

QUICK RAMADAAN RECIPES

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VEGETABLE FILLING FOR SAMOOSAS & PIES

Ingredients:

1 tsp whole mustard
2 dessertspoons oil
1 cup frozen mix vegetables
1 cup frozen whole corn
½ cup frozen peas
½ cup water
2 potatoes – cubed and boiled
1 dessertspoon green chillies – pounded - (as required)
2 tsp salt (as required)
1 tsp fresh garlic – fine
1 level dessertspoon ground dhannia
1 level tsp coconut
oil
½ cup greens – spring onions and dhannia

Method:

- Add whole mustard to oil. When mustard begins to sizzle, add mix vegetables, corn and peas
- Add water and cook on medium heat until all the water has evaporated. Keep vegetables moist
- Add potatoes and rest of ingredients and braise, stirring continuously for 5 minutes.
- Remove from stove and allow to cool.
- When cool add greens.

CHEESE, ONION AND CORN FILLING

Ingredients:

2 cups grated cheese – cheddar or gouda
2 medium onions chopped – squeeze out water
1 level tsp white pepper
½ tsp salt – as required
1 tsp pounded green chillies – (as required)
½ cup grated green pepper
lemon juice

Method:

Add all the above ingredients together and mix

SCOOPED POTATO WITH CORN FILLING

Ingredients:

6 – 8 potatoes
1 onion – grated
2 cups frozen corn
salt to taste
red chillies – fine
margarine / butter
green chillies – cut

Method:

- Boil potatoes in jacket. Remove peel and scoop hole in centre
- Sauté onions in margarine. Add cut green chillies
- Add frozen corn
- Add salt, red fine chillies
- Stir fry for +/- 2 minutes
- Fill in scooped potato
- Cut foil. Put a little margarine / butter on foil
- Put a scoop of margarine / butter over the filling
- Cover and bake for ½ an hour at 180°C
- Serve as savoury or side dish with any dry meat (roast leg, chicken, steak or chops, etc).

RED CHUTNEY

Ingredients:

1 bottle tomato sauce
1 big tin tomato puree
1 cup lemon juice
8 – 10 garlic
1 bottle Mrs Balls chutney
½ cup methi masala
¼ cup amlı juice
¼ cup vinegar
2 tsp coarse red chillies
salt to taste

Method:

- Boil everything on low heat until thick and smooth
- Make Vagaar with;-
- 2 tsp mustard seeds
- cut garlic
- limrie leaves
- ¼ cup oil
- Fry and pour over chutney

GREEN CHUTNEY

Ingredients:

3 Cups fresh limrie
1 cup vinegar
½ cup oil
6 tablespoons coconut
750ml Mayonnaise
500ml chow-chow
4 tablespoons tal
sugar to taste
2 tablespoons mustard powder
2 tablespoons ground garlic
ground green chillies to taste
¼ cup fine dhanna and jeero
salt to taste

Method:

- Liquidize first four ingredients together
- Then add the remaining ingredients and mix well together

SOUR CREAM CUTLETS

Ingredients:

1 kg chicken fillet – cubed fine
2 tablespoons maizena
1 cup (250ml) sour cream
1 tsp dhanna – jeero
1 tsp lemon pepper
1 tsp chicken spice
salt to taste
1 tablespoon crushed garlic
1 tablespoon green chillies
chopped green dhannia

Method:

- Mix everything together
- Roll like cutlets
- Roll in breadcrumbs
- Freeze
- Dip in egg and fry in medium oil until done

SOSATIES

Ingredients

1 Kg white meat
½ bottle French salad dressing
1 red chilli
1 cup mayonnaise
Salt
¼ lb butter & ¼ cup oil
Thyme

Method

Marinate the chicken with above ingredients besides butter. Put into a pot and steam with butter.
Sosaties can be made with cubed pineapple, cubed peppers onion or potatoes.

CHEESE BALLS

Ingredients:

100g Cheese (grated)
2 Eggs
2 Tablespoons Cake Flour
¼ Teaspoon baking powder
1 Green chilli chopped
2 Tablespoons chopped coriander leaves
¼ Teaspoon salt
Oil for frying

Method:

Mix all the above ingredients thoroughly and put a spoonful of the mixture in hot oil and deep fry till it is golden brown. Serve hot with tomato sauce. Fry fast for cheese not to melt.

