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MAKATE

Mkate Wa Mayai



Vipimo

Mayai	4
Sukari	$\frac{1}{4}$ Kikombe
Unga wa Ngano	Vijiko 5 $\frac{1}{2}$ vya chakula
Hiliki ya kusaga	$\frac{1}{2}$ kijiko cha chai
Baking powder	$\frac{1}{2}$ Kijiko cha chai
Zabibu kavu	$\frac{1}{4}$ kikombe

Namna Ya Kutayarisha Na Kupika

1. Chukua bakuli la kiasi, weka sukari, hiliki na vunja juu yake mayai yote manne.
2. Changanya sukari, hiliki na mayai kwa kutumia mashine ya kukorogea keki (cake mixer), mpaka sukari ivurugike yote na kuumuka.

3. Washa jiko lako (oven) 350F lianze kupata moto.
4. Weka baking powder kwenye unga na uanze kuuchanganya kidogo kidogo kwenye mchanganyiko wa mayai na sukari. Hakikisha kila ukiweka unga kidogo unauchanganya vyema usiwe na madonge.
5. Mimina unga ndani ya sufuria ya kuchomea keki ya kiasi.
6. Tupia zabibu juu ya mchanganyiko wako.
7. Ingiza sufuria ndani ya jiko (oven) kwa dakika 20 kisha utoe.
8. Uhakikishe mkate wako kama umeiva kwa kijiti cha kuchomea mshikaki au toothpick. Ingiza kijiti katikati ya mkate kisha kitoe na ukiguse uangalie kama kikavu mkate umeiva kama bado kuna ubichi basi rudisha mkate kwa dakika 5 nyingine kisha ukague.
9. Wacha mkate upoe kisha utoe ndani ya sufuria na uweke kwenye sahani tayari kwa kuliwa.

Mkate Wa Sinia - Mkate Wa Kumimina -1



Vipimo

1 Kikombe	Cha Mchele
1 Kikombe	Cha Nazi Ya Unga
1 Kikombe	Cha Sukari Kupungua Kidogo
1 Kikombe	Cha Maji Au Maziwa Vuguvugu
1 Kijiko	Cha Chai Cha Hamira

Iliki Kiasi Upendavyo

Ute Wa Yai Moja

Namna Ya Kutayarisha Na Kupika

1. Osha na kuroweka mchele siku moja ndani ya maji ya baridi.
2. Saga ndani ya blender, mchele, tui, maji au maziwa, iliki, na hamira mpaka mchanganyiko uwe lani kabisa.

3. Mimina ndani ya bakuli na ufinike. Weka mahali penye joto ili mchanganyiko uumuke(ufure).
4. Mchanganyiko ukifura, washa oven moto wa 350°. Mimina sukari pamoja na ule ute wa yai ndani ya mchanganyiko na uchanganye vizuri. Ukiona mchanganyiko ni mzito sana, ongeza maziwa kidogo.
5. Chukua sufuria umimine mafuta kidogo. Washa jiko na uweke sufuria ipate moto kiasi. Mimina ule mchanganyiko ndani ya sufuria uuwache kama dakika 5 hivi kiasi mkate uanze kushikana.
6. Funika sufuria na uvumbike(bake) ndani ya oven kama dakika 35-40 hivi, au mpaka mkate uive na uwe rangi ya hudhurungi juu yake.
7. Epua na uwache upoe kabisa kabla ya kukata. Ni bora kuula siku ya pili yake.

Mkate Wa Sinia/Kumimina Aina Ya 3



Vipimo

Mchele	2 vikombe vya chai
Maziwa	Kiasi
Sukari	1 kikombe cha chai
Hamira	1 kijiko cha chai
Ute wa mayai	2 mayai
Tui la nazi	1 na nusu kikombe cha chai
Hiliki	kiasi
Mafuta (ya kupakia treya)	kiasi

Namna Ya Kutayarisha Na Kupika

1. Roweka mchele kwenye maji usiku kucha.

2. Chuja mchele kisha tia kwenye mashine ya kusagia (blender) usage pamoja na hamira, sukari, hiliki, maziwa na tui la nazi.
3. Mimina ndani ya bakuli na ufinike. Weka mahali penye joto ili mchanganyiko uumuke(ufure).
4. Kisha tia ute wa yai koroga vizuri .
5. Paka mafuta kwenye treya au sufuria ya kuchomea kisha mimina mchanganyiko wa mchele .
6. Choma (Bake) kwenye oveni kwa moto wa 350°C kwa dakika 30-45, kisha weka moto wa juu (grill) kamadakika 5-10 mpaka ubadike rangi kwa juu.
7. Utoe kisha ukate vipande pande ukishapoa weka kwenye sahani tayari kwa kuliwa.

Keki ya maziwa



Vipimo

Siagi	Kikombe 1
Sukari	Kikombe 1
Unga	Vikombe 2
Maziwa	1/2 (nusu) Kikombe
Mayai	4
Baking Powder	1 Kijiko cha supu
Arki rose	kidogo

Namna Ya Kutayarisha Na Kupika

1. Washa oveni 350 - 400 Deg C liache lishike moto huku ukitayarisha mchanganyiko wa keki.
2. Changanya sukari na siagi mpaka ichanganyike.
3. Mimina mayai na maziwa uchanganye vizuri.
4. Mimina Baking Powder kwenye unga na uchanganye vitu vyote pamoja na arki rose.

5. Endelea kuchanganya vizuri mpaka uhakikishe vimechanganyika vizuri (unaweza kufanya bila ya mashine)
6. Chukua trey ambayo haitojaa ukiimimina, ipake siagi na umimine mchanganyiko wako. Treya isiwe nzito sana au nyepesi sana bali iwe wastani.
7. Ipike (Bake) mpaka iwive.
8. Epua iache ipoe ndio ukate kate vipande.

Keki Ya Machungwa



Vipimo

Siagi iliyolainika	$\frac{1}{2}$ Kikombe cha chai
Sukari	1 Kikombe cha chai
Mayai	2
Maganda ya chungwa iliyokwaruzwa	1 Kijiko cha supu
Ariki ya lozi (almond essence)	$\frac{1}{4}$ Kijiko cha chai
Unga	2 Vikombe vya chai
Baking powder	2 Vijiko cha chai
Chumvi	$\frac{1}{2}$ Kijiko cha chai
Iliki ya unga	$\frac{1}{2}$ Kijiko cha chai
Maziwa	$\frac{1}{2}$ Kikombe cha chai
Juisi ya machungwa	$\frac{1}{4}$ Kikombe cha chai
Lozi ziliyokaangwa na kupondwa	$\frac{3}{4}$ Kikombe cha chai

Namna Ya Kutayarisha Na Kupika

1. Washa oveni moto wa 350°F.
2. Paka siagi chombo utakachochomea (ikiwa unatumia loaf pan ndogo, utahitaji 3)
3. Katika bakuli la mashine, saga sukari na siagi hadi ilainike.
4. Kisha tia yai moja moja, halafu ganda la chungwa na ariki ya lozi.
5. Katika bakuli jengine, changanya pamoja unga, baking powder, chumvi na iliki.
6. Kisha changanya kwenye ule mchanganyiko wa siagi, halafu tia maziwa na juisi ya machungwa, na lozi.
7. Vumbika kwenye oveni kwa muda wa dakika 35.
8. Iache ipowe kabisa na itakuwa tayari kuliwa.

Keki Ya Karoti



Vipimo

Unga	1 Kikombe cha chai
Baking soda	1 Kijiko cha chai
Iliki ya unga	$\frac{1}{2}$ Kijiko cha chai
Chumvi	$\frac{1}{2}$ Kijiko cha chai
Mayai	2
Mafuta	$\frac{1}{4}$ Kikombe cha chai
Sukari	$\frac{1}{2}$ Kikombe cha chai
Sukari ya hudhurungi (brown sugar)	$\frac{1}{3}$ Kikombe cha chai
Mtindi (yogurt)	$\frac{1}{3}$ Kikombe cha chai
Karoti iliyokaruzwa	1 Kikombe cha chai (kama karoti 2)

Namna Ya Kutayarisha Na Kupika

1. Washa oveni moto wa 350°F.
2. Paka mafuta chombo utakayopikia keki, kisha nyunyiza unga na gonga iliyoziidi.
3. Kwenye bakuli la kiasi, changanya pamoja unga, baking soda, iliki, na chumvi weka kando.
4. Katika bakuli nyengine, piga mayai, sukari, mtindi, na mafuta mpaka ilainike.
5. Polepole changanya mchanganyiko wa mayai kwenye wa unga hadi ilainike; kisha tia karoti.
6. Mimina kwenye chombo uliyo tayarisha na uvumbike kwa dakika 40 - 45.
7. Kisha iache ipoe kwenye sufuria dakika 15 halafu pindua na iache ipoe kabisa.
8. Tengeneza sukari laini (icing sugar) $\frac{1}{2}$ kikombe na vijiko 2 vya maji na unyunyizie juu; na ikisha kauka itakuwa tayari kuliwa.

Fruit Cake



Servings

Makes 1 loaf cake

This beautiful and colourful light fruit cake is the perfect accompaniment for tea or coffee and is really easy to put together.

Ingredients

1 1/2 cups

1/2 cup

170gm

Plain/all purpose flour (180gm)

Powdered almonds (60 gm) - you can also use half a cup of flour in place of the powdered almonds

Butter or margarine, (or a combination of the two) softened (approx 3/4 cup)

1/2 cup	Sugar, grinded to a powder (100gm) - you can increase an extra quarter cup (50gm) for a sweeter cake
4	Eggs at room temperature
1 cup	Dried fruits and candied peel (if you are not using candied peel, add the zest of 1 lemon)
1/2 cup	Chopped cherries (I used a combination of red and green)
2 tsp.	Vanilla essence
1 1/2 tsp.	Baking powder
1/4 cup	Milk (50ml)
1/4 tsp.	Salt
Almond flakes for decorating the top	

Instructions

Make sure all the ingredients are at room temperature before you begin.

Preheat oven at 170C. Grease the line of the loaf pan, and then dust it with flour. Recommended size is a 9x5x3 inch pan.

Remove 1 tbsp. from the flour and sprinkle it over the dried fruits and mix. This will help ensure that they do not sink to the bottom of the back during baking. Set aside.

Add the vanilla essence in the milk. Set aside.

Sieve/sift the rest of the flour with the baking powder and salt. Then add the powdered almonds and still well. Set aside.

Beat the butter/margarine with the powdered sugar in a big bowl until light and fluffy. Be sure to beat them well because this cake requires very little baking powder so this stage is crucial in ensuring you have a light and fluffy cake.

Once the butter and sugar are light and creamy, add the eggs one at a time, beating well after each addition and scraping down the sides of the bowl occasionally. The mixture will appear curdled but do not worry about that, it will smoothen out when the flour is added later.

Add the flour and milk/vanilla in three installments, combining gently between each addition, starting with the flour, then the milk and ending with the flour again. Make sure not to over mix the batter at this stage.

Finally add the dried fruits and chopped cherries and gently stir them in with a spatula. Pour this batter into your prepared loaf pan. Sprinkle the almond flakes over the cake and then bake in the preheated oven at 170C for about 45 minutes to an hour or until skewer inserted into the cake comes out clean. During baking, if you find that the top is colouring too quickly you can cover the cake lightly with a piece of foil midway through baking.

Place the loaf pan on a wire to cool slightly and then turn the cake out of the pan and allow it to cool completely before slicing. The loaf will keep well in an airtight container for up to 3 days, and longer if refrigerated.

Ginger Cake



Servings

Makes one 7x11 cake

This tray is one of those warm and cosy kinds of cakes that tastes delicious with a cup of coffee or tea. The fresh ginger combined with the subtle hint of chocolate from the cocoa powder make a warm and soothing combination that will comfort the soul and satisfy any sweet craving. Perfect for those cold and gloomy days! Although I prefer baking this cake in a 7x11 pan to form a thinner 'layer' type of cake, it can just as easily be baked in a round 8" pan for a regular sized round cake.

Ingredients

1 1/4 cups

Self-rising flour

1 tbsp.	Cocoa powder
1 tsp.	Baking powder
1/2 cup	Butter or margarin, at room
temperature	
1/2 cup	Brown sugar
1/4 cup	Honey
2	Eggs
2 tsp.	Freshly grated ginger
1 tsp.	Ginger powder
1/4 tsp.	Cinnamon powder
1/4 tsp.	Salt
pinch of powdered cloves	
1 tsp.	Vanilla essence
2 tbsp.	Milk

Instructions

Make sure all the ingredients are at room temperature before starting.

Grease and line the cake pan. Then re-grease the lined pan and dust lightly with flour. Preheat the oven at 180C.

Sieve the self-rising flour with the cocoa powder, baking powder, ginger powder, cinnamon, cloves and salt. Set aside. Even though we are using self-rising flour in this recipe, the extra baking powder used helps give the cake a very light and fluffy texture.

In a bowl, beat the margarine/butter with the sugar until creamy, then add the honey and beat again. Next add the eggs

one at a time, beating well after each addition. Add the vanilla essence and the fresh ginger and mix well.

Next add the flour and fold it in using a spatula. Finally add the milk and mix again to combine. Pour the batter into your prepared pan. Bake in a preheated oven for about 25-30 minutes or until a skewer inserted into the cake comes out clean.

Turn the cake out and peel off the greaseproof paper. Allow the cake to cook before cutting squares and serving. This cake is delicious as is, but you can frost it with a simple glaze or icing sugar combined with orange juice.

Orange Cake



Servings

8" round cake or 12 cupcakes

This light and fluffy orange cake almost bursts with flavour from the fresh orange juice and zest used in it. The method incorporates a 'chiffon cake' technique but without all the extra eggs, giving you a perfectly balanced, soft and utterly delicious cake. I prefer to serve it with some softly whipped fresh cream and a side of fruits/orange slices. You can also frost it with any topping that you like (I have included my orange glaze recipe below) or simply dust some powdered sugar and serve with a cup of tea or coffee. Delightful and a must try recipe!

Ingredients

1 1/2 cups	All-purpose flour (180gm)
1 tsp.	Baking powder
1/2 tsp.	Salt
1	Pinch of salt (for whipping egg whites)
1/2 cup	Butter/margarine, at room temperature (112gm)
3/4 cup	Sugar, grinded (150gm)
2	
	Large eggs (or 3 small ones), at room temperature
	Juice from 1 orange (one third of a cup)
	Zest from 1 orange (about 1 tbsp.)
1 tsp.	Vanilla essence

Simple Orange Glaze Ingredients

1 cup	Icing sugar
1/4 tsp.	Orange zest (optional)
4-5 tbsp.	Freshly squeezed orange juice

Instructions

First, separate the yolks from the egg whites. Set aside in different bowls.

Sift/sieve the flour with the baking powder and half tsp of salt. Set aside.

Grate the zest off the orange using a zester or the fine plane of your grater. Take care to ONLY grate the orange, not the white

part (pith). The white part is very bitter and will change the taste of your cake, so keep turning the orange as you zest it.

Preheat the oven to 170C. Grease and line an 8" round pan.

Beat the butter and sugar until light and creamy. Add the egg yolks one at a time, beating well after each addition.

Next add the orange juice, vanilla essence and orange zest and beat. Add the flour and beat it in. Set aside.

Wash the whisk attachments and dry them well. In a separate bowl, whisk the egg whites until frothy, then add a pinch of salt to them and keep beating until the egg whites form stiff peaks. The salt helps to stabilize the egg whites.

Add a third of the egg whites into the cake batter and stir it in with a spatula or wooden spoon (NOT THE MIXER), this will help loosen the batter slightly. Then add half of the remaining egg whites and very very gently fold the whites in until just incorporated. Add the remaining egg whites and fold until mixed in. Avoid over-mixing the batter as this will deflate the egg whites.

Pour the batter into your prepared pan. Bake on the middle shelf of the preheated oven for 25-30 minutes or until a skewer stuck in the center comes out clean.

Turn the cake on to a cake rack, discard the greaseproof paper and allow to cool completely.

Dust with icing/powdered sugar or serve with dollops of freshly whipped cream. You can grate some orange rind over the cream for presentation and an extra burst of flavour.

Alternatively you can make this easy orange glaze and drizzle it over the cake.

Instructions for Simple Orange Glaze

Sieve the icing sugar to remove any lumps. Add the zest and orange juice gradually until it reaches a drizzling consistency. Drizzle over your cooled cake and allow it to set for a few minutes. Serve!

Delicious Banana Bread



Servings

1 loaf pan

A soft, moist and flavourful cake that is incredibly easy to prepare. For a chocolate version, click [**HERE**](#).

Ingredients

1 1/2 cup	All-purpose flour
3-4	Ripe bananas
1/3 cup	Melted butter
1 cup	Sugar
(can reduce to 3/4 cup for a slightly less sweet bread)	
1	Egg, lightly beaten
1 tsp.	Vanilla essence
1 tsp.	Baking soda
Pinch of salt	

Instructions

Pre-heat oven to 175 C.

Using a wooden spoon, mix melted butter into the mashed bananas in a large mixing bowl. Mix in sugar, egg and vanilla. Sprinkle baking soda and salt over the mixture and stir them in. Add flour last and mix until JUST incorporated. Do not over-mix.

Pour into buttered pan and bake for about 1 hour or until a toothpick inserted in the middle comes out clean.

Black Forest Cake



Servings

Serves 10-12

I've recently been experimenting with my Black Forest Cake recipe, and have landed on this awesome version whereby I have modified my **Strawberry & Cream Sponge** cake recipe for a chocolatey, moist, light and gorgeous version. Although I still have my previous **black forest gateau recipe** on here, at the moment this is my new favourite version! The instructions may appear lengthy, it is only because they are detailed which will help guide you through each step so you end up with a moist perfect cake.

Ingredients

1 1/4 cups

1/4 cup

1 level tsp

6

1 cup

2

Pinches of salt

2 tbsp

2 tbsp

2 tsp.

Cake flour (150 gm) -

instructions on how to make
cake flour can be found
below

Cocoa powder (30gm)

Baking powder

Eggs (at room temperature)

Fine castor sugar (200gm)

Butter

Milk

Vanilla

Ingredients for Syrup

6 tbsp

9 tbsp

1/2 tsp

Sugar

Hot water

Vanilla

Ingredients for Frosting

600 ml

2 tbsp

1 tsp

3 cups

layers

2 tbsp

Whipping cream

Icing sugar

Vanilla essence

Sliced strawberries for the

Sugar

Whole cherries or strawberries for garnish

Chocolate shavings for garnish

Instructions

If you do not have cake flour, you can make your own by simply measuring 1 1/4 cups plain/all purpose flour, then remove 2 and a half tbsp from it and substitute with 2 and a half tbsp of cornflour/cornstarch. Sieve together and use as per the recipe.

First prepare the syrup. Mix the sugar in hot water until dissolved and then add the vanilla. Set this aside for later. Also, macerate your sliced strawberries by sprinkling the 2 tbsp sugar on them, cover and refrigerate to make them soft and juicy for the cake filling later.

Preheat the oven at 170C.

Grease and line two 8" round pans, then grease over the parchment paper and dust the inside of each pan lightly with flour.

Sift the flour with the cocoa powder and baking powder 3 times, then add the salt to it and set aside. These will be your dry ingredients.

Put the butter and milk in a small heatproof bowl and set aside.

Take a pan filled a quarter-way with water and put in on the heat, allow it to gently heat up but not come to a rolling boil. We will need this to act as a double boiler in a little while.

Put the eggs and castor sugar in a large bowl and beat using a hand mixer for 1 minute. Then place this bowl over the prepared

pan of simmering water and continue beating the egg mixture for 3 minutes. Remove the bowl from the double boiler and turn off the heat. Place the bowl with the butter and milk in this hot water so that it melts gently. Take care that the water does not go into the butter/milk mixture.

In the meantime, continue beating the egg mixture for another 5 minutes until thickened. Then take a hand whisk and whisk the egg mixture for a few seconds just to make sure everything is well combined.

Now put the dry ingredients in a sieve and sift ALL of it gently over the egg mixture. Using a spatula, fold the flour into the egg mixture using long gentle strokes, you can count the strokes, they should not exceed 40. Then add the vanilla and the melted butter/milk mixture. Again, fold the mixture with your spatula using gentle strokes, this time not more than 60 strokes to ensure everything is well mixed. Be very gentle and use a light hand to avoid deflating the batter too much.

Once done, pour the batter into the prepared pans. Tap the pans once on the counter to get rid of any air bubbles. Then bake in the preheated oven for about 23-25 minutes or until a skewer inserted in the centre comes out clean. Careful not to over bake.

Immediately on taking the pans out of the oven, tap them on the counter (pick the pan and drop gently a couple of times) to prevent the cake from shrinking as it cools.

Now turn the cakes over on a rack but do not remove the pans.

Let the pans cool down until they are easy to handle with your hands without getting burnt.

In the meantime, whip your cream with icing sugar and vanilla and keep it ready.

Remove the pans, remove the greaseproof paper. Slice each cake in half, drizzle or brush the sugar syrup all over the cut halves, then on each layer add sliced macerated strawberries.

Cover the strawberries with whipped cream, put the second half of the cake and cream that as well. Continue until you have your 4 layers of cake stalked with strawberries and cream filling between the layers. Cover the entire cake with more whipped cream. Decorate the top with chocolate shavings and whole cherries or strawberries. Chill until the cream sets and enjoy your yummy cake!

Cardamom Cake



Servings

Makes one 7x11 cake

There is something about this very traditional cake that evokes the best childhood memories for me. This is the cake I grew up on when vanilla and such flavourings were not part of my family's culinary essentials. Cakes would be flavoured purely with powdered cardamom, giving it a sweet and exotic flavour and aroma. No fancy frostings were required, this simple cake would be gleefully devoured with cups of steaming hot sweet chai. I now add a touch of vanilla essence to the cake, just to take it to an extra level, but even without the vanilla, this cake is a STAR!

Ingredients

2 cups	All purpose/plain flour (240 gm)
1 cup	Sugar, ground to a powder (200 gm)
1 cup	Butter or margarine (225 gm)
1/3 cup	Milk
2 tsp.	Baking powder
1/4 tsp.	Salt
4	Medium eggs
1 tsp.	Cardamom powder
1 tsp.	Vanilla essence

Instructions

Always make sure that the butter/margarine, eggs and milk are at room temperature before starting for best results.

Preheat the oven at 180 C

Grease and line a 7x11 baking dish, then grease again over the lining paper and dust it with flour.

Sift the flour with the salt and baking powder three times to ensure the cake is light and airy.

In a large bowl, add the butter and sugar, beat well until light and fluffy. Then add the eggs one at a time, beating well after each addition. Add the cardamom powder and vanilla essence and beat again, making sure to scrape down the sides in between.

Next add the flour in three additions, alternating with the milk. (Start with the flour, then half the milk, then flour again, then

the rest of the milk and end with the flour). You can use a mixer here, but keep it on low speed to avoid over mixing the batter which will result in a tough cake. I prefer to use a spatula or wooden spoon for this stage instead of a mixer.

Once done, transfer the batter into your prepared pan, tap it a couple of times on the counter to remove any air bubbles and bake in the preheated oven for about 25-30 minutes or until a skewer poked into the centre of the cake comes out clean.

Turn the cake out on a baking tray and allow to cool before slicing. Make sure to brew some good chai/tea to go with this cake! :)

Lemon Cake



Servings

one 8" cake

I am personally a HUGE fan of lemon cake, and have been experimenting to discover the most perfect recipe for a long time! FINALLY I achieved the results I've been dreaming of! This is one of the softest, lightest, fluffiest lemon cakes you will ever taste. I served it without any toppings as it was just perfect on its own with a cup of tea...but it can also be served with softly whipped cream or a simple lemon glaze.

Ingredients

1 1/2 cups

1/2 cup

3/4 cup

Flour (180gm)

Butter/margarine (112gm)

Sugar, grinded (150gm)

2	Large eggs (use 3 if you have
small eggs)	
Juice of 1 lemon	(about 3-4 tbsp. FRESHLY
SQUEEZED)	
1/2 tsp.	Vanilla essence
zest of half a lemon	(about 1 tsp.)
1/2 cup	Milk (100ml)
2 tsp	Baking powder
1/2 tsp.	Salt

Instructions

Make sure ALL the ingredients are at room temperature before you start.

Grind the sugar to a powder and set aside.

Sift the flour twice with the salt and baking powder.

Grease and line an 8" round pan and set aside. Preheat oven to 170 C.

Beat the butter with the sugar until light and creamy. Then add the eggs one at a time, beating well after each addition.

Now add the freshly squeezed lemon into the milk and stir. The milk will thicken slightly on adding the lemon, that's ok.

Add a third of the flour and beat until combined, then add half the milk. Don't panic if it looks curdled, it will be fine. Again beat the batter until milk is mixed in. Add another third of the flour, mix it in, and then add the remaining milk. Finally add the last of the flour, the zest and the vanilla essence. Beat just until everything is well combined. Do NOT over-mix at this point, you

can even finish up the mixing with a wooden spoon or spatula. The batter will be very light and fluffy.

Pour into prepared pan. Bake for 25-30 minutes, or until a toothpick stuck in the center comes out clean.

Remove from pan and let it cool completely before frosting/slicing.

For a simple lemon glaze, take 1 cup icing sugar, add a few drops of lemon juice (freshly squeezed) and add them in, keep mixing until the glaze is of pourable consistency. You can add a few tbsp of warm water as well for a less intense lemony flavour. Pour on the cake and allow to set.

Carrot Cake



Servings

one 8" cake

Without being overly sweet, this carrot cake is both delicious and slightly nutty, with a mild pineapple flavor, topped with a glorious cream-cheese frosting, crushed walnuts and desiccated coconut...this cake is the kind that will have you reaching out for a second slice even before the first one is done!

Ingredients

1 cup & 1 tbsp.

2

1/2 cup

3/4 cup

all-purpose flour

Eggs

Vegetable oil

(or 1/4 cup oil and 1/4 cup
melted butter)

Sugar

1 1/2 cups	Grated carrots
1/4 cup	Drained and chopped
pineapple	
1/2 cup	Nuts (I used walnuts)
1 tsp.	
Vanilla essence	
1/2 tsp.	Baking soda
1 tsp.	Baking powder
1/2 tsp.	Salt
1/2 tsp.	Cinnamon powder
1/2 tsp.	Ginger powder

Ingredients for Cream Cheese Frosting

150g	Icing sugar, sifted (1 cup)
30g	Unsalted butter, room
temperature	
(2 tbsp.)	113g cream cheese, room
temperature	
1/2 tsp.	Vanilla essence

Instructions

Preheat oven at 180 degrees C.

Grease and line an 8" pan, dust it with flour.

Toast the walnuts for about 8 minutes or until lightly browned and fragrant. Let cool and then chop coarsely. Add the 1 tbsp. of flour and toss with the nuts. (This will prevent the nuts from sinking in the cake).

Peel and finely grate the carrots. Set aside.

In a separate bowl whisk together the flour, baking soda, baking powder, salt, ginger and cinnamon. Set aside.

Put the eggs in a bowl and beat with a mixer until frothy and thick (about 3 minutes). Gradually add the sugar and beat until the batter is thick and light colored (about 5 minutes). Add the oil in a steady stream and then beat in the vanilla extract. Add the flour mixture and beat just until incorporated. Do NOT over-mix as that would harden the cake. With a spatula fold in the grated carrots, pineapple and chopped nuts.

Pour the batter into the prepared pan and bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean.

Remove from oven and let cool on a wire rack. After about 5 -10 minutes invert the cake onto the wire rack, remove the pan and parchment paper, and then cool completely before frosting.

For the Cream Cheese Frosting:

Beat the cream cheese and butter together on low speed until all lumps are gone. Gradually add the icing sugar and continue beating until the frosting is smooth and fluffy. If the frosting is too thin, add a bit more icing sugar. If too thick, add a bit of whipping cream, fresh cream or even milk, a few drops at a time. Spread the frosting on the cake, you can leave the sides uncovered if you want, I like it to go all the way around the cake. Garnish with chopped walnuts and some coconut if you want. :)

Date Cake



Servings

one 8" cake

Wonderfully moist, easy to make, delicious, soft and light date cake, with very little sugar due to the perfect natural sweetness of the dates, goes wonderfully with a hot cup of tea or coffee.

Ingredients

1 cup	Self-rising flour (120gm)
1/2	Cupall-purpose flour (60gm)
3/4 cup	Chopped dates (de-seeded then weighed) (150gm)

1 cup (200ml)	of very hot water or milk
1 1/2 tsp.	Baking soda
1 tsp.	Vanilla essence
2 tbsp.	
Soft unsalted butter (30gm)	
1 egg	Lightly beaten
1/4 cup	Sugar (50gm)
1/4 cup	Crushed nuts (optional)

Instructions

Put the chopped dates in a bowl, sprinkle the baking soda then add the cup of boiling water. Mix together, then cover and set aside for about 15-20 minutes until the mixture thickens and cools.

To make 1 cup of self rising flour, for every cup of plain/all purpose flour, add 1 and a half tsp of baking powder and a pinch of salt. Sieve together and use.

Grease a loaf pan and line with baking paper. You can also use an 8" round pan.

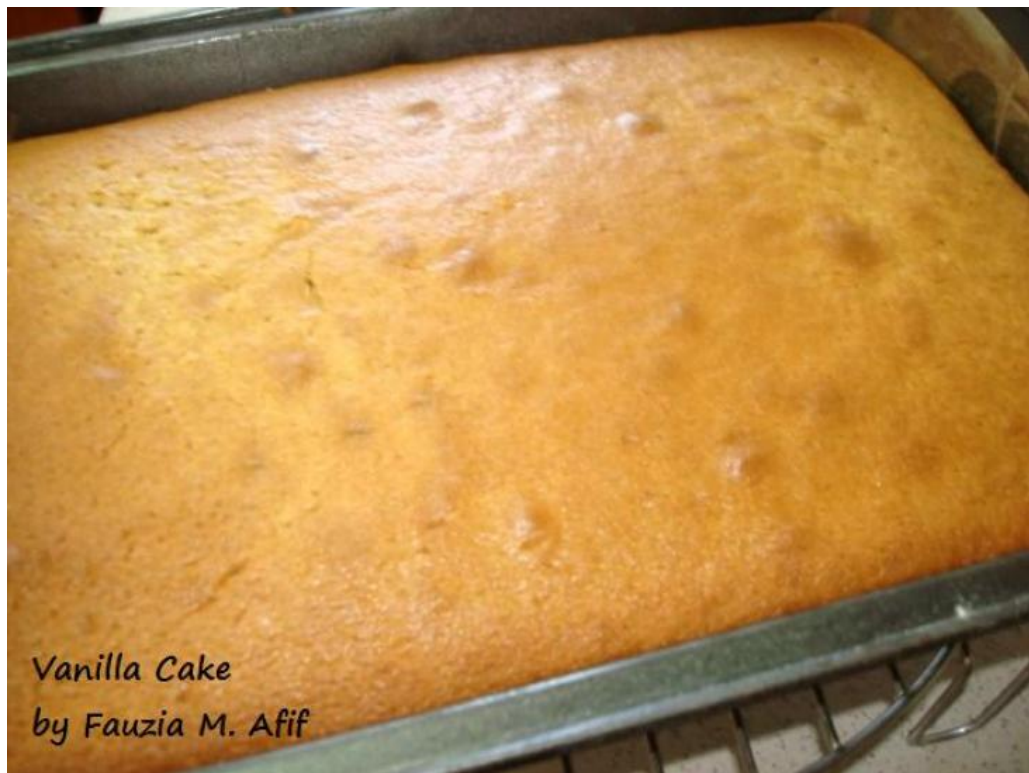
Sieve the two flours together, then add the nuts into them if you are using. Toss together so that the nuts are well coated with flour.

