



MY

RAMADAN

Cookbook
2020

Recipe for:

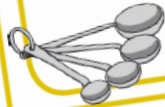
Ingredients:



Instructions:



Equipment:



Description:

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This Ramadan your role is to document all those yummy iftaar foods you are eating, in the form of a cook book! So whilst mums, dads, brothers, sisters and most of you are preparing these delicious meals, write down the recipe and share with us. Don't forget to attach a picture to show us your masterpiece!

Vegetable and egg fried rice



Ingredients:
(Leftover) long grain rice – one bowl
Vegetable of your choice – red peppers,
mushrooms, peas, onion and garlic
Sunflower oil
2 eggs
Seasoning – salt, pepper, chilli flakes
Coriander for garnish

- Method:
1. Heat a tbsp of sunflower oil in your pan and add the chopped onions and garlic and wait for these to brown
 2. Chop up your vegetables (ask for an adults help), add to the pan. Use a spoon to stir until vegetables become soft.
 3. Using the spoon, move your vegetables to one side of the pan. Crack two eggs into the other side of the pan and scramble. Add the seasoning
 4. Once eggs are cooked, mix with the vegetables.
 5. Add your leftover rice and stir for 5 minutes.
 6. Garnish with coriander and serve.

Ingredients:

1 tbsp plain flour
1 tbsp corn flour
1 tbsp gram flour (Besan)
½ tsp baking powder
½ tbsp tandoori powder
Salt to taste (¾tsp)
1 tsp Chinese Salt, MSG
(optional)

Chicken 65



- Method:
1. First, get the batter mixture together; plain flour, corn flour, gram (besan) flour, tandoori powder and salt
 2. Thereafter, add the following to the mixture; garlic paste, ginger paste, 2 tsp soy sauce, 1 tsp green chilli paste. Crack 1 egg and add some lemon juice.
 3. Mix together to produce a thick, gooey paste.
 4. Then mix the boneless chicken to the mix, marinate and leave for half an hour to an hour.
 5. Fry the chicken (for about 20 seconds) on high heat.

Next, in a separate bowl
(creating the sauce mixture) add;

Add oil

- 2 tsp mustard seeds
- 2 green chillis
- ½ Tsp garlic paste
- ½ TSP ginger paste
- 1 tsp dark soy sauce
- 1 tbsp of tomato puree
- 4 tbsp tomato ketchup
- 1 tsp vinegar

Finally mix the fried chicken with the sauce mixture and add ½ red pepper and 1 red onion. Fry the chicken and add some starchy pasta water from the noodles. Garnish the chicken coriander and serve with noodles enjoy!

Miss Ali's

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Steak and mushroom sauce



Ingredients:

8 oz of beef
8-10 chestnut mushrooms (chopped into medium thickness slices)
1 or 2 garlic cloves
2 stalks rosemary
2 stalks thyme
A few splashes of dark soy sauce
Double cream
Salt and pepper (and some spices if you want to)
2-3 tablespoons butter

Method:

Start off by drizzling some olive oil on your meat and rub it in. Next, rub some salt and ground pepper on your meat. You can also add some spices of your choice if you would like to add some more flavour. Then, you can cook your meat in a pan with some butter, garlic cloves, thyme and some rosemary. Once your steak is cooked, take it out of the pan and let it rest on the side.

Mushroom sauce:

In the same pan, cook your sliced mushrooms, garlic, thyme and rosemary with some butter. Once mushrooms are cooked, add in some salt, pepper, dash of soy sauce and your double cream and keep stirring for a few more minutes. Finally serve your steak on a clean dish and pour your mushroom sauce over it.

