

COOKSISTER

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



LAMB RIBLETS



Ingredients

- 1kg Lamb Riblets
- 2 tbsp coarse black pepper or freshly grinded pepper
- 1 heaped tsp dried garlic flakes
- 1 heaped tsp white pepper
- 1 tsp orange pepper

Method

Mix all ingredients together and apply as a dry rub, on the riblets.

Place the riblets bone side up on 200°C for 20-30 minutes in the oven, on grill. After 20-30 minutes turn the ribs to meat side up and grill for 10 minutes.

For the air fryer: Place the riblets bone side up on 200°C for 10 minutes in the Air fryer. After 10 minutes turn the ribs to meat side up and air fry for 2 minutes.

Garnish with fresh parsley
*Note - If you are using longer Lamb Ribs, add an extra 5-10 minutes cooking time.

*This recipe can be used on a stove top too, but add a dash of olive oil, when adding on the spice rub.

Come to papa

Hello Everyone!

Yay for the short working week!

With tomorrow being a public holiday and Friday being a school holiday, many are trying to sneak in an extra leave day on Friday so we can have an extra-long weekend.

This week's cold and rainy days set the tone for the weekend, and I am looking forward to catching up on some movies and series under the blankets while doing as little as possible.

Figures

That is, until someone is hungry. *Iemand soek mos altyd kos*, but I have a plan...

This weekend is also super special as we celebrate Father's Day and honour all the dads, granddads, uncles, and father figures in our lives.

Although Father's Day and dads should be celebrated every day, the little people really look forward to spoiling dads and doing something special for him, so get them involved and let them cook! Appreciation, love, and care goes a long way and it's always the lit-



Recipe Credit by Farzana Kumandan @sprinklesand-spicect

SPOILS: Make Father's Day a very special one

Peanut Butter and Banana Smoothie



Ingredients

- 1 1/2 cups milk
- 1/2 cup yoghurt
- 2 tbsp peanut butter
- 1 ripe Banana
- 4 dates
- 1 tbsp honey

Method

Pre-soak the dates in 1/2 cup milk overnight
Blend all ingredients together until smooth.

SPECIAL FATHER'S DAY TREATS

tle moments like these that makes the memories so much sweeter.

Let the kids start off the day by making dad breakfast in bed.

And if dad (or you!) is a late riser, do brunch, lunch or even supper.

Start the celebrations early by making lekker finger foods

or snacks for Saturday's United Rugby Championship final between the Stormers and Bulls.

This week I am sharing some lekker easy Father's Day recipes, so they can spoil dad (with adult supervision of course)

Here's wishing your day is filled with lots of love and memories.

Happy Father's Day to all!
For more recipes, visit my website www.sprinklesand-spice.co.za or visit my social media platforms on Instagram @sprinklesandspicect or on Facebook @ Sprinkles and Spice by Farzana Kumandan.
Happy Cooking
Love, Your Cooksister.

CRISPY BREAKFAST EGG ROLLS

Farzana Kumandan
Crispy Breakfast Egg Rolls
Recipe Credit by Farzana Kumandan @sprinklesand-spicect

Ingredients

- 2 tbsp butter
- 3 eggs
- A dash of milk
- Salt and pepper to taste
- Handful chopped spinach
- Red pepper diced
- Diced onion

Method

Spread some chutney or sauce on your wrap.
Whisk your eggs with salt pepper and a dash of milk.
Fry your egg, as an omelette, in 2 tablespoons butter in a non-stick pan on a low heat.

Add your diced and chopped veg and sprinkle over your cheese.

Once the middle of the egg firms

Cover your egg with the wrap with the chutney side on the egg.

Cook for a minute and flip. Once the wrap is golden brown, transfer to a plate and roll up.

Slice and serve.



BREAKFAST BOERIE

Ingredients

- 6 hot dog rolls
- 500g danya sausage
- 6 eggs scrambled
- 1/2 diced onion
- 1 green chilli
- 1 tin baked beans

Method

Slit and butter the rolls. Air fry or grill the rolls, in the oven or on a dry pan until golden and toasted. Set aside.

Cut the sausage into 6 equal pieces and air fry for 12-15 minutes or fry in a pan until cooked. Set aside.

Scramble, season with salt and pepper and fry the eggs, set aside.

Braise the onion and chilli in olive oil, add the beans. Once warmed, turn off the heat and set aside.

To assemble, add the egg on the roll, top with a sausage and a generous portion of baked beans.

Garnish with freshly chopped parsley or coriander.

Apricot & Orange Chilli Wings

Ingredients

- 16 chicken wings
- 1 cup apricot jam
- 3 tbsp brown sugar
- 3 tbsp soya sauce
- 2 tbsp orange juice
- 1 tsp orange zest
- 1 tbsp crushed chillies
- 1/4 cup water

Method

*For the marinade
On a stove top add all the ingredients to a pot and bring to boil.

Simmer on a low heat, stirring continuously until sauce is thick and bubbly (3-5minutes).

Remove from heat and allow to cool completely.

In a deep bowl wash and trim the wings.

Pour over half the marinade,



mix well, and allow to rest for at least a half hour.

Transfer the wings to a baking tray lined with baking paper. Allow enough space in between the wings to grill.

Bake in a preheated oven, on the lower rack on 200°C for 20 minutes, baste with marinade and bake for a further 15 minutes, do one last base and grill for 5 minutes.

CHEESY NACHOS

Ingredients

- 1 large bag Doritos corn chips (I used the blue packet)
- 1 jar 200ml spicy nachos salsa or sweet chilli sauce
- 2 tablespoons sliced pickled jalapeños
- 1 tin sweetcorn (drained of excess water)
- 1 tin red kidney beans (drained of excess water)
- 2 cups grated cheddar cheese
- 1 cup grated mozzarella cheese
- Fresh chives or spring onion for garnish

Method

In a large Pyrex dish layer, your chips (leave behind 2 handfuls).

Top the chips with half the



sweet chili/salsa sauce. Sprinkle over half the cheese.

Add the remaining chips and cover in the remaining sweet chilli/salsa sauce.

Add the corn, jalapenos, beans and top with cheese and avo.

Bake at 180°C in a preheated for 15 minutes until the cheese melts.