



COOKSISTER

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



Carrot fashion

CARROT SAVOURY RICE

Recipe Credit by Salwaa Smith – Cape Malay Cooking & Other Delights

Ingredients

- 2 cups rice
- 50g butter
- 1 large onion, peeled and finely chopped
- 1 tsp black mustard seeds
- 5 cardamoms
- 1 large stick cinnamon
- 4 cloves
- 1 garlic clove, peeled and grated
- 1 - 2 green chillies, chopped
- 5 curry leaves
- 2 bay leaves
- 1 cup grated carrots



Method

Cook the rice as you normally would for plain rice. Keep the rice warm.
Heat a large saucepan over high heat. Add the butter and wait until it's melted. Add the mustard seeds, cardamoms, stick cinnamon and cloves. Stir fry for 30 seconds. Turn the heat to medium, add the onions and sauté until light golden in colour. Stir in the grated garlic. Then add the chopped chillies, curry, bay leaves as well as the carrots. Pour in a ¼ cup of water and cook for 5 minutes over low to medium heat. Add the warm spices to the cooked rice, stir thoroughly using a large fork. Make sure the rice and the spices are completely mixed before serving. And there you have your delicious savoury carrot rice.

Franco's Glazed Carrots

Recipe Credit by Franco Buys Capsicum Culinary Studio

Ingredients

- 1kg rainbow carrots
- 2 tbsp vegetable oil
- 4 tbsp butter
- 2 whole garlic cloves
- 2 tbsp of honey
- 5g fresh thyme
- 5g fresh sage

Method

Rinse the carrots under cold water to remove any soil. Place the unpeeled carrots into a pot of boiling salted water and blanch for 2 minutes. Remove from water and onto a separate dish and season with salt and pepper. Heat up a pan to high and first add the oil, then the butter, garlic, sage and thyme. Add your carrots and toss in pan until they start to colour slightly. Lower the heat to medium, add the honey and let the carrots glaze and bubble for about a minute or two. Check for seasoning.



WORTELS ARE VERSATILE VEG

HELLO everyone.

On Monday 4 April, we celebrated World Carrot Day.

This bright veg can be sliced, diced or chopped and added to any dish, soup or salad.

Carrots contain the richest source of beta-carotene, which contributes to its deep orange and yellow colour.

Beta-carotene also aids with vitamin production, boosting your eyesight and helps in lowering cholesterol.

I love how when using carrots nothing goes to waste. Did you know you can regrow carrots from the scraps?

If you ever considered starting a veggie garden, carrots are one of the easiest veg to grow.

Chop 3cm below the top part of the carrot where the leaves grow and just pop it into soil.

Water it daily and soon you'll see green leaves popping up while the carrot (root) regrows, ready to pick for when you need it.

The green leaves or fronds are just as beneficial. The fronds are loaded with antioxidants and can boost our immune systems.



SLICE AND DICE YOUR WAY INNIE KOMBUIS: Chilli soup

In ancient times the leaves were initially grown for medicinal purposes but today we use them in soups, pestos and sauces.

Carrots also refrigerate and freeze well.

If you are looking for something heartier, a good old carrot and peas stew or a side of glazed carrots or a refreshing pineapple and carrot salad makes your Sunday roast super lekker!

You can also try your hand at making a batch of spicy

masala Carrot Pickle or atchar, it would go perfectly with any curry.

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 and baking.
Love, Your Cooksister

Classic Carrot Cake

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

- 4 eggs
- 1 ½ cups sugar
- 1 ½ cups oil
- 1 tablespoon vanilla essence
- 2 cups flour
- 2 tsp baking powder
- 2 tsp bicarb
- 1 level tsp salt
- 1 tsp ground cinnamon
- ½ tsp grated nutmeg
- ½ tsp fresh grated ginger
- 2 large finely grated carrots
- ½ cup chopped pecan nuts

Method

Whisk together the eggs, sugar, oil and vanilla essence until light and fluffy. Add in the flour, baking powder, bicarb, ginger, cinnamon, nutmeg and salt and mix until smooth and lump free. Lastly fold in the grated carrots and chopped nuts. Transfer into a large black oven tray, lined with baking paper. Bake in a preheated oven on 170°C for 45 min or until a toothpick comes out clean.

