



COOKSISTER

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



Eat and be merry!

OVEN ROAST LEG OF LAMB

Ingredients

A leg of Lamb (3 - 3.5kg)
2 tbsp of freshly ground black pepper
2 tbsp barbeque spice
¼ cup olive oil
5 cloves of garlic
A few sprigs of rosemary
Root vegetables of choice

Method

Rinse the lamb and trim it of all excess fat.
Marinate the lamb with oil and spices.
Make incisions into the leg with a sharp tip knife and insert the garlic and sprigs of rosemary.

Transfer the leg to a roasting dish and add peeled root vegetables of your choice.
Add a sprinkle of barbeque spice over your vegetables and cover your roasting dish with a double layer of foil.

Ensure the foil seals the dish completely, so no heat escapes (we want the lamb to steam in its own juices)

Roast in a preheated oven on 180°C for 3½ to 4 hours.

In the last 20 minutes of your cook time, remove the foil and return the lamb to the oven to brown.

For the Gravy

Remove the excess liquid from the roasting dish and transfer to a pan.

On a stove top over a low heat, simmer the liquid, until it reduces, and it comes to a slow boil.

In a cup, mix 1 heaped teaspoon of corn flour to a ¼ cup of cold water and add it to the pan. Stir until it thickens and stir in 1 teaspoon butter.

YUMMY CHRISTMAS RECIPES TO INDULGE IN

BY FARZANA KUMANDAN

HELLO Everyone.

We are officially in mid-December and its ten days to Christmas, yay!!!

Christmas is celebrated as a sacred religious day but also as a worldwide cultural holiday.

We see our favourite Father Xmas making an appearance this month and we look forward to seeing Christmas décor, *liggins*, putting up Christmas trees, exchanging gifts and sharing meals with our loved ones.

Our favourite song or jingle plays on the radio, and we look forward to those heart-warming Christmas movies.

This year however, Christmas and our holiday traditions will look a little different, the lunch table will be smaller due to the pandemic, and many will plan their lunch with caution keeping safety in mind.

Spoilt

It is at times like these that technology plays a huge role.

Instead of visit, we get to video call our loved ones and the convenience of online shopping is a bonus.

We are spoilt for choice, and you can order anything online from food, flowers or even gifts.

It's a mere click away, and you can order almost anything and have it delivered to your loved one's door.

Everything and everyone is festive, this time of the year, and we start thinking about themes, colours and most importantly what we are having on the Christmas menu.

Christmas Day is always planned around a *lekker* lunch spread.

We go all out, and we spoil ourselves with *die lekker* fancy *goed*.

The hustle and bustle in the kitchen start with prep the night before and the home is filled with smells of deliciousness super early on Christmas morning.

Everyone looks forward to their favourite dish and the best crockery must be taken out.

This week is part one of Cooksister Christmas Edition, I am sharing a few of my favourite Christmas lunch recipes and next week I will be following up with everyone's favourite puddings and desserts.

Good luck with the Christmas meal prep and stay safe.

Happy cooking!
Love your Cooksister.



DELICIOUS: Oven roasted lamb

OVEN ROAST CHICKEN

Recipe Credit MMB @mitchells_moslem_butchery

Ingredients

1 whole chicken
Root vegetables of your choice
1 tbsp dried crushed chillies
1 tbsp paprika
1 tsp crushed garlic
1 tsp oregano
1 tbsp salt (adjusted to your taste)
Cracked black pepper
2 tbsp olive oil
Juice of one lemon
2 tbsp honey
1 heaped tsp Dijon mustard

Method

Mix all the ingredients together. Place the chicken in a baking dish and pour the marinade over the chicken. Bake, uncovered in a preheated oven at 180°C for 40-45 minutes or until fully cooked.



OVEN BEEF ROAST

Ingredients

1 piece Rolled Beef
3 tbsp barbeque spice
Salt and pepper to taste
¼ cup olive oil
1 tsp garlic flakes
1 tsp thyme
2 rosemary sprigs
Baby potatoes

Method

Marinate the beef and potatoes with the oil, herbs and spices.

