



COOKSISTER

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



FOCACCIA

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- For the dough**
 1 warm water
 1 heaped teaspoon sugar
 1 heaped teaspoon yeast or half packet purple yeast packet
 3/4 cups flour
 1 tsp salt
 1 tbsp olive oil
For the topping
 Extra 1/4 cup Olive oil
 1 1/2 tbsp garlic and herb spice
 3 sprigs thyme roughly chopped

Method

In a large bowl, add the water, sugar and yeast and leave for 3 minutes and allow to foam.

After 3 minutes, gently whisk together. Add in the flour, olive oil and salt. Don't add the salt before as it will slow down the yeast activation.

Mix to form a soft smooth dough. It will look as if the dough is slightly dry but knead for 3 minutes and it will come together.

Grease a separate large bowl with olive oil and transfer the dough.

Cover with clingwrap and a tea towel and leave in a warm place, allow to rise until it doubles in volume. If you have the time, you could leave it overnight too.

Once risen, grease brush a large black oven tray with olive oil and transfer the dough.

Stretch out the dough to cover the corners and allow it to rest for a further half an hour.

After a half an hour poke the dough full of holes with the back of a wooden spoon, brush over the olive oil, sprinkle the garlic and herb seasoning and thyme.

Bake at 220°C degrees for 25 minutes, until the top is golden brown.

HAPPY November people!

As we welcomed 1 November, we also celebrated World Vegan Day.

A vegan diet consists of mainly plant-based foods, which includes vegetables, grains, nuts and fruit.

Vegans do not eat any foods that are derived from animals which include eggs and dairy.

They do, however, enjoy vegan 'meat' alternatives, often made from soya, beans, veg or even lentils.

The vegan diet has become increasingly popular, and people choose to go vegan for various reasons, which include environmental concerns and those wanting to improve their health.

Well planned vegan diets are regarded as appropriate for all stages of life but also have many variations which include a raw-food vegan diet, a whole-food vegan diet and a starch focused vegan diet.

Today, we feature my favourite vegan team,

BY FARZANA KUMANDAN

Madhu's Marvellous Munchies.

They have been offering Traditional Indian Cuisine, inspired by food-consciousness with a vegan twist.

Established in 2019, this team is a home-based family affair, offering a daily delivery service but you can also find them at The Vegans Goods Market, every month end, at the Range in Tokai.

Creating all the amazing dishes is the head chef, Madhuri Prag who has over 30 years of catering and culinary experience. Prag says: "We decided to put our energies together and help spread consciousness through good, soul food."

To get your vegan taste buds tingling, this week I am sharing my favourite Vegan recipes, inspired by Madhu herself.

Visit www.madhummunchies.co.za for more information.

Happy Cooking, Love your Cooksister



EXPERIENCE: Madhu's Marvellous Munchies



FEATURED: Coconut and chilli

Time to experience a unique lifestyle with these lekker recipes



CUISINE FOR YOU: Fried rice



CHICKPEA AND CORN SALAD

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 1 tin chickpea rinsed and drained
 2 mielies
 1/2 cucumber chopped
 1/2 red onion diced
 1 punnet baby tomatoes cut in 1/2
 1/2 cup chopped fresh parsley
 1 spring onion chopped
 1 tsp fine cumin
 Juice of a 1/2 lemon
 3 tbsp olive oil

Method

Boil mielies in water, allow to cool and cut the corn off.

In a large bowl mix together all the ingredients.

I have used the lemon and olive oil quantities as a guide but use equal quantities and adjust depending on how saucy you like this salad.

If you prefer sweetness, add a drizzle of honey.

COCONUT AND CHILLI CHICKPEAS CURRY

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 2 T olive oil
 1 onion finely chopped
 1 green chilli (or 2 red if you like heat)
 2 T garlic and ginger
 1 t turmeric
 1 heaped t jeera
 1 heaped t koljana

- 1 heaped t tandoori spice
 2 T sugar
 1 t salt
 2 tins of chickpeas
 1 tin of coconut cream
 1 tin coconut milk
 240g tub tomato puree
 200g tender stem broccoli
 Handful purple cabbage
 2 T pan roasted almonds

Method

Dry roast the almonds in a pan and set aside.

Flash fry the broccoli and cabbage in olive oil until tender and crisp (about 3 minutes).

In a heavy based pot over a medium heat, fry the onion in oil until golden brown.

Add the garlic and ginger, spices and a dash of water and dry for 1 minute.

Add the tomato puree,

coconut cream, coconut milk, sugar and salt and simmer for 15 minutes. Add the drained chickpeas and cook on a medium heat for 10 min until the sauce has slightly thickened or the chickpeas start to visibly show.

Toss in your cabbage and broccoli and garnish with toasted almonds.

Serve with rice.

BEANS CURRY

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 1 onion, finely chopped
 2 tbsp olive oil
 1 heaped tsp garlic
 2 grated or chopped tomatoes
 1 heaped tsp koljana (fine coriander)
 1 tsp jeera (fine cumin)
 3/4 tsp barishap (fine fennel)
 1/2 tsp turmeric
 1 tsp chilli powder
 1 cups water + 1/2 cup water
 1 tin beans (drained and rinsed)
 Salt to taste

Method

On medium heat, braise the onion in oil until golden brown.

Add the garlic, tomato, water and spices and simmer on a low heat until the water has reduced, and the tomato is thick and pulpy.



Add the beans, 1/2 cup water and simmer for 4 minutes.

Garnish with freshly chopped coriander and green or red chillies.

FRIED RICE WITH CHICKPEAS

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredient

- 3 tbsp olive oil
 1 finely chopped onion
 7 curry leaves
 1 teaspoon garlic and ginger
 2 tsp koljana
 1 tsp jeera
 1 tsp turmeric
 1 tsp salt
 1 big, grated tomato
 1 tin chickpeas
 1/2 cup coconut cream
 2 cups cooked rice

Method

Braise the onion in oil.

Once golden brown, add the curry leaves, garlic and ginger, tomato, spices and coconut cream and cook until slightly dry.

Add in the drained chickpeas and cooked rice and give a slow stir fry.

Once rice is evenly heated through, garnish with fresh danya and chillies.