Mix the sugar and butter until creamy (you can use a machine or by hand), then add the egg and mix until the egg is well combined. Add the vanilla and beat for a few more minutes. Now add the dates mixture and stir using a spatula or wooden

spoon. Add the flours with the nuts, and fold into the mixture until well-combined.

Pour into the prepared pan, and bake in a preheated oven at 180C for about 40 minutes or until a skewer comes out clean.

Vanilla Cake



Servings

two 8" cakes or 24 cupcakes

Everyone needs to have a GOOD vanilla cake recipe that always turns out fantastic. This is my favourite one!!

Ingredients

1 cup (225gm)	unsalted butter, room temperature
1 3/4 cup	Sugar (350gm)
5	Eggs, room temperature
3 cups	all-purpose flour (360gm)
1 tbsp.	Baking powder
1 tsp.	Salt

1 tbsp.	Vanilla extract or essence
1 1/4 cup	Non-fat buttermilk (250ml)

Instructions

You can bake this in a 9x13 pan or use two 9" pans then layer your cakes with frosting or ganache. You can even make cupcakes out of this, it would yield about 24 cupcakes.

You can make buttermilk at home. Take 1 cup room temperature milk and add 1 tablespoon vinegar or lemon juice. Let this stand for 5-10 minutes and then use accordingly.

Preheat oven to 180C.

Grease and put some parchment in your pans. Then grease the parchments as well and dust with a bit of flour.

Sift together flour, salt and baking powder. Set aside.

Cream butter and sugar until light and fluffy. Scrape sides of bowl every few minutes using the whisk attachment or a rubber spatula. This is crucial. Otherwise you're going to be left with chunks of butter in your finished batter. So make sure you cream it well and don't rush! :)

Add eggs one at a time. Making sure each egg is perfectly incorporated before you add another. If you skip too quickly past this stage, you will have a cake that smells of eggs because the bits of egg that aren't fully beaten in will bake separately in the cake and it will be like having scrambled eggs cooking in your cake, eww! So incorporate the eggs whenever you reach this stage for any cake recipe!! Remember to scrape down the sides of the bowl after every few eggs. Add vanilla.

Add flour and buttermilk in three alternative pours, starting and ending with flour. Mix on slow speed and scrape the bowl during the process. I know, it's a pain in the butt. It's worth it. At this stage do NOT over mix, just combine until the batter is incorporated. Over mixing can ruin your cake.

Once everything is well incorporated, use a plastic spatula to fold the batter a few more times to make perfectly sure you've got everything will mixed.

Divide the batter between your cake pans. Bake in preheated oven for twenty-five to forty minutes. Check for doneness by pressing gently on the cake. If you leave an indent, not done. If it bounces back gently without leaving a mark, done. You can use a toothpick to check also. Don't over bake the cake! :)

Let the cake cool in the pan for a few minutes then turn it out onto a rack to finish cooling completely.

Enjoy!!

Super-Moist Banana-Nut Muffins



Servings

Makes 10-12 muffins

These muffins are the ideal snack, perfect for any time of the day! Super easy to prepare, you cannot possibly go wrong with them. Got the recipe from an online site.

Wet Ingredients (2 cups total)

2-3	Ripe bananas
1	Egg
1/3 cup	MELTED butter or margarine
1 1/2 tsp.	Vanilla
2 tbsp	Strong coffee

(if you don't have leftover coffee, you can use water)

yoghurt OR buttermilk OR milk

enough to make 2 cups TOTAL of wet ingredients (if you use 3 bananas you may only need a few tablespoons; if you use small bananas, you may need to add 2/3s cup or more, just add enough to make the total wet ingredients 2 cups!)

Dry Ingredients

1 1/2 cups	all-purpose flour
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3/4 cup	Sugar
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1 tsp.	Salt
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1/2 tsp.	Baking soda
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1/2 tsp.	Baking powder
----------	---------------

1/2 tsp.	Cinnamon
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1/2 tsp.	Ground nutmeg
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1 cup	Chopped nuts
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(I mix hazelnuts, almonds and walnuts)

Instructions

The ingredients are divided into "wet" and "dry" -- you will need one small bowl and one big bowl, the wet goes into one bowl, the dry into the other bowl.

The trick (and there really is a trick) to making incredible muffins has to do with the mixing part. Read all of these directions through first, before you start doing anything, so you'll know what you're supposed to do.

First, preheat the oven to 180 C. Preheating is important -- the muffins should go into a fully preheated oven.

In the SMALLER bowl, put all of your wet ingredients -- make sure you mash your bananas thoroughly with a fork. Then use that same fork to completely stir in the egg and other wet ingredients.

In the LARGER bowl, put all of your dry ingredients and mix them with your large spoon. Make sure your ingredients are fully incorporated -- that is, you want the baking powder/soda to be completely distributed through the flour.

Add your wet ingredients to your dry ones -- and fold them carefully with a few swift strokes. This is incredibly important. DON'T OVERMIX! There will even be places where the flour is still dry. I fold about 10 times -- carefully -- but the mixture will look lumpy and "not quite" fully mixed together. This is the way they're supposed to look.

If you mix it till it is the consistency of cake batter, you've gone too far and you'll end up with simply average muffins. Yeah, they'll still be good... but this recipe is for making *incredible* muffins.

Final Steps

Spray your muffin tin with Pam. If you don't have Pam you can grease them lightly or use muffin liners.

Spoon the (lumpy) batter into the muffin tin -- it's okay if you end up filling the holes all the way to the top. Don't pack the batter -- just spoon it into the muffin tin.

Sprinkle sugar on the tops! This sugar will make a glaze as they bake that is really fantastic.

Put them into your already preheated oven and set the timer for 20 minutes.

After 20 minutes, check the muffins with a toothpick -- does the toothpick come out clean? You may need to bake them for another 5 minutes. Ovens differ -- you'll know when they're done. They'll look fantastic! I usually have to bake mine for 24 or 25 minutes.

Let them cool for about 5 minutes, and then use a fork to carefully lift them out of the muffin tin. You can keep the muffins in the tin for 10 minutes so they'll stay warm (they really are best fresh out of the oven) -- but don't let them become cool while still in the tin -- they become difficult to get out.

Leftover muffins? (It's rare... but it happens.) Wrap them in a paper towel and pop them in the microwave for about 20 seconds.

BREAKFAST YAMMY

Banana Fritters



Servings

Serves 3-4

Great way to use up those leftover bananas! These yummy fritters work perfectly for breakfast, or as a snack, or even for dessert!! You can either sprinkle some powdered sugar over them, cinnamon sugar, drizzle them with syrup or honey, or have them with a lovely scoop of vanilla ice-cream.

Ingredients

- 3 medium ripe bananas
 - peeled and mashed with a fork then drizzled with lemon juice to prevent discoloration
- 1/4 cup Sugar(add more if you like them sweeter)
- 1 Egg, lightly whisked
- 2 cups flour

1 tbsp. Baking powder
2 tbsp. Rice flour
 (optional as this gives an extra crunch)
1/4 tsp. Salt
1/2 tsp. Cinnamon powder
1/2 tsp. Vanilla essence
1/4 cup Milk

Instructions

Beat the sugar, egg, vanilla and cinnamon until very nice and frothy. Add the mashed bananas and mix until well incorporated. Whisk the flour with the salt and baking powder, then gently add it into the mixture and stir. Add your milk a little at a time, until the mixture is of a consistency whereby you can pick and shape into balls using a spoon. If you need more than a quarter cup, it's ok...go ahead and add. Don't let the batter get too watery though! :)

Heat some oil in a pan, then gently using two spoons, pick a small amount of batter and ease it into the hot oil. Keep the heat on low coz they get brown very quickly. Try getting the fritters small so that they get done nicely. Once the underside is brown, gently turn them over.

Remove and drain on tissues, then serve with chopped fruits, icing sugar, cinnamon sugar, syrup, honey or ice-cream. Soooo yummy!

Chicken-Filled Buns



Servings

14 small buns

Soft buns with a delicious chicken filling.

Ingredients

3 cups all-purpose flour

1 tsp. instant yeast

1/4 tsp. baking powder

1 1/2 tsp. salt

1 tsp. sugar

4 tbsp oil plus

1 tbsp. butter

water and milk(half and half)

Instructions

First, sieve the flour and add the salt, sugar baking powder, yeast, oil and butter. Heat the water/milk to lukewarm (very hot water will kill the yeast). Add the water gradually into the flour whilst kneading until you have a soft but firm dough. Knead the dough, pounding it as much as you can to give the buns a delicately soft texture. The more you knead the better the result. Put the dough into a lightly-oiled spacious bowl and turn it over in the bowl once so that the little oil covers the dough all over. Cover the bowl with a damp warm towel and let the dough rise for about half an hour to 45 mins.

Once risen, punch down, then knead it again for 2-3mins. Make into about 14 balls. Roll out each ball into a circle. Place your mixture in the center, then ball it up and seal. Place the formed buns on an oiled tray with the seam underneath, apply egg-wash and sprinkle with sesame seeds then bake at 170 C for about 10-12 mins. I dab a bit of butter on the buns when they r straight out of the oven, then cover them with a cloth so they get reaaaaaaally soft. :)

HERE is the recipe for my chicken and potato filling that I've used in these buns, although you can use any filling you prefer.

Baked Mandazi/Mahamri



Servings

16 mandazis

Perfectly soft and delicious, these cuties are awesome with tea, either for breakfast or as an evening snack. Since mandazi/mahamri are normally fried, these are an ideal and healthier alternative because they are baked.

Ingredients

2 cups	plain/all purpose flour
1 tbsp.	instant yeast
1/4 tsp.	powdered cardamom

1 egg
2 tbsp. milk powder
1/2 tsp. baking powder
4 tbsp. oil or melted butter
7 tbsp. sugar
some warm water for kneading

Instructions

If you have fresh coconut and want the yummy coconut flavor without all the extra calories from the coconut milk, break open the coconut and reserve the WATER from the inside of the coconut. Use that to knead your dough instead of regular water, this way your mandazi will have the perfect coconut flavor. If you want to use coconut milk, then omit the powdered milk and oil/butter from the recipe and use just enough coconut milk to knead the dough into a soft ball.

Sieve the flour, add all the ingredients, then slowly start adding the warm water whilst kneading. Knead the dough well until it is nice and soft...even slightly sticky. If you slit the dough with a sharp knife, you should be able to see tiny bubbles formed inside the dough, that's how you know you have kneaded it enough.

Cover and set aside for about an hour or until it is doubled in size. Divide the dough into 3-4 balls. (3 if you want bigger mandazi, 4 if you want tinier ones). Whilst the rest of the balls are covered, take the first ball and roll it out into a circle of about half an inch (or slightly more) thickness. Cut the rolled

out dough into 4 pieces, and place them on a greased baking tray. Repeat with the rest of the dough.

Once all are done, cover the tray lightly with a soft towel that won't put weight on the mandazi as they need to rise again. Set them aside for another 45 minutes or so until they are again doubled in size.

Pre-heat your oven at 200 C. Place the tray on the lowest rack for about 10 minutes first, then put the tray on the highest rack for another 5-8 minutes or until the mandazi are a lovely brown color.

Remove and keep covered with a cloth to retain softness. You can dab them with some butter if you like. Serve hot and fresh.

Baked Naans



Servings

2 big naans or 4 small naans

These are soft and flaky naans that go perfectly with sooo many dishes. Perfect accompaniment to all sorts of curries or kababs.

Ingredients

2 cups	all-purpose flour
1	egg, lightly beaten
1 tsp.	salt
1 tsp.	sugar
1 tsp.	yeast
1/4 tsp.	baking powder

1 tbsp.	milk powder
1/2 cup	water
1/2 cup	milk
2 tbsp.	oil butter

- for applying on naans once done

sesame seeds

- for sprinkling on the naans

Instructions

Warm the water with the milk. You may not need to use all of it in the dough.

Sift the flour, then add milk powder, salt, sugar, yeast and baking powder. Stir together to combine. Make a well in the center and add the oil plus HALF the egg. Mix it into the flour, then gradually add the water & milk and combine until dough is very soft and quite sticky. If it gets too sticky, just touch a bit of oil and knead it, then put the dough in an oiled bowl and cover. Let it rest until it doubles in volume.

Turn the dough out on a floured surface and divide into 3-4 balls (depending on how big you want the naans, I make mine quite big so I just make 2 out of this amount). Let the balls rest for 10 minutes. Again, the dough will be quite sticky so just sprinkle a bit of flour on them and on the work surface.

Preheat your oven at 240 C.

Flatten each ball of dough with your fingers and stretch out to form a circle. Then gently pick it up and toss it from the left

palm to the right palm multiple times to help it stretch and form the naan shape.

Place the naans on a greased baking tray, then brush the tops with the remaining half egg. You can sprinkle some sesame seeds on them if you want.

Bake for about 4-5 minutes or until the naans are spotted with brown. Remove and brush with some melted butter.

Keep covered until time of serving.

Baby Chicken Bread



Servings

12-16 baby chicken bread

Just for a twist, you could try making the chicken bread in baby sizes like this...of course, you can use whichever filling you like but I made them with the famous saucy chicken filling. :)

Ingredients for Dough

4 cups	flour
1 tbsp.	instant yeast
2 tbsp.	powdered milk
1 tsp.	salt
4 tbsp.	oil
1	egg (plus1 for glazing)
1 tsp.	castor sugar

Ingredients for Chicken Filling

1/2 to 2 cups	chicken boiled and shredded
2 small	onions finely chopped (or 1 large)
1 tsp.	salt
1 tsp.	black pepper
2 tbsp.	coriander leaves
4	green chillies chopped
1 tsp.	garam masala powder
2 tbsp.	flour
2 tbsp.	butter
1 cup	milk
sesame seeds as required	

Instructions

For the Dough:

In a bowl mix together 4 cups flour, 1 tsp. salt, 1 tsp. castor sugar, 2 tbsp. milk powder, 1 tbsp. yeast, 4 tbsp. oil and 1 egg, knead to a medium soft dough with slightly warm water, leave to rise for 1 hour.

For the Chicken Filling:

Heat 2 tbsp. butter fry onion till soft then add 2 tbsp. flour with 1 tsp. salt, 1 tsp. black pepper, 1 tsp. garam masala....add the milk, cook till thick, mix in the shredded chicken add chopped green chillies and coriander leaves, remove and cool completely.

The filling will look like THIS.

Now divide the dough into 12 to 16 parts depending on how small you want the baby chicken bread to be. Roll each piece

of dough to a rectangular shape, snip the sides with scissors or a knife, put filling in the center and fold each side so they overlap each other (like a braid) the filling will show slightly but that's ok, brush top with beaten egg, sprinkle sesame seeds and bake on 200 degree C for 25 minutes or so. Same method as used in THIS recipe for larger sized chicken bread.

Right after taking out of the oven apply butter well on whole bread and let it rest covered with a cloth for 2-3 min to soften the bread completely.

I always make big batches of chicken bread at a go and then wrap them well in cling film or foil, then put them in some sort of a cellophane bag and tie it up tight and freeze. They can keep up to 4 weeks! When you need one, you just thaw it out overnight in the fridge or keep it out on the counter until it's thawed out, then unwrap and zap it in the micro for a minute or so until it warms up, and then splash a little bit of water using your fingertips on it and put it in the oven for about 5 minutes to freshen it back up. Becomes as good as new! :)

Pav Buns



Servings

10-12 small rolls

Pav means 'a small loaf of bread'.

These simple buns/rolls (pav) are the perfect accompaniment for Pav Bhaji (buns and veggies), Vavda Pav (potato buns) or any other meal that requires rolls/buns. They can also be shaped individually and used as burger buns. They are soft and buttery, utterly delicious.

Ingredients

3 1/2 cups	all-purpose flour
1 cup	warm milk
2 tbsp.	milk powder
1/2 cup	Warm water (might use less)
1	Egg
1 tbsp.	Sugar

4 tbsp.	oil
4 tbsp.	Melted butter
1 1/2 tsp.	Instant yeast
1/2 tsp.	Salt
1	Egg for egg wash before baking

Instructions

Sieve the flour, then add milk powder, sugar, yeast and salt. Then add the oil and butter and the egg, and mix together. Now add all the warmed milk. Start kneading together and gradually add the warm water a little at a time. You might not need it all, so add it sparingly until your dough is nice and soft. Knead for a good 8-10 minutes. The more you knead it the softer the buns will be.

Touch a bit of oil with your fingertips and apply all over the ball of dough. Cover in a bowl and set aside for 40mins to an hour for it to double in size.

Punch it down, and break off bits of dough and shape each of them into a ball. You should get about 10-12 small rolls.

Grease your pan/pans with butter and dust with some flour. Place the rolls in it and try to get them close to each other so that there are no or very little spaces in between.

Cover the pans and set aside for a second rise, about half an hour to rise.

Now apply egg wash on the buns, preheat your oven to 180 C and bake for about 20-25 minutes, or until the bread is nice and golden on top.

Khaliat Nahal / Honeycomb Bread



Servings

2 small or 1 large

This is one of the most delicious Arabic breads ever! Khaliat al Nahal (known by many as Khaliat Nahal) simply means Bee's Hive. This is due to the bread's resemblance to a honeycomb and for the sweet, honey-flavoured topping it's glazed with.

It's a 'softer_than_cotton' type of bread, with some cheese filling in every bun, and a sweet glaze on top. I did a lot of experimenting with various different recipes to finally come up with my own master, no-fail recipe!

Ingredients for glaze/syrup

1 cup	Sugar
3/4 cup	Water
1 tbsp.	Honey
Pinch of saffron	

Ingredients for dough

3 1/2 cups	All-purpose flour
1 cup	Milk
2 tbsp.	Milk powder
1/2 cup	Water (might use less)
1	Egg
3 tbsp.	Sugar
4 tbsp.	Oil
4 tbsp.	Melted butter
1 1/2 tsp.	Instant yeast
1/2 tsp.	Salt
6-8	Portions/triangles of cheese spread

(I used The Laughing Cow, but you can use any available to you, like Kiri or Al-Marai, etc.)

1	Egg (for egg wash before baking)
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Instructions

For the glaze/syrup:

Boil the sugar, water and saffron together for a few minutes until it is slightly thickened. Remove from the heat and add the honey. Mix and set aside to cool completely.

For the dough:

Sieve the flour, then add milk powder, sugar, yeast and salt. Then add the oil and butter and the egg, and mix together. Now add all the milk. Start kneading together and gradually add the water a little at a time. You might not need it all, so add it sparingly until your dough is nice and soft. Knead for a good 8-10 minutes. The more you knead it the softer the buns will be.

Touch a bit of oil with your fingertips and apply all over the ball of dough. Cover in a bowl and set aside for 40mins to an hour for it to double in size.

If you click [HERE](#), you will be able to see step by step instructions.

Punch it down, and break off tiny bits of dough. You should get about 40 tiny pieces out of this. Take each piece of dough, and stretch it out with your fingers, then add a small piece of cheese in its center. Bring the edges together and form a ball so that the cheese is completely enclosed within the dough. Repeat this with all the dough.

Grease your pan/pans with butter. Place the balls of dough in a 'honeycomb' pattern. Try to get them close to each other so that there are no or very little spaces in between.

Cover the pans and set aside for a second rise, about half an hour.

Now apply egg wash on the balls, preheat your oven to 180 C and bake for about 20-25 minutes, or until the bread is nice and golden on top.

The egg wash I prefer to use for a lovely glossy finish is made this way. Take 1 egg, beat it with 1 tsp. of milk. Brush on the bread/rolls/buns and bake as directed! :)

Remove from the oven and pour your syrup all over the hot bread. Remember that the syrup needs to be cool and the bread needs to be steaming hot straight from the oven. Turn it out and place on a rack to cool and for the syrup to glaze slightly.

If you want to cut down on the sweetness, use less syrup or instead of pouring it onto the bread, just apply it using a brush on the tops of the bread. :)

If you do not like cheese, you can use chocolate instead in the center. Just cut any good quality chocolate bar into cubes and use them instead. Even nutella works but might be a little bit messy during closing it into the dough, unless you solidify it a bit first. ;)

Garlic Bread



Servings

1 loaf

The perfect bread-accompaniment for roasts, bbq, pizza, pasta, etc.

Ingredients

1	Loaf of bread (preferably french bread but any
good loaf	will do)
3 tbsp.	Room temperature butter
a pinch of salt	
1/2 tsp	Garlic paste
1 tbsp	Finely chopped coriander
a pinch of	Black pepper powder

Instructions

Mix the butter with garlic paste, salt, pepper and coriander until well combined.

Slice the bread to one inch thick slices but do not slice all the way through, and apply the garlic butter paste all over the insides of the slices, and apply some of the butter on the top of loaf. Wrap the bread in foil and bake in a preheated oven at 180 C for about 10-15 mins.

If you want it extra toasted, remove the foil, cut the slices right through to separate them, then put them back into the oven for another 3-5 minutes.

Garlic Rolls



Servings

15-16 rolls

Crisp on the outside, yet cloud-soft and buttery on the inside...these flavourful and aromatic beauties are THE best rolls to have with any meal. The rich buttery taste combined with the subtle garlic flavour and the burst of aroma from the fresh herbs used make having one of these babies a fantastic experience. I sprinkled them with sesame seeds and dusted a bit of black pepper powder on some for a spicy kick.

This dough recipe is one of my favourite inventions in the breads category! Baking bread is one of the most wonderful, relaxing experiences, and it certainly is my favourite thing to do in the cooking department!

Ingredients for dough

4 cups	All-purpose flour
1 cup	Warm milk
2 tsp.	Instant yeast
1/4 tsp.	Baking powder
1 tsp.	Sugar
2 tsp.	Salt
1	Egg
2 tbsp	Melted butter
4 tbsp.	Oil
2 tbsp.	Milk powder
1/4 cup	Warm water
(you might need a little more or less)	

Ingredients for garlic filling

2 tbsp.	Room temperature butter
2 tbsp.	Freshly chopped coriander/parsley pinch of salt
1/4 tsp.	Garlic paste or some finely chopped garlic (increase for a more potent garlic flavour)
1-2	Very finely chopped green chili (optional)

Instructions

If you want the garlic filling more 'potent' and garlicky, add more garlic. You can play around with the filling ingredients, using more or less butter, more or less herbs etc...as you prefer it. You can make extra garlic butter and save it for garlic bread

or garlic toast. It stores beautifully in the fridge for up to a week.

Sieve the flour, then add milk powder, baking powder, sugar, yeast and salt. Then add the oil and butter and the egg, and mix together. Now add all the milk. Start kneading together and gradually add the water a little at a time. You might not need it all, so add it sparingly until your dough is nice and soft. Knead for a good 8-10 minutes. The more you knead it the softer the rolls will be.

Touch a bit of oil with your fingertips and apply all over the ball of dough. Cover in a bowl and set aside for 40mins to an hour for it to double in size.

Divide the dough into two balls. Keep one ball covered whilst you are working on the other one. Dust some flour on your working surface and roll it out into a rectangular shape, about quarter inch thickness. Using the back of a spoon, apply your garlic filling all over the surface. Then roll up the dough from the longer side, like a swiss roll.

Cut the roll into about 8 pieces. Place them close to each other on a greased baking dish. Repeat with the other ball of dough.

Once all the rolls are done, brush the remaining garlic butter on the tops and cover loosely with cling film or a towel, let the rolls double in size. Then pre-heat your oven at 180 C. You can brush some egg on the rolls if you like, and you can sprinkle some sesame seeds for decorative purposes. I even dusted some black pepper powder on some. Bake for about 25 minutes or until golden on top.

When you remove the rolls, keep them covered under a kitchen towel for about 10 minutes to further soften them.

Serve warm!

Stuffed Pita Bread



Servings

6-8 pitas

Soft tasty pitas stuffed with a delicious spicy filling, salad and some sauce.

Ingredients

1 1/2 cup all-purpose/plain flour

3 tbsp. Oil

1 tsp. Salt

1/2 tsp. Instant yeast

2 tbsp. Milk

warm water as needed to knead the dough

Instructions

Add the milk to the water and heat it up so it's slightly warm. Mix the flour, oil, salt and yeast then make a hole in the center and pour the water & milk, then gently combine, and knead thoroughly until the dough is soft and smooth.

Wipe some oil on the palms of your hands and rub over the lump of kneaded dough, then cover and let it stand for about an hour until it rises to about double its size.

Once well-risen, make 8 balls of equal size. Roll out each ball gently and evenly (do not lean/press down hard on the ball of dough, you need to use a light hand) to a diameter of about 3 inches each. (You can make 6 balls if you prefer bigger pitas)

Place the rolled-out pitas on a lightly floured surface and cover them with brown paper or light towel so that not too much air can get in. Leave them to stand for about 2 hours until they rise again.

Heat up a heavy roti pan, and place one roll in the center. Put the heat on very low and don't move the pita. When you notice it starting to rise, gently press down with a flat roti spoon so that the air building up inside it gets distributed evenly. Then gently lift and flip it to the other side. Dip the tip of your spoon in oil and gently wipe over the pita and under it. Once done on both sides, remove and place on a plate and proceed with the next one.

Try not to pile the pitas on top of each other until after they have cooled. This keeps them nice and plump for filling.

To store these, you can wrap them in cling film and freeze for up to 3 weeks. For the filling you can use any mixture of your choice with salad, just slit the pitas and stuff them.

Crispy Croutons



These yummy crispy crunchy little tidbits are fantastic!! I sometimes add them to my salads for a crispy texture, or to my soup as an added treat! But best of all, these delightful tidbits can be snacked on just as they are, waaaaaaaay better than popcorn!!

The beauty of them is that you don't need too many ingredients, you can just make use of any old stale bread you have lying around. Any bread will do, the crustier the better!!

Ingredients

4-5 Slices stale bread
 (it should not be very fresh, a day old or more is
good)
salted butter

black pepper powder

Instructions

You can either butter the slices of bread on one side, or if you like them extra golden and buttery, apply on both sides. (you can do one side, it's good enough) then sprinkle pepper on the slice and if you're using unsalted butter add a tiny bit of salt. Then cube them, I use my kitchen scissors for this to get neater cubes. Now heat a pan, and then lower the heat and put the bread cubes in. Keep tossing them around every few minutes with a wooden spoon to make sure all the sides are browning. It should take a few minutes.

If you want them extra crispy, spread them out on a tray and bake for about 5-10 minutes on low heat, just keep an eye on them so they don't burn!

Enjoy your delicious hot croutons!

Yoghurt Bread Rolls



Servings

10 rolls

These babies are soooo rich and filling. And they smell amazing when they're baking.

Ingredients

4 cups	All-purpose flour
1 tbsp.	Yeast
3 tbsp.	Honey
1 cup	Warm water
1 cup	Yoghurt
1 tbsp.	Vegetable oil
1 1/2 tsp.	Salt

Instructions

In a large mixing bowl, combine 1/2 cup flour, the yeast, the honey and the warm water. Stir well and let sit for 10 minutes, until slightly foamy.

Stir in yogurt, vegetable oil, salt and 2 cups of the remaining flour. Gradually stir in more flour until you have a soft dough that sticks together pulls away from the sides of the bowl.

Turn out dough onto a lightly floured surface and knead, adding additional flour if necessary to prevent sticking, until dough is smooth and elastic, or about 5 minutes. Place in a lightly greased bowl, cover with plastic wrap and let rise for 1 hour or until doubled in size.

Preheat oven to 180 C. Line a baking sheet with parchment paper.

Turn risen dough out of bowl and onto a lightly floured surface. Gently deflate, pressing into a rectangle. Divide dough into 10 even pieces with a board scraper or a pizza cutter. Shape each piece into a round roll. Place on prepared baking sheet. Repeat with remaining dough.

Once all rolls have been formed, press down firmly on each one to flatten. Cover with a clean dish towel and let rise for 25 minutes. Make slits on the top with a sharp knife (purely decorative so it's not a must to do this)

Bake for about 20 minutes, until rolls are deep golden on the top and the bottom.

Cool on a wire rack. Store in an airtight container. Enjoy!

Simsim/Sesame Naan (Mkate wa Ufuta)



Servings

Makes 4-6

This naan is very famous in Mombasa (and probably in most parts of E/Africa too!). In some places this bread is known as Ajam Naan, or mkate wa Ajam. Soft thin naans with crispy edges, made from a batter instead of a dough like other naans. The batter is spread out to form the naans one at a time on a hot tawa/pan and simsim seeds are sprinkled all over the sticky top...then it is cooked over slow heat until done.

The authentic recipe uses coconut milk in the batter. So the naans turn out really delicious and soft, with that awesome coconut flavour.

Ingredients

2 cups	all-purpose flour
1 tsp.	Instant yeast
1 tsp.	Salt
1 tsp.	Sugar
1 tbsp.	Melted butter
1/2 cup	Thick/heavy coconut milk
3/4 cup	Cup thin/light coconut milk or regular milk (slightly warmed) sesame seeds

Instructions

Sift the flour in a wide/deep bowl. Add sugar, salt and yeast. Stir together. Then add the melted butter and the half cup of heavy coconut milk. Mix with your hand or a whisk. Now gradually add the WARM light coconut milk or regular milk into the dough and keep mixing until it becomes a slightly thick batter. You may not require the full amount to reach this stage, just keep adding the liquid a little at a time until the batter resembles that of a cake (dropping consistency).

Once the consistency is reached, whisk briskly for about 5-8 minutes. DO NOT SKIP THIS STAGE!! If not whisked well, the results will end up stretchy and rubbery instead of soft. (Good arm exercise here! :P)

Cover the bowl with cling film and set aside in a warm place for about an hour or two...or until the batter is risen and more than doubled in volume. This means the batter is ready. Wet your hand and sort of mix the batter to remove the air. Cover and

keep it handy next to the stove where you will be making the naans.

You will need a tawa/flat pan with a handle. It should NOT be non-stick because for this type of naan we actually want the batter to stick to the pan during cooking.

Prepare a bowl with water mixed with some salt. This will be used for sprinkling on the tawa in between naans.

Place the tawa on high heat. When well heated, splash some salt water on it. If the pan is hot enough, the water will form bubbles and sizzle rapidly. With the wet hand or a deep spoon, pick some batter from the bowl and spread it quickly over the tawa, trying to get a thin round naan shape. You can spread out the batter using your hand but you need to be quick.

Immediately, sprinkle some sesame seeds over the top of the naan so they set within the naan as it cooks. Reduce the heat to medium and as soon as the top of the naan becomes dry with just a few wet spots here and there, flip the pan over the flame so that the direct heat cooks the top part of the naan. Now this is a very tricky stage, you can place a grill stand to help catch the naan in case it falls out of the pan when you flip and to help keep it at a distance from the direct flame. But if done correctly, the naan will stay stuck to the pan and won't fall out. Make sure you keep the heat on very low at this stage so as not to burn the naans.

You can achieve similar results by popping the pan under a hot oven grill for a few minutes if you are too scared to flip the pan over the stove-top. Just make sure to protect the handle of your

pan if it is made of rubber or plastic by covering it with aluminum foil.

Once the top of your naan is nicely spotted and cooked, slide a spatula under the naan gently to release it from the tawa and turn it into a hot-pot or kitchen towel to keep it soft and warm. Brush the top with a bit of melted butter.