CHICKEN LAGAN

Ingredients :

Half Cup spaghetti
Half cup mixed vegetables
1 Cup cooked ,cubed chicken fillet (filling)
1 Onion chopped
Half cup grated cheese
1 Teaspoon salt
1 Teaspoon green chillies
1 Teaspoon baking powder
4 Teaspoons Butter
4 Teaspoons oil
Fine cut Dhanna

Method :

Mix above Ingredients well.
Beat together 3 eggs, 4 level tablespoons flour & 250ml fresh cream.
Add to chicken mixture.
Bake at 180 Degrees till done
Cut into squares and serve with chutney. Absolute Divine!!!

CHIPS KEBABAABS

Requirements:

1 kg Chicken Mince
1tsp. Ground Garlic
2tsp. Ground Green Chillies
2 tsp. Ground Jeeru
Salt to Taste
Green Dhannia
3 Potatoes cut into chips and fried.
2 Slices Bread soaked in 1/4 cup Milk

Method:

1. Grind or process Mince with all the ingredients except chips
2. Form Mince into flat patty
Place on fried chip in the centre, then close mince around the chip.
3. Roll Kebabs in Breadcrumbs, dip in beaten egg and fry over moderate heat until done.
4. Or , fry Kebabs lightly and then place covered in the oven for +- 30 minutes or until done.

DELICIOUS BHAJIAS

Ingredients:

1 cup chicken fillet cut into strips
3 tablespoon taastee wheat
1 teaspoon ground dry dhannia
1 teaspoon ground dry jeero
½ teaspoon baking powder
1 egg (beaten)
green masala and salt to taste

Method:

Marinate meat with all ingredients except egg and baking powder. Leave overnight. Before frying add baking powder and beaten egg and mix well. Deep fry in hot oil.

EASY CUTLETS

Requirements:

1 Cup Cooked Chicken Filling
1 Cup Mashed Potatoes
1 Cup Boiled Spaghetti
1 Cup Cheese

Method:

1. Combine all 4 ingredients
2. Form into cutlets
3. Dip in egg and bread crumbs and fry in shallow oil over low heat
4. Drain on rack and serve with chutney

MOOTHIAS

Ingredients :

$\frac{3}{4}$ cup gram flour
2 tblsp mealie meal
2 tblsp flour
 $\frac{1}{4}$ tsp green chillies
small grated onion
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp crushed dhana
 $\frac{1}{2}$ cup chopped methi bhaji
1 tsp baking powder

Method :

- Mix all together with little water to form a thick batter.
- Shape into oblong shapes and place on paapri curry. Or fry in medium hot oil.

POTATO AND STEAK/CHICKEN PIE

Ingredients :

1 potato – sliced and parboiled
250g steak/chicken
1 cup flour
60g margarine
1 onion – sliced
½ tsp baking powder
¾ tsp salt
¼ cup each of milk and water
½ tsp ginger/garlic
½ tsp crushed green chillies
½ tsp jeera

Method :

- Cook steak/chicken soft with salt, pepper, ginger garlic, green chillies and jeera.
- Add in grated onion and cook for a while.
- Sift flour with baking powder and salt and rub in margarine. Make dough with milk and water, but use only what is required to make a soft, rollable dough.
- Divide dough in 2. Roll into rotis to fit size of baking tray.
- Grease tray and lay roti in it. Spread thin slices of tomato, then steak, potatoes and tomatoes again. Cover with the second roti.
- Brush over with egg yolk. Sprinkle poppy seeds.
- Bake in 180 degree oven for 30 minutes.

QUICK PIZZA

Ingredients :

1 cup cheese, grated
1 cup polony, cubed
1 cup tomatoes, cubed
½ cup green peppers, cubed
2 eggs, beaten
2 tablespoons flour
Salt / Pepper to taste

Method :

- Combine all the ingredients and place into silver cups.
- Bake in a moderate oven until done.