CREAM CHEESE ICING

Ingredients

- ½ tub cream cheese (room temperature)
- 50g soft butter
- 1 ½ cups icing sugar
- 1 tsp vanilla essence

Ingredients

Mix the cream cheese, butter and vanilla essence until smooth. Add in the icing sugar and mix until smooth. Once your cake has cooled, spread on a thick layer of cream cheese icing and sprinkle on some roughly chopped pecan nuts.



WORTEL EN ERTJIE STEW

Recipe Credit by Salwaa Smith - Cape Malay Cooking & Other Delights

Ingredients

- 2 tbsp oil
- 1 large onion, peeled and chopped
- 500g mutton or lamb pieces
- 800g carrots cut into julienne strips
- 3 potatoes, peeled and cut into quarters
- 1 ½ cups frozen peas
- 3 all spices
- 1-2 green chillies
- 2 tsp salt or to taste
- Hot water as needed
- Chopped parsley for garnishing

Method

Heat oil in a large saucepan/pot and braise the onions until golden brown for 5-10 minutes. Add washed and drained meat and braise until dark brown, for 10-15 minutes. The meat should be as brown as you can get it. This adds to the flavour of the food. Add salt, chillies, allspice and enough water; simmer until meat is nearly tender, 15-20 minutes or longer if using mutton. Add carrots and potatoes, cook until potatoes are nearly soft adding hot water if necessary. Add frozen peas and cook a further 10 minutes or until potatoes are soft. Garnish with chopped parsley.



CHARMAINE'S CHILLI CARROT SOUP

Recipe Credit by Charmaine Lehabé Capsicum Culinary Studio

Ingredients

- 1 tbsp butter
- 1 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 tsp chopped fresh thyme or parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups chicken or vegetable stock
- ½ cup cream
- ½ teaspoon salt
- 2 green chillis
- Freshly ground pepper to taste

Method

Heat butter and oil in a pan over medium heat until the butter melts. Add onion and celery and cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley) and cook, stirring, until fragrant, about 10 seconds. Stir in carrots. Add water and broth and bring to a lively simmer over high heat. Reduce heat and simmer gently until very tender, about 25 minutes. Puree the soup in batches in a blender until smooth (use caution when pureeing hot liquids.) Stir in the cream (if using) and salt and pepper. Garnish with chopped parsley and serve with crusty bread.

HENDRIK'S CARROT MUFFINS

Recipe Credit by Hendrik Pretorius Capsicum Culinary Studio

Ingredients

- 520g flour
- 150ml oil
- 320g sugar
- 250ml yoghurt
- 250ml milk
- 5ml bicarbonate of soda
- 20ml baking powder
- 2 large egg
- 100g carrots, finely grated
- 4 tsp cinnamon powder
- 130g walnuts
- 4 tsp vanilla essence
- 5ml ginger powder

Method

Preheat oven to 180°C and place a rack in the centre of the oven. Grease a 12-cup muffin tray with butter or baking spray. In a medium bowl whisk together the oil, yoghurt, milk, eggs and vanilla extract. In a separate bowl whisk together the flour, salt, bicarb, baking powder and ginger powder. Make a well in the flour mixture and pour the wet mixture into the centre and fold together until the ingredients are well combined. Add the grated carrots and mix thoroughly. Using a spoon, scoop the mixture into the muffin cups until each cup is about ¾ full. Bake for 30-35 minutes, rotating the muffin tray halfway through the baking time until the muffins are golden brown. Insert a skewer and if it comes out clean the muffins are done. Remove the muffin pan from the oven and let the muffins cool in the pan before serving.