Before re-using the tawa/pan, wipe it clean with a kitchen towel...then place it on the heat, splash the salty water like you did the first time and THEN add the next amount of batter for the next naan.

Continue until all the naans are done. Once you have the system/routine down, making these naans becomes sooo easy.

Serve these naans with chicken tikka, kababs or curries of your choice. They are soooo YUM!!

Chicken Bread



Servings

2-3 medium loafs

One of my personal favourite recipes and a definite keeper of a recipe!

I have included step by step instructions with pictures [HERE](#).

** Recipe originally by Shirin Anwar, courtesy of Fati Naz.*

Ingredients for Dough

4 cups	plain/all purpose flour
1 tbsp.	instant yeast
2 tbsp.	powdered milk
1 tsp.	salt
4 tbsp.	oil
1	egg (plus one for glazing)
1 tsp.	castor sugar

Ingredients for Chicken Filling

1 1/2 - 2 cups	chicken boiled and shredded
2	small onions (finely chopped)
1 tsp.	salt
1 tsp.	black pepper
2 tbsp.	coriander leaves
4	green chilies (chopped)
1 tsp.	garam masala powder
2 tbsp.	flour
2 tbsp.	butter
1 cup	milk
sesame seeds as required	

Instructions

For the Chicken Filling:

Heat 2 tbsp. butter fry onion till soft then add 2 tbsp. flour with 1 tsp. salt, 1 tsp. black pepper, 1 tsp. garam masala.

Add the milk, cook till thick, mix in the shredded chicken add chopped green chilies and coriander leaves, remove and cool completely.

The filling will look like THIS

For the Dough:

In a bowl mix together 4 cups flour, 1 tsp. salt, 1 tsp. castor sugar, 2 tbsp. milk powder, 1 tbsp. yeast, 4 tbsp. oil and 1 egg, knead to a medium soft dough with slightly warm water, leave to rise for 1 hour.

Divide the dough into two or three depending on how big you want the loaves. Proceed with viewing the subsequent steps to see how the bread is shaped.

Now divide the dough into two or three parts depending on what size loaves of chicken bread you want. Roll the dough to a rectangular shape, snip the sides with scissors or a knife, put filling in the center and fold each side so they overlap each other (like a braid) the filling will show slightly but that's ok, brush top with beaten egg, sprinkle sesame seeds and bake on 200 degree C for 25 minutes or so.

Right after taking out of the oven apply butter well on whole bread and let it rest covered with a cloth for 2-3 min to soften the bread completely.

I always make big batches of chicken bread at a go and then wrap them well with film or foil, then put them in some sort of a cellophane bag and tie it up tight and freeze. They can keep up to 4 weeks! When you need one, you just thaw it out overnight in the fridge or keep it out on the counter until it's thawed out, then unwrap and zap it in the micro for a minute or so until it warms up, and then splash a little bit of water using your fingertips on it and put it in the oven for about 5 minutes to freshen it back up. Becomes as good as new! :)

Mince Rolls



Servings

Makes 25-30

Cute little pinwheel rolls with a mince filling. They look great and taste even better!

Ingredients

3	Cups all purpose flour
1 tsp.	Instant yeast
1/4 tsp.	Baking powder
1 1/2 tsp.	Salt
1 tsp.	Sugar
4 tbsp	Oil plus 1 tbsp. butter
Water and milk (half and half)	

Instructions

First, sieve the flour and add the salt, baking powder, yeast, oil and butter. Heat the water/milk to lukewarm (very hot water will kill the yeast). Add the water gradually into the flour whilst kneading until you have a soft but firm dough. Knead the dough, pounding it as much as you can to give the buns a delicately soft texture. The more you knead the better the result.

Put the dough into a lightly-oiled spacious bowl and turn it over in the bowl once so that the little oil covers the dough all over. Cover the bowl with a damp warm towel and let the dough rise for about half an hour to 45 mins.

Once risen, punch down, and then knead it again for 2-3mins.

Roll out into a rectangular shape of less than quarter inch thickness. Then add your filling, in this case I've used my favorite mince filling [HERE](#).

Whip some egg white with a tsp. of water, then drizzle all over the mince. Now roll your rectangle like a swiss roll. Place the whole roll on a greased baking tray, then let it sit for another half an hour until it rises again.

Brush with egg yolk and bake in a preheated oven at 180 C for 10 minutes. Take the tray out, and using a very sharp knife slice the big roll to form smaller rolls. Put them back on the tray and bake again for about 5-10 minutes. This is to make sure the dough gets done all the way through, and also slicing when the roll is a bit more solid helps get a cleaner cut than if you slice the roll when the dough is still raw.

Kababs in Blanket



*Kababs in Blankets
by Fauzia M. Afif*

Servings

20-25 blankets

Kababs in Blankets ... hot from the oven and delicious! These are basically kababs wrapped in a thin layer of dough which is then baked. One can even use cooked sausages in place of the kababs for this recipe.

Ingredients

1 1/2 cups	All purpose flour
1 tsp.	Salt
4 tbsp.	Oil
1/2 tsp.	Instant yeast
1/4 tsp.	Baking powder
1 tsp	Sugar
Milk and water mixed half and half (warmed)	

Instructions

Mix the dry ingredients, add the oil. Heat the milk and water slightly and add it gradually to the flour, stirring gently. Once the dough starts to hold together, remove on a floured surface and knead thoroughly until soft and well kneaded.

Form the dough into a ball and apply a little oil with your hands all over it. Put in an airtight container and set aside until the dough rises to double its original size. This should take about half an hour to 40 mins depending on climate and the yeast you're using.

Roll small pieces of dough into thin flat squares and cover the kababs like blankets making sure the part that seals together stays under the kabab, you can snip off the excess with a pair of kitchen scissors to give it a smooth finish...then place on an oiled tray. Let these stay for about another half an hour before baking for a second rise. You can apply some egg yolk on top right before baking them to make the color nicer. Bake in a preheated oven at 180 C until golden on top.

Kabab Rolls & Buns



Servings

Covers 20-25 kababs/sausages

Just a way to pretty-up your kababs/sausages

Ingredients for dough

1 1/2 cups	all-purpose flour
1/2 cup	milk (warmed slightly)
1 tbsp.	milk powder
some water (warmed slightly but only if needed)	
2 tbsp	slightly beaten egg (you can reserved the rest for applying on the cornets before baking as an egg wash)
1 1/2 tsp.	Sugar

1 tbsp.	oil
2 tbsp.	melted butter
1 tsp.	instant yeast
1/2 tsp.	salt

Instructions

Sieve the flour, then add milk powder, sugar, yeast and salt. Then add the oil and butter and the egg, and mix together. Now add all the warm milk. Start kneading together and gradually add the warm water a little at a time. You might not need it all, so add it sparingly until your dough is nice and soft. Knead for a good 8-10 minutes. The more you knead it the softer the buns will be.

Touch a bit of oil with your fingertips and apply all over the ball of dough. Cover and let it rest for an hour until it doubles in size. Now to shape, you can make ropes and roll them around the kababs/sausages, or cut pieces of dough, roll out into rectangles and shape them around the kababs/sausages to cover completely, then using a sharp knife just cut slits to form a pattern. Left-over dough makes for really cute little clover buns by making small balls and baking them 3 per cup in a muffin pan.

Make sure to brush the buns/rolls with egg wash. You can sprinkle sesame seeds if you like over them.

Bake at 180 C for about 20 minutes or until they are done.

Caterpillar Bread



Servings

5 caterpillar buns

For lack of a better name for this yummy bread, I've decided to call it Caterpillar bread (coz it sort of looks like a caterpillar, although I assure you no caterpillars were harmed in the making of it! :D) It's a soft bun with a filling, pretty to look at and delicious in taste. Big hit with the little ones!

The filling can be anything you like. You can use veggie, chicken, cheesy, tuna etc. I have used my **spicy keema filling**.

Ingredients for Dough

2 cups	all-purpose flour
3/4 cup	warm milk
1 tsp.	instant yeast pinch of baking powder
1/2 tsp.	sugar

1 tsp.	salt
1	egg (lightly beaten and divided in half)
1 tbsp.	melted butter
2 tbsp.	oil
1 tbsp.	milk powder

Instructions

Here is the **step by step** link on how to make this bread.

Sieve the flour, then add milk powder, baking powder, sugar, yeast and salt. Then add the oil, butter and half the egg (reserve the other half for brushing the bread later) and mix together.

Now add the milk gradually whilst kneading. You might not need it all, so add it sparingly until your dough is nice and soft.

If more milk is needed to get a soft dough consistency, warm a little more and use. Knead for a good 8-10 minutes. The more you knead the softer the bread results will be.

Touch a bit of oil with your fingertips and apply all over the ball of dough. Cover in a bowl and set aside for 40mins to an hour for it to double in size.

Divide the dough into 5 sections. Start rolling each one into an oval/rectangular shape, about 1/4 inch or less thickness. Brush with butter, then cut strips about a third of the way into the oval on one of the longer sides of the rolled out dough.

Add your filling on the opposite side of where the strips have been cut. Fold the dough over the filling to enclose it, then roll gently all the way to the end. The strips will cover the top of the bun and give it a pretty finish. Try and pinch the ends of the

strips under the dough so they do not uncurl or open up during baking.

Place on a greased tray and repeat with the rest of the balls of dough. Cover with a light kitchen towel and allow the buns to rest for about 30 minutes to allow them to expand again slightly. When ready to bake, preheat the oven at 180C. Brush the remaining half egg over the bread and sprinkle sesame seeds. Bake for about 18-20 minutes or until the buns are done and golden.

Remove and brush them with some butter. Keep them covered with a kitchen towel to retain their softness until time for serving.

Banana Pancakes



Servings

Makes 9-10 Pancakes

These delicious banana pancakes are a breeze to prepare, and give a different twist to our regular every day pancakes. Serve these with some butterscotch cream or even just honey and you will have a winner breakfast option!

Ingredients

1 cup	all purpose flour
1	Egg, beaten
3/4 cup	Milk(150 ml)
1 tbsp.	Lemon juice
2 tbsp.	Melted butter or oil
2	Medium over-ripe bananas, mashed well

1 tsp	Sugar (you can use more sugar for added sweetness)
2 tsp	Baking powder
1/4 tsp.	Salt pinch of cinnamon powder
1/2 tsp.	Vanilla essence
Honey or maple syrup for serving	

Instructions

First, add the lemon juice to the milk and set aside for 10 minute to make buttermilk. Then, in a jug, add this buttermilk, the melted butter or oil, beaten egg, mashed bananas and vanilla essence and mix them together. These will be your wet ingredients.

Sieve the flour into a large bowl, then add the dry ingredients. Make a well in the middle and mix in ALL the wet ingredients until JUST combined. Set aside for about 10 minutes.

Next, heat up a griddle or pan (you can add a bit of oil if you like) and ladle the batter on to it. Cook the pancakes on low and slow. Bananas tend to carmelise fast, so if the heat is kept at your regular pancake heat they will darken on the outside before they get fully cooked on the inside. So keep the heat low and allow them to cook through. Continue until all the batter is used up.

Serve with accompaniments of your choice.

*For the butterscotch cream, I first made some butterscotch sauce using **THIS** recipe. Once completely cooled, whip some*

*cream and add as much of this butterscotch into it as you like.
Store the leftover butterscotch sauce to drizzle over cinnabons
or ice cream, cakes or desserts etc. It keeps well in the fridge.*

Breakfast Potatoes



Servings

Serves 3-4

These easy peasy spicy potatoes are delicious served at breakfast time on those days when you want an especially hearty breakfast meal. The best think about them is that they are amazingly easy to prepare as all the various components can be boiled/chopped/diced the night before and then quickly whipped up in the morning. They taste heavenly with a side of eggs or sausage or beans and toast. I love using these in my **Breakfast Burritos** too!

Ingredients

4	Potatoes, boiled, peeled and cubed
1	Onion, chopped
1	Small red bell pepper/capsicum, cubed
1	Small green bell pepper/capsicum, cubed
2 tbsp	Oil
1/2 tsp.	Black pepper powder
1 tsp.	Salt pinch of turmeric powder
1/4 tsp.	Cumin powder
2 tbsp.	Chopped coriander
1	Chopped chilli (optional)
Juice of 1/2 a lime/lemon	

Instructions

Warm 1 tbsp. oil in a frying pan, then add the onions and cubed bell pepper/capsicum. Stir until soften and begin to turn colour. Remove them into a bowl. Add the second tbsp of oil in a pan, heat it up and add the boiled potato cubes, cook until they colour lightly. Sprinkle the salt, pepper, turmeric, cumin powder and chopped chilli. You can add a small pinch of paprika powder if you like. Then add back the bell pepper and onion mixture and toss everything together.

Finally squeeze the lemon in and sprinkle the chopped coriander. Stir and turn off the heat. Serve with accompaniments of your choice.

Vibibi (Rice and Coconut Pancakes)



Servings

Makes 8-10 pancakes

Vibibi are sweet, soft and delicious pancakes made from a rice and coconut batter. They are famous in the E/African communities and are especially enjoyable during Ramadhan. The Swahili word 'vibibi' translates to 'little ladies'. Am not entirely sure why they are called this but I believe it could be a testament to their sweetness!

Ingredients

1 1/2 cups	Rice
1 cup	Heavy coconut milk
1/2 cup	Light coconut milk
1	Egg

3/4 cup	Sugar
1 tsp.	Instant yeast
1 level tbsp.	Plain/all purpose flour
1/2 tsp.	Cardamom powder
ghee or oil for cooking the pancakes	

Instructions

Rinse the rice, and then soak it overnight in water. Drain and give it a final rinse and put the rice on a strainer to drain away as much excess water as possible.

Put the rice in a blender jug, add the sugar and half of the heavy coconut milk. Blend until all the rice is finely ground. This may take a while, so keep blending in one minute bursts and gradually add in the rest of the heavy coconut milk, making sure to scrape the sides of the blender down to ensure everything is well mixed. Then add the light coconut milk, yeast, egg, flour and cardamom powder. Blend again until everything is properly combined.

Pour this batter into a bowl and cover. Place it in a warm place for about an hour or until the batter gets frothy and increases in volume. Give it a mix and start preparing the pancakes.

Warm a small non stick frying pan and then add a small drizzle of oil or ghee. Ladle some batter onto a pan (about one serving spoon), turn the heat down and cover the pan. When the top of the pancake begins to dry up and starts forming small holes, drizzle a small touch of oil on the pancake and then gently flip it

to cook the other side. It should turn a nice golden brown colour on both sides.

Remove on to a plate, then repeat the process and keep going until all the pancakes are done.

Serve with tea for a luxurious breakfast or as a sweet starter before a meal.

Shakshouka



Servings

Serves 2

Shakshouka (also known as shakshuka) is an egg dish of Arabian origins. The eggs are poached in a delicious and aromatic spicy tomato sauce and the dish is then normally served with bread.

Ingredients

2-3	Eggs
4-5	Fresh tomatoes, blended or finely
chopped	
1 tsp.	Tomato paste
1 tsp.	Paprika powder

1	Onion, finely chopped
1/2 tsp.	Garlic paste
1/4 tsp.	Turmeric
1 tsp.	Cumin powder
2-3 tbsp.	Oil
1	Green chilli, chopped
	salt/pepper to taste
1	Small capsicum, finely chopped
(optional)	
1 tsp	Red chilli flakes (optional)
1 tsp	Sugar

Instructions

Heat oil in a small saucepan, then add the onions and fry until translucent. Add the garlic paste, followed by the chopped capsicum and chillies. Stir for a minute or so then add all the spices followed by the blended/chopped tomatoes. Cook for a few minutes then add the sugar and continue to simmer on low heat until the tomato sauce thickens.

Make small shallow indents in the tomato sauce with the back of a spoon. Break open the eggs and add them gently into the indents in the sauce, season them with a bit of salt n pepper, but do not stir, leave them whole. Cover the pan and cook on low heat for about 5 minutes or until the eggs look set with the yolk slightly soft...or you can cook them until the yolk is done to your liking.

Garnish with coriander, serve with warm pitas or buttered toast and enjoy!

Fluffy Pancakes



Servings

Makes 10 pancakes

Here is my favourite recipe for yummy, lighter than air, fluffy pancakes that I have been using for close to 10 years. I had experimented with SO MANY pancake recipes before this one, but NONE comes close!

Ingredients

1 1/2 cups	All-purpose flour
3/4 tsp.	Salt
2 tsp.	Baking powder
2 tbsp.	Sugar
2 large	Eggs
1 1/4 cups	Milk
1 tsp.	Vanilla essence

3 tbsp. Melted butter or veg oil greased
measuring cup (I used the quarter
measuring cup)

Griddle or non-stick pan

3 large Bowls

Whisk/hand-mixer/cake mixer

Instructions

Sieve and mix dry ingredients with a whisk or toss them with a fork in bowl 1. (Flour, sugar, baking powder, salt)

Separate the egg yolks and set them aside in bowl 2 (this bowl should be the largest).

Whip the egg whites in bowl 3 until fluffy and peaks form, then set aside.

Add milk and vanilla essence to the yolks and beat together until they bubble. Mix in the oil/butter then add in all the dry ingredients and whisk together carefully until they're incorporated. Don't be tempted to over mix, a few lumps are fine. Too smooth a batter will give u flat rubbery pancakes instead of the soft/airy fluffy ones we're going for.

Fold in the egg whites in 2 additions. (Meaning first add half the eggwhites and gently fold them in then add the other half of the eggwhites and fold them in too)

Let the batter rest for 15-20mins.

Heat pan or griddle to max, lightly coat the surface with oil.

Then using your greased scooping cup, scoop and directly pour the mixture on the pan. Don't try to round the pancake by

pouring in a circular way, just dump the mixture and it will round itself out.

When bubbles start forming on the top side of the pancake, gently ease the spatula under the pancake and turn it. Don't pat down or press down the pancake, it will ruin the texture inside. You can peek to check if the under side is done and remove once ready.

Keep adjusting the heat, if it goes too high you can keep reducing and increasing as is necessary.

Always try making half the measurement of the recipe in your first attempt, increasing as you get more adept. Good luck!!!

Zege



Servings

Serves 1

This excellent pizza-like omelette is a speciality from Tanzania. It makes for an excellent quick-fix meal for brunch or a light lunch/dinner. Made with eggs, fries and any additional ingredients like leftover chunks of cooked chicken, chopped cooked sausages, cheese, chillies, onions etc, this is one very versatile recipe!

Ingredients

2	Eggs, lightly beaten oil
1-2	Potatoes, peeled and cut into strips
salt and pepper to taste	

Optional Ingredients

chunks of leftover cooked chicken

chopped capsicum

chopped herbs

chopped onions

grated cheese

chopped green chillies

Instructions

Fry the potato strips (chips/fries) and drain on kitchen towels.

Lightly beat the eggs with a bit of salt and pepper.

Heat a small 6" saucepan, add the oil. Sprinkle the fries and any other additions that you plan to us into the pan. Do not overcrowd the pan. Pour the beaten eggs to cover everything. Cook for a couple of minutes on medium heat. Once the bottom of the zege is nicely coloured, gently ease a spatula under it and flip it. Cook some more until both sides are evenly coloured. Serve hot with some ketchup and chopped coriander.

Halwa Poori Cholay



Servings

Serves 4

A desi breakfast consisting of a spicy chickpeas dish, a rich semolina sweet dish and soft yummy pooris. Perfect breakfast for a lazy weekend.

Ingredients for Halwa

1 cup

semolina

1 cup

sugar

1 cup

ghee or butter

(you can opt to use up to half this amount)

1 can or 2 cups
evaporated milk
(you can use whole milk instead)
1/4 tsp.
cardamom powder
pinch of colour and/or saffron
(optional)
crushed or flaked nuts for garnishing

Ingredients for Cholay

4 tbsp.
oil
1/2 tsp.
cumin seeds
1/2 tsp.
mustard seeds/rai
2-3
limro/curry leaves, chopped
1/4 tsp.
garlic paste
2 tbsp.
grated raw mango
(or 1 tsp. aamchoor powder)
1 large
chopped tomato
1 tbsp.
tomato paste/puree
2

green chillies, chopped
2 cups
boiled chickpeas
3
medium potatoes, boiled and cubed
1/2 tsp.
cumin powder
1/4 tsp.
turmeric powder
1 tsp.
red chilli powder
salt to taste
1 tsp.
lemon juice
chopped coriander for garnishing

Ingredients for Pooris

1 1/2 cups
all-purpose flour
1/2 cup
atta flour
2 tbsp.
yoghurt
3 tbsp.
oil
1 tsp.
salt
pinch of baking powder

warm water for kneading

(you can add a bit of milk in it for extra soft pooris)

oil for deep frying

Instructions

For the Halwa:

Heat ghee/butter in a pan, add the semolina and fry on low heat until colour starts to change and it gives a lovely nutty aroma. You should keep stirring often so the colour is even. In the meantime, pour the milk and sugar, saffron and/or food color into a blender and blend until well combined.

Once the semolina is golden, slowly add the blended milk/sugar mixture a little at a time. Be careful not to pour it all at once because it will splutter. Once all the milk is in the semolina, keep stirring and let it cook until most of the moisture is gone. Add the cardamom powder, mix it in, then cover and set on low heat to steam for 5 minutes. Garnish with nuts before serving.

For the Choley:

Heat oil, add mustard seeds and cumin seeds, let them splutter. Then add the curry leaves, followed by garlic paste, grated mango, 1 chopped chilli and chopped tomatoes. Cook until the water from the tomato evaporates. Add the turmeric, cumin and chilli powders, plus the tomato paste. Fry for a minute, then add the chickpeas and potatoes.

Let the masala coat everything nicely, sprinkle some salt. Then add 1 cup water. Turn the heat down to low and cover the pot. Let it simmer gently on low heat for about 15 minutes, then open

and mash some of the potatoes/chickpeas just to help thicken the gravy slightly.

Add the remaining green chilies and the lemon juice. Adjust salt and garnish with chopped coriander. Done! :)

For the Pooris:

Sift the flour, add the baking powder, salt, yoghurt and oil. Gradually add in the warm water and knead to a soft dough. Let it sit for about 20mins, then divide the dough into 10-12 pieces. Roll each one out to about 4 inches diameter.

For soft puris proceed as follows:

Heat your oil, make sure it's quite hot. Put in a poori in the hot oil and immediately start splashing hot oil over the top of it with a spoon.

Gently press down on the poori with the back of a wooden spoon or spatula, and you will see it start to puff up. If the poori turns dark in less than a minute, the oil is too hot. Reduce the heat of the stove. Gently press down with the spatula, and wait till it puffs completely, it should take only few seconds.

Flip the poori over and cook the other side until golden brown.

For crispy Pooris, this is what you need to do:

After you've rolled out your pooris, make small slits all over them. This will stop them from puffing up, and they will stay flat and crisp. Fry them in the oil on both sides until golden and remove.

Drain on paper towels.

Fluffy Scrambled Eggs



Servings

Serves 2

Making perfect light and fluffy scrambled eggs is really easy and tastes fantastic if done right!! Everyone has their own personal way of preparing this versatile and simple dish. Served with some toasted bread, a glass of juice and a cup of tea...perfect breakfast! ♥

Ingredients

4	Large eggs
4 tbsp.	Water salt to taste (approx. 1/4
tsp.)	
2 pinches	White pepper

1/4 tsp.

Black pepper coriander or parsely
for garnishing

1 tbsp.

Butter

Instructions

Beat the eggs using a whisk or fork with the water, salt and white pepper until frothy. Heat the butter in a non-stick pan until butter is melted and hot. Pour in the egg mixture and reduce the heat to medium. Don't start scrambling the eggs, just let the omelet BEGIN to set. Then using a wooden spoon, drag the egg mixture from the edges of the pan to the center of the pan. Continue doing this all around the pan until most of the moisture is gone. Now using the wooden spoon, cut and turn the pieces of egg to get it into large fluffy pieces. Serve right away with a sprinkle of the black pepper powder and coriander leaves. *Using water instead of milk helps give the eggs a fluffier finish and reduces the chances of the eggs getting colored/dark during cooking. Scrambled eggs are supposed to retain their lovely pale yellow color (depending on how bright the yolks are of course). You can add stuff like cream cheese, fresh cream, etc to the eggs if you want, but I love my scrambled eggs plain and simple..no fuss. :))*

Egg Paratha



Servings

Serves 1

These scrumptious egg-dipped parathas make for a heavy and satisfying brunch. The parathas can be prepared ahead and frozen until needed, so it makes for one of those very quick meals to put together and serve. Ideal for lazy weekend mornings.

Ingredients

2 Parathas (recipe link in instructions below)

1-2 Eggs

Chopped chillies and herbs of your choice

Salt and pepper to taste

1-2 tsp

Oil

Instructions

Make parathas using THIS recipe just don't cook them all the way through. Stop just before they are fully coloured. Set aside.

Heat a frying pan with some oil. Beat an egg with a pinch of salt and pepper and sprinkle herbs of your choice in it. I have used red chilli flakes, chopped green chillies, a touch of garlic paste and some fresh chopped coriander.

Dip your half-cooked paratha in this egg mixture and then cook on the pan on both sides until fully cooked. Serve hot with a pickle of your choice. I have used THIS mango pickle.

I used just 1 egg for both parathas, but you could use 1 egg per paratha if you want a thicker egg coating.

Apple Dappy



Servings

Makes 7 rolls

Crumbly, sweet (but not overwhelmingly so) and super delicious pastries that work so beautifully for breakfast and would be heavenly for dessert with a scoop of ice-cream! Heck these yummys would be perfect any old time of the day. Great as a snack, perfect for picnics, or when you have one of those midnight cravings! ;)

The best thing about them is, they are soooo easy to make that you can prepare them with your kids!

Ingredients for filling

1	Sweet apple, peeled and cored then grated
1	Heaped tsp. Demerara sugar (light brown sugar)
1 pinch	Cinnamon powder

Ingredients for dough

100 gm	Self rising flour (OR 100 gm all-purpose flour plus 1 tsp. baking powder)
2 tbsp.	Butter, COLD (30 gm)
1 tbsp.	Castor sugar (you can grind normal sugar instead)
4 tbsp.	Single cream (I used 2 tbsp. evaporated milk and 2 tbsp. sour cream)
Pinch of salt	
Ice cold water	

Instructions

Mix ingredients for filling and set aside. If need be, please see step by step instructions [HERE](#).

Sieve the flour, add the salt and butter, and then rub together using your fingertips until crumbly. Add the castor sugar and mix together using a fork. Then add the cream or evaporated milk and sour cream a little at a time and mix to combine. If

need be, add icy cold water until the dough comes together smoothly. Do not over-knead,

Roll out the dough to a rectangular shape, then spread out your filling from step 1 (previous pic). Make sure you do not add any of the liquid that gets released by the grated apple.

Start rolling from the long side, like a swiss roll until you have a tube.

Slice your roll into 7 pieces of equal size. You can use a string or dental floss to cut neatly. Place the rolls on a buttered pan with space between them.

Sprinkle with a little more demerara/brown sugar.

Bake immediately at 200 C for 20-25 minutes.

Serve and enjoy!

Keema Omelette



Servings

Serves 2-3

This is normally what I make for dinner when I've to make something in a hurry. But it works perfectly for breakfast if you prefer a heartier omelette than your usual one, or for Brunch when you're very hungry but not hungry enough for a heavy lunch!

Ingredients

4	Eggs
3/4 cup	Cooked or dried mince/keema (recipe link in instructions below)
2 tbsp.	Butter

Pinch of salt

Pepper

Chopped coriander (used for garnishing)

Instructions

Beat the eggs well, then add the keema and stir. Sprinkle a pinch of salt (remember that the cooked keema already has salt, so don't go overboard!)

Heat a pan and add the butter. Once melted, swirl it around to coat the bottom and sides of your pan. Pour in the egg/keema mixture. Lower the heat and if possible, cover the pan. Let it cook for a few minutes. Then open, and gently check to see if the bottom of the omelet is nicely browned. If so, flip it so the other side gets done too.

Once ready, sprinkle some pepper and chopped coriander (you can even grate some cheese on it whilst hot, whatever you like!), then slice it up using a knife or pizza cutter and serve with toast or parathas and some chutney if preferred.

Sometimes I use this as a filling along with salad and some chutney, chilli sauce or ketchup in sandwiches, really yummy!

For my keema recipe, check [HERE](#).

I normally have a few small tins filled with this keema in my freezer for such times when I need a small amount for a quick dish like this omelette or keema pilau. Very handy to have, as opposed to having to thaw out a whole bunch of keema, or having to make a fresh batch for recipes that need very little. :)

Banana Fritters



Servings

Serves 3-4

Great way to use up those leftover bananas! These yummy fritters work perfectly for breakfast, or as a snack, or even for dessert!! You can either sprinkle some powdered sugar over them, cinnamon sugar, drizzle them with syrup or honey, or have them with a lovely scoop of vanilla ice-cream.

Ingredients

3

Medium ripe bananas - peeled and mashed with a fork then drizzled with lemon juice to prevent discoloration

1/4 cup	Sugar (add more if you like them
sweeter)	
1	Egg, lightly whisked
2 cups	Flour
1 tbsp.	Baking powder
2 tbsp.	Rice flour (optional as this
	gives an extra crunch)
1/4 tsp.	Salt
1/2 tsp.	Cinnamon powder
1/2 tsp.	Vanilla essence
1/4 cup	Milk

Instructions

Beat the sugar, egg, vanilla and cinnamon until very nice and frothy. Add the mashed bananas and mix until well incorporated. Whisk the flour with the salt and baking powder, then gently add it into the mixture and stir. Add your milk a little at a time, until the mixture is of a consistency whereby you can pick and shape into balls using a spoon. If you need more than a quarter cup, it's ok...go ahead and add. Don't let the batter get too watery though! :)

Heat some oil in a pan, then gently using two spoons, pick a small amount of batter and ease it into the hot oil. Keep the heat on low coz they get brown very quickly. Try getting the fritters small so that they get done nicely. Once the underside is brown, gently turn them over.

Remove and drain on tissues, then serve with chopped fruits, icing sugar, cinnamon sugar, syrup, honey or ice-cream. Soooo yummy!

Spanish Omelette

Servings

Serves 1

One of the quickest and most colourful breakfast dishes I know!

Ingredients

2	Eggs, lightly beaten
1	Diced tomato
1	Onion, finely chopped
2	Green chillies, chopped
(omit or reduce according to your taste)	
2 tbsp.	Chopped coriander
1/4 tsp.	Garlic paste
2 tbsp.	Milk
Salt and peper to taste	
1 tbsp.	Oil or butter

Instructions

Beat all the ingredients lightly.

Heat 1 tbsp. of butter or oil in a non-stick frying pan on medium heat and swirl it around to cover the entire base of the pan. Pour the mixture in the pan and do not move the omelette until the bottom is solid/stable. Check to see if the bottom is browned sufficiently, and if so, flip it over to brown the other side.

Serve hot with toast and tea! :)

Coconut Mandazi



Servings

Makes 16 mandazis

These are PERFECT for breakfast with a cup of tea, and go really well as an accompaniment to many meals...especially grilled meats.

Ingredients

3 cups	all-purpose flour
3/4 tsp.	Instant yeast
7 tbsp.	Sugar
1 tsp.	Ground cardamom powder
3/4 cup	Heavy coconut milk
light coconut milk	

(just enough to make a soft but not sticky dough. So approx 1/2-3/4 cup, add slowly)

oil for deep frying

Instructions

Sieve the flour, add in the yeast directly into it and the sugar and cardamom. Start kneading with the coconut milk adding a little at a time until you have a good soft (but firm, not sticky) dough. Knead it for about 15 good minutes, pounding it as much as possible. To check that it's been kneaded enough, roll it into a ball and using a sharp knife, make a deep slit through it, it should look slightly bubbly on the inside.