Mediterranean Bulgur Pilaf with Cheesy Chicken Skewers

Bulgar Pilaf:

2 cups of Bulgar
1 medium sized green
pepper
1 thinly sliced onion
1 large carrot diced
1 garlic
1 tomato
Salt
Pepper
Olive oil

Cheesy Chicken Skewers:

2 pieces of breast chicken
30g Mozzarella
Breadcrumbs
1 egg
Ketchup
Nandos Peri-Peri sauce
(optional)
Chilli Mayo (chilli is optional)
Chicken marinade sauce
Oil for frying
skewers

Method:

1. Soak the bulgur for at least 3 hours, this will enable it to be more soft when eating.
2. In olive oil, fry your thinly, sliced onions and garlic until they are soft.
3. Add your diced carrots and wait till this is soften.
4. Cut your medium sized green pepper into small squares and add this to the onions to fry.
5. Cut the tomato in small pieces and add this in.
6. Now, add the bulgur and mix well.
7. Add your salt and pepper and stir well. You can also add any other herbs e.g. mixed herbs (optional).
8. Cover your pan and let this cook on a low flame for 30-40 minutes.
9. Using a fork, fluff out the bulgur and dish out.

Method:

1. Wash your chicken and cut this into cubed pieces.
2. Marinate your chicken in some ketchup, chilli mayo, Nandos peri-peri sauce, chicken marinade sauce, salt and pepper. Leave this for 2-3 hours.
3. Put a piece of chicken through the skewer followed by a cube of cheese. Continue to do this until the skewer is full.
4. Beat one egg and dip the skewer into the egg.
5. Then dip the skewer into your breadcrumbs and make sure it is covered properly.
6. Fry in your pre heated oil until golden and the chicken is cooked inside.
7. Serve with the Bulgar Pilaf, remember to say Bismillah and enjoy!



Tabbouleh



Ingredients:

1 bunch of fresh parsley
½ tall glass of fine cracked wheat (bulgur wheat)
4 cloves of garlic 3-4 fresh tomatoes Juice of 1 lemon (squeezed and pulp chopped up - for that extra kick!)
1 teaspoon of dried mint (optional) or fresh mint
Pinch of salt (to taste)
1 tablespoon of olive oil (as desired)

METHOD



Place the wheat into a bowl and cover with a little water (just enough so that it soaks). Take care not to flood the wheat with too much water. Try and keep the wheat grainy.

Fine-chop the parsley and place in a separate bowl. If using fresh mint chop this together with parsley.

Crush the garlic cloves, until soft in consistency and add these to the parsley.

Chop the tomatoes into small cubes (avoid chopping them into tiny pieces). Add to the parsley mixture.

Add all other dry ingredients to the parsley mixture.

Add lemon juice and chopped pulp (a little quantity at a time to desired taste) to the parsley mixture.

Separate the grains of the soaked wheat and add these to the parsley mixture.

Finally add the olive oil- and there you have it! A fresh and healthy herb salad, which will delight your taste buds!



Mr A's

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Cookie dough

Ingredients:
250g castor sugar
400g plain flour
1 tsp vanilla flavouring
2 eggs
1tsp baking powder
chocolates of your choice in chunks
(the above are approximate measurements- makes 11 mini cookie doughs)

Method:

Pre heat oven at 175 degrees

whisk everything together besides flour, baking powder and chocolate chunks.

Add flour and baking powder and mix it till it becomes doughy in texture

add chocolate chunks-the more the better.

Knead the mixture till it comes together

take chunks from the dough and roll them into balls.

Press the balls down to slightly flatten it. (Shape like cookies)
bake for around 5 - 10 mins - the consistency of the cookie dough should be quite soft.

Whip it out of the oven and decorate it as you please. (Melted nutella chocolate and a scoop of oreo ice cream used in the picture)



Mediterranean Salad



Ingredients:

6 Roma tomatoes, diced
1 Large English cucumber diced
15 to 20 g chopped fresh parsley leaves
salt, to taste
1/2 tsp black pepper
1 tsp ground Sumac
2 tbsp Early Harvest extra virgin olive oil
2 tsp freshly squeezed lemon juice

Method:

1. Place the diced tomatoes, cucumbers and parsley in a large salad bowl. Add salt and set aside for 4 minutes or so.
2. Add the remaining ingredients and give the salad a gentle toss. Allow the flavours a few minutes to meld before serving. Enjoy!

