South Africa and there are so many different versions, each of which has its own unique twist. But the traditional Spicy Cape Malay Beef Curry is a timeless favourite with its rich blend of aromatic spices and tender beef.

- 1 kg Beef cut into chunks
- 2 tbsp of Oil
- 2 onions chopped
- 3 cloves
- 3 whole cardamom
- 2 cinnamon sticks
- 2 tsp curry powder
- 1/2 tsp chilli powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 2 tsp ginger & garlic paste
- 2 large ripe tomatoes
skinned and grated
- 500 ml water
- 2 large potatoes cut into
chunks
- fresh coriander leaves
chopped
- salt to taste
- a few curry leaves

Heat oil and add chopped onion, cloves, cardamom and cinnamon sticks. Braise on medium heat for about 8-10 mins until a light golden colour

Add the curry powder, chilli powder, cumin powder, coriander powder and turmeric powder, stir and add meat to the pot ensuring that the meat is well coated with the spices..

Add salt, garlic and ginger and curry leaves and tomatoes. Stir all ingredients together. Allow cooking on high heat for 5 minutes. Reduce heat to medium and continue cooking for about 60 minutes.

As excess water and juices evaporate, add the additional water ½ cup at a time (you may not need all the water, depending on how much gravy you prefer)

Add the potatoes. Continue cooking until the potato softens and the tomatoes have completely blended. Remove the pot from the stove.

Garnish with coriander and serve with rice, roti , raita and an onion and tomato salsa salad.



Mezbani beef curry

 Bangladesh Serves   2 hour

Mezbani Beef Curry is a famous dark and tender meat dish. It is prepared with large pieces of beef and traditional Bengali spices, usually served during a Chittagonian feast called Mezban, as well as at weddings, community gatherings, Ramadan, and Eid.

3 tbsp cooking oil
2 kg red meat
1 1/2 tsp salt
1 1/2 tsp coriander
1 1/2 tsp red chili
1 tsp turmeric
1 1/4 cup onion
1 tbsp garlic paste
1 tbsp ginger paste
4 green chilies
5 cardamom
6 cloves
8-10 black pepper
3 cinnamon sticks
2 bay leaves
1/4 tsp mace powder
1/2 cup yogurt
1 tsp sugar
2 tbsp fried onions
2 tbsp mustard oil
1/2 tsp garam masala

In a large pot, add cooking oil, red meat, salt, coriander, red chili, turmeric, onion and stir for a couple of minutes.

Mix in garlic paste, ginger paste, green chilies, cardamom, cloves, black pepper, bay leaves, cinnamon sticks, mace powder, yogurt, sugar, and fried onions. Cook for 1 hour and 45 minutes on low heat with the lid on.

Stir occasionally and continue to cook till the sauce is to your desired consistency. Make sure that the dish is not too dry and not very saucy either.

Using a large pan stir fry onion and green chili in mustard oil. Transfer the meat to the pan and continuously stir. Add garam masala and mix it up before serving.

Serve the mezbani beef curry with white rice or crispy parathas!



Maqluba (Makloubah) with Lamb

 **Palestine** Serves   **2 hour 30 mins**

One of the most delicious and popular Palestinian meals. This version with lamb, baked cauliflower, and eggplant is just sublime and a must try. This dish is a blend of flavourful spices and tender textures that will impress any guest.

For the meat:

- 12** Bone-in Lamb Shoulder Pieces, medium cut
- 1** Onion, quartered
- 4** Cardamom
- 4** Bay Leaves
- 1/2** tbsp Ground Allspice
- 1/2** tbsp sugar optional
- 1** tsp Salt
- 1/2** tsp Black Pepper

For the vegetable:

- 2** Eggplants, sliced
- 1** Cauliflower
- 2** Potatoes, peeled, sliced
- 2** Tomatoes, sliced
- 3** tbsp Olive oil
- Salt & Pepper

For the rice:

- 2** cups Basmati Rice
- 5** cups Lamb Broth
- 1** tsp Salt
- 1/2** tsp Black Pepper
- 1.5** tsp 7 spice
- 1/4** tsp Cumin
- 1/4** tsp Turmeric

For the garnish:

- 1/4** cup Parsley, chopped
- 1/3** cup Slivered Almonds, toasted in olive oil

Wash the lamb pieces thoroughly. Add them to a pot and cover with water. Let this simmer on medium heat. You will notice a residue float to the top after a few minutes. Spoon off the residue into a bowl and discard.

