



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



'n Lekker Labarang

Chicken, Mushroom and Spinach Pie

Ingredients

2 T butter
1 finely chopped onion
6 chicken fillets cut in small cubes
250g finely chopped spinach
1 punnet mushrooms diced
1 heaped tablespoon chicken spice
2 x chicken a la king powder
600ml water
1 fresh cream
1-2 rolls puff pastry depending on the size of the pie dishes
6 large potatoes, peeled and cubed
4 T butter
1 mug warm milk
Salt to taste
1 t baking powder

Method

Boil the potatoes until soft. Strain the excess water, add salt, baking powder, butter and warm milk to the potatoes and mash until smooth.

Set aside and allow to cool.

In a large pot braise the onions in butter until golden.

Add the chicken, chicken spice, mushrooms and spinach and braise until dry.

Add the 600ml water mixed with the chicken a la king powder and the fresh cream.

Reduce heat and bring to boil.

Set aside and allow to cool completely.

Grease or spray a large dish or individual pie dishes.

Line the dish with mash, followed by the chicken filling and top with pie pastry.

(I unroll the pastry from the packet but do not roll it out further, use it as is.)

Tuck the pastry gently in the dish ensuring all the sides are covered.

Brush with egg and refrigerate for 15 minutes to allow the pie to set.

Bake in a preheated oven on 200°C for 25-35 minutes or until the pie is crisp and golden.



LEKKER SOET: Chocolate cake

CELEBRATE EID UL FITR WITH YOUR FAVOURITE DISHES

BY FARZANA KUMANDAN

THIS week marks an important day on the Islamic calendar, where Muslims all around the world end off the month of Ramadaan and come together to celebrate the day of Eid ul Fitr or Labarang.

Eid is a day filled with happiness that reminds us to appreciate our blessings and show gratitude to the Almighty, to thank Him for granting us the strength following a month of fasting, sacrifice and reflection.

Muslim homes are filled with excitement as everyone dresses up wearing their best clothes and wishes their loved ones "Eid Mubarak" (meaning have a blessed Eid).

The highlight of our day is getting together for a big meal with family and loved ones.

We gather around the table and enjoy dishes made with

traditional recipes passed down for generations.

The hustle of pots in the kitchen, the smell of *lekker* food filling the air, reminiscing on old times and the laughter of family coming together is what Eid days are for.

All our favourite *lussies* are made, and it is a time to make new memories around the table.

In our home, after the Eid morning prayer, we are welcomed home by the smell of a *lekker* pie and *soutvleis* and a *warme gebakte brood*.

Lunch is extra special and made with a lot of love as it is planned out weeks before Eid.

Almal moet lekker eet and, if you're lucky, you get a *barakat* to enjoy the next day.

I am sharing some of my favourite recipes for you to enjoy and add to your Eid or Labarang spread.

Stay safe, *eet lekker* and Eid Mubarak to you all Insha Allah.

CORNERED BEEF

Ingredients

1 piece of corned beef (preferably the eye piece)
2 carrots peeled and cut in half
1 large potato peeled and cut in half
2 bay leaves
1 teaspoon black peppercorns and 4 All-spice

Method

Fill a large pot with cold water and add all your ingredients (water must cover the corned beef).

Once it boils, turn down to a medium heat. Allow it to simmer on a slow boil for three hours.

Keep topping up the water, ensuring the corned beef is completely submerged in water.

After three hours remove the beef from the water and transfer to a glass dish.

Lightly cover with foil and enjoy. Do not refrigerate the beef, leave it fresh to enjoy on Eid morning.

Recipe suitable for corned tongue.



EID MUBARAK CHOCOLATE CAKE

Ingredients

3 eggs (separated)
2 cups sugar
1/2 cup oil
1 cup buttermilk
1 3/4 cup self-raising flour
3/4 cup cocoa
1.5 t baking powder
1/2 t bicarb
1/2 cup warm water mixed with 1 heaped t strong coffee

Method

Boil water and mix 1/2 cup water with a teaspoon of coffee. Allow

to cool (water should still be warm).

Separate the eggs and whisk the egg whites until soft peaks, and set aside.

In a separate bowl whisk together the egg yolks, sugar, oil and buttermilk until light and fluffy.

Add in the warm coffee and dry ingredients and mix until smooth and lump free.

Lastly, fold in the egg whites and mix until

smooth.

Transfer to two baking tins and bake at 170°C for 20-30 minutes or until a toothpick comes out clean.

Once the cake has cooled, spread the bottom layer with 1/2 tin Nestle Caramel Treat, followed by 1/2 a cup of whipped, fresh cream.

Add the top layer, cover it with fresh cream and sprinkle over grated chocolate. Decorate as desired.

OVEN ROAST LEG OF LAMB

Ingredients

A leg of lamb (3-3.5kg)
2 T barbecue spice
1 T black peppercorns
1/4 cup olive oil
5 cloves garlic
A few sprigs of rosemary
Root vegetables of choice

Method

Rinse the lamb and trim it of all excess fat.

Marinate the lamb with oil and spices.

Make incisions into the leg with a sharp tip knife and insert the garlic and sprigs of rosemary.

Transfer the leg to a roast-

ing dish and add peeled root vegetables of your choice.

(We used baby potatoes and carrots, but any veg works well).

Add a sprinkle of barbecue spice over your vegetables and cover your roasting dish with a double layer of foil.

Ensure the foil seals the dish completely, so no heat escapes (we want the lamb to steam in its own juices).

Roast in a preheated oven at 180°C for three-and-a-half to four hours.

In the last 20 minutes of

your cooking time, remove the foil and return the lamb to the oven to brown.

For the gravy:

Remove the excess liquid from the roasting dish and transfer to a pan.

On a stove top over a low heat, simmer the liquid, until it reduces and it comes to a slow boil.

In a cup, mix 1 heaped teaspoon of corn flour to a quarter cup of cold water and add it to the pan.

Lastly, stir until it thickens and stir in one teaspoon of butter.

OREO CHEESECAKE

Ingredients

For the base
150g melted butter
2 boxes Oreo biscuits crushed
For the filling:
450g cream cheese (room temperature)
2 cups fresh cream
1 cup icing sugar
1 packet crushed Oreos
1 t vanilla essence
1 t cocoa

Method

For the base:
Crush the biscuits and mix it with the melted butter.

Press it flat in a round cheesecake tin or individual glasses.

Refrigerate for half an hour.

For the filling:
Whisk the fresh cream until soft peaks.

In a separate large bowl, whisk the cream cheese with an electric beater until smooth and lump free.

Add in cocoa, vanilla essence and icing sugar and whisk until smooth.

Lastly, fold in whipped cream and add in the crushed Oreos.

Spoon into a cheesecake tin or into individual dessert glasses.

Sprinkle with some crushed Oreos or top with mini Oreos and refrigerate overnight.