Transfer to a roasting dish and cover with a double layer of foil.

Ensure the foil seals the dish completely, so no heat escapes
Roast in a preheated oven on 180°C for 2 hours.

In the last 20 minutes of your cook time, remove the foil and return to the oven to brown.

FOR THE GRAVY

Remove the excess liquid from the roasting dish and transfer to a pan.

On a stove top over a low heat, simmer the liquid, until it reduces, and it comes to a slow boil. In a cup, mix 1 heaped teaspoon of corn flour to a ¼ cup of cold water and add it to the pan. Stir until it thickens and stir in 1 teaspoon butter.

SEAFOOD RICE

Ingredients

1 kg firm white fish of your choice
12 prawns (head and skin on)
200g Crabsticks
Rinse and drain all seafood in the fridge overnight (in a colander) to ensure all seafood has been thawed and no excess water
2 onions
1 green pepper cubes
1 cup corn
1 tomato puree
2 grated tomatoes
2 cups veg stock
Marinate your seafood in 4 heaped tsp garlic (freshly always best)
1 heaped teaspoon crushed chillies
3 tbsp seafood spice
2 tbsp Cajun spice
Salt and pepper to taste
The juice of a half lemon
½ cup freshly chopped parsley
¼ cup fresh thyme
Salt to taste

Method

Marinate your seafood in all the above ingredients and refrigerate for at least an hour.

Braise 2 finely chopped onions, green pepper and corn in 4 tablespoons olive oil
Once golden, add your marinated seafood, tomato puree, fresh tomato and stock.
Cook on a medium heat for 15 minutes.

After 15 minutes, prep 4 cups rice (4 cups rice, cooked with 8 cups water and 4 level tsp salt. Bring to boil and drain)

Layer half your rice in an oven safe pot or a big black oven tray
add your seafood with your sauce over half the rice.

Add the rest of rice add and pour over the remaining seafood and sauce over your rice and Garnish with fresh parsley.

Cover with double foil and steam in the oven on 180°C for 35min

After your rice is steamed. Fluff up your top rice with a fork.



SPICY ROAST CHICKEN

Ingredients

1 kg chicken pieces
1 teaspoon garlic and ginger
2 heaped tablespoons Tikka Spice
2 tbsp lemon juice
2 tbsp oil
*Marinate chicken with all of the above for at least an hour or overnight.
Additional Ingredients
4 large potatoes peeled and cut in wedges
100g butter
3 large garlic cloves roughly chopped
Fresh coriander for garnish

Method

In a thick large, wide based

pan or pot add the butter until its melts and starts to bubble and foam.

Reduce the heat and add in the chicken and potato, and pack covering the base. (Next to each other not on top)

Add in the garlic and allow to brown.

Once brown, turn over (do not stir) and allow the other side to brown

Add in ½ cups of water, reduce heat and simmer for 35 minutes.

If your heat is too high and the water dries up before the chicken and potato is done, add in ½ cup of water at a time (not more)

Once potato is soft and chicken is done, garnish with fresh coriander

PULL-APART CHRISTMAS TREE BREAD

Recipe Credit Lauren Miyashiro @delish.com

Ingredients

500g refrigerated pizza dough or bread dough
Egg wash (1 egg whisked with 1 tbsp water)
300g mozzarella
¼ cup melted butter
1 tbsp Thinly sliced basil
1 tbsp chopped parsley
1 tbsp chopped rosemary

Directions

Preheat oven to 180°C. Line a large baking tray with baking

paper. Cut mozzarella sticks into small pieces and set aside.

On a floured surface, divide dough into two pieces.

Stretch and roll each piece of dough into a long rectangle, then cut dough into squares (you'll need 33 total).

Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball.

Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.

In a bowl whisk together melted butter and herbs. Brush on baked pizza balls.