Once the water is clear of the residue, add the onion, cardamom, and bay leaves along with the allspice, sugar (optional) salt, and pepper. Cover and let this boil on medium heat for 1.5-2 hours until the meat is tender.

While the meat is cooking, prepare the vegetables and rice for the dish. Preheat the oven to 400 F. Toss the sliced eggplant, cauliflower, and potato (if using), with the olive oil, salt, and pepper. Make sure everything is well coated. Feel free to add more oil if necessary. Add the vegetables to a baking sheet baking sure they do not overlap. I typically bake each vegetable variety in their own pan or one huge pan. Bake for approximately 30 minutes, flipping once.

The vegetables should come out tender and lightly golden. Keep it baking longer if necessary, then set to the side. Prepare the rice by stirring together the soaked rice with the spices listed above. At this point, the meat should be cooked through. Drain the water and save the lamb broth to cook the rice in.

Assembling the Pot

Start with a scarce layer of rice at the bottom of your prepped pot. The nonstick pot should be lightly sprayed with nonstick spray too or oiled. Then, add a layer of tomato slices. Top off the tomato slices with the baked eggplant slices, cauliflower florets, and potatoes (if using).

Then, add the lamb pieces followed by the rice. Cover the top of the rice with a fitted heat proof plate. This will help keep the rice in tact while it simmers. Pour the lamb broth on top of the rice. The broth should cover the rice entirely with an inch extra on top. Let this come to a light boil then simmer for about 25-30 minutes on medium heat while covered.

Once the rice is cooked through, take it off the heat and let it sit for 20 minutes in the pot before serving. When ready to serve, find a large platter with raised edges and swiftly flip the pot over the top of the platter. Tap at the bottom of the pot a few times and gently raise the pot to reveal the beautiful maqluba.

Top with the garnishes and serve with yogurt and arabic salad.



Romany Creams

by @cupful_of_wisdom

Blogger
Recipe



South Africa

Serves

45 mins

Romany Creams are one of the most popular biscuits sold in South Africa. These delicious cookies are crunchy, chocolatey and packed with coconut, and sandwiched together with melted chocolate for extra decadence.

- 225 grams of softened butter
- 1 cup sugar
- 1 tsp vanilla
- 2 eggs
- 2 cups flour (minus 2 tablespoons)
- 2 tablespoons cornstarch
- 1/4 cup regular cocoa
- 1/4 cup black cocoa
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cup desiccated coconut

Mix cream butter and sugar for a couple of minutes with a wooden spoon or an electric mixer. Add vanilla, and then eggs, one at a time. Mix to combine well after each egg. Now sift in dry ingredients and add desiccated coconut.

Mix only to combine, no more, otherwise, you'll have a tough cookie. The dough will be sticky, but don't be tempted to add more flour. Rest 5 minutes. Dust surface with flour, and pat dough on. Sprinkle with more flour, then roll out gently to about 1/4 cm thickness.

Ensure while rolling that the dough isn't sticking, and loosen if necessary, before rolling too large. Rough up the surface with a fork, dragging it horizontally, vertically and then diagonally. Cut out into 2" circles.

Bake in a preheated oven at 350 F / 180 C for about 10-12 minutes.

When completely cooled, sandwich together with the melted chocolate. Place a dollop in the centre and place another cookie on top, gently pressing down until the chocolate comes barely to the edge.

Leave to set before enjoying with a tall glass of milk 🥛



Classic Apple Crisp

🇨🇦 Canada

Serves 🍷🍷🍷🍷🍷

🕒 2 hour

Satisfy your sweet cravings with a classic Apple Crisp Recipe. Dive into a mouthful of warm gooeyness. This dessert is the perfect blend of spiced apples and a crispy topping. It is the perfect treat to share with your loved ones!

