

# **30 Recipes for Ramadan**

Shazia Wahid

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## **Acknowledgement**

I would like to take this opportunity to thank the Almighty, in enabling me to present this book as a gift, aide memoir for all the cooks in the world who are looking to treat their families with the best possible especially during this blessed month of Ramadan.

I wish to thank my husband who has supported me through my endeavours to create a unique space with the website as well as this book offering me his valuable and critical opinions.

I would also like to thank all the contributors of recipes in this book – Sajida Aslam – my mother, Munira Munir Sait – my aunt, Ruqia Suhaib – my cousin and Nazia Tamir – my sister for working with me during all stages of development of this book.

I wish to thank all the fans of Cutchi Kitchen who have supported in

I sincerely hope that you will be able to use the book to help you plan easy, healthy and wholesome meals during this month.

Happy Cooking!!!

Jazak Allah Khair

Ramadan Kareem

Shazia Wahid

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### Beverages



#### **1.Falooda**

***Munira Munir Sait***

Falooda is a cold and sweet beverage that originated from Persia and was brought to India by the Mughals. This refreshing beverage is usually served in Ramadan as it contains ingredients with many cooling properties. This delicious drink is so well-loved at home that all we need is an excuse to make some.



**Preparation Time:** 30 minutes + chilling time

**Makes** 6 to 8 glasses

**Ingredients:**

Agar Agar (China Grass) - 10 g

Whole Milk - 750 ml

Condensed Milk - 200 g

Almonds - 25 g

Pistachio - 25 g

Vanilla Essence - 1/2 teaspoon

Basil Seeds (Khus Khus) - 1 teaspoon

Sugar as required

Ice Cubes - 8

Food Colouring – a few drops

Ice cream essence – 1 teaspoon (optional)

**Method:**

1. Soak the agar agar (china grass) in cold water for 10 minutes. Strain. Place in a sauce pan with 2 cups water and boil till it melts. Cool the mixture and pour in a container and refrigerate.
2. Soak the basil seeds (khus khus) in about 50 ml of water for 15 minutes till they swell.
3. Soak the almonds and pistachios. Remove skin and chop finely.
4. Mix the milk, condensed milk, sugar, chopped almonds and pistachios, vanilla essence, basil seeds and ice cubes. Grate the solidified agar agar mixture using a fine grater. Mix well and serve chilled.

**Tips and Tricks:**

Serve the Falooda with jelly or vanilla ice cream to make it into a dessert.

## **2.Lemon Cooler**

***Sajida Aslam***

Whichever part of the world you live in lemon based drinks form an integral part of most Iftari tables and this is a very convenient way of making the drink and storing it in your freezer ready to be prepared.



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**Preparation Time:** 30 minutes + cooling time

**Makes** approx 25 to 30 glasses

**Ingredients:**

Lemons – 750 g

Sugar – 1.25 kg

Water – 375 ml

Liquid Glucose – 1 ¼ teaspoon

**Method:**

1. Mix the sugar and water in a sauce pan. Heat the mixture and bring to boil to make a syrup.
2. Squeeze the lemon juice and remove any seeds.
3. Add the liquid glucose into the hot syrup.
4. When the syrup is slightly cool, add the squeezed lemon juice and mix well.
5. Pour in a wide mouthed plastic container and store in the freezer.
6. To prepare the lemon cooler, add 2 tablespoons of the frozen lemon mixture to about 250 ml of water.

**Tips and Tricks:**

Adding the liquid glucose stops the frozen mixture from turning icy making it easy to prepare small amount of the lemon cooler.

You could strain the lemon juice if you do not want any lemon pips in the lemon cooler.

Store the lemon cooler frozen mixture in a wide mouthed container to make it easy to scoop the mixture to prepare the drink.

### **3. Mango Ginger Milkshake**

*Shazia Wahid*

Mango and ginger make a unique refreshing combination to a simple milkshake. Mangoes contain a high amount of natural sugars, so use ripe sweet mangoes to prepare this milkshake and avoid adding extra sugar to suit your taste.

Ginger also aids in digestion which makes it an ideal ingredient to add during Ramadan as everyone is busy enjoying the delights at the Iftari table.



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**Preparation Time:** 15 minutes

**Serves** 4 to 6

**Ingredients:**

Mangoes – 2 (diced)

Whole Milk – 1 litre

Vanilla Ice Cream – 3 to 4 scoops

Ginger – ¼ inch (grated)

Honey – 2 teaspoon (if necessary)

**Method:**

1. Peel and dice the mangoes.
2. Place the diced mangoes with the whole milk, grated ginger and vanilla ice cream in a blender.
3. Blend well till smooth.
4. Serve chilled in glasses.

**Tips and Tricks:**

Use a fine grater to grate the ginger.

Use mango flavoured ice cream for a richer taste.

If you prefer the milkshakes less thick, reduce the amount of ice cream or add more milk.

Experiment with the ice cream flavours and be pleasantly surprised with the results.