If you're planning to cook the mandazi on the same day, then let this dough stay covered outside for about a couple of hours for it to rise before starting to make balls and roll. It makes about 16 average sized mandazis.

Please click [HERE](#) for step by step instructions.

I normally prepare the dough before hand and then freeze it for whenever I need it, but in this case you will need to freeze the dough immediately after kneading, do not give it time to rise. Wrap the dough in some cling film and store in a tight-lidded container and freeze.

When you need to make the mandazis, take the dough out of the freezer and put it in the fridge overnight. It will thaw out gradually. Then, take out the tin and let it sit out for about an hour. When it feels softened, divide the dough into four and roll them up into balls. Roll out each ball to a circle of about quarter of an inch thickness and cut into 4 quarters. Repeat with the remaining balls to make a total of 16 mandazis.

Alternatively, you can make 16 balls out of the dough and roll out each mandazi separately into circles. Place the mandazi pieces on a floured surface so they don't stick. Cover with paper and let them stay like that for another hour. They'll rise some more. Then fry in hot oil. Don't let it rise too much in the oil before turning otherwise it will bubble or burst and it won't have a perfect shape. The minute each starts rising in the oil, turn it over. Remove from oil when both sides are a nicely browned color.

VITOWEO

Kuku Wa Tanduuri



VIPIMO

- | | |
|--------------------|--------------------------------|
| 1. Kuku | 5 pounds (vipande 20 – 25) |
| 2. Ukwaju | ½ pakti (kwa kikombe cha maji) |
| 3. Thomu/galic) | 1 kijiko kikubwa cha kulia |
| 4. Tangawizi | 1 kijiko kikubwa cha kulia |
| 5. Binzari unga | 1 kijiko cha chai |
| 6. Pilipili manga | 1 kijiko cha chai |
| 7. Chumvi | kiasi |
| 8. Tandoori masala | 1 kikubwa cha chai |

Namna ya kutayarisha

1. Watoe ngozi na wasafishe vizuri halafu wachuje.
2. Loweka ukwaju na maji kiasi cha kikombe kimoja uvuruge mpake upate urojo mzito, uchuje kama tui la nazi kutoa kokwa kisha umimine urojo kwenye kuku.
3. Tia vitungu saumu na tangawizi vilivyosagwa changanya vizuri na kuku na urojo wa ukwaju.
4. Kisha tia pilipili manga na uzile na chumvi.(chumvi unaweza kuongeza kidogo kwani wakati wa kuchoma kuku watachuja maji hivyo weka ya kutosha).
5. Tia tandoori masala changanya
6. Changanya vizuri na waache wakolee kama nusu saa(dakika 30 hivi)

Namna ya kuwachoma

1. Kama una oven ya kawadia basi wapange kuku kwenye nyavu ya juu ya oven na weka treya tupu kwenye nyavu ya pili.
2. Kwenye kifungo cha selector, weka grill na kwenye kifungo cha temperature weka grill vile vile na watahomeka kwa moto wa juu.
3. Waache wachomeke kama dakika 25 hadi 30 hivi, huku watakuwa wanachuja maji na yatakuwa yanadongoka kwenye treya tupu.
4. Wakishakauka na kubadilika rangi vizuri, ondoa treya ya maji yaliyotoka kwenye kuku.

5. Kisha badilisha kifungo cha selector weka bake na kwenye kifungo cha temperature weka 350° weka kamadakika 10 hadi 15 watachomeka kwa moto wa chini.
6. Kubadilisha vifungo na moto wa kuchomea kunasaidia kuku kuchomeka pande zote mbili bila ya kugeuza geuza.
7. Wakishakauka vizuri watoe, panga kwenye sahani na saladi au pilipili ya kusaga, au chatine. Tayari kwakuliwa.

Mishkaki Ya Kuku -1



Vipimo

Kuku kidari (boneless breast)	4 Ratili (LB)
Mafuta ya kukaangia	kiasi
Vitunguu	3
Nyanya	3
Pilipili boga	2

Masala Ya Kuroweka Katika Kuku:

Kitunguu saumu	1 kijiko cha supu
Pilipili mbichi iliyosagwa	1 kijiko cha supu
Mtindi	2 vijiko vya supu
Ndimu	3 vijiko vya supu
Chumvi	kiasi
Cummin powder/bizari ya pilau	1 kijiko cha supu
Dania	1 kijiko cha chai
Pilipili nyekundu ya unga	1 kijiko cha supu
Mdalasini wa unga	1 kijiko cha chai

Namna Ya Kutayarisha Na Kupika:

1. Kata kuku vipande vikubwa kubwa kiasi .
2. Changanya kuku na masala ya vitu vyote katika masala ya kurowekea kuku uroweke kwa muda wa masaa.
3. Katakata vitunguu, nyanya, pilipili boga vipande kiasi.
4. Tunga vipande vya kuku katika vijiti vya kuchomea kababu (kabaab skewers) huku unatunga baina yake kitunguu, nyanya, pilipili boga.
5. Tia mafuta kiasi katika kikaango. Mafuta yasiwe mengi hadi yakafunika kuku.
6. Tumia mafuta kidogo kidogo kila unapoepua kabaab za kwanza ikiwa yamekauka, unaongeza mafuta kidogokama kiasi ya robo kikombe.
7. Kaanga kababu za kuku katika moto wa kiasi ukiwa unazigeuza geuza hadi kuku awive.
8. Epua, weka katika sahani ikiwa tayari kuliwa.

Mishkaki Ya Kuku (Aina Ya 2)



Vipimo

Kuku bila mifupa	2lb (ratili)
Mtindi	4 vijiko vya
supu	
Manjano	1 Kijiko cha chai
Paprika	½ kijiko cha chai
Kuzbara (dania ya unga)	½ kijiko cha chai
Kitunguu saumu (thomu)	1 kijiko cha chai
Tangawizi	½ kijiko cha chai
Pilipili mbichi ya kusaga	½ kijiko cha chai
Asali	1 kijiko cha chai
Chumvi	kiasi
Ndimu	1
Mafuta ya zeytuni	2 vijiko vya supu
Kitunguu	1
Kotmiri	¼ Kikombe
Vijiti vya kuchomea	

Namna Ya Kutayarisha Na Kupika

1. Vijiti utaviroweka kwenye maji mapema ili visichomeke katika kuku.
2. Osha nyama ya kuku vizuri kisha ichuje itoke maji iwe kavu kabisa. Katakata vipande kiasi.
3. Changanya viungo vyote pamoja kwenye bakuli isipokuwa kitunguu na kotmiri.
4. Tia vipande vya kuku na roweka kutoka usiku uweke katika friji. Au roweka kwa muda wa masaa mawili takriban.
5. Katakata kitunguu vipande vya kiasi utunge pamoja na kuku mpaka umalize kama kwenye picha.
6. Choma kwenye oveni (grill) au katika jiko la mkaa hadi kuiva.
7. Pakuwa kwenye sahani, tupia kotmiri na vitunguu juu na tayari kwa kuliwa.

Nyama Ya Ng'ombe Ya Kkukaanga Na pilipili Manga



Vipimo

Nyama ng'ombe	½ lb
Kitunguu	1
Kidonge cha supu	1
Chumvi	Kiasi
Pilipili manga	1 kijiko cha chai
Bizari ya pilau (cumin)	½ kijiko cha chai
Mafuta	2 vijiko vya supu
Kitunguu saumu/thomu	1 kijiko cha chai
Tangawizi	½ kijiko chachai

Namna Ya Kutayarisha Na Kupika

1. Katika sufuria, kaanga vitunguu mpaka viwe rangi ya hudhurungi.
2. Tia kitunguu thomu, tangawizi, bizari ya pilau, pilipili manga, kidonge cha supu, na nyama.
3. Kaanga kidogo kisha tia maji kiasi tu cha kuivisha nyama.
4. Funika moto mdogo mdogo mpaka iwe kavu, ikiwa haikuiva utaongeza maji kidogo mpaka ikaangike na tayari kwa kuliwa.

Samaki Wa Kupaka

Vipimo

Vitu Vya Samaki

Samaki mkubwa wa chango	1
Thomu na Tangawizi iliyosagwa	1 kijiko cha supu
Pilipili mbichi iliyosagawa	1 kijiko cha supu
Bizari ya pilau ya unga	$\frac{1}{2}$ kijiko
Ndimu	1 kamua maji
Chumvi	

Vitu Vya Rojo

Vitunguu maji	2
Nyanya	2
Tuwi la nazi zito	1 $\frac{1}{2}$ kikombe
Nyanya ya kopo	1 kijiko cha chai
Bizari ya manjano	$\frac{1}{2}$ kijiko cha chai
Pilipili mbuzi	1 au mbili
Ndimu	1 kamu maji
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Mroweke samaki kwa viungo hivyo kisha muweke katika tray na mchome (grill) katika jiko (oven), akiwiva upande mmoja mgeuze upande wa pili.
2. Saga vitunguu na nyanya kidogo tu kwa kutumia tui kidogo katika mashine (blender). Na ukipenda iwe kali zaidi tia pia pilipili mbuzi moja, kisha mimina katika sufuria utakayopikia.
3. Tia tui na bizari zote pamoja na nyanya ya kopo, chumvi, pilipili mbuzi nzima na pika moto mdogo mdogo.
4. Rojo likianza kuwa zito tia ndimu.
5. Epua na mwagia juu ya samaki. Tayari kuliwa.

Vipatatio Vya Kuku Kwa Sosi Ya Ukwaju



Mahitajio	Utayarishaji	Kipimo
Vipapatio vya Kuku		1 kilo
Kitunguu saumu (thomu)	Kuna (grate)	2 vijiko vya supu
Tangawizi mbichi	Kuna (grate)	2 vijiko vya supu
Ndimu	Kamua	1
Chumvi		kiasi
Mafuta ya kukaangia		Kiasi

Namna Ya Kupika.

1. Changanya vipatatio na tangawizi mbichi, kitunguu thomu, chumvi, ndimu. Roweka (marinate) kwa muda kiasi uwezacho.

2. Tia mafuta katika karai, kaanga vipatatio hadi vigeuke rangi na kuwiva.
3. Eupa weka katika chujio vichuje mafuta. Kisha weka katika karatasi inayonyonyoa mafuta izidi kuondosha mafuta.
4. Tayarisha sosi ya Ukwaju

Vipimo Vya Sosi Ya Ukwaju:

Mahitajio	Utarishaji	Kipimo
Pilipili mbichi	zisage	3
Bizari ya mchuzi		2 vijiko vya supu
Bizari ya pilau/jiyra/cummin		1 kijiko cha chai
Pilipili manga		1 kijiko cha chai
Ukwaju	Ulokamuliwa	1 kikombe cha chai
Chumvi		kiasi

Namna Ya Kutayarisha:

1. Katika kibakuli, tia viungo vyote, changanya vizuri.
2. Mwagia katika vipatatio uchanganye vizuri.
3. Weka katika treya ya oveni uvichome kidogo tu kiasi cha kubadilisha rangi ya vipatatio.

Vipapatio Vya Kuku Wa Kuchomwa (Grilled) Na Sosi Ya Nyanya



Vipimo

Vipapatio (Chicken wings)	1 Kilo
Pilipili ya unga nyekundu	1 kijiko cha supu
Tangawizi ilosagwa	1 kijiko cha chai
Kitunguu saumu/thomu kilosagwa	1 kijiko cha chai
Dania/coriander ya unga	1 kijiko cha chai
Jira/cumin/bizari ya pilau ya unga	1 kijiko cha chai
Garama masala (bizari mchanganyiko)	1 kijiko cha chai
Nyanya ilokatwa ndogondogo (Chopped)	1
Nyanya kopo	1 kijiko cha supu
Siki (au ndimu)	2 vijiko vya supu

Chumvi

kiasi

Mafuta

3 vijiko vya supu

Namna Ya Kutayarisha Na Kupika

1. Osha vizuri vipapatio kwa maji ya moto, chumvi na haldi (bizari ya manjano kukata harufu ya kuku. Weka katika chujio vichuje maji
2. Katika bakuli kubwa, tia viungo vyote isipokuwa nyanya, nyanya kopo na mafuta. Changanya vizuri.
3. Weka mafuta katika kisufuria kidogo, kisha tia nyanya, chumvi kidogo, kaanga pamoja na nyanya kopo. Kisha changanya pamoja na mchanganyiko wa viungo sosi..
4. Punguza sosi ya nyanya kidogo weka kando kwa ajili ya kumwagia mwishoni.
5. Mimina vipapatio katika bakuli la mchanganyiko wa sosi ya nyanya, kisha roweka kwa muda wa masaa.
6. *Panga vipapatio katika treya ya kuchomea ndani ya oveni kisha wachome vipapatio kutumia moto wa juu (grilled) ukiwa unavigeuzageuza. Karibu na kuiva, mwagia sosi ilobakika na endelea kuchoma na kugeuzageuza hadi vipapatio viive.
7. Epua na viweke katika sahani ya kupakulia vikiwa tayari.

CHAKULA KIKUU

Biriyani Ya Nyama Ng'ombe - 1



Vipimo Vya Masala

Nyama vipande	3 LB
Mtindi	½ kopo
Kitunguu saumu(thomu/galic)	1 ½ kijiko cha supu
Tangawizi	1 ½ kijiko cha supu
Nyanya	2
Pilipili mbichi	kiasi
Nyanya kopo	4 vijiko vya supu
Vidonge supu	2
Pilipili nyekundu paprika	kiasi
Bizari zote saga	2 vijiko vya supu

Viazi	4
Mafuta	2 mug
Samli	½ kikombe
Vitungu	6

Namna Ya Kutayarisha Na Kupika

1. Kwenye sufuria tia nyama, saga nyanya na thomu, pilipili mbichi, tangawizi. Mimina kwenye nyama na mtindi, tia na nyanya kopo, bizari paprika, vidonge vya supu, chumvi kisha changanya vyote pamoja weka motoni.
2. Katika sufuria nyengine tia mafuta na samli kaanga vitungu mpaka viwe rangi ya hudhurungi toa weka pembeni.
3. Kanga viazi weka pembeni.
4. Chukua mafuta kidogo uliyokangia tia kwenye nyama acha katika moto wa kiasi mpaka nyama iwive na maji ya punguke.
5. Tia viazi na vitunguu vivunje vunje tia ndani ya nyama acha moto mdogo.

Vipimo Vya Wali

Mchele	5 mug
Maji	kiasi
Chumvi	kiasi

Mafuta uliyokaanga vitungu	kiasi
Rangi ya biriani	$\frac{1}{4}$ kijiko cha chai
*Zafarani	$\frac{1}{2}$ kijiko cha chai

*roweka rangi na zafarani kwenye kikombe na maji $\frac{1}{4}$ weka pembeni.

Namna Ya Kutarisha Na Kupika Wali

1. Osha mchele roweka muda wa saa.
2. Chemsha maji kama magi 10 hivi na chumvi tia mchele.
3. Uache uchemke ukishaiva kiini nusu, mwaga maji chuja.
4. Mimina juu ya nyama tia rangi na mafuta kwa juu funika.
5. Aacha kidogo katika oveni kwa muda wa dakika 20 hivi kisha epua ikiwa tayari.

Biriani Ya Nyama Ya Ng'ombe - 2



VIPIMO VYA NYAMA

Nyama	2 Ratili (LB)
Chumvi	kiasi
Mafuta	1 Kikombe
Samli	½ Kikombe
Kitungu Vikubwa	3
Nyanya (kata vipande)	2
Nyanya kopo	1 Kijiko cha chakula
Kitunguu saumu	1 Kijiko cha chakula
Tangawazi	1 Kijiko cha chakula
Pilipili mbichi iliyosagwa	1 Kijiko cha chai
Pilipili ya unga nyekundu	½ Kijiko cha chai

Kotmiri iliyokatwa	2 Vijiko vya chakula
Viazi	6
Gram masala	1 Kijiko cha chai
Mtindi	$\frac{1}{4}$ Kikombe cha chai

Namna ya kutayarisha kupika

1. Kwenya karai au (sufuria) mimina mafuta na samli.
Yakishapata moto mimina vitunguu vikaange mpaka viwe rangi ya hudhurungi. Vitowe viweke pembeni.
2. Kaanga viazi na viweke pembeni.
3. Chukua sufuria tia nyama, thomu, tangawizi, pilipili, nyanya, nyanya ya kopo, mtindi, na pilipili ya unga.
Chemsha mpaka iive.
4. Tia vile vitungu ulioyovikaanga, tia viazi, gram masala, kotmiri na yale mafuta uliokaangia vitunguu kama $\frac{1}{4}$ kikombe, acha moto mdogo mdogo kama $\frac{1}{4}$ saa, epua weka pembeni.

Vipimo vya wali

Mchele	5 Magi (Kikombe kikubwa)
Hiliki nzima	4
Mdalasini mzima	1
Zafarani	$\frac{1}{2}$ kijiko cha chai
Rangi ya biriani	$\frac{1}{4}$ Kijiko cha

Mafuta yaliyokaangiwa vitunguu $\frac{1}{2}$ Kikombe

Chumvi kiasi

Roweka zafarani na rangi kwenye kikombe na $\frac{1}{4}$ kikombe cha maji. Roweka kabla ya robo saa.

Namna ya kutayarisha

1. Osha mchele uroweke kwenye maji muda wa dakika 20.
2. Chemsha maji kwenye sufuria kama magi 10.
3. Tia hiliki na mdalasini.
4. Yakishachemka unatia mchele, chemsha usiive sana, unamwaga maji.
5. Unamimina tena ule mchele $\frac{1}{2}$ yake kwenye sufuria, unatia rangi na zafrani kidogo, halafu unamimina mchele uliyobakia unatia rangi iliyobakia.
6. Mafuta yake unayachemsha mpaka yachemke unamimina juu ya mchele, unarudisha motoni unaweka moto mdogo ukisha kuiva, tayari kupakuliwa.
7. Unapakuwa wali unaweka chini kwenye sahani na juu yake sosi ya nyama.

#

Pilau Ya Nafaka Na Nyama Ya Kusaga



Vipimo

Mchele	3 vikombe
Nyama ya kusaga	1 LB
Mchanganyiko wa Nafaka	1 kikopo
Vitunguu maji kata vipande vipande	3 vya kiasi
Kitunguu saumu na Tangawizi	2 vijiko vya supu
Mafuta	½ Kikombe
Mchanganyiko wa bizari (Garam Masala)	2 vijiko vya chai
Vipande vya supu (Maggi cubes)	3
Maji (inategemea mchele)	5
Chumvi	Kiasi

Namna ya kutayarisha na kupika

1. Osha mchele na roweka.
2. Weka mafuta katika sufuria na kaanga vitunguu mpaka viwe brown.
3. Tia Thomu na tangawizi, kaanga kidogo.
4. Weka nyama ya kusaga, chumvi na garam masala, endelea kukaanga mpaka nyama iwive.
5. Mwaga maji yaliomo katika kopo la nafaka na utie nafaka pekee humo.
6. Tia maji na vipande vya supu (Maggi cubes) huku unavivuruga, koroga kidogo.
7. Tia mchele, koroga kidogo.
8. Funika na pika kwa moto mdogo mpaka karibu na kukauka ukikorogoka kidogo. (kama unavyopika pilau ya kawaida)
9. *Epuu uipike katika moto wa oven 350-400 Deg kwa muda wa dakika 15.

*Kama sufuria uliyotumia sio ya kupikia katika oven, mimina katika chombo chochote kinachotumika kwa oven kama bakuli la pyrex au treya za foil.

10. Pakua katika sahani na iko tayari kuliwa.

#

Wali Wa Karoti Na Nyama



Vipimo vya wali :

Mchele	3 Magi
Mafuta	1/4 kikombe
Karoti unakata refu refu	3
Vitunguu maji kata vikubwa vikubwa	1 kikubwa
Pilipli manga	1/2 kijicho chai
Hiliki	1/2 kijiko chai
Karafuu ya unga	1/4 kijiko cha chai
Mdalasini wa unga	1/2 kijiko cha chai
Zaafarani roweka katika maji	1 kijiko cha chai
Zabibu kavu (ukipenda)	1/4 kikombe
Chumvi kiasi	

Namna ya kutayarisha na kupika

1. Kwenye sufuria tia mafuta na kaanga karoti kidogo.
2. Tia vitunguu kisha tia bizari zote.
3. Tia maji kiasi (kutegemea aina ya mchele) na chumvi
4. Tia mchele upike uwive.
5. Karibu na kuwvia tia zabibu ukipenda.
6. Funika endelea kuupika hadi uwive.

Vipimo vya nyama

Nyama	2 Ratili (LB)
Chumvi	Kiasi
Mafuta	1/4 kikombe
Kitunguu (kata virefu virefu)	1 Kikubwa
Pilipili mboga kubwa	2
(ukipenda moja nyekundu moja kijani)	
unazikata vipande virefu virefu.	
Figili mwitu (celery) kata vipande	Miche miwili
virefu virefu	

Namna ya kutayarisha na kupika

1. Chemsha nyama hadi iwive
2. Ikaange kwa mafuta hadi iwe nyekundu
3. Weka vitunguu, pilipili mboga na figili mwitu
4. Kaanga kidogo tu kama dakika moja.

Wali Wa Zaafarani Na Kuku Wa Kupaka



Vipimo vya wali

Mchele	3 Vikombe
Kitunguu kilichokatwa	1
Pilipili boga ilikatwa vipande	1
Mafuta	$\frac{1}{4}$ Kikombe
Zaafarani iliyorowekwa	1 kijiko cha chai
Chumvi	1 kiasi

Namna ya kutayarisha kupika

1. Katika sufuria, tia mafuta, kaanga kitunguu mpaka kiwe kidogo rangi ya udongo (brown)
2. Tia pili pili boga.
3. Tia mchele, kaanga kwa muda wa dakika 3, tia zaafarani na chumvi.
4. Tia supu uliyochemshia kuku iwe imoto.
5. Pika wali katika moto mdogo hadi uwive.

Kuku

Kuku Mzima	1
Mayai ya kupambia	6

Namna ya kumpika

1. Mchemshe kuku mzima na chumvi mpaka uhakikishe ameiva vizuri.
2. Mtowe na muweke pembeni. Supu yake tumia katika wali kama ilivyo hapo juu.
3. Chemsha mayai, menya na kata vipande viwili kila yai moja weka kando

Vipimo vya sosi ya kuku ya nazi

Kitunguu	1
Nyanya iliyokatwa vipande	1
Kitunguu saumu na tangawizi	1 kijiko cha supu
Garam Masala	$\frac{1}{2}$ kijiko cha supu
Bizari ya manjano	$\frac{1}{2}$ kijiko cha chai
Chumvi	kiasi
Pilipili masala ya unga	$\frac{1}{2}$ kijiko cha chai
Nyanya ya kopo	1 kijiko cha supu
Nazi ya unga	1 kikombe
Maji ya ukwaju	$\frac{1}{4}$ kikombe cha
chai	

Namna ya kutayarisha kupika

1. Tia Mafuta vijiko 2 vya supu katika sufuria
2. Kaanga kitunguu maji mpaka kiwe rangi ya udongo (brown).
3. Tia thomu na tangawizi.
4. Tia nyanya nzima iliyokatwa katwa.
5. Tia garam masala, manjano, pilipili ya unga, nyanya ya kopo, kaanga vizuri.
6. Changanya kwenye sufuria na ukwaju. Iache ichemke vizuri.
7. Changanya nazi ya unga na maji vikombe viwili.
8. Mtie kuku mpike vizuri na hilo tui.
9. Mtie kwenye oveni kidogo.

Biriani Na Sosi Ya Nyama Ya Mbuzi



Vipimo

Nyama Ya Mbuzi	1 Kilo
Mchele	4 Magi
Vitunguu	3
Nyanya	2
Nyanya kopo	3 vijiko vya chai
Thomu na tangawizi iliyosagwa	2 vijiko vya supu
Pilipili mbichi iliyosagwa	1 kijiko cha supu
Garam Masala/bizari mchanganyiko	2 vijiko vya supu
Hiliki	1 kijiko cha chai
Chumvi	kiasi
Mafuta	½ kikombe
Zaafarani au rangi za biriani za kijani na manjano/orenji	

Namna Ya Kutayarisha Na Kupika Sosi Ya Nyama

1. Changanya nyama na thomu, pilipili, chumvi na nusu ya garam masala. Tia katika treya ya oveni uipike nyama (Bake) hadi iwive. Au iwivishe kwa kuichemsha.
2. Katika kisufuria kingine, tia mafuta (bakisha kidogo ya wali) kaanga vitunguu hadi vigeuke rangi, kisha tia nyanya, nyanya kopo, bizari zote nyingine zilizobakia.

Namna Ya Kupika Wali

Mchele	4 magi
Mdalasini	1 kijiti
Hiliki	3 chembe
Kidonge cha supu	1
Chumvi	

1. Osha na roweka mchele wa basmati.
2. Tia maji katika sufuria uweke jikoni. Tia kidonge cha supu, mdalasini, hiliki na chumvi .
3. Yakichemka maji tia mchele, funika upike hadi nusu kiini kisha uchuje kwa kumwaga maji.

4. Tia mafuta kidogo katika mchele na zaafarani
iliyorowekwa au rangi za biriani kisha rudisha mchele
katika sufuria ufunike na upike hadi uwive.
5. Pakua wali katika sahani kisha mwagia sosi ya nyama juu
yake, pambia kwa kukatika nyanya, pilipili mboga na figili
mwitu (Celery) au mboga yoyote upendayo.

#

Ndizi Mbichi Kwa Nyama Ya Ng'ombe-2



Vipimo

Ndizi mbichi	10-12
Nyama ng'ombe	1 kilo moja
Kitunguu maji	2
Nyanya/tungule	2
Kitunguu saumu(thomu/galic)	7
Tangawizi mbichi	1 kipande
Ndimu	2 kamua
Chumvi	kiasi
Mafuta	3 vijiko vya supu
Tui la nazi	3 vikombe

Namna Ya Kutayarisha Na Kupika

1. Saga kitunguu thomu na tangawiz mbichi.
2. Weka nyama katika sufuria tia kijiko kimoja cha kitunguu thomu na tangawizi, chumvi na ndimu kisha chemsha hadi iive.
3. Menya ndizi ukatekate
4. Weka mafuta katika sufuria tia kitunguu maji kilokatwakatwa ukaange kidogo tu kisha tia nyanya/tungule uendelea kukaanga.
5. Tia tangawizi na thomu ilobakia.
6. Tia ndizi, kaanga kidogo kisha tia supu ya nyama na nyama yake.
7. Ziache ndizi ziive zikiwa tayari tia tui la nazi zikiwa tayari.

Wali Wa Kukaanga Kwa Nyama Mbuzi Ilichomwa Ya Sosi Ya Ukwaju



Vipimo Vya Wali

Mchele Basmati	4 vikombe
Vitunguu vya majani (Spring onions)	5 miche
Pilipili mboga nyekundu (capsicum)	1
Pilipili mboga manjano (capsicum)	1
Nyanya kubwa	1
Supu ya kidonge	2
Siagi	2 vijiko vya supu
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Osha mchele kisha roweka kiasi masaa matatu takriban.
2. Katakata vitunguu majani, mapilipili boga, nyanya vipande kiasi.
3. Weka siagi katika sufuria ya kupikia, weka katika moto iya yuke.
4. Tia vitunguu majani, mapilipili boga, nyanya, kaanga kidogo tu.
5. Tia mchele kaanga kidogo, kisha tia maji kiasi ya kuivisha mchele.
6. Tia supu ya kidogo au supu yoyote, funika wali upikike moto. mdogodogo.

Vipimo Vya Nyama Mbuzi Na Sosi Ya Ukwaju

Nyama mbuzi mapande makubwa kiasi	7-8 vipande
Kitunguu saumu(thomu/galic) kilosagwa	1 kijiko cha supu
Pilipili mbichi ilosagwa	1 kijiko cha supu
Ukwaju mzito ulokamuliwa	1 kikombe cha chai
Jiyra/cummin/bizari pilau	1 kijiko cha chai
Nyanya kopo	2 vijiko vya supu
Siki	2 vijiko vya supu
Mafuta	½ kikombe cha chai
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Changanya vitu vyote pamoja katika kibakuli kidogo.
2. Weka nyama katika bakuli kubwa kisha tia mchanganyiko wa sosi, ubakishe sosi kiasi pembeni.
3. Roweka kwa muda wa masaa 3 – 5
4. Panga nyama katika bakuli au treya ya kuchomea katika oven.
5. Pika (bake) kwa moto wa kiasi kwa muda wa saa takriban.
6. Karibu na kuiva, epua, zidisha kuichangaya na sosi ilobaki.
7. Rudisha katika jiko uendeleo kuipika muda kidogo tu.
8. Epua ikiwa tayari, weka juu ya wali uliopakuwa kisha mwagia sosi ya nyanya pilipili (chilii tomato sauce) ukipenda.

Wali Wa Karoti Na Kuku Wa Kukaanga



Vipimo Vya Wali

Mchele wa Basmati/Pishori	1 kilo moja
Vitunguu maji	3
Karoti	2
Siagi	3 vijiko vya supu
Kidonge cha supu (stock)	1 kimoja
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Ósha mchele uroweke kama saa moja au mbili
2. Katakata vitunguu vipande vidogodogo (chopped) weka kando.
3. Kwaruza karoti (grate) weka kando.
4. Tia siagi katika sufuria ya kupikia wali, weka katika moto iyayuke
5. Kaanga vitunguu hadi vigeuke rangi kiasi tu.

6. Tia maji kiasi ya kupikia wali, changanya na kidonge cha supu.
7. Yakichemka tia mchele, koroga, funika uweke moto mdogo mdogo.
8. Kabla ya maji kukauka tia karoti changanya wali kisha funika uive kama unavyopika pilau.

Vipimo Vya Kuku Wa Kukaanga

Kuku alokatwakatwa	1
Thomu/galic na tangawizi ilosagwa	2 vijiko vya supu
Bizari ya mchanganyiko/garam masala	kijiko cha supu
Mtindi/Yoghurt	1 kijiko cha supu
Ndimu	1
Chumvi	kiasi
Mafuta ya kukaangia	kiasi

Namna Ya Kutayarisha Na Kupika

1. Ukishamuosha kuku, mchuje atoke maji yote.
2. Changanya viungo vyote katika kibakuli kidogo.
3. Changanya pamoja na kuku kisha acha akolee viungo (marinate) kwa muda wa masaa mawili takriban.
4. Weka mafuta katika karai na kaanga kuku, akiwiva yu tayari kuliwa na wali.