5-7 large apples, peeled, cored, and sliced thin

1/8 cup sugar
Lemon juice

Topping

2/3 cup unsifted flour

2/3 cup rolled oats

2 cups brown sugar

2 tsp cinnamon

1 tsp ground ginger

1/4 tsp mace (jawaatri)

1/2 tsp salt

1 cup butter or margarine, softened to room temperature

Preheat Oven to 350 F.

Toss and arrange apples in an un-greased pie pan, and sprinkle with lemon juice and sugar. The less sugar, the sourer, and the better the taste.

Mix topping ingredients, crumble and lightly pat on top of apples.

Bake, uncovered for about 45 minutes until lightly browned and bubbly.

Cool and serve as is, or top with whipped cream or vanilla ice-cream.

Eat it while it is fresh out of the oven!



Pineapple Dream Dessert

🇨🇦 Canada

Serves ❤️❤️❤️❤️❤️

🕒 20 mins

This simple dessert can be whipped up in no time at all and is sure to be a crowd pleaser at any event. It is a refreshing treat that is creamy, with the sweetness from the condensed milk and the pineapple, but also gives that satisfying crunch with the walnuts.

- 2 cans crushed pineapple,
drained
- 1 tub cool whip
- 1 can condensed milk
- 1/4 cup walnuts (optional)
- handful of fresh
pineapples

In a large bowl, mix together the cool whip and one can condensed milk.

Once its thoroughly mixed drain two cans of crushed pineapple.

Add pineapple to cool whip mixture and stir. Fold in crushed walnuts.

Garnish the top of the dish with fresh pineapples.

Refrigerate for two hours.

Serve cool when ready.



Classic French Crepes

🇨🇦 **Canada** **Serves** ❤️❤️❤️❤️❤️ 🕒 **30 mins**

These Classic French Crepes are a hit, known for their delicate texture and irresistible flavour. this thin and crispy treat is great for a breakfast or dessert and can be paired with fruits, whipped cream, jam, maple syrup or even your favourite chocolate spread.

- 2 eggs
- 2 cups milk
- 1 cup all purpose flour
- a pinch of salt
- 1 tsp vanilla essence
- butter as needed

In a blender, mix eggs, milk, flour, salt, and vanilla. Blend until thoroughly mixed, then set aside.

Heat a non-stick pan over medium heat. Add a tablespoon of butter and swirl it around to coat the pan evenly.

Using a measuring cup, pour half a cup of the crepe mixture into the pan. Quickly swirl the pan in a circular motion to spread the batter evenly to coat the pan.

Cook each crepe for 1 – 2 minutes, until it is brown underneath, then carefully flip it over with the spatula.

Transfer each cooked crepe to a plate while you cook the remaining batter.

Serve with maple syrup or a topping of your choice.



Tropical Mango Mousse

🇮🇳 India Serves 5 ⏱ 20 mins

This tropical summery dessert is a classic you can have all summer long. This refreshing dessert has it all, with the richness of the whipped cream, the vibrant sweetness of the mango puree, and the subtle freshness of mint.

- 2 cups whipping cream
- 1 cup icing sugar
- 1 can mango puree
- 1 cup whipping cream for topping
- 1/2 cup sugar
- 2 mangoes, chopped into tiny cubes
- Fresh mint leaves for garnish

In a large bowl, using an electric whisk or mixer, whip the whipping cream and icing sugar together on high speed for about a minute and a half until it reaches a soft peak.

Gently fold in the mango puree until the mixture turns bright orange.

Spoon the mango mixture into small individual cups and refrigerate overnight or for a few hours until the top becomes solid.

In a separate large mixing bowl, use an electric whisk or mixer to whip the whipped cream and sugar for about 2 minutes on high speed until it forms stiff peaks. Just before serving, add a dollop of whipped cream to each cup.

For garnish, top each cup with small cubes of fresh mango and chopped fresh mint leaves.

Serve chilled.



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