



# COOKSISTER

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



## SMOKED SNOEK PÂTÉ AND AVO ON WHOLE-WHEAT TOAST

Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Smoked Snoek Pâté

#### Ingredients:

- 200g Smoke Snoek (skinned & deboned)
- 250ml Smooth Cottage Cheese
- 1 Small Chopped Onion
- 1/3rd Cup Chopped Coriander
- 1 Red Chopped Chilli
- 1 tsp Salt or according to your taste

#### Method

Add all ingredients to a

blender or food processor, except the smoked snoek and coriander. Blend for 10 seconds at a time.

After one or two rounds, add the snoek. Blend for 5-10 seconds, not too fine. Stir in freshly chopped coriander with a spoon.

**Sandwich Assembly**  
Spread your toast with the Smoke Snoek Pate. You can butter first if that is your preference.

Add sliced Avo with some ground black pepper on top and enjoy!



## DATE AND BANANA BREAKFAST SMOOTHIE

Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Ingredients

- 1 Large Banana
- 3 soft pitless Dates
- 1 tbsp Granola, Muesli, or Oats
- 1 tbsp Honey
- 1 Cup of Milk

### Method

Blend it together and enjoy!  
Can add ice to blender if preferred or chill before serving  
Perfect Energy Booster Breakfast on the go, especially during Ramadan!



# LIFE IN FAST LANE

## Overnight Granola



Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Ingredients

- ¾ Cup Granola of choice
- 1 Cup Milk
- 2 tbsp Yoghurt
- 1-2 tbsp Berry Mix (strawberry, blueberry, blackberry or fruits of choice)
- 1 tbsp Honey
- Nuts (optional)

### Method

Place granola in a container (Glass or Jar)  
Add milk and put in fridge overnight  
Remove from fridge  
Add Yoghurt, Berry Mix and Honey  
And you're good to go. A lekker quick fix breakfast for Ramadan

## HELLO everyone.

This week, Muslims all around the world welcome the ninth month of the Islamic calendar, Ramadaan.

The holy month is a time of fasting, prayer and reflection, during which Muslims refrain from eating and drinking from about an hour before sunrise until sunset.

This first meal of the day is known by the Islamic term Suhoor and although many struggle to eat this early in the morning, it's very important to start off the day with a wholesome, nutritious and well balanced meal which includes drinking lots of water.

Eating the correct foods helps in sustaining energy levels and allows you to carry on with all your normal duties and focus on your prayers.

## Suhoor recipes to kickstart your day

Some of the best foods to have for Suhoor is a good selection of fibre, wholegrains, oats, nuts, protein, fresh fruit, dates and water.

### Wheat

My favourite Suhoor meal is eggs and avo on whole wheat toast. For me it's a winner and it gives me enough energy to keep going for the long day ahead.

One of the challenges I have is having enough time to prep Suhoor. I find working with a meal plan works extremely well, especially if it's worked out in advance.

This week we share some Suhoor recipes to begin our fast by Moulana Rafiek

Jaffer, aka Holy Mouly What's Cook'n.

Having a strong passion for cooking and baking, his kitchen journey started as a young boy, exploring different flavours and dishes originating from all parts of the world.

You can follow him on social media @holymouly\_whatsookn

For more recipes, visit my website [www.sprinklesandspice.co.za](http://www.sprinklesandspice.co.za) or social media platforms @sprinklesandspice or Sprinkles and Spice by Farzana Kumandan.

Happy Cooking and wishing all Muslims well over the month of Ramadaan InshAllah. Love, your Cooksister



GUIDE: Moulana Rafiek Jaffer's meals

## SCRAMBLED EGG WRAP

Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Ingredients

- 3 Large eggs
- ½ Cup grated cheese
- ½ tsp Salt/Aromat
- 2 tbsp Butter
- ¼ Cup Sunflower Oil
- 1 tsp ground peppercorns
- 6 cherry tomato slices
- 1 Banana slices

### Method

Add 1 tbsp butter to pan on medium heat.  
Whisk 3 eggs with salt and add to pan and

mix through slowly then add grated cheese as it is cooking to make the scrambled egg

In another pan add the sunflower oil on low heat then add mini beef grillers Sauté the grillers for 3-5 mins then add the rest of the butter

Add the tomatoes and banana slices to the pan but do not stir together.

Just flip each separately and let the juices mix throughout the pan. This will cook just for a minute or two then remove from stove.

Fry your tortilla wrap and start assembling by placing tortilla on a large plate.

Put scrambled egg on top followed by the tomatoes and the banana, now sprinkle the peppercorns

and coriander over.

Next place the grillers on top, and add your Peri-Peri Garlic sauce or sauce of choice.

Now fold your wrap and enjoy!



## OATS WITH CARAMELISED APPLE AND BANANA SLICES

Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Ingredients

- ¾ Cup oats
- 1 Cup boiled water
- 1½ Cups milk
- 2 Small pieces stick cinnamon
- 6 Cardamom pods
- 1 tbsp Honey
- ½ tsp fine cinnamon
- 1 tbsp Sugar
- 4 Thin slices of apple
- 4 slices banana

### Method

Soak Oats in the cup of boiled water  
Add butter into pot on low heat

Add stick cinnamon and cardamom to the pot and fry for 1-2 min for flavours to go through the butter

Add oats and milk. Cook for 5 - 8 minutes  
While that is cooking add sugar to a non-stick pan.

Add the apple slices to the



pan and cook in the sugar until it caramelises

When oats are done, remove stick cinnamon and cardamom before pouring into bowl.

Place apple and banana slices on top.

Drizzle with honey and sprinkle the fine cinnamon over.

## QUICK & FILLING OMELETTE

Recipe Credit by Moulana Rafiek Jaffer @holymouly\_whatsookn

### Ingredients

- 3 Large eggs
- Half medium onion chopped
- ½ Cup sliced mushrooms
- 4 Cherry tomatoes slice or
- ¼ Cup sun-dried tomatoes
- 50g Feta cheese
- 1 tbsp finely chopped parsley
- ½ tsp Salt or To taste
- 1 tsp Ground Peppercorns
- 4 tbsp Butter

### Method

Add 2 tbsps butter into pan

on medium heat

Add Onions and mushrooms and fry until brown

Add 2 tbsp butter into non-stick pan on low heat

Whisk 3 eggs with salt and add to pan, cook until very little moisture is left.

Add mushrooms, tomato and feta, and spread out over the omelette.

Sprinkle the pepper and parsley over then fold over.



Cook for 30 seconds on both sides then remove

Can be served on whole wheat toast with extra mushrooms and tomato.