



# COOKSISTER

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



## TURKISH FALAFELS

### Ingredients

- 3 tins chickpeas (drained)
- 1 t cumin
- 1 t coriander
- ½ teaspoon black pepper
- 2 red chillies
- 1 red onion
- 1 cup fresh parsley
- 4 T lemon juice
- 7 cloves of garlic
- Salt to taste
- 3 T Chickpea flour (Chana flour or chilli bite mix)

### Method

In a food processor, blend together all the ingredients except the chickpea flour. Once all ingredients are mixed to form a thick paste, add in the flour and two extra tablespoons of finely chopped parsley. Refrigerate for 20 minutes. Roll into small balls and dip into sesame seeds. Shallow fry in hot oil until golden brown.



DELICIOUS: Turkish falafels

# WORLD FOOD DAY

## MEXICAN CHEESY AVO NACHOS

### Ingredients

- 1 large bag corn chips
- 1 jar 200ml spicy nachos salsa or sweet chilli sauce
- 2 T sliced pickled jalapeños
- 1 tin sweetcorn (drained of excess water)
- 1 tin red kidney beans (drained of excess water)
- 2 cups grated cheddar cheese
- 1 cup grated mozzarella cheese
- 1 tub sour cream
- 2-3 mashed avocado mixed with three tablespoons mayo
- Fresh chives or spring onion for garnish

### Method

In a large Pyrex dish layer, your chips (leave behind 2 handfuls). Top the chips with half the sweet chilli/salsa sauce. Sprinkle over half the cheese. Add the remaining chips and cover in the remaining sweet chilli/salsa sauce. Add the corn, jalapeños, beans and top with cheese and avocado. Bake at 180 degrees in a preheated for 15 minutes until the cheese melts. Serve with generous heaps of sour cream and garnish with freshly chopped chives or spring onion.

## My favourite recipes from around the globe

ON Saturday, 16 October, we celebrate World Food Day.

If there is one thing people all around the globe understand, it is the language of loving good food.

Different tastes, colours, textures, smells and spreads of delicious food can bring the most diverse group of people together.

Although each country has food or dishes specific to them, to

me it's always a representation of love, culture and so much more.

It is a part of their story and who they are, that they are sharing on a plate with you. Making and tasting dishes from all around the world is the quickest way to visit different coun-

tries, without travelling to them...take your palate on a food journey.

One simple spice or ingredient can be used in a million ways and the outcome of each dish is completely different.

### Curry

I once made an Indian vegetarian curry, my ingredients included a few curry leaves, tomato, whole spices and among others, fine cumin and turmeric.

A week later, I tried a Thai fried chicken and marinated my chicken with a handful of curry leaves, cumin and turmeric and deep fried it - the same spices but completely different flavours.

Some of my favourite foods from around the world include: Italy - for a firm favourite Pizza and Pasta

Mexico - for Nachos, Tacos, Tortillas and burritos

America - for burgers and classics like toasted cheese

France - for the most amazing Pastries, Macarons, Eclairs and Croissants.

India - for the most aromatic curries, roti and breyani.

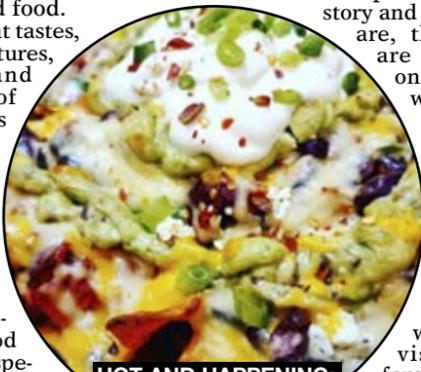
Turkey and all the meditation countries - for Hummus, falafel and kebabs.

Malaysia and Thailand - for the flavourful Thai curries and stir-fries.

Japan - for sushi, sashimi and tempura foods.

This week I am sharing my favourites from around the world in honour of World Food Day.