## **4. Banana Date Medley**

***Shazia Wahid***

Dates are used to break our fast during Ramadan as it contains natural sugars and helps boost energy levels. Dates are a versatile fruit that also aid in digestion and stop over eating (which is what most people tend to do) Dates and banana make a mouth watering but healthy combination providing instant energy which is needed when breaking your fast.



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**Preparation Time:** 10 minutes

**Makes** 4 glasses

**Ingredients:**

Bananas – 2

Pitted Dates – 20

Whole Milk – 1 litre

Honey – as required

Almonds – 10

**Method:**

1. Slice the bananas.
2. Pour the milk with the bananas in the blender.
3. Chop the pitted dates and add it to the blender.
4. Blend well till smooth.
5. Blanch the almonds and remove skins.
6. Slice the almonds finely and mix in with the drink.
7. Serve chilled.

**Tips and Tricks:**

Add honey if you want to add more sweetness to the drink.

Use ripe bananas to add more flavour.

To blanch almonds, pour water over the almonds and heat them in the microwave for a couple of minutes. Pour cold water over the almonds after removing from the microwave. You should be able to slide the skins off easily.

Iftari Snack



## 5.Fruit Chaat

*Shazia Wahid*

Fruit chaat is always a part of our Iftari table during Ramadan. For the perfect Fruit Chaat, use a mix of any seasonal fruits available.



**Preparation Time:** 20 minutes

**Serves** 4

### **Ingredients:**

Apple – 1 (diced)

Banana – 1 (sliced)

Grapes – 12 (halved)

Strawberry – 6 (quartered)

Pomegranate seeds – 3 tablespoon

Mango – ½ (diced)

Pineapple – 2 tablespoon (diced)

Kiwi – 1 (quartered)

Chaat Masala – ½ to ¾ teaspoon

Black Salt (Kaali Namak) – ¼ teaspoon (optional)

Juice of ½ lemon

Sugar – 1 teaspoon

**Method:**

1. Toss all the chopped fruits and add the chaat masala, lemon juice, sugar and black salt. Adjust seasonings to personal taste.
2. Serve chilled.

**6.Chole**

*Sajida Aslam*

This Chole Chaat make a spicy and tantalising addition to the Iftari table. You can add sev to give the chaat a crunchy texture.



**Ingredients:**

Boiled Chick Peas – 2 cups

Boiled and Cubed Potato – 1

Oil – 2 tablespoon

Mustard Seeds – ½ teaspoon

Cumin Seeds – ½ teaspoon

Onion – 1 (finely chopped)

Turmeric Powder – ½ teaspoon

Chilly Powder – 1 teaspoon

Coriander Powder – 2 teaspoon

Roasted Cumin Powder – ¾ teaspoon

Coriander Leaves – 3 to 4 tablespoon (chopped)

Tamarind Pulp – 2 to 3 tablespoon

Black Salt (Kali Namak) – ½ teaspoon

Salt to taste

Gram Flour - 1 tablespoon

Water – ½ cup

**For garnish:**

Chopped onion = 2 tablespoons

Deseeded and Chopped Tomato – 2 tablespoons

Chopped Coriander Leaves – 2 tablespoons

Thick Yoghurt – 2 tablespoons

**Method:**

- 1.Heat oil. Add mustard seeds and cumin seeds. When they crackle, add the chopped onion and add all powder masalas.
- 2.Add boiled chick peas and boiled potato. Mix well and add tamarind pulp.
3. Mix gram flour with ½ cup water and pour it into the chick peas. Mix well and remove from heat.
4. Serve garnished with chopped onion, chopped tomato, chopped coriander leaves and thick yoghurt.

**7.Lentil Fritters**

*Nazia Tamir*

*Vadas* are South Indian savoury fritters made with lentils. *Masala Vada*, *Parippu Vada*, many names for the same dish we all so love to eat on our long journeys in the train, bought from the street vendors or during breaking our fasts in Ramadan.



**Preparation Time:** 2 hours soaking time + 10 minutes

**Cooking Time:** 15 minutes

**Makes** about 20

**Ingredients:**

Split Pigeon Peas (Toor Dal) - 100 g (1/2 cup)  
Yellow Dried Split Peas (Chana Dal) - 100 g (1/2 cup)  
Onion - 1 (small)  
Curry Leaves - 8 to 10  
Green Chilly - 1 or 2 (chopped)  
Fennel Seeds - 1/2 teaspoon  
Chilly Powder - 1/4 teaspoon  
Turmeric Powder - 1/4 teaspoon  
Salt to taste  
Oil for deep frying

**Method:**

1. Soak the two dals together for 2 hours. Drain the dals. Remove about 2 tablespoons of the dals and keep aside.
2. Grind the dals coarsely with all the other ingredients.
3. Add the soaked dals which were kept aside and then shape the mixture into small flattened balls like little flying saucers. Deep fry the vadas till golden brown. Serve hot with your favourite chutney or dip.