Biriani Ya Kuku Wa Kuchoma (Grilled)



Vipimo

Mchele wa Basmati /Pishori	4 vikombe
Kuku	1
Vitunguu	3
Nyanya/Tungule	2
Tangawizi mbichi ilosagwa	2 vijiko vya supu
Thomu/galic kilosagwa	1 kijiko cha supu
Pilipili mbichi nzima	3
Ndimu	2
Garama Masala/bizari mchanganyiko	1 kijiko cha supu
Halidi/tumeric/bizari manjano	1 kijiko cha chai
Pilipilu ya unga nyekundu	1 kijiko cha chai
Mtindi /yoghurt	3 vijiko vya supu
Mafuta	½ kikombe

Namna Ya Kutayarisha Na Kupika

1. Osha mchele, roweka.
2. Safisha kuku vizuri, mkate vipande vya saizi ya kiasi weka katika bakuli.
3. Katika kibakuli kidogo, changanya tangawizi mbichi, thomu, bizari zote, pilipili nyekundu ya unga, chumvi, mtindi, kamulia ndimu.
4. Punguza mchanganyiko kidogo weka kando.
5. Mchanganyiko uliobakia, tia katika bakuli la kuku uchanganye vizuri arowanike (marinate) kwa dakika chache hata nusu saa au zaidi.
6. Weka kuku katika treya ya kuoka au kuchoma katika oveni kisha mchome (grill) uwe unageuzageuza hadi aive.
7. Epua, weka kando.
8. Katakata vitunguu, nyanya/tungule, pilipili boga weka kando.
9. Katika sufuria ya kupikia biriani, tia mafuta, kaanga vitunguu hadi vigeuke rangi ya hudhurungi (brown).
10. Tia nyanya na pilipili mbichi, pilipili boga na mchanganyiko uliopunguza awali.
11. Tia kuku uchaganye vizuri.
12. Wakati unakaanga vitunguu ili uokoe muda, huku chemsha mchele uive nusu kiini, mwaga maji, chuja.
13. Punguza masala nusu yake weka kando.
14. Mimina wali kiasi juu ya masala, kisha mimina masala yaliyobakia kisha juu yake tena mimina wali.
15. Funika upike katika oveni hadi uive.

16. Changanya unapopakua katika sahani.

Wali Wa Kisomali Wa Kuku



Vipimo

Wali:

Mchele	3 vikombe
Vitunguu (viliokatwa vidogo vidogo)	2
Mafuta	3 vijiko vya supu
Thomu/galic) na tangawizi iliyosagwa	1 kijiko cha chai
Bizari ya pilau	1 kijiko cha supu
Mdallasini	1 kijiti
Hiliki	3 chembe
Pilipili manga nzima	chembe chache
Siagi	Vijiko 2 vya supu
Chumvi	kiasi

Kuku

Kuku kidari kata vipande vipande	2 LB
Mafuta	3 vijiko vya supu
Thomu/galic na tangawizi iliyosagwa	1 kijiko cha supu
Pilipili mbichi iliyosagwa	1 kijiko cha supu
Kotmiri iliyokatwa ndogo ndogo	kiasi
Bizari ya pilau (cummin au jiyrah)	1 kijiko cha chai
Pilipili kubwa tamu la kijani	1
Pilipili kubwa tamu nyekundu	1
Karoti iliyokunwa	1 – 2
Chumvi	Kiasi

Namna ya kutayarisha na kupika

Wali:

1. Roweka mchele kwa muda fulani kutegemea mchele
2. Katika sufuria tia mafuta na kaanga vitunguu hadi vibadilike rangi kidogo.
3. Tia thomu iliyosagwa, mdalasini, bizari ya pilau, hiliki, pilipili manga na chumvi, kaanga kidogo.
4. Tia mchele kaanga kidogo, kisha tia maji ya moto kiasi kutegemea na aina ya mchele kama kawaida ya kupika wali kama pilau.

5. Tia sigai, funika upikike wali hadi uwive.

Kuku:

1. Mchanganye kuku pamoja na thomu/tangawizi iliyosagwa, chumvi, pilipili mbichi.
2. Katika karai tia mafuta yapate moto vizuri.
3. Mtie kuku, bizari ya pilau (jiyrah) na ukaange, karibu na kuiva tia vitunguu.
4. Tia mapilipili makubwa, kotmiri, na kaanga kwa dakika moja tu uzime moto na epua weka kando.

Biriani Ya Kuku Wa Kuchoma Wa Tanduri



Vipimo

Mchele	4 vikombe
Kuku	1
Vitunguu	3
Nyanya/tungule	4
Zabibu kavu	½ kikombe
Tangawizi na Tthomu/galic iliyosagwa	2 vijiko cha supu
Pilipili mbichi iliyosagwa	1 kijiko cha supu
Mtindi (yoghurt)	2 kijiko cha supu
Masala ya tanduri	2 vijiko vya supu
Pilipili manga	1 kijiko cha chai
Hiliki	½ kijiko cha chai
Mdalasini	kijiti kimoja
Ndimu	3 vijiko vya supu
Chumvi	kiasi
Zaafarani (saffron)	1 kijiko cha chai

Namna Ya Kutayarisha Kuku

1. Baada ya kumsafisha kuku, mkate vipande vikubwa vikubwa kiasi upendavyo, muoshe mchuje atoke maji.
2. Katika bakuli, tia tangawizi, kitunguu thomu ilosagawa, pilipili mbichi ilosagwa, chumvi, ndimu, mtindi, masala ya tanduri na uchanganye vizuri, kisha mtie kuku na uchanganye tena na acha arowanike kwa muda wa kiasi saa au zaidi.
3. Panga kuku katika sinia ya kuchoma ndani ya oveni. Kisha mchome (grill) hadi awive, mtoe acha kando. Mwangia juu yake masala yatakayobakia katika sinia baada ya kumchoma.

Namna Ya Kutayarisha Masala Ya Nyanya

1. Weka mafuta katika karai, tia vitunguu ulivyokatakata, kaanga hadi vianze kugeuka rangi.
2. Tia nyanya ulizokatakata, tia pilipili manga, hiliki, mdalasini, chumvi, na zabibu. Kaanga kidogo tu yakiwa tayari.

1. *Namna Ya Kutayarisha Wali*

2. Osha na roweka mchele wa basmati.
3. Roweka zaafarani kwa maji ya moto kiasi robo kikombe weka kando.
4. Chemsha maji, tia chumvi, kisha tia mchele uive nusu kiini.
5. Mwaga maji uchuje mchele kisha rudisha katika sufuria au sinia ya foil. Nyunyizia zaafarini, na rudisha katika moto upike hadi uive kamili.
6. Epua, kisha pakua wali katika sahani au chombo upendacho, mwagia juu yake masala ya nyanya. Kisha weka vipande vya kuku ulivyochoa, biriani ikiwa tayari.

Zurubiani (Wali Wa Ki-Saudia)



Vipimo

Mchele	5 mugs (kikombe kikubwa)
Nyama (au kuku)	2 Ratili (LB)
Chumvi	Kiasi
Mafuta	$\frac{3}{4}$ kikombe
Samli	$\frac{1}{2}$ kikombe
Vitunguu Vikubwa	6
Nyanya (iliyosagwa)	6 vijiko vya chakula
Thomu/galic	1 kijiko cha chakula
Pilipili mbichi	$\frac{1}{2}$ kijiko cha chai
Hiliki nzima	6 chembe

Mdallasini nzima	5 vijiti
Mtindi (yoghurt)	½ kikombe cha chai
Karoti	1
Mapilipili makubwa	2 kijani na jekundu

Namna Ya Kutayarisha Na Kupika

Sosi

1. Kwenye sufuria mimina mafuta na samli. Yakishapata moto mimina vitunguu vikaange mpaka viwe rangi ya hudhurungi (brown)
2. Mimina nyama, abdallasini, hiliki na chumvi kwenye hiyo sufuria ya vitunguu ikaange moto wa kiasi mpaka nyama iwive.
3. Saga ile Karoti pamoja na mtindi kwenye blender (mashine yakusagia) kisha imimine kwenye nyama
4. Tia nyanya iliyosagwa.
5. Ikichemka weka moto mdogo mdogo mpaka mafuta yake yaje juu.
6. Tia zile pilipili ulizo zikata kata rangi mbili.
7. Yatowe mafuta yote weka pembeni.
8. Acha sosi pee yake.

Wali

1. Osha mchele uroweke kwenye maji kwa muda wa dakika 20
2. Chemsha maji kwenye sufuria kiasi cha magi 10
3. Yakishachemka unatia mchele, chemsha usiive sana, unamwaga maji.
4. Unamimina ule mchele juu ya lile rojo (sosi)
5. Mafuta uliyoyatoa kwenye sosi yapashe moto halafu unayamimina juu ya mchele, unarudisha motoni. Unaweka motot mdogo mdogo ukisha kuiva, tayari kupakuliwa.
6. Unapakuwa wali unaweka chini kwenye sahani na juu yake sosi ya nyama.

Wali Wa Dengu Kwa Samaki Wa Kukaanga



Vipimo

Mchele wa basmati	3 Vikombe
*Dengu	2 vikombe
Viazi	3 vikubwa
Kitunguu	2 kubwa
Nyanya	2
Pilipili mbichi kubwa	3
Pilipilimanga	½ kijiko cha chai
Garama Masala	1 kijiko cha chai
Supu ya vidonge (stock cubes)	2 vidonge
Chumvi	kiasi

Mafuta

¼ kikombe

Zaafarani

1 kijiko cha chai

Samaki wa kukaanga

Namna Ya Kutayarisha Na Kupika

* Dengu kama sio za tayari kwenye kopo, roweka na zichemshe hadi ziwive

Masala Ya Dengu:

1. Zaafarani – iroweke katika maji ya dafu dafu (warm) ya chini ya robo kikombe weka kando.
2. Osha mchele, roweka.
3. Menya viazi na vitunguu, katakata vitunguu, na nyanya , weka kando.
4. Katakata viazi vipande vidogo vidogo kwa umbo la mchemraba (cubes).
5. Katika sufuria tia mafuta yakipata moto, tia viazi ukaange kidogo kwa moto mdogo mdogo hadi kukaribia kuwiva, toa weka kando.
6. Kaanga vitunguu hadi vigeuka rangi ya hudhurungi isiyokoza (light brown) kisha tia nyanya ukaange kidogo.
7. Tia vidonge vya supu (stock cubes) uvivuruge katika mchanganyiko, katakata pilipili mbichi kwa urefu tia, uendeleo kukakaanga. Tia bizari, chumvi.
8. Zima moto, changanya dengi na viazi katika mchanganyiko huo.

Wali:

1. Chemsha mchele kama kawaida ya kupika wali mweupe, kiini kiwe kimewiva nusu yake.
2. Chuja maji kisha changanya katika mchanganyiko wa dengi.
3. Nyunyizia zaafarani, uchanganye wali na mchanganyiko kidogo tu.
4. Funika acha uive katika mtoto mdogo mdogo au tia katika oveni hadi uive kama kawaida ya kupika wali.
5. Pakua katiha sahani na tolea na samaki yoyote wa kukaanga.

Makbuus Dajaaj/ Machbuus ya Kuku (U.A.E)



Vipimo

Mchele wa Basmati	4 vikombe
Kuku (mkubwa kiasi)	1 (wa Lb 6 -7)
Vitunguu vilivyokatwakatwa	3
Samli	4 vijiko vya supu
Buharaat (bizari ya Machbuus)	2 vijiko vya supu
Bizari ya manjano (haldi/tumeric)	1 kijiko cha chai
Nyanya kukatwakatwa	3
Thomu/galic iliyosagwa	2 vijiko vya supu
Ndimu kavu au ya unga	½ au ½ kijiko cha chai
Mdalasini kijiti	1
Karafuu nzima	3
Hililiki nzima	4
*Maji	5 vikombe
Kotmiri iliyokatwakatwa	½ kikombe
Chumvi	kiasi

Baharaat – Bizari ya Makbuus

Pilipili Manga	½ kikombe
Gilgilani (Corriander seeds)	¼ kikombe
Mdalasini vijiti	¼ kikombe
Karafuu	¼ kikombe
Bizari ya pilau (cumin seeds)	1/3 kikombe
Hiliki	2 vijiko vya chai
Paprika ya unga	½ kikombe

Namna Ya Kutayarisha Baharaat (bizari)

1. Chambua hiliki utoe kokwa zake, kisha tia vitu vyote katika mashine ya kusagia (grinder) usage hadi iwe unga.
2. Changanya na Paprika bizari ikiwa tayar.
3. Ihifadhi katika chupa yenye mfuniko wa kubana vizuri.

Namna Ya Kutayarisha Na Kupika Makbuus

1. Osha na roweka mchele kwa muda kiasi.
2. Msafishe kuku, mkate vipande vinne weka kando.
3. Katika sufuria ya kupikia, tia samli, kaanga vitunguu hadi vigeuke rangi ya hudhurungi (brown). Tia baharaat na bizari ya manjano, kaanga kwa dakika moja hivi.

4. Tia vipande vya kuku, chumvi, thomu, punguza moto na umkaange kuku katika masala ya vitunguu.
5. Tia nyanya, karafuu, loomi, mdalasini, hiliki, changanya vizuri na endee kukaanga.
6. Tia maji (inategemea mchele unaotumia, huenda ukahitaji zaidi). Funika na pika kwa muda wa dakika 20-25.
7. Mwaga mchele maji uliyorowekea, mimina mchele katika supu, tia kotmiri, changanya vizuri, funika uchemke mchele, punguza moto na pika wali kama inavyopikwa pilau ukoroge mara moja au mbili tu.
8. Ukishaiva wali, pakua katika sinia/sahani na weka vipande vya kuku juu katikati ya wali.

Pilau Ya Nyama Na Mtindi



Vipimo

Nyama iliyokatwa vipande	1 Ratili(LB)
Mchele Basmati	2 Magi
Chumvi ya wali	kiasi
Kitungu kilichokatwa katwa	1 kikubwa
Thomu/galic na tangawizi	1 kijiko cha supu
Mtindi (yogurt)	½ kikombe
Mchanganyiko wa bizari ya pilau ya tayari (Shan pilau biriani spice mix)	2 vijiko vya supu
Mafuta kidogo yakukaangia	
Rangi ya manjano (ukipenda)	

Namna ya kutayarisha na kupika

1. Osha mchele na roweka nusu saa .
2. Weka mafuta katika sufuria na kaanga vitungu mpaka viwe rangi ya hudhurungi (brown).
3. Tia thomu na tangawizi na ukaange kidogo.
4. Kisha weka bizari ya pilau halafu nyama huku unakaanga hadi nyama isiwe nyekundu tena.
5. Tia maji gilasi 1½ - 2 ichemke mpaka nyama iwive na karibu kukauka.
6. Mimina mtindi na iachie moto mdogo ikauke kidogo.
7. Kwenye sufuria nyingine chemsha mchele pamoja na chumvi na mafuta kidogo mpaka uive.
8. Mimina wali juu ya nyama, kisha nyunyiza rangi (ukipenda) kama vile wali wa biriani na ufunike kwa dakika kumi hivi.
9. Changanya wali na nyama pamoja ikiwa tayari kuliwa.

Pilau Ya Kuku



Vipimo

Mchele wa basmati	3 vikombe
Kuku	$\frac{1}{2}$
Viazi	4
Vitunguu	2
Thomu/galic) iliyosagwa	2 vijiko vya supu
Binzari ya pilau nzima	1 Kijiko cha chakula
Binzari ya pilau	$\frac{1}{2}$ kijiko cha chai
Pilipili manga nzima	$\frac{1}{2}$ kijiko cha chai
Karafuu nzima	8
Iliki nzima	6
Mdalasini nzima	5 vijiti
Pilipili mbichi iliyosagwa	2

Chumvi

kiasi

Mafuta ya kupikia

$\frac{1}{4}$ kikombe

Namna Ya Kutayarisha Na Kupika:

1. Osha mchele na roweka kwa muda kutegemea na aina ya mchele.
2. Kata kuku vipande upendavyo, safisha kisha mchemshe kwa chumvi, pilipili iliyosagwa, thomu na tangawizi.
3. Akiwiva kuku, mtoe weka kando, bakisha supu katika sufuria.
4. Katika sufuria, kaanga vitunguu hadi vigeuke rangi ya hudhurungi.
5. Tia thomu na tangawizi na binzari zote kaanga kidogo
6. Kisha tia viazi kanga kidogo kisha tia kisha tia vipande vyako vya kuku na supu acha ichemke kidogo kisha tia maji ukisie kutokana na mchele unaotumia.

7. mwisho tia mchele koroga uchanganye na vitu vyote acha ichemke kiasi kisha funika na punguza moto mpaka uive (huku ukiugeuzageuza)
8. Ukishakuwa tayari pakua kwenye sahani tayari kwa kula na salad na pilipili.

Mandi Na Nyama (Yemen)



Vipimo

Mchele	3 Magi
Nyama ya mafupa	2 Ratili (LB)
Mafuta	¼ kikombe
Vitunguu maji kata vikubwa vikubwa	3 kikubwa
Bizari ya pilau ya unga (cumin)	1 kijiko cha chakula
Pilipili manga	½ kijicho cha chai
Hiliki	½ kijiko cha chai
Karafuu ya unga	¼ kijiko cha chai
Mdalasini nzima	3 Vijiti
Mdalasini wa unga	½ kijiko cha chai
Thomu/galic na tangawizi	2 vijiko vya chakula

Nyanya iliyokatwakatwa	1 nzima
Kidonge cha supu	1 au 2
Zaafarani roweka katika maji	1 kijiko cha chai
Zabibu kavu (ukipenda)	$\frac{1}{4}$ kikombe
Pilipili mbichi	ukipenda
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Kwenye sufuria katakata nyama naisafishe vizuri kisha tia binzari zote pamoja na vitunguu viwili, nyanya freshi, thomu na tangawizi na chumvi kiasi acha ichemkie huku ukiongeza maji mpaka iwive vizuri.
2. Ikishawiva epua nyama zote tia kwenye treya ya kuchomea kisha ukipenda unaweza kuongezea viungo au hivyohivyo ukaichoma (bake) kwa moto wa 350° C mpaka rangi ibadilike.
3. Ile supu inayobaki ichuje vizuri weka kando kwa ajili ya kupikia wali.
4. Tia mafuata katika sufuria, kisha kaanga tena kitunguu kimoja tia mdalasini kidogo na thomu na tangawizi na kidonge cha supu 1 au 2 acha ikaangike kisha mimina ile supu, ukipenda unaweza kutia rangi ya zafarani au rangi ya biriani acha ichemke kisia maji kutokana na mchele, kisha mimina mchele upike mpaka uwive.
5. Ukishawiva pakua kwenye sahani kisha weka nyama yako juu ya wali tayari kwa kuliwa na salad au pilipili.

Wali Wa Kisomali Na Nyama Ya Ng'ombe (Sughaar)



Vipimo vya Sughaar

Steki ya ng'ombe	2Lb
Vitunguu vilokatwakatwa (chopped)	2
Tangawizi na Thomu/galic	2 vijiko vya chai
Jira/cumin (bizari ya pilau)	1 kijiko cha chai
Dania/coriander/gilgilani	1 kijiko cha chai
Pilipili boga la kijani/jekundu	1
Karoti ilokatwakatwa vipande (cubes)	1
Njegere za kijani (green peas)	½ kikombe
Njegere changa (spring beans)	½ kikombe
Viazi vilokatwakatwa vipande (cubes)	2

Pilipili mbichi zilokatwakatwa (Chopped)	2
Mafuta	3 vijiko vya supu
Maji	2 vikombe
Chumvi	kiasi

Namna Ya Kutayarisha Na Kupika

1. Weka sufiria katika moto, tia mafuta kisha kaanga nyama kidogo pamoja na
2. tangawizi mbichi, kitunguu thomu, chumvi, jira na dania.
3. Tia maji, funika acha ichemke hadi ikaribie kuiva.
4. Supu ikiwa imebakia nyingi, ipungue iache kando kuitumia katika wali.
5. Tia karoti, njegere zote, viazi, pilipili boga, pilipili mbichi iache katika moto huku ukikoroga.
6. Acha ipikike kwa muda mdogo tu, karibu na mwisho tia vitunguu na changanya vizuri viive kwa mvuke wake.

Vipimo vya Wali

Mchele	3 – 4 vikombe
Kitunguu saumu(thomu/galic)	1 uwa
Kotimiri (bunches)	3 misongo
Mafuta	¼ kikombe kidogo
Kidonge cha supu (cube stock)	2

Zaafarani au rangi ya biriani ya manjano	kiasi
Mdalasini	1 kijiti
Jira/cumin/bizari pilau	1 kijiko cha supu
Hiliki	3 chembe

Namna Ya Kutayarisha Na Kupika

1. Osha mchele na roweka kama ipasavyo kutgemea na aina ya mchele.
2. Weka sufuria, tia mafuta, kisha tia mchele ukaangekaange kidogo.
3. Ikiwa utatumia rangi ya biriani, tia katika mchele kidogo tu ugeuke rangi kiasi.
4. Saga kitunguu thomu na kotmiri katika mashine ya kusagia (blender) kwa kutia maji kiasi cha kikombe kimoja.
5. Mimina katika mchele, tia vidonge vya supu, chumvi, kisha ongeza maji kiasi kwa kutegemea aina ya mchele.
6. Saga jira/cumin tia katika mchele pamoja na mdalasini na chembe za hiliki, funika hadi uive wali ukiwa tayari.
7. Pakua wali katika sahani kisha weka sughaar juu yake kama ilivyo katika picha au pakua wali na sughaar mbali mbali. Kula kwa ndizi!

Pilau Ya Nyama Ng'ombe Karoti Na Zabibu (Afghanistan)



Vipimo

Nyama ng'ombe ya mifupa ilokatwa vipande	1 kilo
Tangawizi na thomu (somu/garlic) ilosagwa	2 vijiko vy supu
Bizari mchanganyiko/garama masala	2 vijiko vya supu
Chumvi	Kiasi

Vipimo vya wali

Mchele	4 vikombe
Mbatata/viazi menya katakata	2
Vitunguu katakata	2
Kitunguu thomu kilosagwa (garlic/somu)	3 vijiko vya supu
Hiliki ya unga	1 Kijiko cha chai
Bizari nzima ya pilau/cumin	1 kijiko cha supu
Samli au mafuta	$\frac{1}{4}$ kikombe
Karoti zilokatwakatwa nyembamba	2
Zabibu	$\frac{1}{4}$ kikombe

Namna Ya Kutayarisha Na Kupika

1. Katika sufuria weka mafuta kijiko kimoja cha supu tia nyama na viungo vyake.
2. Ikaushe katika moto hadi ikaribie kukauka kisha tia maji kiasi cha kuivisha na kubakisha supu ya mchele.
3. Katika sufuria ya kupikia weka samli au mafuta ishike moto.
4. Tia mbatata/viazi kaanga, tia vitunguu kaanga kidogo.
5. Tia kitunguu thomu, hiliki, bizari ya pilau endelea kukaanga hadi viwe rangi ya brown kidogo.

6. Tia mchele kaanga kidogo, kisha mimina nyama na supu yake. Funika wali uwive.
7. Weka kikaangio katika moto, tia samli kijiko kimoja kisha tia karoti na zabibu, kaanga kwa sekunde chache tu kwa ajili ya kulainisha karoti na zabibu.
8. Utakapopakuwa wali, pambia juu karoti na zabibu.

Biriani Ya Nyama Mbuzi Ya Mtindi Na Zaafaraan



Vipimo

Nyama mbuzi	1 kilo
Kitunguu menya katakata	1
Nyanya/tungule	2
Thomu (kitunguu saumu/garlic) saga	5 chembe
Tangawizi mbichi – kuna/grate	1 kipande
Pilipili mbichi saga	2
Bizari ya pilau nzima (cumin	$\frac{1}{2}$ nusu kikombe cha kahawa

seeds)

Mdallasini	1 kijiti
Karafuu nzima	5 chembe
Gilgilani/dania (coriander seeds)	½ kikombe cha kahawa
Bizari ya mchuzi	1 kijiko cha supu
Chumvi	Kiasi
Mtindi	1 gilasi
Hiliki ilopondwa	2 vijiko vya chai
Vitunguu – menya katakata slices kwa ajili ya kukaanga	7 - 9
Mafuta	Kiasi ya kukaangai vitunguu

Vipimo vya Wali

Mchele wa pishori/basmati 4 gilasi

Zaafarani roweka katika kikombe cha kahawa kiasi

Mafuta

Namna Ya Kutayarisha Na Kupika

1. Katika sufuria, changanya nyama pamoja, kitunguu kimoja, tangawizi, thomu, nyanya, na viungo vyake isipokuwa mtindi, hiliki na vitunguu vilobakia.

2. Tia maji kisha funika ichemke mpaka iwive nyama na ikauke supu.
3. Tia mtindi na hiliki changanya pamoja.
4. Weka mafuta katika karai, kaanga vitunguu mpaka viwe rangi ya hudhurungi. Toa uchuje mafuta. Kisha viponde ponde kwa mkono uchanganye na nyama.
5. Chemsha mchele uive nusu kiini, mwaga maji.
6. Mimina katika nyama utie zaafarani, funika upike wali hadi uwive.
7. Epua ukiwa tayari.

Wali Wa Mboga Na Mchuzi Wa Kuku wa Tanduri



Vipimo vya Wali:

Mchele basmati	3 magi
Mchanganyiko wa mboga za barafu	1 ½ mug
Chumvi	kiasi
Mafuta	3 Table spoon
Kitungu maji (kilichokatwa)	1
Bizari ya pilau (nzima)	1 Table spoon

Namna Ya kutayarisha na kupika:

1. Osha mchele uroweke kwenye maji muda wa dakika 20.
2. Chemsha maji kwenye sufuria kama magi 6.
3. Tia chumvi.

4. Yakisha kuchemka unatia mchele, chemsha usiive sana, uive nusu kiini. Mwaga maji na kuchuja wali.
5. Unamimina Yale mafuta kwenye sufuria unakaanga bizari ya pilau kidogo na kitunguu kabla ya kugeuka rangi ya hudhurungi (brown).
6. Tia mchanganyiko wa mboga za barafu.,
7. Mimina wali, changanya vizuri, ufunike na uweke katika moto mdogo kwa dakika 20.
8. Pakua tayari kwa kuliwa.

Vipimo Vya Mchuzi

Kuku	2 Ratili (LB)
Chumvi	Kiasi
Mafuta	$\frac{1}{4}$ Kikombe
Nyanya Kata vipande	4
Nyanya kopo	2 vijiko wa chakula
Tangawizi	1 kijiko ya chakula
Kitunguu saumu(thomu/galic)	1 kijiko ya chakula
Tanduri masala	1 kijiko cha chakula
Kotmiri liliyokatwa	3 vijiko vya chakula
Pilipili mbichi	2

Pili masala	1 kijiko cha chakula
Garam masala	$\frac{1}{2}$ kijiko cha chakula
Bizari manjano	$\frac{1}{2}$ kijiko cha chakula
Mtindi	3 vijiko vya chakula
Pilipili boga (kata vipande virefu)	1
Ndimu	2 vijiko vya chakula

VITAFUNIO

Pizza



VIPIMO:

Unga	4 Vikombe
Maziwa ya unga	2 vijiko vya supu
Mafuta ya zaituni	½ kikombe
Hamira	1 kijiko cha supu
Chumvi	kiasi
Sukari	1 kijiko cha chai
Maji dafu dafu	2 kikombe

NAMNA YA KUTAYARISHA NA KUPIKA UNGA

1. Changanya vitu vyote katika bakuli na ukande unga.
2. Ufunike na uache uumuke.

SOSI YA PIZZA

Kitunguu kilichokatwa kidogo kidogo	1
Kitunguu saumuiliyo sangwa	3 chembe
Sosi ya HP	3 vijiko vya
supu	
Sosi ya tomato	3 vijiko vya
supu	
Pilipili manga	1 kijiko cha
chai	
Oregano	½ kijiko
cha chai	
Parsley (ukipenda)	½

1. Kaanga vitunguu kisha tia thomu, na vitu vyote iwe sosi.
2. Epua kwenye moto.

UPENDAVYO KATIKA HIVI AU VYOVYOTE VINGINEVYO

Tuna
Nyama ya kusaga iliyopikwa
Kuku aliyekaushwa na kukatwa vipande vipande
Sauage zilizokatwa
Salami
Vipande vya nanasi

VITU VYA KUJAZA JUU YA PIZZA

Nyanya zilizokatwa vipande vipande

Pilipili mboga iliyokatwa ndogo ndogo

Zaituni ikiwa za kijani au nyeusi

Cheese ya Mazorella

1. Fanya madonge madogo madogo kisha usukume kidogo tu size kama kwenye picha. Paka sosi juu ya unga
2. Tia kiteo upendacho
3. Mwagia vitu vya kujaza juu ya pizza
4. Mwagia cheese
5. Pika katika oveni kwa muda dakika 20 au zaidi hadi ziwive pizza.

Katlesi Za Samaki



VIPIMO

Viazi	5 kiasi
Tuna	2 vikopo
Carrot	1
Pilipili mboga	Nusu
Kitunguu saumu(thomu/galic)	½ kijiko cha chai
Pilipili	kiasi
Chumvi	kiasi
Ndimu	kiasi
Unga wa ngano	½ kikombe
Yai	1
Mafuta ya kupikia	Kiasi

Namna Ya Kutayarisha Na Kupika

1. Menya Viazi uvichemshe na chumvi.
2. Vikiwiva vichuje maji, viponde ponde, vilainikie – weka kando
3. Chuna carrot ziwe kama chicha, kata pilipili mboga nyembamba nyembamba, fungua vibati vya Tuna kamua majia yake mwaga.
4. Changanya Tuna, carrot, pilipili mboga, thomu, pilipili kali, chumvi, ndimu, kisha uchanganye na viazi ulivyoviponda. Hakikisha vimechanganyika vizuri.
5. Tengeneza vidonge kiasi unachotaka na kata umbo unalopenda kama la yai au duwara ukimaliza weka pembeni.
6. Changanya unga na maji uwe mzito mzito tena uchanganye vizuri na yai.
7. Weka karai katika moto, mimina mafuta kamaya maandazi, kisha chukua vidonge chovya katika unga uliochanganywa yai na utumbukize ndani ya mafuta yaliopashika moto vizuri.
8. Ziwache mpaka zibadilike rangi, uzitoe. Tayari kwa kula.

KABABU ZA NYAMA YA KUKU YA KUSAGA



Vipimo

Nyama ya kuku ya kusaga	1 kilo
Kitunguu saumuna tangawizi iliyosagwa supu	1 kijiko cha
Pilipili mbichi iliyosagwa chai	1 kijiko cha
*Bizari ya Kababu (chaplin Kabab masala)	½ paketi
Kitunguu kilichokatwakatwa (chopped)	1
Kotmiri (coriander leaves)	½ kikombe
Chumvi	kiasi
Mafuta	¼ kikombe

Namna Ya Kutayarisha Na Kupika

1. Changanya nyama ya kuku pamoja na viungo vyote katika bakuli.
2. Fanya madonge shape ya duara kama picha weka kando.
3. Paka mafuta treya utakayotumia kupikia katika oveni, kisha zipange kababu.
4. Nyunyizia mafuta yaliyobakia kisha choma (grill) kwa moto wa kiasi na ugeuze kababu zinapowiva upande mmoja.
5. Epua zikiwa tayari kuliwa na saladi, wali au mikate.

Kababu Za Tuna



Vipimo:

Tuna

Kopo 2

Mkate

Slesi 5

Garam masala

Kijiko 1 cha chai

Mayai

Makubwa 2

Ndimu

Kubwa 1

Kitunguu saumu(thomu) na tangawizi

Kijiko 1

Dania / Kotmiri

Kiasi

Pilipili mbichi

I kijiko cha supu

Pilipili manga

I kijiko cha chai

Chumvi

Kiasi

Mafuta ya kukaangia

Namna Ya Kutayarish Na Kupika:

1. Kamuwa tuna utowe maji yote.
2. Roweka slesi za mkate katika majia kisha kamua maji ubakie mkate pekee.
3. Changanya vipimo vyote pamoja na tuna.
4. Tengeneza umbo la duara au umbo la yai.
5. Kaanga kama sambusa.
6. Kisha zipange kwenye sahani tayari kwa kuliwa.