SAVOURY CUPS

Ingredients :

1 cup cooked chicken pieces
1 cup cubed onions
1 cup cubed tomatoes
1 cup cubed red and green peppers
2 eggs
2 ½ tblsp flour
1 ½ cups grated cheese
Salt
Pepper
Ground green chillies

Method :

- Mix all the above ingredients
- Drop mixture in greased muffin pans and bake at 160 degrees for about 10 minutes

STEAK FRIKKADELS

Ingredients :

1 kg steak mince
2 eggs
2 teaspoons baking powder
¼ teaspoon nutmeg
8 slices bread (dampened)
1 teaspoon lemon pepper
1 onion (grated)
salt and green chillies to taste

Method :

Combine all ingredients into a large bowl.
Mix well and roll into balls.
Flatten on palm of hand and dip into egg white and fry.

TROPICAL SKEWERS

Ingredients :

2 potatoes, cubed
2 onions, cubed
1 cup chicken fillets, cubed
1 green pepper, cubed
1 red pepper, cubed
1 yellow pepper, cubed
1 pineapple, cubed
Wooden skewers

Sauce :

1 bottle French or Greek dressing
1 cup mayonnaise
Salt, to taste
1-2 teaspoons red chillies

Method :

- Arrange alternating cubes of vegetables and chicken onto skewers to make it colourful.
- Place in a pan. Combine ingredients for sauce and pour over.
- Add a little water and a tablespoon of butter, steam until tender.

VEGETABLE CUTLETS

Requirements:

1 Cup Mixed Frozen Vegetables
1 Onion Grated
1/2 Tsp Green Ground Chillies
1/2 tsp Ground Garlic
Dhana / Jeeru and Arad
Salt to Taste
3 Potatoes boiled in jackets and Mashed
2 Eggs Beaten
Bread Crumbs

Method:

1. Braise onions in butter or ghee just until onions are soft
2. Add spices and veggies and stir fry until all moisture has evaporated.
3. Allow to cool
4. Mix together veggies and mash and form into cutlets
5. Dip cutlets in egg and bread crumbs .Fry slowly in very little moderately hot oil until golden brown and crispy.
6. Drain on paper towel
7. Serve hot with chutney

CHEESY MASH

Ingredients :

4 medium sized potatoes
½ tsp salt
pinch of pepper
100g cheddar cheese
a few blobs of butter

Method :

- Peel, potatoes, cut into cubes and boil in 2 cups of water until soft.
- Mash and add salt, pepper and butter.
- Mix in grated cheese.
- Place in casserole and cover.
- Bake in 180 degrees preheated oven until cheese melts.

SWEET CORN CASSEROLE

Ingredients :

4 potatoes
½ cup grated cheese
2 cups frozen corn or 1 tin corn
1 small cup fresh cream
1 tsp ground green chillies
salt and pepper to taste

Method :

- Cube and boil potatoes
- Mix potatoes with the rest of the ingredients
- Make vazaar with 1 tbsp ghee, 1 sliced onion and 1 tsp jeeru.
- Mix this in the corn mixture.
- Set in a casserole dish. Spread a little grated cheese on top.
- Bake on 180 degrees for 15 – 20 minutes.

QUICK MINI PIZZAS

Ingredients:

1 cup chicken fillet - cooked with green chillies, salt and 1 tablespoon ginger garlic.
1 cup cheese - grated
1 green pepper – cubed
1 tomato – finely chopped
2 eggs – lightly beaten
5 tablespoons flour
2 tablespoons mayonnaise
2 tablespoons tomato sauce
salt and pepper to taste
1 cup sweet corn – optional
ground green chillies

Method:

1. Mix all ingredients well in a large dish.
2. Place in greased patty pans and bake @ 180° C till done
Origanum can be sprinkled before baking.

SWEET CORN BHAJIA

Ingredients:

One tin sweet corn (creamy style)
1 tsp fresh green chilies to taste
1 tsp fresh garlic crushed
1 tsp crushed dhana
Salt to taste
Chopped dhania
4 eggs

Method:

Mix above ingredients and add self-raising flour to make dough not too soft
Fry and serve with mouth-watering chutney.