Miss
Bismillah's

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Creamy Chicken Tagliatelle

Pesto

Ingredients:

- 1.5 cup whole fresh coriander or basil leaves
- 1 cup cashew nuts/pine nuts
- 1 tsp crushed garlic
- Juice of half a lemon
- 1 tsp olive oil
- 2 whole green chillies(mild)

Method:

Add all the above to a blender to make a fine paste, then set aside.

Take a moment to appreciate the vibrant green colour and rich smell!

Ingredients: (serves 6)

- 1kg boneless chicken-washed and cubed
- 500g Tagliatelle pasta
- 1 medium thinly sliced onion
- 1 medium green pepper-diced
- 1 cup sweetcorn
- 1 medium veg of your choice diced(optional)
- 25g butter
- 1 tsp crushed ginger
- Salt to taste
- Pinch of turmeric powder
- 300ml fresh single cream
- 300ml fresh soured cream/ crème fraiche
- Lemon juice
- Grated cheese/Parmesan tastes divine!(optional)
- Chopped coriander for garnish
- 2 medium pots

Method:

1. In a pot, fry your onions in the butter on medium heat. Keep stirring till they have caramelised evenly; golden in colour.
2. Next add in your pesto paste, ginger, salt, turmeric and roast the spices till your kitchen is fragrant. (Approx. 10-20 sec)
3. Then add in your cubed chicken, setting the heat to high. Stir for a minute or two/till the water has evaporated.
4. Now turn the heat back to medium, add in your sweetcorn, peppers and any veg you have prepared. Cover the pot and keep checking till the chicken and veg have cooked through.
5. Meanwhile in your other pot, boil the tagliatelle (follow instructions on the pack)
6. Once chicken mixture has cooked and tagliatelle boiled- combine them together in 1 pot. Add in your single and soured cream.
7. Plate it up by serving it fresh and hot; with a sprinkle of cheese, drizzle of lemon juice, garnish of coriander- bellissimo!

Take a picture, read bismillah and enjoy together!☺





Rose Dalgona



Ingredients:

1 cup double cream
5 tbsp rose syrup
Ice
Milk

Optional:

Chopped pistachios
Chia seeds

Equipment:

Big bowl
Electric whisk
Measuring cup
Tablespoon
Ice cream scoop
Glasses (x4)



Method:

1. Pour 1 cup of cream in a bowl.
2. Add 5 tbsp of rose syrup.
3. Mix with a spoon.
4. Whisk with an electric whisk to form stiff peaks or you can use a hand whisk.
5. Place few ice cubes in each glass.
6. Add cold milk to each glass (fill until $\frac{3}{4}$ full).
7. Add 2 ice-cream scoop of rose mixture to each glass.

Remember to say Bismillah and enjoy!



Miss
Aiema's

Falafel



Ingredients:

1 1/2 cups chickpeas (dry, but soak them overnight. If you use canned chickpeas it may not work as the mixture will be too mushy)

1 medium sized onion
2 cloves of garlic (mashed/crushed)
1 tbsp salt (depending on taste)
1 tsp cumin powder
1 tsp coriander powder
1 tsp chilli powder or flakes (optional: depends if you want it spicy or not)
1 bunch of parsley
2 tbsp flour
1/2 tsp baking soda

Method:

Combine the ingredients into a blender, only pulsing to ensure that you get a mixture that will stick together to make round shaped balls.

Make sure the mixture isn't too sticky or wet. It must be able to hold a shape.

Once you have mixed all the ingredients in the blender, leave the mixture in the fridge for 10-15 to firm up.

Next, begin to roll the mixture in your hands to create the small circular falafel shapes. Do not press too hard or make them too firm.

Heat up the oil in a deep fryer. Make sure the oil is hot before you fry the falafel.

Once you put it in, turn the heat to medium high. You don't want the heat to be high otherwise the falafel will burn, or only cook from the outside, and not the inside. You may cook 3-5 at a time depending on your fryer (they shouldn't be overcrowded)

Fry for approximately 5 minutes or until golden brown. You may turn them halfway between cooking so that each side cooks evenly.

To serve with pitta bread, salad, hummus or tahini sauce:

Heat the pitta bread and cut in half so you can fill it up. Add the salad and falafel inside the pitta bread. Add hummus or tahini sauce (however much you like).