PAI YA KUKU (CHICKEN PIE)



VIPIMO

Unga wa kitobosha (puff pastry)	397-400 gm
Nyama ya kuku bila ya mifupa	ratili (LB)
Kabichi iliyokatwa	2 Vikombe vya chai
Kitunguu saumu na Tangawizi iliyosagwa	1 kijiko cha chakula
Chumvi	kiasi
Pili pili manga	1 kijiko cha chakula
Jirah (bizari ya pilau)	1 kijiko cha chai
Mdallasini	1 kijiko cha chai
Dania (corriander powder)	1 kijiko cha chai
Ndimu au limau	2 Vijiko vya chakula

Namna Ya Kutayarisha Na Kupika

1. Kama unga wa kitobosha (puff-pastry) uko katika barafu toa mapema kidogo.
2. Washa jiko la oveni moto wa kiasi cha kiwango 375-400 Deg.
3. Kata nyama ya kuku vipande vipande kisha itie kwenye sufuria na tia ndani yake, thomu/tangawazi, chumvi, pilipili manga, jirah, mdalasini dania na ndimu.
4. Mpike kuku kwa moto mdogo mdogo hadi awive. Akihitaji maji, tia kidogo tu kiasi cha kumpika awive asibakie na maji.
5. Epua na chambua kuku. (Unaweze kutumia sehemu ya kuku ya mifupa, hivyo itabidi uchambue na kutoa mifupa pembeni).
6. Sukuma unga wa kitobosha (puff-pastry). (Ukipenda kata madonge mawili zitokee pai mbili).
7. Kuku atakuwa ameshapoa, mchanganye na kabichi vizuri ongeza vikolezo ukipenda kama chumvi, pilipili manga na ndimu.
8. Weka mchanganyiko wa kuku na kabichi katikakati katika unga uliosukuma na kata kama miba ya samaki (kama ilivyo katika picha)
9. Suka kufunika vizuri kuku, huku unabana msuko ili ugandane.



10. Ziweke pai katika trei ya oveni iliyopakwa siagi kidogo.
11. Pika katika oven ambalo litakuwa tayari limeshashika moto unaohitajika. Pika hadi zigeuke rangi na ziwive.
12. Epua, ziweke katika sahani ya kupakulia zikiwa tayari.

PAI ZA NYAMA NA MBOGA YA KAROTI



Vipimo

Unga Wa Kitobosha (puff pastry)	30 kiasi vipande
Nyama ya kusaga	1 Lb (ratili)
Kitunguu saumu na tangawizi iliyosagwa	1 kijiko cha supu
Pilipilimanga	1 kijiko cha chai
Pilipili mbichi iliyosagawa	1 kijiko cha chai
Bizari ya mchuzi	1 kijiko cha chai
Ndimu	2 vijiko vya supu
Chumvi	kiasi
Jiira (cumin powder)	½ kijiko cha chai

Kitunguu	1 kimoja
Karoti	1
Kotmiri	½ kikombe cha chai
Kiazi kilochemshwa	1

Mayai 2 au maziwa ya chai mazito kwa ajili ya kupakaza juu ya pai.

Namna Ya Kutayarisha Na Kupika

1. Katika sufuria weka nyama ya kusaga, tia thomu na tangawizi iliyosagwa, bizari zote, pilipili zote, ndimu, chumvi kisha
2. iache ipikike kama nyama ya sambusa. Zima moto weka kando.
3. Katakata kitunguu, chuna karoti, katakata kotmiri, kisha changanya pamoja na nyama.
4. Ponda kiazi kilochemshwa uchanganye na mchanganyiko ukiwa tayari kujazwa katika unga wa kitobosha.



4. Jaza kama katika picha, kisha kunja upendavyo, ikiwa ni pembe tatu kama sambusa au kunja mstatili (rectangle)

bana pembe zote kwa umma .



5. Paka sigai treya ya kupikia katika oveni, zipange pai.
6. Piga mayai katika kibakuli au tumia maziwa, kisha pakaza juu ya pai kwa kutumia brashi (brush) ndogo, na uzichome (Bake) katika oveni kwa moto wa takriban 350°C kwa muda wa $\frac{1}{2}$ saa au hadi zibakilike rangi na kuiva.
7. Epua zipange katika sahani zikiwa tayari.

Sambusa Za Nyama 2



Vipimo (kiasi ya sambusa 45)

Manda za sambusa za tayari (spring rolls)	1 pakiti
Nyama ya kusaga	2lb
Kitunguu saumu (thomu/galic)	6/7 habba
Tangawizi	kipande cha kiasi
Nyanya	1
Pilipili mbichi	Unavyopenda
Chumvi	kiasi
*Bizari ya sambusa	2 vijiko vya chai
Vidonge vya supu (magi cubes)	2
Ndimu	1
Vitungu maji vilivyokatwa	3
Kotmiri ilyokatwa katwa	½ Kikombe
Mafuta ya kukaangia	kiasi

Namna Ya Kutayarisha Na Kupika

1. Saga nyanya, thomu, tangawizi na pilipili mbichi pamoja kwenye blender.
2. Tia nyama kwenye sufuria pamoja na mchanganyiko wa nyanya uliyosaga, bizari, chumvi na vidonge vya supu, kisha uipike kwa moto wa kiasi mpaka ikauke. Halafu kamulia ndimu na uache motoni tena kidogo, kisha utaepua uiwache ipowe.
3. Ikisha powa kabisa utatia vitungu na kotmiri utachanganya vizuri na tayari kufungwa.
4. Halafu utazikaanga na mafuta yakiwa moto kiasi mpaka zibadilike rangi na kuiva, kisha weka kwenye chujio au sahani yenye karatasi za jikoni iliuchuje mafuta yakuzidi na itakuwa tayari kwa kuliwa.

*** Vipimo Vya Masala Ya Sambusa**

Pilipili manga	3 vijiko chai
Bizari ya pilau (cumin)	2 vijiko chai
Mdalasini nzima	4 Vijiti
Karafuu	2 vijiko chai
Iliki	kiasi

Namna Ya Kutayarisha

Utasaga vipimo vyote, (ukipenda unaongezea pilipili nyekundu kavu) katika mashine ya kusagia na itakuwa tayari kutumia kwenye vipimo vya sambusa.

Kachori



VIPIMO

Viazi (mbatata)	2lb
Kitunguu saumuna Tangawizi	Kijiko 1 cha chakula
Chumvi	Kijiko 1 cha chakula
Pilipili ya kusaga	kutegemea na unavyoipenda
Ndimu	1
Mafuta ya kupikia	
Unga wa dengi au Ngano	Kiasi.

Namna ya kutayarisha na kupika

1. Chemsha viazi mpaka viwive, kisha vitoe maganda na uviweka ndani ya bakuli.
2. Vipondeponde kwa mkono mpaka viwe laini.
3. Saga thomu na tangawizi kisha changanya na viazi .

4. Weka chumvi, ndimu na pilipili ya unga kisha uonje, unaweza kuongeza viungo hivi kwa kadri ya mapenzi yako.
5. Tengeneza madonge ya duara uyapange katika tray.
6. Vuruga unga wa dengi au ngano kwa maji uwe mwepesi kidogo.
7. Weka mafuta ya kupikia ndani ya karai na uliweke kwenye moto.
8. Chovya madonge kwenye unga na uyatose kwenye mafuta ya moto. (Uchomaji wake ni kama kuchoma bajia)
9. Wacha kachori zibadilike rangi kuwa ya njano na uzitoe kwenye mafuta.
10. Weka Kachori kwenye sahani zipoe tayari kwa kuliwa.

Pizza Ya Viazi



Vipimo

Unga wa ngano	3 Vikombe vya chai
Chumvi	1 ¹ / ₂ Kijiko cha chai
Sukari	³ / ₄ Kijiko cha chai
Maji	1 ³ / ₄ Vikombe vya chai
Hamira	1 Kijiko cha chai kilichojaa
Viazi	2 Vikubwa
Kitungu	1 kidogo
Mafuta ya Zeituni	4 Vijiko vya supu

Namna ya kutayarisha na kupika

1. Changanya unga, ¹/₂ kijiko cha chai chumvi, sukari, na hamira katika mashine, na mimina maji pole pole. Uwache unga ukandike vizuri hadi ilainike.
2. Ufunike na uache uumuke kwa masaa 2 au zaidi.

3. Tayarisha viazi kwa kuzikata slesi na kuziroweka ndani ya maji ya baridi ili isigeuke rangi.
4. Kisha mwaga maji na uweke chumvi ^{1/2} kijiko cha chai, iwache kwa dakika 5 hivi ili itowe maji na uyamwage.
5. Kisha changanya viazi, kitungu kilichokatwa, na mafuta ya zeituni kijiko 1, nauweke kando.
6. Washa oveni moto wa 440F. Tayarisha trei ya kuchomea kwa kuipaka mafuta. Kisha tandaza unga (uliokwisha fura), ukitumia mikono yako na kusambaza hadi pembeni mwa trei.
7. Panga viazi, nyunyiza chumvi ^{1/2} kijiko cha chai, pilipili manga ya unga na mafuta ya zeituni vijiko 3 iliyobakia.
8. Pika hadi pizza iwachane pembeni na kuwa rangi ya dhahabu, kama dakika 30 hivi.
9. Epuu, na iwache ipowe kidogo; kata vipande na itakuwa tayari kuliwa.

Kababu Za Kuoka (Baked) Kwa Masala Ya Kutengeneza Nyumbani



Vipimo

Nyama ya kusaga	2 Lb /1 kilo
Pilipili mbichi ilosagwa	1 kijiko cha supu
Vitunguu vilokatwakatwa (chopped)	2
Kotmiri ilokatwakatwa (chopped)	1 msongo (bunch)
Chumvi	kiasi
Masala (Home Made)	1 kijiko cha supu

Namna Ya Kutayarisha Na Kupika

1. Katika bakuli, tia nyama kisha changanya vitu vyote pamoja.

2. Tengeneza madonge ufanye shepu ya umbo la yai (oval) lakini kwa urefu zaidi kama ilivyo katika picha.
3. Panga katika treya uliyoipata mafuta. Ukipenda weka karatasi ya jalbosi (foil).



4. Oka (bake) katika moto wa wastani.
5. Karibu na kuiva, zima moto wa chini, kisha washa moto wa juu uchome (grill) kwa muda mdogo tu kwa ajili ya kababu zigeuke rangi kidogo.
6. Epua zikiwa tayari kuliwa na saladi, mkate, au wali mweupe.

Masala Ya Kababu:

Bizari nzima (cummin)	1 kikombe cha chai
Gilgilani (corriander seeds)	1 kikombe cha chai
Pilipili manga	½ kikombe cha chai
Mdalasini	5 miche
Hiliki	10-15 chembe takriban

Uwatu (fenugreek seeds)	$\frac{1}{4}$ kikombe cha chai
Karafuu	15-20 takriban
Majani ya bay (bay leaves)	3
Rai (mustard seeds)	1 kijiko cha supu

1. Safisha viungo vyote kisha viwe vikavu.
2. Saga vyote pamoja katika mashine (Grinder) hadi iwe ni bizari ya unga.
3. Weka katika chupa utumie unapohitajia.

Katelesi Za Mviringo Za Nyama (Potato Chops)



Vipimo

Viazi	3 LB
Nyama	1 LB
Unga wa mkate (Breadcrumbs)	1 kikombe cha chai
Mayai	2-3
Mafuta ya kukaangia	
Kiasi	

Vipimo vya nyama

Tangawazi mbichi na thomu iliyosagwa	1 kijiko cha supu
Chumvi	Kiasi
Jeera (Bizari ya pilau ya unga)	1 kijiko cha chai
Dania (Gilgilani ya unga)	1 kijiko cha chai
Pilipili manga ya unga	1 kijiko cha chai
Mdalasini wa unga	$\frac{1}{4}$ kijiko cha chai
Pilipili mbichi iliyosagwa	1 kijiko cha chai

Ndimu au limau	2 vijiko vya supu
Kotmiri/dania iliyokatwakatwa (chopped)	½ kikombe cha chai
Kitunguu kilichokatwa katwa (chopped)	1 Kikubwa

Namna ya kutayarisha na kupika

1. Chemsha Viazi, vikiwiva menya maganda na viponde.
2. Weka nyama katika sufuria ndogo, ichanganye na vitu vyake vyote isipokuwa kotmiri na vitunguu.
3. Ipike nyama mpaka ikauke.
4. Tia Kotmiri na vitunguu viliyokatwakatwa, changanya weka kando.
5. Chukua viazi viliyopondwa fanya donge la kiasi katika mkono wako kisha fanya shimo.
6. Teka nyama kwa kijiko cha chai na tia katika shimo la viazi na rudia kulifanya donge kwa kuifunika nyama na viazi. Weka kando.
7. Tayarisha katlesi zote hivyo hadi umalize viazi na nyama.
8. Weka mafuta katika karai yapate moto sawa sawa.
9. Chomva katlesi katika mayai uliyoyapiga sawa sawa kisha garagaza katika unga wa mkate (breadcrumbs) na uzikaange mpaka zigeuke rangi.
10. Epua weka katika karatasi ya inayokunwa mafuta (Kitchen paper) au weka katika chujio zichuje mafuta. Tayari kuliwa.

Bajia Za Dengu Na Viazi



Vipimo

Unga wa dengu	3 vikombe vikubwa
Chumvi	1 kijiko cha chai
Mbatata (kiasi)	1
Maji baridi	1 glass
Baking powder	1 cha chai
Kotmiri iliyokatwakatwa	4 -5 Miche
Kitunguu maji kilosagwa	2 kijiko cha supu
Kitunguu saumu(thomu) ilosagwa au ya unga	1 kijiko cha chai
Mafuta	500 ml

Namna Ya Kutayarisha Na Kupika

1. Tumia bakuli lenye nafasi mimina unga na viungo vyote.
2. Tia maji ukitumia uma au mchapo wa mkono (usotumia umeme) kuvuruga mchanganyo.
3. Ukisha kuwa laini bila mavimbo, hakikisha si mzito na si uji sana (mwembamba).
4. Menya kiazzi na kwaruza kiwe mithili ya tambi kisha tia ndani ya unga vuruga uchanganyike.
5. Uwache kwa muda wa robo saa (dakika 15) paka 20.
6. Weka karai jikoni au sufuria nzito ndogo, tia mafuta na acha yapate moto sawasawa.
7. Tumia kijiko cha supu kuteka unga kutia kwenye mafuta , unapotia hakikisha kipimo chako chote kimmelenga mahala au sehemu moja bila ya kutapakaza ili uweze kupata kidonge .
8. Utaenedelea hivi kwa kujaza karai nafasi yote zikigeuka rangi ya kuiva, unazigeuza upande wa pili paka umalize zikiwiva kwa rangi nzuri.
9. Tumia sahani ukiwa umetandaza karatasi za jikoni kuweza kuchuja mafuta baada ya kuchoma. Kisha badilisha kwenye sahani au bakuli nyengine, tayari kuliwa.

Katelesi Za Nyama



Vipimo:

Viazi	3 LB
Nyama	1 LB
Unga wa mkate (Breadcrumbs)	1 kikombe cha chai
Mayai	2-3
Mafuta ya kukaangia	kiasi

Vipimo Vya Nyama:

Tangawazi na saumu(thomu) iliyosagwa	1 kijiko cha supu
Chumvi	Kiasi
Jeera (Bizari ya pilau ya unga)	1 kijiko cha chai
Dania (Gilgilani ya unga)	1 kijiko cha chai
Pilipili manga ya unga	1 kijiko cha chai
Mdalasini wa unga	¼ kijiko cha chai

Pilipili mbichi iliyosagwa	1 kijiko cha chai
Ndimu au limau	2 vijiko vya supu
Kotmiri iliyokatwakatwa (chopped)	½ kikombe cha chai
Kitunguu kilichokatwa katwa (chopped)	1 Kikubwa

Namna Ya Kutayarisha Na Kupika

1. Chemsha Viazi, vikiwiva menya maganda na viponde.
2. Weka nyama katika sufuria ndogo, ichanganye na vitu vyake vyote isipokuwa kotmiri na vitunguu.
3. Ipike nyama mpaka ikauke.
4. Tia Kotmiri na vitunguu vilivyokatwakatwa, changanya weka kando.
5. Chukua viazi vilivyopondwa Changanya na hiyo nyama.
6. Fanya madonge kiasi katika mkono ufanye viduara.
7. Tayarisha katlesi zote hivyo hadi umalize viazi na nyama.
8. Weka mafuta katika karai yapate moto sawa sawa.
9. Chomva katlesi katika mayai uliyoyapiga sawa sawa kisha garagaza katika unga wa mkate (breadcrumbs) na uzikaange mpaka zigeuke rangi.
10. Epuu weka katika karatasi ya inayokunwa mafuta (Kitchen paper) au weka katika chujio zichuje mafuta. Tayari kuliwa.

Kachori Za Viazi Vya Madong



Vipimo

Viazi	12
Chumvi	kiasi
Pilipili ya unga	2 Vijiko vya supu
Ndimu	kiasi
Unga wa dengu	1 Kikombe

Namna Ya Kutayarisha Na Kupika

1. Chemsha viazi na maganda yake.
2. Vikisha wiva menya maganda na kata kila kiasi vipande viwili.

3. Katika kibakuli koroga ndimu, chumvi na pilipili ya unga kisha pakaza katikati ya kiazzi halafu gandanisha na kipande cha pili kiwe kama kiazzi kizima.
4. Fanya hivyo kwa viazi vyote vilivyobaki.
5. Kwenye bakuli jengine koroga unga wa dengu , maji na chumvi kiasi uwe kama uji mwepesi.
6. Kisha chovea kila kiazzi kwenye unga huo halafu kaanga kwenye mafuta ukigeuza kama sambusa hadi kuiva.
7. vikisha wiva panga kwenye sahani tayari kwa kuliwa.

Kababu Za Nyama Ya Kuku Ya Kusaga



Vipimo

Nyama ya kuku ya kusaga	1 kilo
Kitunguu saumu na tangawizi iliyosagwa	1 kijiko cha supu
Pilipili mbichi iliyosagwa	1 kijiko cha chai
*Bizari ya Kababu (chaplin Kabab masala)	½ paketi
Kitunguu kilichokatwakatwa (chopped)	1
Kotmiri (coriander leaves)	½ kikombe
Chumvi	kiasi
Mafuta	¼ kikombe

Namna Ya Kutayarisha Na Kupika

1. Changanya nyama ya kuku pamoja na viungo vyote katika bakuli.
2. Fanya madonge shape ya duara kama picha weka kando.
3. Paka mafuta treya utakayotumia kupikia katika oveni, kisha zipange kababu.
4. Nyunyizia mafuta yaliyobakia kisha choma (grill) kwa moto wa kiasi na ugeuze kababu zinapowiva upande mmoja.
5. Epua zikiwa tayari kuliwa na saladi, wali au mikate.
6. Ziweke pai katika trei ya oveni iliyopakwa siagi kidogo.
7. Pika katika oven ambalo litakuwa tayari limeshashika moto unaohitajika. Pika hadi zigeuke rangi na ziwive.
8. Epua, ziweke katika sahani ya kupakulia zikiwa tayari.

Sosi Ya Ukwaju



Vipimo

Ukwaju	2 Paketi
Chumvi	kiasi
* Tende	$\frac{1}{4}$ kikombe
Pilipili mbichi	1
Bizari ya jiyrah (Cummin powder)	$\frac{1}{4}$ kijiko

Namna ya kutayarisha

1. Toa kokwa ukwaju, kisha roweka kwenye maji ya moto.
2. Chambua tende utoe kokwa weka kando.
3. Tia vitu vyote katika mashine, saga hadi vitu visagike vyote.
4. Mimina katika bakuli ukiwa tayari kutolewa na aina nyingi ya vyakula upendavyo.

Kidokezo:

1. Ikiwa huna tenda tumia sukari vijiko 2 viwili vya supu.
2. Inaweza kuliwa na aina nyingi ya vyakula kama; dehii baree, biriani, nyama/kuku wa kuchoma, mishkaki, sambusa, kachori, katlesi viazi vya duara (chops), kababu na vinginevyo vingi.

Chatine Ya Embe Mbichi



Vipimo

Embe Mbichi	4
Pilipili mbichi	2
Pilipili mbuzi	1
Kitunguu saumu(thomu/galic)	3 chembe
Chumvi	kiasi
Sukari	2 vjiko vya chai

Namna Ya Kutayarisha

1. Menya embe mbichi, katakata vipande vipande.
2. Tia vitu vyote katika mashine ya kusagia (blender) tia saga kwa maji kidogo tu kiasi cha kusagia.
3. Mimina katika bakuli ikiwa tayari kuliwa na chakula chochote upendacho.

Dhokra (India)



Vipimo

Unga wa mahindi au wa mchele	¼ magi
Unga wa dengue	2 magi
Mtindi (yogurt)	1 kopo
Manjano	1 kijiko cha supu
Kitunguu saumu (thomu/galic)	2 vijiko vya supu
Pilipili ya chupa ya kichina (Sambal)	2 vijiko vya supu
Chumvi	1 kijiko cha supu
Sukari	6 vijiko vya supu

Pilipili mbichi	upendavyo
Kotmiri	kiasi
Baking powder	1 kijiko cha chai
Ndimu	1
Rai	2 kijiko cha supu

Namna Ya Kutayarisha Na Kupika

1. Changanya yogurt, unga wa mahindi na unga wa dengu vizuri
2. Kata vitunguu, kotmiri, na pilipili mbichi vipande vidogo.
3. Kisha uchanganye na vipimo vilivobaki isipokuwa baking powder
4. Paka kisia kidogo mafuta tia mchanganyiko kwenye bakuli kiasi
5. Tia baking powder changanya kisha tia kwenye kisia uliyoitayarisha.

4. Chukuwa sufuria kubwa kidogo tia maji kikombe kimoja kisha weka bakuli jengine ndani ya sufuria ya maji.
5. Tia kisinia cha mchanganyiko juu ya kibakuli funika vizuri upike kwa mvuke (steam) muda wa saa hivi.
6. Weka mafuta Kijiko kimoja cha chai kwenye kisufuria kidogo ukaange rai kotmiri na pilipili mbichi.
7. Ikishaiva dhokra utanyunyiza kwa juu pamoja na masala ya unga

Mkate Wa Mofa (Yemen)



Vipimo

Unga wa mahindi	1 mug
Unga wa mtama	2 mugs
Kitunguu maji	1 kikubwa
Chumvi	1 kijiko cha chai
Sukari	1 kijiko cha chakula
Hamira	1 kijiko cha chai
Maji	3 mugs

Namna Ya Kutayarisha Na Kupika

1. Upike unga wa mahindi kama uji kwa dakika kama tano na maji mug mbili.
2. Uache upoe tia unga wa mtama na vitu vyote vilivyobaki pamoja na ile mug moja ya maji iliyobaki.
3. Uache mpaka uumuke.
4. Fanya maduara duara halafu tandaza uhome kwa moto mdogo kama chapati bila ya mafuta kwenye kikaango (frying pan). Choma mmoja mmoja yote hadi umalize..
5. Iipange kwenye sahani tayari kwa kuliwa na mchuzi wa nazi wa samaki au kuku au vyovyote upendavyo.

Banana Bread



INGREDIENTS

6tablespoons	unsweetened applesauce
1/4cup	honey
2tablespoons	dark brown sugar
2	large eggs
3	large ripe bananas, mashed
1/4cup	unsweetened almond milk

1teaspoon	baking soda
1teaspoon	pure vanilla extract
1/2teaspoon	ground cinnamon
1 1/2cups	white whole-wheat flour

Directions

1. Heat oven to 325°F. Grease an 8-by-4 inch loaf pan.
2. In a large bowl, combine the applesauce, honey, and brown sugar. Add the eggs and beat well. Stir in the mashed bananas and almond milk. Add the baking soda, vanilla extract, and cinnamon and stir.
3. Gradually fold the flour into the banana mixture until just combined (do not overmix).
4. Pour the batter into the prepared pan and bake until a toothpick inserted into the center of the loaf comes out clean, 50-60 minutes. Cover the top with foil if it begins to brown too quickly. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

MICHUZI

Red Chicken Qorma



Ingredients for Chicken Marinade

- 1 chicken, skinless, cut up into 8-10 pieces
- 2 tbsp. thick yoghurt
- 1 tsp. salt
- 1 tsp. ginger paste
- 1 tsp. garlic paste
- 1/4 tsp. turmeric powder
- pinch of saffron or orange food colouring

Whole spices

- 1 bay leaf
- 1/2 tsp. cumin seeds
- 5 whole black pepper

- 2 Green cardamom
- 2 Cloves
- 1 Cinnamon stick

Other Ingredients

- 3 medium onions, finely sliced
- 1/2 cup oil
- 1/2 tbsp. ginger paste
- 1/2 tbsp. garlic paste
- 1/2 cup thick yoghurt
- 1 tbsp. tomato paste/puree (optional)
- 1/4 tsp. turmeric powder
- 1 tsp. cumin powder
- 1 tsp. coriander powder
- 1 tsp. red chilli powder
- 1 chilli, chopped finely pinch of nutmeg powder
- 1/2 tsp. garam masala

Instructions

1. Heat the oil in a pan and fry the sliced onions until golden.
2. Remove about three quarters of the fried onions, drain and crush them then set aside leaving the rest of the fried onions in the pan.
3. Add all the whole spices in the pan, then add the marinated chicken, chopped chilli, ginger and garlic pastes.

4. Fry on high heat for a few minutes to seal the chicken. At this point add the turmeric powder, cumin powder, coriander powder, chilli powder and nutmeg powder.
5. Take a bowl and add the yoghurt, crushed fried onions, tomato paste/puree and a pinch of orange food colouring. Mix well with a fork. I add the tomato paste because it gives a good texture to the gravy and adds to the vivid colour, but this entirely optional, you can leave it out.
6. Once the chicken begins to take colour, turn the heat down to medium and add this yoghurt mixture into the pan. Cook while stirring regularly until some oil begins to get released from the sides and the yoghurt mixture is incorporated. mix well and then cover the pan and turn the heat down to low. Allow the chicken to simmer gently for about 10-15 minutes giving an occasional stir until cooked through. For a thinner gravy, add some warm water.
7. Finally sprinkle the garam masala and add the kewra essence if you are using it. Sprinkle the chopped coriander and serve your delicious curry with rice and chapatis/parathas or naans.

Chicken Madras



Ingredients for Madras Spice Powder

- 2 tbsp.whole coriander seeds
- 1 tbsp.whole cumin seeds
- 1/2 tsp.mustard seeds (rai)
- 1/2 tsp.fennel seeds (sonf)
- 2 one inch pieces cinnamon
- 1 tsp.whole black pepper
- 1/2 tsp.fenugreek seeds
- 1/4 tsp.nutmeg
- 1/4 tsp.whole cloves
- 4 whole green cardamom
- 2 whole dried red chillies
- 1 tbsp.dried curry leaves
- 1 1/2tsp. Turmeric powder
- 1 tsp. Chilli powder
- 1/2tsp. Ginger powder

Ingredients for Chicken Marinade

500gm	boneless chicken breast, cubed
1tsp.	Madras powder
1/4 tsp.	Ginger paste
1/4 tsp.	Garlic paste
1/4 tsp.	Salt
1 tsp.	Lemon juice

Other Ingredients

1 medium	onion, chopped finely
2 medium	tomatoes, chopped finely
1/4 tsp.	Garlic
1/4 tsp.	Ginger
2 tbsp.	Oil
1 tbsp.	Tomato paste/puree
1 tsp	Salt
2 tsp.	Madras powder
2 tsp.	Lemon juice
1/4 cup	Water
1/4 - 1/2 cup	Coconut milk
1	Green chilli, chopped coriander for garnishing

Instructions

First, prepare the Madras Spice Powder. Dry roast all the whole spices in a pan on low heat until fragrant, taking care not to burn them. Allow them to cool. Then add the powdered spices

(turmeric, chilli powder and ginger powder). Put everything into a grinder and grind to a fine powder. This recipe makes 5-6 tbsp. of spice. For the Chicken Madras you will need about 1 tbsp., so store the remaining powder in an airtight container and use when needed.

Marinate the chicken cubes in the chicken marinade ingredients for at least 30 minutes or up to overnight. When ready to cook, remove the chicken from the fridge 30 minutes before you begin so that it comes to room temperature.

Heat 1 tbsp. of oil in a pan, then add the chicken cubes and fry on high heat for just 2-3 minutes to brown and seal the chicken pieces and retain their moisture. Make sure you do not overcrowd the pan, so if necessary fry them in batches. Remove into a bowl, cover and set aside.

Add remaining oil into the pan, allow it to heat and then add the chopped onion. Fry until golden, then add the ginger and garlic pastes followed by the tomato paste/puree and finely chopped tomatoes and salt. Reduce the heat and cook the tomato mixture until all the tomatoes are mushy and oil begins to get released from the sides. Add the chopped chilli, madras powder and the chicken cubes. Stir them in to coat them with the sauce and infuse flavour. Add a quarter cup of water, mix well and then turn down the heat to low. Allow the chicken to simmer and cook on low heat for about 15 minutes or until the chicken is tender. You can add a bit more water if needed.

Finally add the coconut milk and lemon juice. Stir them in and simmer for another 5 minutes. Give it a taste and adjust for salt/spice if needed. Turn off the heat and allow the chicken to sit covered for 10 minutes before garnishing with chopped coriander and serve over rice or with naan/parathas.

Achari Chicken



Ingredients for Chicken Marinade

500gm	boneless chicken breast, cut into cubes
1/4 tsp.	Salt
1/4 tsp.	Ginger paste
1/4 tsp.	Garlic paste
1/4 tsp.	Turmeric powder
1/2 tsp.	Chilli powder
1 tsp.	pickle oil/achaar oil

Other Ingredients

2	Onions, chopped
4 tbsp.	Oil
1 tbsp.	Tomato paste/puree
4	Fresh tomatoes, chopped or grated

1 tsp.	Freshly grated ginger
1/2 tsp.	Garlic paste
2 tbsp.	Fresh yoghurt
1 tsp.	Salt
1/2 tsp.	Redchilli powder
1/4 tsp.	Turmeric powder
2-3	Green chillies, slit
1/2 tsp.	Mustard seeds
1 tsp.	Whole Cumin seeds
1 tsp.	Coriander seeds
1/2 tsp.	Fennel seeds
1/2 tsp.	Split fenugreek seeds
10	Curry leaves/limro, chopped juice of
1/2	Lemon/lime
1 heaped tbsp.	pickle/achaar

Instructions

1. Marinate the chicken cubes in the chicken marinade ingredients for at least 30 minutes or up to overnight.
2. Mix the cumin, coriander, fennel and split fenugreek seeds, roast them in a dry pan for a minute or two until they are aromatic, then crush them to a rough powder.
3. Drizzle some of the oil in a pan, when hot fry the chicken pieces in batches over high heat just to seal the chicken and keep it moist. Do not be tempted to over crowd the pan as that will drop the temperature of the oil and the chicken will release a lot of moisture.

