



COOKSISTER

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



KREMINATJIES

Recipe Credit Kitchen Saam

Ingredients for the Dough

- 2 cups cake flour
- 1 cup self-rising flour
- 125g butter
- 1/2 tsp salt
- Boiling water to mix

Method

Combine all dry ingredients then add just enough water to form dough, mix with a wooden spoon. When cool enough to touch, knead to form soft dough and let rest for 20 min.

Ingredients for the Filling

- 500g mince
- 1 finely chopped onion
- 1 tsp Kitchen Saam Green chilli pickle (substitute with fresh green chill and 1 tsp garlic)
- 2tsp All in one masala
- 1/2 tsp turmeric
- 1 tsp Koljana (fine coriander)
- 1 tsp Jeera (fine cumin)
- 1 tsp salt

Method

In a pan braise the



onion with the chilli and spices, once the onion is soft, add the mince and salt. Mix and cook well until the mince is dry.

Roll out the dough nice and thin, cut circles with a large pie cutter and fill with 1

tblsp cooled mince mixture.

Fold over and use a fork to crimp the edges together.

Shallow fry in the pan until golden brown on both sides, drain the excess oil on a paper towel.

SPAGHETTI CHEESE BALLS

Recipe Credit Kitchen Saam

Ingredients

- 1 Cup cooked pasta of choice
- 1/2 cup chopped spring onion
- 1/2 cup chopped danya (fresh coriander)
- 1 cup grated cheese of choice
- 1/4 tsp black pepper
- 1tsp Kitchen Saam red chilli pickle (use crushed chillies as a substitute)
- Coating
- 1 cup flour
- 2 eggs
- 1 cup breadcrumbs

Method

Add the pasta, spring onion, danya, chilli and pepper to a food processor, and mix well.

Add to a bowl with grated cheese, and use your hand to mix till well combined and almost like a thick dough consistency

Use a tablespoon and roll into balls, coat in flour then egg then bread-crumbs

Let balls chill in freezer for 30 mins before frying till golden brown, drain excess



oil on a paper towel.

They can also be stored in Ziplock bags in the freezer once frozen for up to 3 months.

KO' BOEKA BY MY

DALTJIES WITH A TWIST

Farzana Kumandan
Recipe Credit Kitchen Saam

Ingredients

- 2 Cups Chana flour
- 1 cup self-rising flour
- 1 tsp salt
- 2 tsp whole jeera (cumin)
- 1 tsp barishap (fine fennel)
- 1 tsp fine jeera (fine cumin)
- 1 tsp fine koljana (fine coriander)
- 1 tsp turmeric
- 2 tsp All in one masala
- 5 leaves chopped lettuce or spinach
- 1 cup chopped danya (fresh coriander)
- 1 finely chopped onion
- 2 potatoes cut in small cubes and parboiled
- For the twist, add some cut Vienna/chicken cubes/prawns
- 1 egg

3 tsp baking powder

Method

Mix all your dry ingredients together, then add your chopped vegetables.

Mix well then add the egg and mix.

Add your twist of choice, this can also be omitted.

Add just enough water to get thick batter consistency.

Add baking powder and mix well. Use an ice cream scoop and dip into hot oil before scooping batter into the pot to fry, the batter leaves the spoon easier.

Add your baking powder just before frying for a nice light daltjie.

Fry on medium heat till golden brown, drain excess oil on a paper towel.

Delicious savoury recipes to break fast with

HELLO Everyone

Next week, Muslims all around the world will welcome the month of fasting.

During Ramadaan we try to keep our meals light and many break their fast with a variety of savouries and a hearty bowl of soup.

Savouries are very convenient, as most of the prep work is done, packed and frozen before Ramadaan, ready to just be fried or baked before boeka time.

Iftar or boeka (the time we break our fast) is always welcomed with a lekker daltjie, pie or samoosa but to complete any savoury, you need a good dipping sauce.

Win

This week we feature cook Ibtisaam Hendricks.

