



COOKSISTER

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



STAMPMIELIES AND BOENTJIES SOUP



By Abidah Dixon Mohamed

Ingredients

- 2 litres water
- 1 large onion
- 500 grams stampmielies
- 500 grams sugar beans
- 2 tbsp oil
- Meat of your choice
- 2 chilli beef cubes
- 1 packet chilli beef and green pepper soup
- Salt & Pepper to taste

Method

Boil the stampmielies, oil and onion in the water for half an hour on high.

Lower the heat, then add the sugar beans and cook until both beans are almost soft.

Add the meat. When the soup and meat are soft, make a water

paste with the chilli beef and green pepper soup. Add it to the pot with 2 chilli beef cubes, salt, black and white pepper to taste. Reduce the heat to low and let it simmer till it's completely done and enjoy.

AIR FRYER SCONES

Recipe Credit by Faiza Landers

Ingredients

- 2 Cups flour
- 1 tbsp baking powder
- 2 tbsp sugar
- 60g butter
- 1 egg
- 125ml milk

Method

Mix the dry ingredients together, then rub in the butter, until it resembles bread crumbs. Whisk the egg with the milk, and add it to the dry ingredients. Mix until well combined. Roll and press out with a cutter of your choice.

Brush with extra egg and air fry on a 180°C for 9 minutes, or oven bake for 12 minutes.



PROE DIÉ PLATTERS

Oven Baked Snoek with Garlic Butter

Recipe Credit by Zerina Taliep

Ingredients

- 1 whole snoek cut into pieces
- 1 tablespoon Lemon pepper
- Olive oil
- 2-3 sliced Onions
- 2-3 sliced Tomatoes
- 2-3 sliced Green peppers
- * Homemade Garlic Butter

Method

Clean, drain and cut the snoek then oil the fish with olive oil and sprinkle with some lemon pepper.

Add slices of onions, green peppers and tomatoes on top

Sprinkle with more lemon pepper then cover it with foil and bake for 25 minutes.

Remove the foil, add garlic butter and let the fish brown in the oven.

Ingredients for Zerina's Garlic Butter

- 500gr soft Butter
- 2 Eggs
- Fresh garlic to taste
- 2 Tbsp aromat
- 2 Tbsp thyme
- 2 Tbsp basil
- 2 Tbsp lemon juice
- Finely chopped fresh parsley

Method

Beat the 2 eggs into the butter and add a generous amount of fine fresh garlic to taste. Beat until light and frothy. Add the Aromat and herbs and beat well with an electric beater.

Add fresh chopped parsley and butter and mix well. Use on rolls and bake until rolls are golden brown, or add it to savoury rice, fried/baked fish and seafood.



Hello everyone

This weekend I had the privilege of shooting for the ProeTV show airing later this month. To me, cooking for dear ones and sharing tips and skills with everyone warms my heart.

I went scratching in my fridge and got out a *bietjie* of *alles*, and put together a party platter *gou gou*.

Making a platter is the perfect way to clear out all the leftovers, especially at month end.

The star of the platter was my little beef kebabs that I made with a few burger patties (see recipe below).

To those of you who are familiar with the *Proe Cooking Show* on Cape Town TV, you know how special it is.

The *Proe* team consists of Abidah Dixon

Lekker recipes to enjoy & share

Mohamed, Mark Lashmar, Elsie Botes-Lashmar, Ebrahim Mohamed, and they feature various cooks from communities all around Kaapstad.

Abidah says: "I love *outydse kosse* like cabbage, *wortels en ertjies*, *sny boontjies*, sago food and *kerrie*."

Talent

This community show gives our people the opportunity to showcase their talents and also aids in giving them self-confidence as a home cook.

It also offers a platform for small home-based businesses to reach a broader audience.

The multi-talented Abidah produces and presents her own cooking

show, and is also a radio presenter and an actress.

This grandmother from Elsie's River is passionately and consistently involved in community upliftment and feeding projects.

This week I am sharing Abidah's favourite recipes for you to enjoy.

To find out more about how to get involved or to help fund *Proe*, contact abidahdm@gmail.com.

For more recipes or 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 Cooking Love, Your Cooksister



SPECIAL: Cape Town TV's Proe crew

SMOKED CHICKEN WRAP

Recipe Credit Holy Moully

Ingredients for Tortilla Wrap

- 2 cups of cake flour
- 3 ¼ cup water
- ½ tsp salt
- 3 tbsp olive oil

Method for Tortilla Wrap

Mix all ingredients together to form a soft dough

Knead for 10 to 12 minutes and split into

8 equal portions Make balls, roll out and fry in a non-stick pan

Ingredients for the Filling

- Handful of chopped lettuce leaves
- Few strands of the thinly sliced red onion
- Sliced green pepper

- Cubed cucumber pieces
- Pineapple pieces
- Wedge cocktail tomatoes
- 3 to 4 slithers of Avo
- Feta cheese
- Sliced or cubed smoked chicken breast
- Freshly squeezed lemon juice
- Peri Peri Garlic Sauce

Method
Place the chopped lettuce leaves in centre of pan-fried wrap

Add peppers, tomato, cucumber, red onion, pineapple, sliced Avo to the wrap

Grind pinch of Himalayan Sea salt over ingredients and black peppercorns



Add a squeeze of fresh lemon juice over and sprinkle the feta cheese

Add sliced/cubed chicken and top with Peri Peri and Garlic Sauce Over

Quick Mince Kebabs

By Farzana Kumandan @sprinklesandspice

Ingredients

- 4 plain beef patties
- 1 heaped ginger and garlic
- 1 large, big grated onion
- 1 tsp coriander (koljana)
- 1 tsp cumin
- 2 chopped green chillies
- ½ cup finely chopped fresh pars-

ley ½ cup finely chopped fresh coriander

Method

Mix all ingredients together by hand until well combined. Make little kebab shapes and place on a baking tray, lined with baking paper.

Oven bake for 20 minutes on 180°C or air fry for 10-12 minutes at 180°C.

NACHOS

Recipe Credit by Saarah Majiet

Ingredients

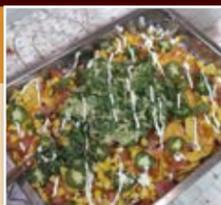
- 2 Bags tortilla chips
- 1 Block grated cheese
- 1 Tomato
- 1 Red onion
- 1 Can of corn drained
- 2 Avocados
- Handful coriander
- 3 Jalapeños
- 250ml Sour cream

Method

Spread the tortilla chips in an oven safe dish, then add the grated cheese on top and pop it into the oven until the cheese melts.

Chop up the onion and tomato then add it on top sparingly and half of your corn.

In a separate bowl, mash the avocados with some salt, pepper and lime juice.



Add your avo mixture to the middle of your nachos dish then sprinkle the chopped coriander, some lime juice, the jalapeño's. Lastly squeeze over sour cream and enjoy!

CHICKEN WINGS

Recipe Credit by KitchenSaam

Ingredients

- 700g wings cut into winglets
- A dash of olive oil or oil of choice
- 3 heaped tsp of your favourite chicken spice

Method

For the chicken spice, I use a combination of chicken braai, Portuguese,

lemon and herb and garlic spice in equal parts, and mix it in a jar and use as needed. Coat and rub the wings and make sure everything is well coated.

Bake for 20-25 mins in your air fryer at 180°C. To oven bake, pack the winglets



next to each other in a baking tray and bake for 30 minutes at 180°C.