4. Keep the heat high and stir fry the chicken in two batches for about 3 minutes per batch, then remove the cubes into a bowl, cover and set aside. Bear in mind that the chicken will be cooked further in the gravy.
5. In the same pan, add the rest of the oil then add the mustard seeds. When they begin to splutter, add the chopped limro/curry leaves followed by the chopped onions. Fry on medium heat until the onions are golden.
6. Then add the ginger and garlic pastes. Stir them in for a few seconds, then add the tomatoes and tomato paste, crushed roasted spices, salt and red chilli powder. Cook until the tomatoes are thick and oil begins to get released from the sides.
7. Then whip the yoghurt and add it in, give it a mix to combine.
8. Add the chicken pieces and the slit green chillies, give them a stir then cover and turn down the heat. Simmer for about 15 minutes on low heat or until the chicken pieces are tender and cooked.
9. Squeeze in the lemon juice and add in the tablespoon of achar (if you have it). This will enhance the flavour of the chicken even further but you can leave it out if you do not have pickle. Stir and taste, adjust seasoning if needed. Turn off the heat and allow the dish to sit for about 15 minutes before serving to ensure all the flavours are infused into the chicken. Serve with rice or parathas/chapatis.

Chicken Sharjani



Ingredients

- 1 chicken around 1.2-1.5kg, skin removed OR 500 gm boneless chicken cubes
- 1 tbsp Tandoori masala
- 6 tbsp Yoghurt, fresh and whipped well
- 1 tsp. Salt
- 1 tsp. Chilli powder
- 1 tsp Garlic paste

Other Ingredients

- 2-3 Tomatoes
- 1-2 tbsp Tomato puree/paste
- 1 Onion, sliced and fried until golden small bunch of coriander
- 1-2 Green chillies
- 2-3 tbsp Oil
- 1 Cinnamon stick
- 1 tsp Cumin seeds
- 3 Whole black pepper
- 2 Cloves
- 2 Cardamom

1/2 tsp	Garam masala juice of half a lemon chopped coriander for garnishing
2-3	Boiled eggs, peeled and sliced
4	Potatoes, peeled and cubed then fried until tender salt as needed

Ingredients for Rice

3 cups basmati rice, washed 2-3 times then soaked for half an hour salt saffron& food colourin oil whole spices

Instructions

Put the chicken with its marinade into a pan and place on the heat. Simmer on a gentle boil until the chicken is tender and cooked through, about 20 minutes. Allow the chicken to cool and then shred into big chunks. (If you used boneless chicken then no need to shred). Then cover and set aside. If there are any leftover liquids in the pan from boiling the chicken, do not discard. We will use this when preparing the chicken gravy.

When cooking the chicken, it is not necessary to add any water, the yoghurt is normally sufficient to tenderise the chicken. But if needed, you can add a quarter cup of water.

Next, put the tomatoes and 2 tbsp of the fried onions in a blender. Add the small bunch of coriander and one green chilli. Blend until smooth. Set aside.

Now heat the oil in a pan, add the whole spices (cumin, cinnamon stick, pepper, cardamom and cloves). Let them splutter then add the blended mixture of tomatoes, fried onions and coriander/chilli. Simmer on low heat and add the tomato paste/puree plus some salt and the leftover cooking liquids from boiling the chicken earlier. Allow this to simmer gently until it thickens and is cooked through. Finally add the chunks of chicken and sprinkle on the garam masala plus some chopped coriander. Squeeze in the lemon juice and turn off the heat.

Next, make the Rice

Soak a few saffron strands in some water and set aside.

Bring a big pot of water to boil, add salt, 4 cardamom pods, 2-3 cinnamon sticks and 2-3 cloves plus about 2 tbsp. of oil.

Drain the soaked rice and add it to this water when it is boiling. Cook until the rice is about 3/4 done, remove and strain out all the water.

Then put the rice back in the pan, drizzle 2 tbsp. of oil, the soaked saffron water and some orange/yellow colour on the rice. Seal the pot and put on dum/steam it on the stove....or bake in the oven for about 10 minutes. Serve the rice with the chicken on top and garnish with fried potato cubes, boiled egg slices and fresh coriander.

Chicken and Potato Curry



Ingredients for Marinade

1 chicken, cut into 8-10 pieces.

- Wash then dry the chicken, and make a few small slits/cuts in the pieces, not too deep. Set aside and marinate in ingredients below for at least 2 hours.

4 tbsp. plain yoghurt

1/2 tsp. ginger paste

1/2 tsp. garlic paste

1/4 tsp. turmeric powder

1 tsp. cumin/coriander powder pinch of red chilli powder

1 tsp. lemon juice

1/4 tsp. salt

Additional Ingredients

3-4 grated or chopped onions

4 tomatoes, chopped roughly then blended into a puree with quarter cup milk or water

1 tbsp. tomato paste
3-4 greenchillies, or to taste
1 tsp. coriander powder
1/2 tsp. cumin powder
1/4 tsp. turmeric powder
1 tsp. garam masala
3-4 potatoes, quartered
1/2 tsp. ginger/garlic paste
3 tbsp. cream
(fresh or any at hand and this is optional)
salt to taste
4-5 tbsp. oil
1 tsp. cumin seeds
1-2 cinnamon sticks
1 tsp. fenugreek leaves
(fresh methi, optional)
2-3 tbsp. coriander leaves

Instructions

I prefer making this in the pressure cooker, it gives a better results and the chicken turns out very tender, but if you don't have a pressure cooker you can make it in a regular pan.

Heat the oil, add fenugreek/methi leaves, cinnamon stick, cumin seeds and 1 slit green chili, followed by the onions. Fry until onions are golden brown. Add the ginger/garlic pastes. Fry for a few seconds then add the chicken pieces. With the heat on high, cook them for about 3-5 minutes, turning them over to seal the

other side. Once the color of the chicken turns pale/white, add the tomato paste and the cumin, coriander and turmeric powders. Mix and cook for a minute or two, then add the blended tomatoes and a tsp. of salt.

Cook until the tomatoes thicken, add some water if necessary, then close the pressure cooker and cook for 8 minutes. Remove the steam and open the pressure cooker, add the potato quarters and the remaining green chilies, close the pressure cooker again and cook for 2 whistles or about 5 minutes, just to cook the potatoes. Open the pressure cooker again, if you need to add some water go ahead, and then add the cream (if you are using it). Adjust salt if needed. Cook for 5 minutes on very low heat, sprinkle garam masala and coriander leaves.

Boneless Malai Tikka Masala



Ingredients for Marinade

500 gm boneless chicken cubes
2 tbsp. full thick yoghurt
2 tbsp. fresh cream
1/2 tbsp. fresh ginger garlic paste
1 tbsp. tandoori masala
1 tsp. redchilli powder
1 tsp. paprika powder
1/2 tsp. fresh fenugreek leaves
1/2 tsp. garam masala
1/2 tsp. finely crushed cumin
1 tsp salt
1 tbsp. lemon juice

1 tbsp. melted butter

Ingredients for Sauce

2 tbsp. butter + 2 tbsp. oil

(I later drained the excess oil)

1/2 tsp. ginger & garlic paste

4 big fresh tomatoes, finely chopped

salt to taste

2 green chillies, sliced

1/4 cup fresh cream

Instructions

First, marinate the chicken cubes in the marinade ingredients overnight.

When ready to cook, pre-heat oven at 200 C. Skewer the chicken to make it easier to handle and turn, then grill placed on an oiled oven grill & keep an oven tray underneath to catch any drippings which will be used later in the sauce. Grill the chicken skewers on both sides, for about 8 min per side or until slightly charred. Once done, remove from the skewers and set aside.

In a large pan, on medium heat, melt the butter then add the oil. Add the ginger & garlic, 1 green chilli and fry for a few seconds. Add in the chopped tomatoes and cook until all the water from the tomatoes dries up. Then add the grilled chicken, the remaining marinade and drippings, salt and green chilli. Keep on low heat, covered & cook for 10 minutes. Add the cream and cook for another 2-3 min.

Chicken in Green Masala



Ingredients for Green Mixture/Marinade

1 cup chopped fresh coriander (with stems)

1 tbsp. garlic paste

1 tbsp. mint leaves

1 tbsp cream

fresh or coconut

2-4 green chillies

(to taste, I use about 4)

juice of 1 lemon

1/2 cup yoghurt

Additional Ingredients

1 chicken, cut into 8-10 pieces

1 tsp. ginger paste

1 tsp. garlic paste

2-3 cardamom pods

1 tsp. cumin seeds
1 tsp. cumin powder
1 tsp. coriander powder
2 onions, chopped
1 greenchilli, slit
1 tsp. ground black pepper
1/4 cup coconut cream or fresh cream
1/4 cup oil

Instructions

First, blend the coriander leaves, garlic paste, mint leaves, cream, green chillies and juice of 1 lemon to a smooth paste. Try to do this without adding any water. Once done, add the half cup of yoghurt and mix well, then add the chicken pieces and allow to marinate for about half an hour.

Next, heat the oil, add the cumin seeds and the cardamom pods, when they splutter, add the onions and fry until golden brown. Then add the ginger and garlic pastes, fry for a few seconds and add the chicken without the marinade. Cook on high heat for 5 minutes, then lower the heat, add the marinade, 1 tsp. salt and the coriander and cumin powders.

Cover and cook for about 10-15 minutes on low, then add the green chili and adjust water if needed. Once the chicken is about done, add in the cream and adjust salt and sprinkle the pepper. Simmer together on low heat for about 3 minutes, then turn off the heat.

Butter Chicken



Ingredients for Chicken Marinade

500gm boneless chicken breast, cut into cubes

- marinate the chicken for at least 3 hours, but preferably overnight in the ingredients below.

1/4 cup plain yoghurt

1 tsp. garlic paste

1 tsp. ginger paste

1/2 tsp. salt

2 tsp. redchilli powder pinch of turmeric powder

1/4 tsp. cumin powder

1 tbsp. tandoori masala

1 tsp. tomato paste/puree juice of 1 lemon

1 tbsp. oil

Additional Ingredients

1 large onion, grated

1 tsp. fenugreek leaves/kasurimethi

2-3 greenchillies

4-5 fresh tomatoes, chopped

1-2 tsp. tomato paste/puree

1 tsp. cumin seeds

2 cardamom pods

1 stick of cinnamon

1/4 cup fresh cream

(you can use up to 3/4 of a cup if you want it creamier)

4 tbsp. butter + 4 tbsp. oil

1/2 tsp. ginger paste

1/2 tsp. garlic paste

1 tsp. sugar

1/4 tsp. garam masala

salt to taste

Instructions

Put the chicken on skewers (discard the marinade) and either grill on a bbq grill or in the oven directly under the grill for about 8 minutes on each side (at 200 C) or until the chicken pieces are slightly charred. (Remember that the chicken will be cooked further in the sauce, so don't over-cook them at this stage). Remove the cubes from the skewers and put them in a bowl, cover to keep them moist and set aside.

Heat the butter and oil in a pot, add the cumin seeds, cardamom and cinnamon. When the cumin starts to splutter, add the fenugreek leaves followed by the onions and fry until they are translucent and starting to brown. Then add the ginger and garlic paste and the green chilies, fry them for a minute then add the cubed tomatoes and the tomato paste.

Cook on high heat for a few minutes, then lower to a simmer and cook until the tomatoes are mushy and well-cooked and some oil begins to get released from the sides. Turn off the heat, and remove the cinnamon stick and the cardamom pods from the mixture. Let it cool slightly, then put the mixture in a blender and blend until smooth. Return the mixture into your pot, season with a bit of salt and the sugar. Add the grilled chicken cubes. Simmer together for about 5 minutes until the gravy coats the chicken cubes well, you can add a bit of warm water at this stage if you want extra gravy. The gravy will thicken when you add cream. Sprinkle the garam masala.

Lastly add the cream, stir well and simmer on low heat for 3 minutes. Adjust seasoning. Switch off and serve over rice or with naan. You can add a blob of butter or drizzle some cream for a lovely appearance if you want when you serve the dish.

Chicken Liver Fry



Ingredients

500gm chicken liver, cleaned then kept on a sieve to drain any excess water.

- cleaned thoroughly then patted dry few leaves of fenugreek/methi chopped

1 onion, chopped very fine

1 tsp. garlic paste

1 tsp. ginger paste

3 tbsp. yoghurt pinch of chilli powder

1 tsp salt

1 tsp. black pepper

1/2 tsp. turmeric powder

1/2 tsp. cumin powder

1/2 tsp. coriander powder

juice of half a lemon
chopped coriander
chopped green chilli

Instructions

Heat the oil, add the methi then add the onions and fry until golden. Add the ginger and garlic paste and fry for a few seconds, then add the liver and sprinkle the spices over it. Stir fry on high heat for a few minutes until the liver takes on a lovely color and all the extra moisture evaporates, then add the yoghurt and lower the heat to medium.

Let it cook until chicken is done, giving it a stir occasionally. Don't over-stir because chicken liver is very delicate and gets cooked very quickly, you don't want to mash the pieces! Once about done, add the chopped coriander, chopped green chili and squeeze in the lemon juice. Stir once more and turn off the heat, serve hot!

Malai Tikka Gravy



Ingredients for Chicken Marinade

1 kg chicken, skinless cut into 10-12 pcs with slits

-Marinate the chicken in the ingredients below covered in the fridge for at least 2 hours or overnight without tenderizer.

3 tbsp. full thick yoghurt

3 tbsp. fresh cream

1 tbsp. fresh ginger garlic paste

2 tbsp. tandoori masala

1 tsp. redchilli powder

1 tsp. paprika powder

1/2 tsp. fresh fenugreek

1 tsp. garam masala

1 tsp. finely crushed cumin

1 tsp. finely crushed coriander

2 tspsalt

1/2 tsp. meat tenderizer

(skip this if you are marinating overnight)

2 tbsp. lemon juice

2 tbsp. melted butter or ghee

Ingredients for Sauce

4 tbsp butter + 1/4 cup oil

(I later drained the excess oil)

1 tsp. ginger garlic paste

300gm tomatoes, finely chopped

salt to taste

2 green chillies, sliced

1/2 cup fresh cream

Instructions

Pre-heat oven at 200C and grill the chicken. Place the chicken pieces on an oiled oven grill & keep an oven tray underneath to catch any drippings which will be used later in the sauce. Grill the chicken pieces on both sides, for about 8-10 min per side or until slightly charred.

In a large pan, on medium heat, melt the butter then add the oil.

Add the ginger & garlic, 1 green chilli and fry for a few seconds.

Add in the chopped tomatoes and cook until all the water from the tomatoes dries up.

Add the grilled chicken, the remaining marinade and drippings, salt and green chilli.

Keep on low heat, covered & cook for 10 minutes.

Add the cream and cook for another 2-3 min.

Yoghurt Chicken



Ingredients

1 chicken cut into 8 pcs or half a kilo of boneless chicken breast,
cubed

2 green capsicum

small bunch of coriander

2 green chillies

300ml yoghurt

(approximately or more if you want extra gravy)

1 tbsp. tomato paste

salt

1 tsp. ginger

1 tsp. garlic

2 tbsp. oil

pinch of turmeric

pinch of garam masala

Instructions

First cut the capsicum and add it with the yoghurt, coriander and green chilies into a blender and blend until smooth.

Pour this mixture into a pan over the chicken. Add all the other ingredients into the chicken.

Simmer gently till chicken is soft, adding water if necessary (depends on preference in consistency).

Once ready, smoke the curry for 3-4 minutes by using a lit coal on a piece of foil in the middle of the pan and adding a drop of oil on it then covering the pan for the dish to absorb all the bbq aroma.

Serve with naan or rice. :)

Jeera (Cumin) Chicken with white rice.



Ingredients

- 1 medium chicken, without the skin, divided into 8-10 pieces
- 1/2 tsp. turmeric powder
- 4 tbsp.oil
- 3/4 cup plain yoghurt
- 1½ tsp. cumin powder
- 1½ tsp. coriander powder
- 3 medium onions
- 3-4 tbsp. cumin seeds
- 2 cinnamon sticks
- 6 corns whole black pepper

3 cloves
2 green chillies
1 tsp. red chilli flakes
(optional)
2 tsp. ginger freshly crushed or paste
6 cloves crushed garlic or paste
salt to taste
1/2 tsp. garam masala powder

Instructions

For the Chicken

1. Chop the onions finely
2. Cut the green chillies into half
3. Pour oil in a large non-stick pan and warm. Add the chillies.
4. Add the cumin seeds, cinnamon, black pepper and cloves and let them splutter
5. Add the chopped onions and sauté until the onions are caramelized and dark brown
6. Now add the chicken pieces and increase the heat and stir-fry until the chicken turns a light brown
7. Add the crushed garlic and ginger and keep stirring for a couple more minutes
8. Add salt, turmeric, coriander-cumin powder.
9. Continue stirring and finally reduce the heat to medium and add the yoghurt.
10. Cover the pan and let it cook/simmer gently for at least 30 min on low heat or until the chicken is nicely done.

For the Rice

Soak a cup or two of long grain rice for about 30 minutes.

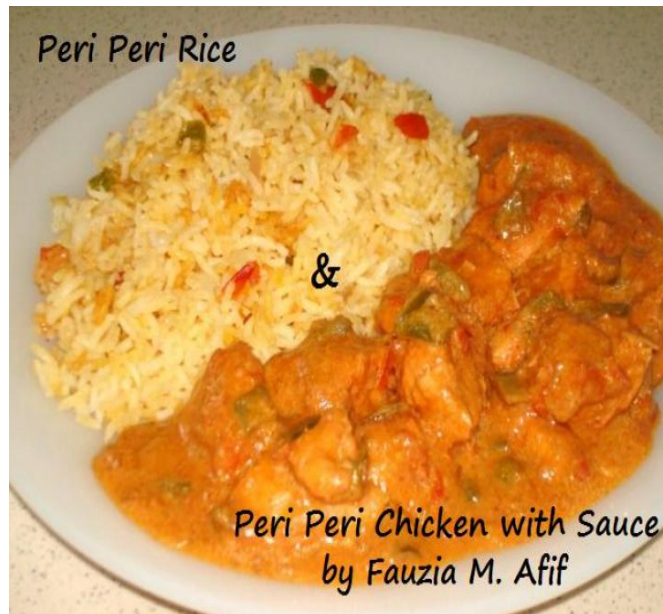
Fill a big and deep pan with water, add salt, a tbsp. of oil (helps keep the grains of rice separate), juice of half a lemon (bleaches the rice so that it's extra white) and a stick of cinnamon (for its aroma).

Bring to a brisk boil.

Drain your rice and add it to the boiling water. Stir regularly to make sure all the rice is cooked evenly but use a slender wooden spoon to prevent breaking the rice.

Boil steadily until the rice turns slightly tender. Drain the water and discard the cinnamon stick. Sprinkle some cold water over the rice whilst it's still on the strainer to help keep the grains separate. Pour the rice back into the pan and cover with a tight-fitting lid. Bake in a hot oven for about 10mins.

Peri Peri Rice & Peri Peri Chicken with Sauce



Ingredients for Chicken Marinade

2 boneless chicken breast

- each split in half lengthwise and each strip very slightly flattened using a meat mallet or any heavy object. Prick the chicken with a fork a few times then marinate it for at least 2 hours in the following ingredients below.

2 tbsp. plain yoghurt

1 tsp. ginger paste

1 tsp. garlic paste

1/4 tsp. coriander powder

2 tbsp. peri peri sauce

1 tsp. tandoori masala

1 tsp. tomato sauce/ketchup

1 tsp. oil

1/2 tsp. salt

juice of half a lemon

Ingredients for Sauce

1 small onion, finely diced

1 tomato, chopped

1/2 a green capsicum/bell pepper, finely chopped

1 greenchilli, chopped

1/2 tsp. garlic paste

1/2 tsp. periperi sauce

(use more for spicier flavor)

1 tsp. tomato sauce/ketchup

1 tsp. tomato paste

salt to taste

2 tbsp. oil + 1 tbsp. butter

1/2 cup of water

2 tbsp. cream

(optional - fresh or heavy, whichever you have)

1 tsp corn flour

- mixed in a bit of water to form a paste

Ingredients for PeriPeri Rice

1 cup rice

(soak and boil, then set aside)

1 small onion, chopped

1/2 green capsicum/bell pepper, chopped

2 tbsp. periperi sauce

1 tbsp. ketchup

drop of garlic paste
salt to taste
1 tbsp. oil & 1 tbsp. butter
2 tsp. soya sauce

Ingredients for PeriPeri Sauce

birds-eye red chillies
2-6
(adjust spice level to your taste....2 will be mildly spicy whilst 6 will be very spicy)
1 big red capsicum/bell pepper
juice of 1 lemon
2 tbsp.
paprika powder
2 tsp. salt
1 tbsp. oregano
1/2 tsp. redchilli powder
1/2 cup oil
(vegetable or olive)
5 cloves of garlic
4 tbsp. dark vinegar
1 tsp. black pepper
1/4 tsp. red or orange food coloring

Instructions

For the Sauce

Heat the butter and oil, add the onions and fry until translucent. Add the garlic paste, tomatoes, capsicum and green chilies. Cook together until the tomatoes are well-smashed. Add the tomato paste and ketchup, followed by the periperi sauce. Cook until the mixture is thick. Add the half cup of water and simmer for a few minutes. Turn off the heat.

Grill the chicken on both sides in a 200 C oven for 8 minutes per side. Once that is done, let the chicken rest for 5 minutes, then cut it using a sharp knife to bite sized cubes. Add these cubes into the prepared sauce. Turn the heat on low, cover the pot and simmer the sauce with the chicken for 10 minutes. Adjust spice and salt. Once the chicken is done, add the corn flour paste and simmer until the sauce thickens slightly. You can add the cream now if you are using it, let it simmer for another 2-3 minutes and turn the heat off. Sauce is done!

For the PeriPeri Rice

Heat the oil and butter, add the onions and fry until translucent. Then add the garlic followed by the chopped green pepper. Fry for a minute, then add the sauce and ketchup. Cook for a few seconds, then pour in the boiled/cooked rice. Stir to make sure the rice is well coated and mixed. Then add the soya sauce, cover and with the heat on very low, steam the rice for 10 minutes.

Serve the meal and enjoy!!

For the PeriPeri Sauce

Blend all the ingredients of the sauce until smooth, then pour into a container and refrigerate until needed. You can make the sauce in bulk and refrigerate for up to 2 weeks and use as and when required.

Beef Biryani



Ingredients

500 gm steak - preferably rump steak or fillet, cubed

(marinate the steak overnight in the ingredients for marination below)

Marination Ingredients

1/2 cup fresh plain yoghurt, whipped

1 tsp. salt

1 tbsp. oil
1 heaped tsp. ginger paste
1 heaped tsp. garlic paste
1 tbsp. tomato puree/paste
1 tsp. whole jeera/cumin
pinch of saffron
1 tsp. red chilli powder/chilli flakes
5 black pepper
2 cloves
2 cardamom
juice of half a lemon
2 tbsp. chopped coriander
1 green chilli, chopped
1 bay leaf
1/4 tsp. turmeric powder

Masala Ingredients

4 tbsp.oil
4 onions, sliced and fried until golden, then crushed
3 tomatoes, cubed
1/4 tsp. garlic paste
1/4 tsp. ginger paste
1 cinnamon stick
2 green chillis, chopped
1/4 cup fresh plain yoghurt, whipped

1 tbsp. tomato puree/paste

1 tsp. sugar

(to cut the acidity from the tomatoes)

2 1/2 - 3 cups water

4 potatoes, peeled and quartered, then fried until tender

salt to taste

Instructions

Heat the oil in a pot, add the tomatoes and cook until they are mushy and oil begins to separate from them. Add the ginger and garlic paste, followed by the cinnamon stick and chopped green chillis and cook the mixture for a few seconds then add the marinated steak. Fry on high heat for 3 minutes.

In the meantime, in a bowl, mix the yoghurt with the crushed fried onions, tomato puree, sugar and 1 tsp. salt. Pour this mixture into the pan and cook until the gravy is dry. Add the water, turn the heat down to low and cover the pot. Allow to simmer and cook gently for 15-20 minutes or until the beef is tender and the gravy is thick.

Taste and adjust salt and spice. Add the fried potatoes and give it a mix.

Rice Recipe

Wash then soak 2 cups of rice in water for about 20-30 mins.

Soak a few saffron strands in some water and set aside. Mix some orange food colouring with a bit of water and set aside.

Bring a big pot of water to boil, add salt, 2 cardamom pods, 2 cinnamon sticks and 2 cloves plus about 2 tbsp. of oil.

Drain the soaked rice and add it to this water when it is boiling. Cook until the rice is about 3/4 done, remove and strain out all the water.

Put the rice back into the pan and sprinkly a handful of fried onions and some chopped fresh coriander. Then drizzle about 2 tbsp. of oil and the saffron water. Add a bit of orange color on one side and mix it up a bit with a spoon and cover the pot tightly. Steam this on low heat for 15 minutes or put in a 180C preheated oven for about the same time.

Serve hot, topped with beef masala/gravy and garnished with more fried onions, chopped coriander leaves and chopped green chillis!

Mutton Biryani



Ingredients for Masala/Gravy

1 kg mutton or lamb, on the bone, cut into pieces 500 gm onions, sliced then fried until golden

1 tbsp ginger paste

1 tbsp garlic paste

2 tbsp grated raw papaya (optional)

1 tsp red chilli powder

1-2 chopped green chillies

1 tsp cumin powder pinch of cardamom powder

3 cinnamon sticks

4 cloves

2 tbsp lemon juice

250 ml yoghurt

2 pinches of saffron

2-3 cups hot water

1/2 cup oil
4 tbsp tomato paste/puree
2 fresh tomatoes, grated or blended
1 tsp turmeric orange food colouring
5 potatoes, peeled and halved, then fried until a knife can pierce through easily

Ingredients for Rice

3 cups basmati rice, washed 2-3 times then soaked for half an hour
salt saffron & food colouring
oil whole spices

Instructions

Masala/Gravy

Clean the meat. Now in a bowl add meat, salt, ginger n garlic pastes, red chilli powder, chopped green chilli, half the fried onions, half the yoghurt, 2 tbsp. of the oil, cardamom powder, cumin powder, half of the tomato paste, raw papaya, turmeric powder, pinch of orange food colour, pinch of saffron and lemon juice. Mix it well then marinate overnight.

Heat the oil in a pressure cooker, then add the whole spices followed by the fresh tomatoes. Cook until the tomatoes are dry, then add half of the remaining fried onions (reserve a handful for later) and all of the remaining paste, yoghurt and saffron.

Cook together for a few minutes, then add the marinated mutton/lamb with its marinade. Let these simmer then add the hot water (it should completely cover the meat, so add more

water if you find that the 2 cups aren't enough) and cover the pressure cooker.

Cook for about 25 minutes on medium heat or until the meat is tender.

Once ready, add the fried potatoes, mix and simmer on very low heat for a few minutes for the potatoes to take on a good colour and for the masala to thicken and the oil to rise to the top. Sprinkle the remaining fried onions, then turn off the heat and set aside.

You can also cook this masala in a regular pan, it will take slightly longer but the result will also be great.

Rice

Wash then soak 3 cups of rice in water for about 20-30 mins. Soak a few saffron strands in some water and set aside. Bring a big pot of water to boil, add salt, 4 cardamom pods, 2-3 cinnamon sticks and 2-3 cloves plus about 2 tbsp. of oil.

Drain the soaked rice and add it to this water when it is boiling. Cook until the rice is about 3/4 done, remove and strain out all the water.

Put half the rice back into the pan, drizzle about 2-3 tbsp. of oil and the saffron water. Then add the remainder of the rice.

Add a bit of orange colour on one side and mix it up a bit with a spoon then cover the pot tightly. Steam this on low heat for 15 minutes or put in a 180 C preheated oven for about the same time. Serve the rice with the Biryani Masala on top.

Chicken Biryani



Ingredients

1 chicken, without skin, cut into 8-10 pieces

(1 to 1.5kg)

500 gm onions, sliced and fried to golden

4 tbsp tomato paste/puree

1/2 tbsp garlic paste

1 tbsp ginger paste

1 tsp tandoori masala

(optional)

1 tsp red chilli flakes

(optional)

250 ml plain yoghurt (whipped till smooth)

1 pinch of orange food colouring

2 pinches of saffron
4 tbsp oil (for marinating)
4 tbsp oil (for cooking)
4-5 potatoes, peeled, cut in half then fried until a knife can pierce them easily
salt to taste
1-2 slit green chillies
2 cardamom pods
2 cinnamon sticks
2 cloves

Ingredients for Rice

3 cups
basmati rice, washed 2-3 times then soaked for half an hour
salt
saffron & food colouring
oil
whole spices

Instructions

Masala/Gravy

First marinate the chicken in the ginger, garlic, whole spices, half of the yoghurt, half the fried onions, 3 tbsp. tomato paste, oil, tandoori masala, pinch of orange food colouring, salt, 1 slit green chilli and a pinch of the saffron. Mix everything together and marinate overnight for best results, or at least 4 hours.

Heat the remaining 4 tbsp. of oil, then add the remainder of the fried onions, tomato paste, saffron, green chilli and yoghurt. Add the marinated chicken with its marinade, and cook on medium heat for 10 minutes, then lower the heat to low and cook for another 10 minutes.

Keep the pan covered and give the mixture a stir after every few minutes. Adjust salt, chilli to taste. Add the fried potatoes once the chicken is tender and cook together on low heat for 5 minutes so that the potatoes take on a nice colour. Sprinkle garam masala and set aside.

Rice

Wash then soak 3 cups of rice in water for about 20-30 mins. Soak a few saffron strands in some water and set aside. Bring a big pot of water to boil, add salt, 4 cardamom pods, 2-3 cinnamon sticks and 2-3 cloves plus about 2 tbsp. of oil.

Drain the soaked rice and add it to this water when it is boiling. Cook until the rice is about 3/4 done, remove and strain out all the water. Put half the rice back into the pan, drizzle about 2-3 tbsp. of oil and the saffron water. Add a bit of orange colour on one side and mix it up a bit with a spoon then cover the pot tightly. Steam this on low heat for 15 minutes or put in a 180 C preheated oven for about the same time. Serve the rice with the Biryani Masala on top.

Curry - Mchuzi Wa Nyama (Trinidad/Guyana)



Mahitajio	Utayarishaji	Kipimo
Nyama ng'ombe	Katakata vipande vipande	1 kilo
Vitunguu	Katakata (chop)	5
Kitunguu saumu(thomu)	Saga au kuna (grate)	1 uwa au chembe 10
Tangawizi mbichi	Saga au kuna	¼ kikombe
Viazi/mbatata	Menya katakata vikubwa kwa urefu	4
Bizari ya mchuzi (curry powder)		2 vijiko vya supu
Mafuta		½ kikombe

Nazi	Tayarisha tui	½ kikombe
Kotmiri/dania/coriander freshi	Osha, katakata	2 mshikamano (bunches)
Maji		Kiasi cha kuivisha nyama

Namna Kupika:

1. Weka sufuria katika moto, tia mafuta, kasha kaanga kitunguu thomu hadi kigeuke rangi ya hudhurungi.
2. Tia bizari ya mchuzi, endelea kukaanga kwa dakika moja. Tia maji vijiko viwili vya supu, kaanga kidogo.
3. Tia nyama, koroga ichanganyike vizuri na masala, kishaa kaanga kidogo.
4. Tia vitunguu changanya vizuri, kaanga kidogo tu, kisha tia viazi na maji kiasi ya kuivisha nyama.
5. Tia chumvi, koroga, funika.
6. Karibu na kuiva, tia tangawizi mbichi, kotmiri, tui la nazi, ongezea bizari kidogo ya mchuzi, iache ichemke kidogo tu.
7. Pakua katika chombo ikiwa tayari kuliwa na wali mweupe au roti.
Upishi wa roti za ki Tirinidad/Guyana unapatikana katika kiungo kifutacho:

JUICE

Watermelon Juice



Servings

Serves 2

No other fruit says summer like the crunchy, thirst quenching watermelon. Although watermelons can now be found in the markets throughout the year, the season for watermelon is in the summer when they are sweet and of the best quality.

