



# COOKSISTER

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



## TORTILLAS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 3 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup oil
- 1 cup warm water

### Method

In a large bowl mix together all the dry ingredients until well combined.

Slowly add in the water and oil and mix with a spoon until well incorporated.

Knead until a soft, smooth dough is formed.

Divide the dough into 12 equal sized balls, cover and allow to rest for 10 minutes.

Roll out on a lightly floured surface and fry on a hot non-stick pan.

Once little bubbles appear, flip and fry until the bubbles are slightly golden and the edges are dry.

Remove and place the cooked tortilla on a plate and cover with a clean dish cloth to keep warm before stuffing.

## TACOS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 2 cups Flour
- 1 cup Maize Meal
- 1 teaspoon Salt
- 1 large Egg
- 2 cups water
- 1 tablespoon Oil
- Drop of yellow food colouring

### Method

In a large bowl mix together all the dry ingredients until well combined.

Slowly add in the water, oil and food colouring and mix with a spoon until well incorporated.

Whisk until smooth and lump free, the batter will be slightly runny.

Spray a thick based small pancake



pan or 1 egg with grease spray.

Once it thickens slightly and little bubbles appear, flip and fry until the bubbles are slightly golden and the edges are dry.

Remove and place the cooked tacos on a plate and cover with a clean dish cloth to keep warm.

Once cooled, shape and deep fry in hot oil (20 seconds per side) allow to cool on roller towel.

Warm in the oven or air fryer as needed.

## GRILLED CHICKEN FILLING FOR TACOS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 4-6 chicken fillets
- 1 teaspoon garlic flakes
- 2 heaped tablespoons chicken spice
- 1 teaspoon cumin
- 1 teaspoon paprika

### Method

Slice each chicken breast in 3 slices (lengthwise) and season with all the above spices.

Line a bread loaf pan with baking paper, start layering your chicken in the pan.

Once done, press slightly and compress to flatten the chicken.

Bake on 180°C for 45 minutes.

If you prefer it more chargrilled, pop the chicken loaf out of the tin and grill on a tray for 5-10 minutes.

Allow to cool, slice and serve.

# TACO LOOK AT THIS DITE

Mexican food lovers, this is for you!

## CHEESY CORN BAKED TORTILLAS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 2 tablespoons butter
- 6 chicken fillets cubed
- 1/2 cup frozen corn
- 1 tablespoon Portuguese spice
- 1/2 cup water
- 3/4 cup mayo
- 1/2 cup mild, medium or hot peri sauce

### Method

Braise the chicken fillets, corn and spice in the butter until golden brown.

Once browned, add the water and simmer until the chicken

has cooked, water has reduced and it is cooked completely dry.

Add in the sauce and mayo, then simmer for 2 minutes until the sauce has thickened.

Fill the tortillas, roll them up and place them packed tightly next to each other in a rectangle Pyrex dish.

Generously sprinkle with cheese. (I use crumbled feta, and bits of peppadew and jalapenos for colour).

Grill on 200°C for 5-10 minutes until the cheese bubbles.



JUAN TASTY MEAL: Tortillas

TO KICK off the wonderful month of October, we celebrated Monday, 3 October, as World Taco Day.

A whole day dedicated to all Mexican food lovers to go loco for tacos.

Tacos originated in Mexico, where women made them to sell for an extra income.

Just as each family has their favourite meal, each vendor had their favourite version.

In some homes people still strongly honour the taco tradition by having "Taco Tuesday" and this was later trademarked by Taco Eateries.

This traditional snack is made from either corn or wheat, and you can pretty much add in anything that takes your fancy.

Folded, wrapped or served open, these crunchy little treats can be vegan friendly, gluten free, or made to suit your taste.

The name "Taco" was derived from the Spanish word ataco, which means to stuff.

So to be true to its name, you can stuff those crispy fried shells or soft tortillas with

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mince, chicken, fish or veggies and top with your favourite toppings, like salsa, jalapeños, guacamole, sour cream or even cream cheese.

In our home, we always look forward to taco night, especially over a weekend or movie night.

It's the perfect crowd pleaser, because a little goes a long way.

### Platter

Prep your platter with chopped up bits of veg, protein, spices, sauces and your favourite toppings and let your guests make their own little treat of happiness.

It's also the perfect gift, so next time you'd like to send supper to a friend, surprise them with a box of "Do it yourself" or DIY Tacos.

If you would like to venture into experimenting with Mexican foods, the taco is the perfect way to kickstart your journey.



## CHICKEN TORTILLA CUPS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 1 tablespoon butter
- 1 small, chopped onion
- 1/4 cubed green pepper
- 2 finely diced chicken fillets
- 1 grated garlic clove
- 1 tsp Cajun spice
- 1/4 cup lemon and herb sauce
- 2 heaped tablespoons mayo
- 24 Mini Tortillas
- 1 cup grated cheese

1 tub sour cream  
Fresh spring onion for garnish

### Method

Braise the chopped onion, green pepper, garlic, chicken and Cajun spice until slightly golden.

Then add the sauce and mayo and mix until well combined and slightly heated.

Place the mini tortillas in a muffin tray.

Add the chicken filling, top with grated cheese and bake on 180



degrees for 15 minutes, just until the cheese melts and the tips of the tortilla are slightly brown. Serve hot or cold with a dollop of sour cream and garnish with spring onion.

## BEAN SALSA FOR TACOS

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- 1 tin baked beans or butter beans in tomato sauce
- 1 tin red kidney beans
- 1/2 cup cherry tomatoes
- 1/4 cup sweet chilli

- sauce
- 2 tablespoons vinegar
- 1 green chilli
- 1/2 onion finely chopped
- Fresh chopped parsley

### Method

Mix all ingredients together and chill for at least a half hour before serving