Due to the Covid pandemic, Ibtisaam's employment was affected, and she needed to look for a new means of income to help aid her family financially, but also do something that can give her the opportunity to work from home and spend time with the kids.

In September 2020, the Kitchen Saam Pickles and Sauce range was born.

Her love for being in the kitchen inspired her business journey and what initially started with only two sauces, has grown to pickles, more sauces, savoury dips, braai sauce and even salad dressing.

All her products are handmade, with no added preservatives, and comes straight from her kitchen to yours.



SUCCESS: Ibtisaam with Kitchen Saam range



FAVE: Lekker daltjies



YUMMY: Potstickers



PRIZE: Sauce hamper

This week, one lucky reader stands a chance to win a Kitchen Saam sauce hamper.

SMS "DV Cooksister" and your name to 33258 to enter.

To find out more about Kitchen Saam and Ibtisaam's amazing sauce range, visit her website www.kitchensaam.co.za or on social media @kitchensaam

For more recipes, and baking and cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms @sprinklesandspice or Sprinkles and Spice by Farzana Kumandan.

Happy Cookin

Recipe Credit Kitchen Saam

Ingredients

- 250g mince
- 1/2 cup danya (fresh coriander)
- 2 spring onion
- 1/2 tsp salt
- 1/2 tsp sugar
- 1 tsp Kitchen Saam green chilli pickle (alternative crushed chilli)
- 1/4 tsp black pepper
- Wonton wrappers available at spice shops.

Method

Add mince, onion, danya, spices and sugar to a food processor and mix till a dough consistency forms.

Take a wonton wrapper, add 1 teaspoon of the filling.

Wet the edges and fold points together and press to make a shape like a pillow.

You can also fold many ways if the fill-

ing is closed.

Heat your pan with a little oil, pack your wontons into the pan, it will brown on one side, when nice and crispy, add 1/2 a cup of water into the pan and close with a lid.

Let the pot stickers steam until all the water is gone, the dough will look shiny and soft to the touch.

POT STICKERS

SAUSAGE ROLLS

Recipe Credit Kitchen Saam

Ingredients

- 1 packet puff pastry
- 250g sausage

Method

Roll out puff pastry.

Put sausage along the edge of the pastry, roll pastry over the sausage to form a roll, cut along the pastry to remove excess, repeat till pastry is used up.

Cut your logs into pieces. Brush with egg and bake in the oven on 180°C till puffed and golden.



MINCE PIE

Mince Pie (can also be used as Samoosa Filling)
Recipe Credit Kitchen Saam

Ingredients

- 300g mince
- 1 tsp garlic
- 1/2 cup danya (fresh coriander)
- 1/2 cup finely chopped onion
- 1 tsp koljana (fine coriander)
- 1 tsp turmeric
- 1 tsp barishap (fine fennel)
- 1 tsp jeera (fine cumin)
- 2 tsp all in one masala
- 1 cup grated cheese

Method

Braise onion, danya, spices and garlic until soft.

Add mince and braise till cooked and dry.

When cooled add the cheese and



mix well.

Variation - Make a Half Moon

You will need Wonton wrappers, fill each wrapper with 1 teaspoon of the mince filling, wet the edges and fold over to form a triangle.

Shallow fry in very little oil on each side till golden brown, drain excess oil on a paper towel.

POTATO SURPRISE

Recipe Credit Kitchen Saam

Ingredients

- 5 potatoes chopped and boiled till soft for mash
- 1 cup flour
- 2 eggs beaten
- 1 cup breadcrumbs

Method

Mash, add some milk to make a stiff mash, add 1tsp salt and add 2tblsp flour and mix till almost dough like, will be very wet.

Put the mixture to cool completely in the fridge.

Oil your hands, take 1 scoop of the mash, flatten, then add 1 tsp of the mince pie filling and close



the mince using the mash. Oiled hands will keep the dough from sticking.

Roll in flour, egg then breadcrumbs place in the freezer for 30 mins before frying till golden brown drain excess oil on a paper towel.