Aside from being incredibly sweet and tasty, here are some of the watermelon's health benefits:

- It's packed with some of the most important antioxidants found in nature.
- It's an excellent source of vitamin C and a very good source of vitamin A,

Fresh Mango Juice



Servings

Serves 2-3

Why use artificially flavoured drinks when you can serve your loved ones a healthy fresh delicious one without all the unwanted preservatives! Take advantage of summer and all the amazing fruits available and whip up some lovely drinks like this one! Takes all of 5 minutes to prepare and the result is better than any store-bought drink, guaranteed!

Ingredients

1 Ripe mango, peeled and chopped
Some cold water plus ice cubes
(you can use milk for a mango milk shake)

Sugar to taste

Instructions

Put everything in a blender...blend until smooth. Serve cold!

I never sieve the juice, love it thick and pulpy. Just make sure you blend it well enough so that you don't have any stringy bits in there.

Carrot Juice



Servings

Serves 1

One of my favorite all-natural juices! It has more benefits than I can remember, but here are some of them:

- Carrots gives the body Vitamin A, B Vitamins, Vitamin E and many minerals.
- Good prenatal health
- Good eyesight, bones and teeth, liver and nails
- Smoother and clearer skin and Healthy hair
- Helps in cancer prevention

Some people say it also helps in weight-loss!!

Ingredients

3-4

Large carrots, grated

Lime or ginger (optional)

Instructions

Carrots are naturally sweet, so there is no need to add any sugar to this juice. So hurry up and go make yourself a glass of this delicious goodness.

For a glass of carrot juice, you'll need 3-4 big carrots. You can use a juicer to juice them, or if you don't have a juicer, you can grate then process them in your blender **WITHOUT ADDING ANY WATER** and then sieve the juice out using a cheese-cloth/*mul mul* material.

Chill and serve!

I sometimes like adding a squeeze of fresh lime or lemon or a touch of ginger to give the juice an extra zing. You can even mix this with any other juice. I always add fresh carrot juice to most of my home-made fruit juices. :)

Choco-Date Smoothie



Servings

Serves 2

Cool, refreshing, healthy and yummy...the best of all combinations! :)

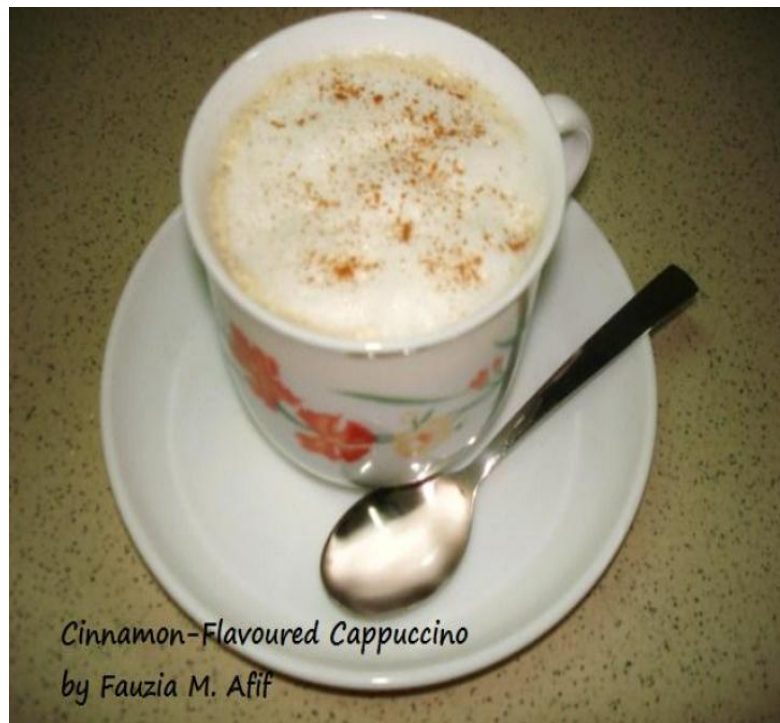
Ingredients

2 cups	Milk
3-4	Dates, deseeded and chopped
1	Scoop of vanilla icecream
Hershey's chocolate syrup	

Instructions

Pour the milk into a blender jug, add the dates and icecream and a drizzle of chocolate syrup. Blend until frothy. Decorate your smoothie glass with syrup then pour the drink in. You can drizzle caramel or chocolate on top.

Cinnamon-Flavored Cappuccino



Servings

Serves 2

A refreshing hot drink that can perk one's day right up!

Ingredients

2 1/2 cups

Milk

2 tsp.

Instant coffee

Sugar

2

Small pans

A whisk

Flavour of choice

- I used cinnamon for this cup but you can use vanilla or cocoa or nutmeg, whatever flavour you prefer.

Instructions

Best results are with whole milk, but I normally use skimmed :)

Pour 1 and $\frac{3}{4}$ cups of milk into a pan and start warming it up on low heat.

Put a tsp. of instant coffee in each cup. If your cups are big or you prefer your coffee very strong then use 1 and half tsp. per cup. I then add 1 tsp. of sugar per cup, but again, this is optional...if you like your coffee sugar-free, omit this...if you prefer a sweeter cup, add a little more.

Pour the remaining milk into your 2nd pan and start heating it. You can add a quarter tsp. of your flavouring of choice into this milk and a tsp. of sugar. Do NOT let it boil, keep stirring with your whisk slowly as it heats up. Once it is nearing boiling point, whisk faster and it will start to froth. Keep whisking until the froth is thick and relatively stable. Switch off and set this pan to rest for about 20 seconds.

In the meantime, pour the milk from Pan 1 (which by now should be boiling hot) into your cups and stir the coffee. Taste the sugar/coffee content and adjust to your taste.

Now using a spoon, GENTLY scoop up some froth from Pan 2 and pour it over each cup. Sprinkle some cinnamon or cocoa over the top and serve hot! :)

Strawberry Milkshake



Servings

Serves 2

A yummy and refreshing strawberry milkshake.

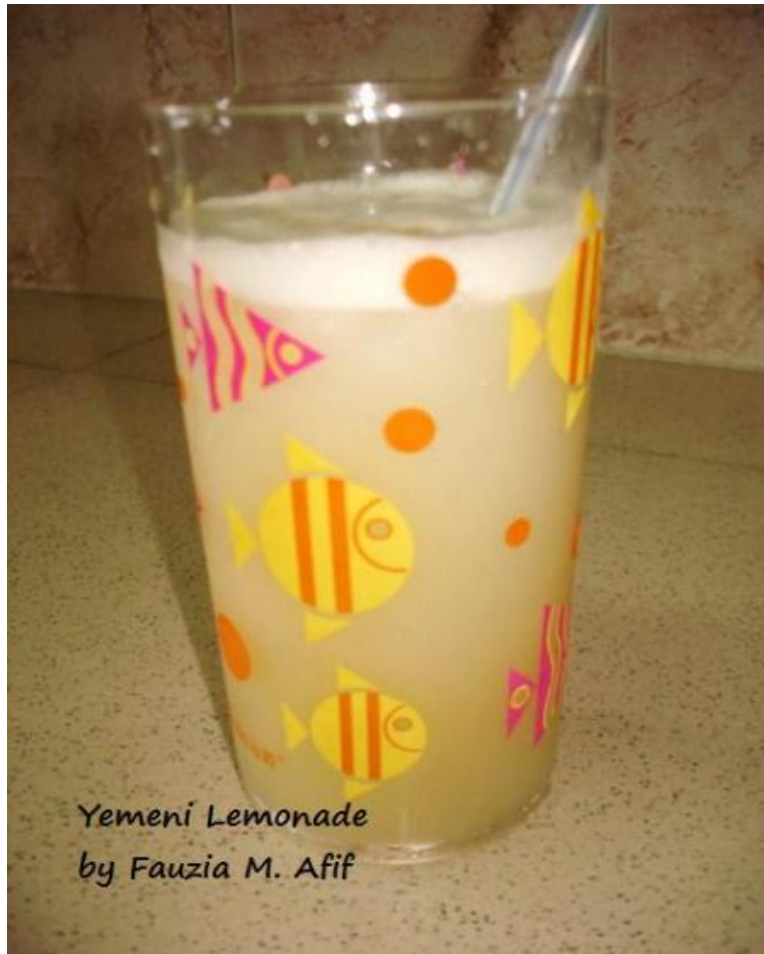
Ingredients

1/2 cup	Fresh or frozen strawberries, cleaned
and chopped	
250ml	Icy cold whole milk
1 scoop	Strawberry ice cream
	(or vanilla ice-cream and a tsp. of Rose sherbet essence)
2 tbsp.	Condensed sweet milk or sugar(add
more if desired)	

Instructions

Blend everything together until smooth. Serve and enjoy! :)

Yemeni Lemonade



Servings

Serves 2

This is sold almost on all street-corners in Aden (Yemen). Vendors with their carts fix this icy cold lemonade fresh as you wait! I've honestly never tasted better or more refreshing lemonade anywhere in the world!

Ingredients

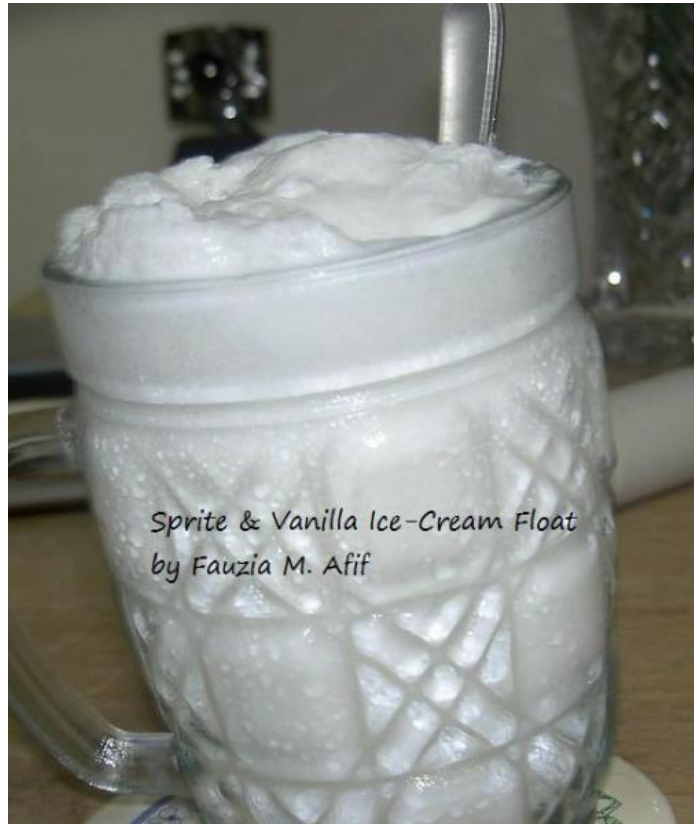
2	Small green limes, cut them lengthwise into 4 pieces and put them in a blender
500 ml	Cold flaky icy water...even some ice cubes mixed in is fine
1 tsp.	Milk powder
A pinch of salt	
4-5 tbsp.	Sugar

Instructions

Blend together for not more than a minute, if you blend too long it will get bitter....then sieve all the gunk out, taste if sugar is ok, add ice cubes n serve fresh!

Be sure not to over blend the limes coz then your drink will be sour instead of refreshing! This is also best served fresh, as in from the blender, sieve it and add lots of ice cubes and serve!

Sprite and Vanilla Ice Cream Float



*Sprite & Vanilla Ice-Cream Float
by Fauzia M. Afif*

Servings

Serves 1

My family LOVES this drink! It's the easiest thing to make and is very refreshing especially on a hot summer's day or after a long exhausting day.

Ingredients

- 1 Glass of Sprite or any other fizzy drink of your preference

1 Scoop of ice-cream, preferably
vanilla...slightly softened
A straw or spoon to stir it

Instructions

Pour your drink into a large glass, don't fill it up...about
halfway or three-quarter way is good enough.

Add your ice cream and watch it FIZZTTTTTTTT all the way
to the top. And your float is ready!

Stir, sip...and enjoy! :))

Apple Juice



Servings

Serves 2

I've always been of the firm belief that nothing beats HOME-MADE fresh juices. No preservatives, you get to control how much sugar goes into them, and of course, the health factor of making something yourself as opposed to some random factory somewhere.

It is said that an apple a day keeps the doctor away. Well, that's quite accurate when it comes to the number of nutritious benefits that can be found from the consumption of apples!!

Here are a few:

- Bone protection from osteoporosis especially in women

- Reduces asthmatic symptoms like wheezing, especially in children
- Prevents Alzheimer's
- Lowers bad cholesterol
- Cancer prevention
- Diabetes management
- Weight loss
- ...and so many more!!

Ingredients

3 Apples

** Each apple will give you approximately 1 glass of juice.

1 tsp Lemon juice

1

A pinch of salt

Water as needed

Sugar or honey as needed

Instructions

Any apples, red or green...whichever you have on hand. As many as you want.

** Each apple will give you approximately 1 glass of juice.

Wash and then chop the apples. Do not peel them. Just cut them up into big chunks. Discard the cores. Place the apple chunks in a pan and add just enough water to cover the apple pieces.

Squeeze in a few drops of lemon juice and a pinch of salt. Cover the pan and simmer on low heat for about 20-30 minutes or

until the apple pieces have softened completely. Keep checking on them every once in a while whilst they boil and top up a bit of water if needed. Using a wooden spoon, mash up the apple pieces as they begin to soften.

Once the apples are done and well-cooked/mashed, sieve the juice through a strainer. You can discard the peels but the soft mush that remains of the apples can be used as apple sauce (tastes awesome served as an ice-cream topping!) or it can be blended into the apple juice. If you want to add the pulp into your juice, just discard the peels (they will be easy to pick out of the soft pulp at this point) and then blend the pulp with your strained juice until well-combined.

Dilute the concentrated apple juice to the consistency of your preference by adding water and sweeten with either honey or sugar.

To dissolve the sugar faster (if you're using sugar as the sweetener), pour the warm juice into a blender jug, add the sugar and blend until combined.

Refrigerate until well-chilled and serve!

Mango Lassi



Servings

Serves 2-3

Lassi is a popular and refreshing traditional yoghurt-based drink of the Indian subcontinent. It has certain similarities to smoothies.

My favorite is the Mango Lassi. YUM!

Ingredients

1 cup	Mango pulp
(or the soft flesh of 1 big peeled/chopped ripe mango)	
1 cup	Fresh plain yoghurt
1/2 cup	Chilled/icy milk
1/2 cup	Ice-cubes

2-4 tbsp. Honey or sugar
(or to taste)
2 tbsp Cream (fresh or heavy, optional)
Small pinch of salt
Small pinch of cardamom powder
(optional)

Instructions

You can use quarter tsp. of ginger powder instead of cardamom powder for a slightly spicy dimension to the drink.

Put all the ingredients in a blender. Blend until smooth, thick and frothy. Taste and adjust sweetness and flavoring to your preference. You can thin the consistency to suit your liking by adding some extra cold water or milk. I prefer it thick and luscious!! Soooo yummy!

Serve with garnish of either mint leaves or crushed pistachios.

Orange Juice



Servings

Serves 2

Like I always say, it's much better to make your juices at home so that you can benefit from all the nutrients without the extra preservatives and additives found in store-bought juices that our bodies do NOT need! ;)

Here are the health-benefits of Orange Juice when had regularly but in moderation:

Orange juice is very high in vitamin C, which boosts the immune system of our body. Vitamin C being high in antioxidants, helps to build and repair the body cells and also prevents any damage. It helps our body to fight infections and diseases. Moreover, some studies say that vitamin C has anti-cancer properties and it neutralizes free radicals in the body. Vitamin C also helps to absorb non-heme iron and prevents deficiency of iron in the body.

Mixed Fresh Fruit Juice



Servings

Serves 6

This mixed fruit juice is a combination of orange, mango, passion fruit, an African fruit called *mabungo* and carrot.

Ingredients

3-4	Carrots, peeled and cut into thick pieces
5-6	Mabungo
(if available)	

8	Passion fruit
1	Big sweet ripe mango, peeled and chopped
4	Oranges, peeled and chopped into quarters (remove even the white part under the peel)
	Sugar as needed
	Water as needed
1 tsp.	Salt

Instructions

First, put the carrots in a pan; add about half a cup of sugar and enough water to cover the carrots. Bring to a slow simmer until the carrots soften. Set aside to cool completely. (Boiling the sugar helps reduce any chances of it giving one a sore throat)

Next, de-seed the mabungo if you are using them, add half a cup of sugar to them and enough water to cover, then simmer for about 15 minutes. Turn off the heat and let this cool completely.

Once the carrots and mabungo are cool, start preparing the juice. First pour the carrot with its sugary water into a blender, blend until smooth and sieve. You can add water during blending.

Next blend the mango (with some water again) and sieve. Mix this with the carrot juice.

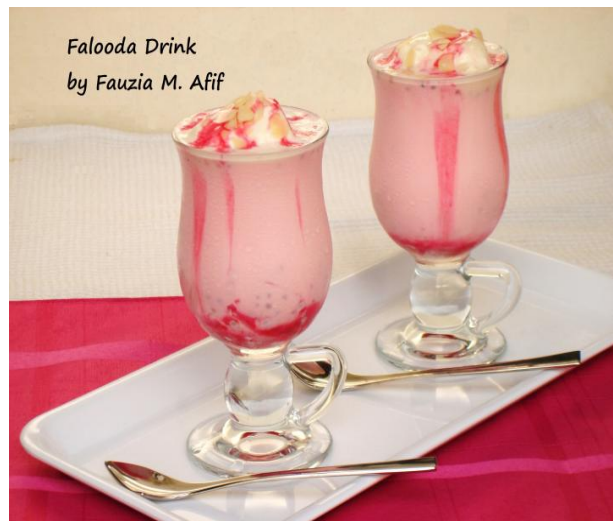
Then blend the oranges (again with some water). Just give them a few quick whizzes in the blender. Sieve and pour the juice into the carrot/mango.

Next do the mabungo, the seeds are normally hard but don't worry, just give them a few quick spurts in the blender with some water. Sieve and add this to the other juices.

Finally do the passion fruit. Add water and blend for a few seconds a couple of times. Sieve this TWICE as passion fruit tends to leave tiny little bits of seed that may go through the sieve. Use the finest strainer. Then add this to the other juice and stir together. Adjust sugar and add the salt. Add enough water to dilute to your preference. Serve chilled! :)

You can use any fruit that you like or whichever are in season. I sometimes add pineapple or watermelon in this

Falooda Drink



Servings

3-4

Falooda (also spelled faluda) is the perfect summer drink or when you need something cool and refreshing. It is a multi-textured dessert beverage with various cooling and delicious components. Ideal for Ramadhan!

Ingredients

500ml	Whole or skimmed milk
2 tbsp.	Sweetened condensed milk (optional)
4 tbsp.	Evaporated milk (optional)
1 level tsp.	Corn flour mixed in a bit of water
3-4 tbsp.	Sugar

(bear in mind that ice cream will be added to the drink later so you don't want it too sweet)

Few drops of vanilla essence

Few drops red colour

10

Almonds, blanched and peeled

Some fine vermicelli or rice noodles

1 tsp.

Tukmalanga seeds (basil seeds)

1 tbsp.

Rooh afza/rose syrup

Instructions

Soak the tukmalanga/basil seeds for about an hour, then drain and boil them for 10 minutes or until they are soft. Drain and set aside.

Break the vermicelli or rice noodles into 1 inch pieces then boil like you would pasta, drain and refrigerate to cool.

Put the milk (and the condensed plus evaporated milk if you're using them...they make the drink richer) in a pan and add the sugar, vanilla and a few drops of red colour...just enough to turn the milk slightly pink. Bring to a simmer, then add the corn flour paste and simmer together on medium heat just until the milk thickens slightly.

Turn off the heat and let the milk come to room temperature. Add the tukmalanga seeds and the vermicelli, and the rose syrup/rooh afza. Chop/grind the nuts finely (save 2-3 for garnishing). Add the chopped nuts into the drink and stir together.

Refrigerate until chilled. Serve with a scoop of vanilla ice-cream (or any ice cream that you like). You can garnish with slivers of blanched almonds, or fruits like grapes. You can even garnish with pieces of colourful jelly.

Tamarind Juice



Servings

Serves 4-6

Growing up, this used to be a family favourite. Highly refreshing during hot summer days, this juice is best served icy cold. If you like tamarind, you will LOVE this sweet but tangy juice.

Ingredients

100gm	Tamarind (seeds with pulp)
2 cups	Hot water
1/2 to 1 cup	Sugar (depending on how tangy the
tamarind is)	
1/2 tsp.	Salt
4	Additional cups of cold water

Instructions

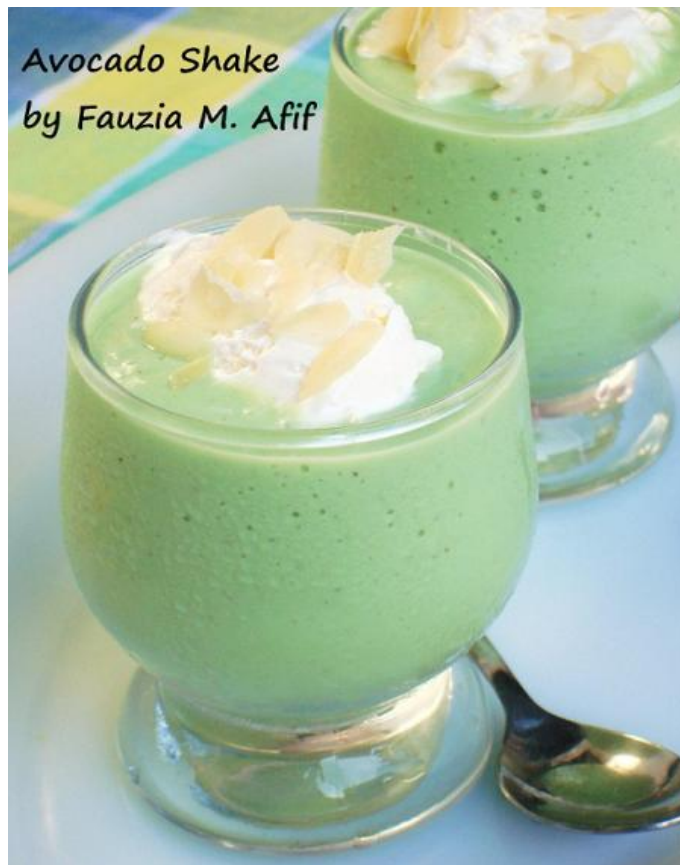
Wash and rinse off the tamarind pulp. Put it in a bowl and then add the 2 cups of hot water to it. Cover the bowl and allow it to stand for 2-3 hours.

Mix and press out the pulp from the seeds, then sieve the mixture to separate the juice from the rest of the seeds/pulp and strings.

Next, add half a cup of sugar and the salt. Give this a mix until the sugar is dissolved. I find this easier to do in a blender, it mixes the sugar faster. Then add the additional water to dilute the juice to a thin consistency. Keep checking the taste and add more sugar or water if needed.

Chill until icy and serve cold! :)

Avocado Shake



Servings

Serves 2-3

A rich, creamy and refreshing drink, very easy to make and super nutritious. The avocado fruit is considered one of the world's healthiest fruit, because of its nutrient contents such as vitamin K, dietary fiber, potassium, folic acid, vitamin B6, vitamin C, copper, and reasonable calories in it.

Ingredients

1 ripe	Avocado
1/2 cup	Ice-cubes

2-3 cups Cold milk (optional)
3-4 tbsp. Sugar (or to taste, vanilla ice-cream)
Almond flakes, for garnishing
Drop of vanilla essence

Instructions

The best avocados to use are those that gently yield to pressure when pressed and are free from dark blotches inside the fruit.

Peel the avocado and cut in half. Discard the pit. Cut the soft pulp/fruit into pieces and put in a blender with 1 cup of milk, sugar and vanilla essence. Blend until very creamy and smooth. Add the ice-cubes and blend again. Now taste the avocado shake, if it needs more sugar, you can add it in at this point. Then gradually add more milk to make the shake as thin or as thick as you prefer and blend again to crush the ice cubes. Serve well-chilled in glasses with a scoop of ice-cream in every glass and some almond flakes on top.

Starfruit Juice



Servings

Serves 3-4

This exotic and refreshing drink is made from the beautiful fruit *Carambola*, more commonly known as the Starfruit due to its unique shape. The fruit has 5 ridges running down its side, so a cross-section of the fruit resembles a pretty star!

The Starfruit is extremely juicy and sweet when ripe, with a slightly tart citrusy taste. It normally is yellow when ripe, green when not. This fruit is rich in antioxidants and Vitamin C.

I find that apples and pears add a lot of depth to juice made from the starfruit, so I tend to add them when making Starfruit Juice.

Ingredients

2	Big starfruits or 4 little ones
1	Pear
1	Apple
Sugar to taste	
1/4 tsp.	Salt
Cold water as needed	
Ice cubes as needed	

Instructions

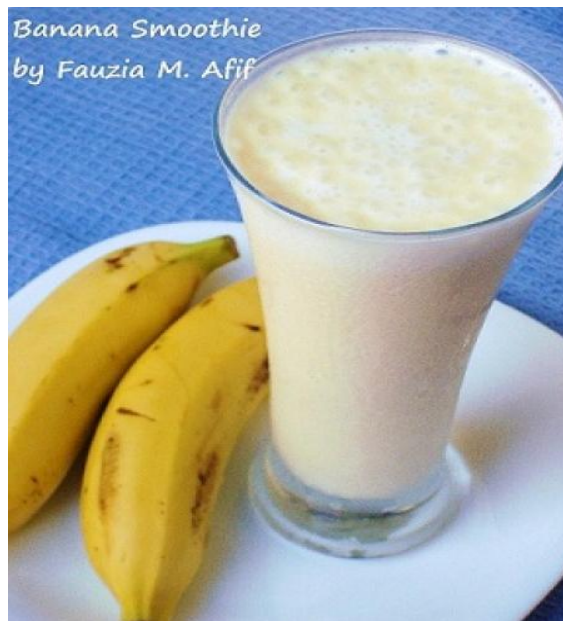
Wash and cut the starfruits, you can reserve some slices for garnishing. Remove seeds if any and discard.

Peel and chop both the apple and pear, discarding the core and pits/seeds.

Put all the fruits in a blender jug, add some water, salt and sugar to taste. Blend, then sieve the juice, discarding the pulp.

Taste and adjust sugar accordingly. Add ice-cubes and serve fresh!

Banana Smoothie



Servings

Serves 2

This simple fruit, the Banana, has loads of nutritional benefits.

Here are just a few:

- they reduce risk of heart disease and blood pressure
- regulate the bowel system
- reduce depression
- reduce menstrual pains
- rich in potassium and iron
- increase brain power
- increase energy
- soothe ulcers

Ingredients

2 Medium-sized ripe bananas or 1 large
(preferably frozen)
2 cups Chilled/icy milk
1-2 tbsp. Honey or sugar
8 Ice cubes
Few drops of lemon juice (optional)
1/2 tsp. Vanilla essence

Instructions

Ideally the smoothie turns out better with frozen bananas because they tend to give the drink a thick consistency and keep it cold. Make sure to peel, slice and then wrap the bananas well before freezing to make them easier to blend.

You can add crushed blanched/peeled almonds for a nutty flavor, or a scoop of vanilla ice cream for a richer taste.

Add all the ingredients into your blender and then blend until smooth and frothy. Pour into your serving glasses and serve immediately.

Carrot Juice Lemon and ginger

Ingredients

Carrot - 4

Sugar - 1 tbsp

Chilled water - 3 - 4 tbsp

Ginger - 1/4 inch piece roughly chopped

Lemon Juice - 1 tsp

Carrot Orange Juice Recipe

Ingredients

Carrots - 3 roughly chopped

Orange - 2 deseeded and pulp taken out

Lemon - 1/2

Sugar - as required

Icecubes - 2

Carrot Beetroot Juice Recipe

Ingredients

Carrot - 3 small

Beetroot - 1 small

Ginger - 1/4 inch piece

Water - 1/4 cup

Icecubes - few

Sugar - 2 tbsp(adjust according to your taste)

Lemon Juice - 1 tsp

Watermelon Juice Recipe -

Ingredients

Watermelon - 1 cup chopped roughly and chilled

Sugar / Honey - 1 tsp

Lemon juice - 1 tbsp

Salt - a pinch

Mosambi Orange Juice Recipe

Ingredients

Makes : 1 cup

Mosambi(Sweet Lime) - 4

Orange - 1 small

Sugar - as per taste

Lemon - 1/2

Icecubes - few

Carrots, Apples and Spinach Juice

Ingredients

4-5 Carrots

2 Apples

2 Cups Spinach

Apple-Kale Green Smoothie

Recipe

Ingredients

1 packet (2 scoops) [DailyBurn Fuel-6 Protein](#) in vanilla
1 cup unsweetened almond milk
1 cup raw chopped kale
1 mini cucumber, chopped
1 small green apple, cored and chopped
1 teaspoon lemon juice

Orange, carrot, ginger and turmeric

Ingredients

1 Orange bell pepper, sliced (stem removed)
3 Navel oranges peeled
8 medium-sized carrots
2 inch piece ginger root
1/2 tsp Turmeric
Put through a juicer and pour into a glass and drink up!

Beetroot milkshake

Ingredients

2 beetroots, boiled with skin on, peeled and cut into chunks

2 Tbsp sugar syrup

125 ml milk, chilled

1 tsp cinnamon powder

2 scoops vanilla icecream

Method

In a blender puree the beetroot.

Add sugar syrup, milk, crushed ice and cinnamon powder.

Blend.

Add vanilla ice cream and mix.

Serve chilled.

Key Ingredients: [Beetroot](#), [Cinnamon](#), [Sugar](#), [milk](#)

Beetroot Milkshake

Ingredients

1. The Milk of 1 fresh Coconut
2. Fresh Strawberries – to taste!
3. 1/2 Avocado
4. Fresh spinach leaves
5. 250ml *Love Beets* juice
6. Sprinkle of chia seeds

How to?

1. With suitable equipment, lop off the lid of an organic coconut and pour out the coconut milk into your mixing bowl.
2. Spoon out the inside of half an avocado
3. Add the spinach and strawberries
4. Mix all the ingredients together, add the beetroot juice and sprinkle some chia seeds on top!
5. Blend, serve with cubes of ice and enjoy! Faya x

Apple Cider Vinegar, Honey, Garlic and Lemon Drink

Ingredients

- 10-11 peeled and lightly mashed cloves of garlic
- 1 1/2 -2 cups of water
- 1/4 cup of apple cider vinegar

-1 lemon

-4 tablespoons of honey (or more to taste)

Directions

Simmer the peeled and mashed garlic in 1 ½ cups of water for 10 minutes-you can use 2 cups if you prefer a more diluted flavor. Strain. Stir into the strained liquid apple cider vinegar, the juice of 1 lemon, and at least 4 tablespoons honey. Drink 2-3 times daily as needed.