



COOKSISTER

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



Doen jou eier ding

LEKKER BREAKFAST RECIPES TO TRY OUT

TURKISH EGGS

By Farzana Kumandan
For the yoghurt sauce

Ingredients

- 1 cup double cream yoghurt
- 1 grated garlic clove
- ½t smoked paprika
- ¼t black pepper powder
- ½t salt
- ½t garlic powder
- ½t jeera powder

Method

Mix all ingredients together and bring to room temperature.

Fry your eggs (with the yolk still a bit runny).

Top on a bed of spiced yoghurt.

For the Butter

Ingredients

- 3T butter
- 1t smoked paprika
- 1t dukka spice
- 1T crushed chillies

Method

Melt butter on a high heat, once melted add in the spices and allow to bubble or foam

Spoon over the eggs and garnish a sprinkle of sumac and freshly chopped parsley.

TASTY: Delicious Turkish egg



BY FARZANA KUMANDAN

HAVING a good breakfast is the best way to kick-start your day.

Many say breakfast is the most important meal of the day, as it breaks the overnight fast period and pushes up your energy levels.

If your day is jam-packed and your mornings busy, it's easy to skip breakfast and just grab a strong cup of coffee, but this does tend to catch up with you later in the day.

A nutritious breakfast can really make a difference; it keeps you fuller for longer and helps you have a productive day.

Frittata is one of my favourites as these can be prepped days before.

It's fluffy little egg cups packed with your favourite fillings and they are so easy to make.

Use a muffin tray and add toppings (see recipe below), and they even work wonders if you have leftovers.

Frittatas take about 15 minutes to make and you will have a few days of breakfast sorted in no time.

Options

There are many options for breakfast on the go – think fruit, yoghurt, quick oats, a smoothie or even a lekker sandwich.

Just like breakfast choices differ from person to person, it also differs in countries all around the world.

Some nations like grains, breads or eggs whereas others opt for fruits, muffins, pastries or even French toast for a sweet start to their morning.

On the weekends when we have extra time and *lus* for a big traditional South African breakfast, we go all out.

Yummy toast, eggs, mushrooms, sausage or viennas and a good spicy bowl of baked beans on the side is a must.

This week I am sharing some of my favourite 'weekend recipes', which are also perfect for brunch.

MASALA EGGS

By Farzana Kumandan
Masala Eggs

Ingredients

- 2 onions (finely chopped)
- 1t garlic
- 3 grated tomatoes
- 2 cups water and 1 cup water
- 2 heaped t barishap (fine fennel)
- 1t turmeric
- 1t chilli powder
- 5 to 8 eggs
- Salt to taste

Method

Braise the onion on a low heat, in oil, until most of the onion has reduced and the onion is golden brown.

Add the garlic, tomato, spices and two cups water and simmer on a low heat, until the water has dried out and your tomato is thick and pulpy.

Turn off heat and add a cup of water to the pot.

Crack the eggs individually in a cup before adding it to the pot.

Turn on low heat and cover with the pot lid. Simmer for 10 minutes, until your eggs are firm and the yolk is cooked.

Garnish with freshly chopped coriander and red or green chillies.



CRISPY EGG ROLLS

By Farzana Kumandan

Ingredients

- 2T butter
- 3 eggs

- A dash of milk
- Salt and pepper to taste
- Handful chopped spinach
- Red pepper diced

- Diced onion
- 3T cheese
- Any fillings of your choice
- 1 wrap
- Chutney or sauce of your choice

Method

Spread some chutney or sauce on your wrap.

Whisk your eggs with salt pepper and a dash of

milk.

Fry your egg in two table-spoons of butter in a non-stick pan on low heat.

Add your diced and chopped veg and sprinkle over your cheese.

Once the middle of the egg firms.

Cover your egg with the wrap with the chutney side on the egg.

Cook for a minute and flip.

Once the wrap is golden brown, transfer to a plate and roll up.

Slice and serve.



SPICY BEANS

By Farzana Kumandan

Ingredients

- A dash of olive oil
- ¼ onion chopped
- 2t sriracha sauce
- 1 tin baked beans

Method

Braise your onion until golden.

Add in your baked beans and sriracha sauce. Simmer for 3 minutes and serve.

FRITTATAS

By Farzana Kumandan

Ingredients

- 4 large eggs
- 2T milk or cream or almond milk
- Salt and pepper, to taste
- Danya chutney (if you like a bite)
- Fillings of your choice
- 3T finely chopped spinach
- 2 baby tomatoes diced
- 2 mushrooms
- 1 spring onion
- 1T feta
- 2T cheddar cheese
- ½ slice pastrami or smoked chicken
- A dash of paprika or parsley for garnish

Method

Double spray pan muffin tray



or foil cups (without the holes). Add in the fillings of your choice.

Whisk together the eggs, milk and salt and pepper.

Pour the eggs in ¾ way full.

Garnish with parsley or paprika and bake in a preheated oven on 180°C for 12 to 15 minutes.

Serve hot or cold.

Makes eight to 10 standard cups depending on your muffin cup size.

HASH BROWN EGGS

By Farzana Kumandan

Ingredients

- 4 large potatoes grated
- 1 clove of garlic
- A dash of rosemary or mixed herbs
- 3t of butter
- Salt to taste
- 4 eggs
- ¼ cup cheese

Method

Microwave your grated potatoes for five minutes.

Add in the garlic, rosemary, butter and season with salt.

Mix well and transfer to a skillet or an oven safe dish

(double sprayed with spray and cook).

Add dents with the back of a spoon for eggs later and bake for 20 minutes on 180°C in a preheated oven.

Once the potato is golden brown, sprinkle over the cheese and drop in your eggs.

Crack in a cup first, then add to your pan.

Season the eggs lightly with salt.

Bake for a further five to seven minutes on 180°C, depending on how firm or runny you like your eggs.