SPINACH MUFFINS

Ingredients:

1 cup chana / pea flour
½ cup cake flour
2 teaspoons baking powder
½ teaspoon salt
1ml cayenne pepper
1 cup cooked chopped spinach
1 cup grated cheddar cheese
100ml milk
100ml oil
1 egg

Method:

1. Sift dry ingredients together
2. Add Spinach and grated cheese and mix slightly
3. Beat milk, oil and egg together and stir into dry ingredients
4. Mix until flour is moistened – batter should be lumpy
5. Spoon into greased muffin tins, filling each two thirds full
6. Bake in a pre-heated oven at 190 degrees C for 15 – 20 minutes

SPINACH CAKE

Ingredients:

2 cups spinach – chopped
1 onion – chopped
1 tin (420g) sweet corn – cream style
¼ cup oil
2 eggs
½ cup cake flour
½ cup chana / pea flour
½ cup mielie meal
1 cup milk
2-3 chillies
1 teaspoon salt
½ teaspoon turmeric
1 teaspoon ground jeero
1 teaspoon garlic paste

Method:

1. Sift chana / pea flour, mielie meal and cake flour in a bowl
2. Add spices and garlic paste
3. Add chopped onion, spinach and cream style mielies
4. Beat eggs and oil
5. Add milk and add to the mixture
6. Blend well
7. Spoon into greased oven dish and bake at 180 degrees for 35-40 minutes

Optional:

Add pieces of Vienna, cooked chicken or cubes of potato as desired.

BREAD FARMAAS

Ingredients:

3 french loaves – scoop out the centre. Left with crust only
Make a mixture filling with;
250g cooked mince
250g mashed potato
1 cup steamed mix vegetables

Method :

- Mix together and fill in bread
- Freeze, then slice
- Dip in egg then breadcrumbs and freeze again
- Fry in medium / hot oil
- To absorb excess oil spread out on carlton roll

PANDELLA (Mrs Ali)

Ingredients:

Grate or process; 2 cucumbers
2 carrots
handful of methi bajie
1 onion
¼ cup mielie meal
¼ cup channa flour
¼ cup rice flour
2 cups flour
green masala
red ginger / garlic
green chutney
arad , salt, dhanna, jeero
saumph (fine)
¼ tsp ajmo
tal

Method:

- Make a dough by mixing everything together. If you want to freeze your mixture and you find after defrosting your mixture is a bit soft then add more flour

POTATOE MINCE PIES

Ingredients:

2 Cups Flour
2 tsp baking powder
2 tblsp oil
1 egg
¼ tsp salt
Enough milk
Mix all the ingredients together to form a soft dough.

Filling:

3 large potatoes
¼ cup water
3 tblsps oil
Salt to taste
¼ tsp arad
Ground red chillies to taste
1 cup samoosa mince (optional)
Chopped green dhana
Chopped spring onions.

Method:

1. Dice potatoes and steam with water, oil, salt, arad and ground red chillies until water burns out and potatoes are cooked.
2. Remove from heat and cool.
3. Add samoosa mince, green dhana and spring onions.
4. Make pies and dip in paste made from flour water and one egg.
5. Deep fry in moderately hot oil until golden brown on both sides.

SWEETCORN SQUARES/ LAGAN

Ingredients:

500G Chicken Fillets
1 Onion
1-2 tbsps Ghee/Butter
Salt to taste
1 Slice bread soaked in ½ cup milk
1 Tin Cream style Sweetcorn (310g)
2 Eggs
½ cup flour
1 tsp baking powder
1 tsp salt
1 tsp ground dry dhana
1 tsp ground jeeroo
1 tbsps ghee
Green chillies and dhana chopped to taste.

Method:

1. Cut meat into small pieces and cook with chopped onion add ghee and salt to taste.
2. Mix other ingredients together and pour into greased pan.
3. Put meat evenly over and press lightly into mixture.
4. Bake in moderate oven for ½ hour or until cooked through.
5. Cool and cut into squares.
6. Dip in beaten egg and fry in oil.

Use any left over chicken filling for the meat.