



COOKSISTER

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



FATIMA'S FLAKY ROTI

Ingredients
 6 cups of cake flour
 1t of salt
 2-3T sunflower oil
 2 cups of warm tap water
 150 grams of butter

Method
 In a large bowl, mix together all the ingredients, except the butter, until a soft dough is formed. If too sticky, just add a little more flour, about 2-3 tablespoons. Knead for a minute. Next, take bits of the dough to form small balls and roll each one out on a

lightly oiled surface to form a big, round disc. Spread a thin layer of butter on the discs, roll them up to form a long thin sausage. Then roll up each end of the sausage to form an s-shaped roll, and then fold one side on top of the other. Cover with cling wrap and place the roti in the freezer for 30 minutes or in the fridge for a few hours. Roll out each roti the size of a dinner plate and fry in a hot frying pan until it's golden, then turn over onto the other side (fry around

40 seconds on either side). Take the roti out of the pan and clap it between your hands to make it flaky. Serve with curry. Tips - I try to roll out my roti dough as thin as possible and my surface is always oiled with a tiny bit of vegetable oil. My butter is at room temperature, this ensures a very light, fluffy and crispy roti. Do not oil your pan when frying this roti. Use a large, non-stick pan to fry. I use an electric frying pan.

CHICKEN CURRY

Ingredients
 8-10 pieces of chicken (remove most of the skin)
 3T of oil
 3 onions, peeled and finely chopped
 3 cardamom pods
 3 cinnamon sticks
 2 bay leaves
 Salt to taste
 6 cloves of garlic, peeled and grated on fine side of the grater, or finely chopped
 1-2 t of freshly grated ginger
 1 heaped t of turmeric
 2-3 heaped Tbsp of roasted masala
 1t of red chilli powder
 1T of vinegar (optional)

1t of sugar (optional)
 5-6 potatoes, peeled and cut into 4
 A bunch of fresh coriander

Method
 In a large pot, heat the oil and add the onions, cardamom, bay leaves and cinnamon sticks and cook and stir on a medium heat for 25-30 minutes, adding a tablespoon of water every 5 minutes. By this time the onions should be golden brown and cooked. Next add the salt, vinegar,

sugar, garlic and ginger and the rest of the spices, and stir. Next, add the chicken and potatoes and stir a few times to mix the spices through. Now, add a cup and a half of water, stir it once, and cover the pot with the lid. Cook on a medium heat for 20-25 minutes or when the potatoes are cooked, making sure to stir occasionally. Last, add the fresh coriander and serve with rice/roti and *uiwe slaai*.

COOKSUSSIES

Celebrate the Sydow sisters with lekker recipes

BY FARZANA KUMANDAN

IT'S WOMEN'S Month and we are celebrating our amazing women!

Today, we honour the Sydow sisters, twins Fatima Sydow and Gadija "Gaja" Sydow-Noordien. They are strong, brave women and two of my biggest inspirations. These *sussies* have definitely made their mark in our hearts along with their devoted dad Haji Abduragmaan Sydow, and their *tietie* Hajira Sydow, who is giving us meal inspiration with her amazing 'Kerrie Me Home' page on social media. Fatima Sydow has also made her way into our kitchen cupboards, with her very own spice range by HQ Foods.

Ignited

Fatima and Gaja were born and raised in the heart of Manenberg and their love for food was ignited by their late mom, Haji Wasiela Sydow. Their strong family values shine through in all they do and they give a deep meaning to 'bringing family, loved ones and people together through their love for food'. Their journey was also celebrated through a television series called *Kaap Kerrie en Koesters*, produced by Gavin Sweeney. This show was the highlight of my TV week and I could watch them for hours making the most amazing Cape Malay inspired dishes. This show also inspired the sisters' cookbook, *Cape, Curry and Koesters*, a must-have in every home. The recipes are not only mouth-wateringly lekker but also quick, easy, flop proof and affordable, using basic ingredients we have at home. Fatima and Gaja both have their own YouTube channels, where you can get step by step videos with tips and tricks on how to make the perfect dish. This week I am sharing some of their most popular dishes. And six lucky readers will stand a chance to win a set of Fatima Sydow Cooks Spices, sponsored by HQ Foods, for you to create magic in your own kitchen. Simply SMS "Cooksister" + your Name and Surname to 33258. SMS line closes on 11 August 2021 at midnight. Terms and conditions apply.



FOODIES: Fatima Sydow and 'Gaja' Sydow-Noordien with me, Farzana



FIRM FAVOURITE: Fatima's flaky rotis



WHOLESAME: Lekker chicken curry



MALVA PUDDING

Ingredients
 2 egg
 2 cups of sugar
 2 cups of cake flour
 1t baking powder
 2t baking soda/ bicarbonate of soda
 2-3T apricot jam
 2T of Vinegar
 2 cups of milk
 3T of butter
 For the sauce
 1 cup of milk
 2-3T of sugar
 2-3T of butter
 1T of vanilla essence

Method
 First step, pour the milk and vinegar into a small jug and let it sit one side. Next, in a bowl whisk your egg, sugar, butter and jam for about 2 minutes. Add your sifted dry ingredients and your milk mixture and stir until well combined. Pour in a square greased pan or glass oven-proof baking dish. Bake for 35-40 minutes at 180°C or when an inserted skewer comes out clean, the cake will also be a brown colour. While the cake is baking, put all your sauce ingredients in a small saucepan, heat to a simmer and stir till boiling. Keep warm on one side. When your cake is done, take it out of the oven and immediately pour over all the sauce. Tip - For the sauce, you can also heat half a can of evaporated milk with a teaspoon of vanilla essence until warm, and then pour over the baked malva cake immediately.

BREAD PUDDING WITH STEWED DRIED FRUIT

Ingredients
 For the bread pudding
 8 slices white bread, crust removed
 1 litre milk
 4 tablespoons custard powder mixed with half a cup of milk
 8 large eggs
 1 cup of sugar
 2T of soft butter
 2t of vanilla essence

3 cardamom pods
 3 cinnamon sticks
 For the sauce
 2T of fine apricot jam
 4T of boiling water
Method
 In a large bowl, beat the sugar and butter for a minute. Add the eggs and beat well for about 2 minutes. Next add the rest of the ingre-

dients and mix well until you see the bread is well incorporated and quite mushy and the sugar has dissolved. Pour the mixture in a greased deep baking oven pan and bake in a preheated oven at 170°C for 55 minutes or until you see the edges turn a golden brown. For the sauce Next, mix together 2 table-

spoons of fine apricot jam with 4 tablespoons of boiling water until smooth. Pour this mixture over the hot pudding. Make stewed dried fruit by boiling 2 cups of mixed dried fruit in 3 cups of water, 1 cup of sugar and 2 cinnamon sticks until the stewed fruit is soft and covered in a sweet and sticky sugar syrup. Place the stewed fruit on top of the bread pudding and serve.