Love, your Cooksister



HOT AND HAPPENING: Mexican avo Nachos

## DUTCH BANANA & CUSTARD PANCAKE

### Ingredients

- 3 eggs at room temperature
- ½ cup milk at room temperature
- 1 T vanilla essence
- 2 T sugar
- ½ cup flour
- 1 t custard powder
- Pinch of salt
- 2 T soft butter
- 1 heaped tablespoon cinnamon sugar (mix 1 level tablespoon brown sugar and ¼ teaspoon fine cinnamon)
- 2 thinly sliced Bananas

### Method

Allow the eggs and milk to come to room temperature for at least an hour.

Preheat the oven and skillet on 220°C for 10 minutes.

In a blender, blitz the eggs, milk, vanilla, sugar, flour, custard and salt until smooth.

Remove the skillet from the oven and add the butter.

Allow to melt and sizzle. Once the butter is completely melted, add in the batter.

Sprinkle over the cinnamon

sugar (don't stir, we need it to slightly caramelize the banana) Evenly drop in the sliced banana.

At this stage, the butter will float to the top and the cooking process will start.

Return to the oven and bake on the bottom rack (away from the element) for exactly 15 minutes until golden brown.

The sides will crisp and puff up completely.

Remove from the oven, add a drizzle of honey and serve warm.



kicker: dutch banana pancake

## ASIAN POT STICKERS

### Ingredients

- 300g chicken mince
- 1 cup finely grated cabbage
- ½ cup finely grated carrot
- 1 heaped T garlic and ginger
- 2 T sesame oil
- 2 heaped T green danya chutney or strong chilli chutney
- Salt to taste
- Wonton wrappers

### Method

Drain chicken mince and veg of all excess water. In a large bowl add all your ingredients and mix well.

Line all your wrappers up on a table and add a teaspoon of filling in the middle of each wrapper.

With your finger dab water along the outer edges of your wrapper.

Fold over the wrapper to create a half moon shape and gently pinch the edges, while firmly sealing the pot sticker.

In a skillet or pan, heat two tablespoons of oil on a high heat for two minutes.

Reduce the heat to medium and add your pot stickers.

Fry the pot stickers for three minutes per side on a medium heat until it's golden.

Do not try and move them until they're firm and golden.

\*If you are frying them from frozen, the same applies, however after they're golden brown, add three tablespoons of water to your pan, cover with a lid and steam for a further four minutes.

This will ensure the pot stickers are steamed through completely and not frozen or cold in the middle.

Serve with soy sauce and saucy concoction of your choice or a simple chilli and soy sauce on the side.

## INDIAN SPINACH DHAL

### Ingredients

- For the dhal
- ¾ cup red lentils
- ¼ cup oil dhal
- 1 small, chopped onion
- 1 small, chopped tomato
- ½ t coriander
- ½ t cumin
- 1 t turmeric
- 1 t salt
- For the tempering
- 1 T butter
- 3 garlic cloves
- ½ t cumin seeds
- ¼ t yellow mustard seeds
- 1-2 dried red chillies
- Curry leaves
- 1 cup or handful finely chopped spinach

### Method

Rinse the dhal/lentils and soak in boiling water overnight or for at least two hours.

In a large pot, add the onion, tomato and spices and 1½

litres water.

Bring to boil and simmer on a low heat until most of the water has cooked dry (30 to 40 minutes)

Add a teaspoon salt and use a stick blender to blend until smooth.

In a separate small pot, add the butter, garlic, seeds, chillies and curry leaves.

Sauté for a minute, until the ghee melts, the seeds pop and the tips of the garlic turns golden brown.

Add in the spinach and sauté for a minute.

Add the tempered spices and spinach to the dhal.

Simmer until it boils, garnish with fresh coriander and serve.



## ITALIAN PIZZA DOUGH

### Ingredients

- 2 cups self-raising
- 1 cup double cream yoghurt
- Extra flour for sprinkling

### Method

Mix both ingredients together until a soft sticky dough is formed.

Roll out in a floured surface until super thin (add extra flour if necessary).

Transfer to a baking tray lined with baking paper

Poke holes in the base with a fork. Add your favourite toppings and bake on 180degrees for 15 to 20 minutes until golden, thin and crispy.