## 8.Dahi Vada

*Munira Munir Sait*



Dahi Vada, Dahi Bara, Doi Bora...many names for the same delectable dish that is so perfect for the summer months and the sweltering heat

**Preparation Time:** 2 hours for soaking + 30 minutes + chilling time

**Cooking Time:** 30 minutes

**Serves** 6 to 8

### **Ingredients:**

#### **For the Vadas:**

Urad Dal - 200 g  
Shallots (Small Onion) - 5 to 6  
Green Chilly - 2 (chopped)  
Curry Leaves - 8 to 10 (chopped)  
Rice Flour - 2 to 3 tablespoon  
Baking Powder - 1/2 teaspoon  
Salt to taste  
Oil for deep frying



**For assembling the dahi vadas:**

Yoghurt / Curd - 500 ml

Water - 120 ml

Sugar - 1 teaspoon

Salt to taste

Red Chilly Powder - 1/2 teaspoon

Roasted Cumin Seed Powder - 1/2 teaspoon

Chopped Coriander Leaves - 2 tablespoon

**Method:**

1. Wash and soak the urad dal for 2 hours. Drain and grind to a smooth paste in the blender. Only add water if necessary. Transfer into a bowl and add chopped shallots, chopped green chilly, chopped curry leaves, baking powder, salt to taste and rice flour.
2. Mix well and refrigerate for 10 minutes. This will make it easier to shape the vadas.
3. Keep a bowl of water nearby, take a small portion of the batter and shape into a ring with a small hole in the centre. Slip the vada into hot oil and fry till golden brown.
4. Beat the curd well and add water. Add the sugar, salt, red chilly powder and roasted cumin seed powder. Soak the vadas in a bowl of hot water for 5 to 10 minutes. Squeeze the water out from the vadas. Arrange on a serving plate and pour the curd mixture over the arranged vadas.
5. Garnish with chopped coriander leaves. Chill in the refrigerator and serve cold. Serve with tamarind chutney for a tangier taste.

**9.Chilly and Mint Kebabs**

*Shazia Wahid*

Kebabs are such versatile products that I have used them in sandwiches, salads, as a starter, snack...This recipe was created completely by accident as I used whatever I had leftover in the fridge.



**Preparation Time** 15 minutes + 30 minutes chilling time

**Cooking Time** 15 minutes

**Serves** 4

**Ingredients:**

Boneless Chicken - 200 g

Crushed Red Chilly Flakes - 1 teaspoon

Chopped Mint Leaves - 2 tablespoon

Garam Masala Powder - 1/2 teaspoon

Chopped Onion - 3 tablespoon

Salt to taste

Oil for shallow frying

**Method:**

1. Mince the chicken breast in a food processor. Add crushed red chilly flakes, chopped mint leaves, salt, garam masala powder and mix well. Add the chopped onions as well.
2. Chill the mixture for 20 minutes. Divide and shape into 8 balls and flatten them. Chill for 10 minutes. Heat oil and shallow fry the kebabs till golden brown. Serve hot with mint chutney.

## 10.Aloo Tikki with Minty Mayo

*Sajida Aslam*

There are so many different variations of the basic aloo tikki recipe, but this recipe is one that is definitely one to try because of its unique crunchy coating.



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Makes** 24

## **Ingredients:**

### **For the tikki:**

Boiled and Mashed Potato - 500 g  
Bread - 2 slices  
Onion (chopped) - 2 tablespoon  
Tomatoes (chopped) - 2 tablespoon  
Green chilly (chopped) - 1 tablespoon  
Chopped Coriander Leaves - 2 tablespoon  
Salt to taste  
Juice of 1 lemon  
Vermicelli - 100 g  
Oil for shallow frying

### **For the minty mayo dip:**

Mint Leaves - 4 tablespoon  
Coriander leaves - 4 tablespoon  
Green chilly - 1  
Lemon Juice - 2 teaspoon  
Salt to taste  
Mayonnaise - 6 tablespoon

## **Method:**

1. Make breadcrumbs using the bread slices. Mix the boiled and mashed potato, fresh bread crumbs, chopped onions, chopped tomatoes, chopped coriander leaves, chopped green chilles, lemon juice, salt and egg. Mix well. Shape into 24 balls. Flatten the balls slightly to give them the shape of tikkis.
2. In a plate spread the crushed vermicelli, cover each of the tikkis with the crushed vermicelli.
3. Shallow fry till golden brown.
4. To make the dip, grind the mint leaves, coriander leaves, green chilly and lemon juice to a fine paste. Add salt to taste. Mix the ground paste with mayonnaise. Serve with hot aloo tikkiyan.

## **11.Aloo Bonda**

***Ruqia Suhaib***



Another favourite of the family – these bondas are loved by young and old. Some people add vegetables to the potato mixture to create a vegetable bonda. The trick to make perfect bondas every time is to make sure the batter is of the correct consistency.

**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Makes** 22 to 24

**Ingredients:**

Potatoes – 500g (boiled and coarsely mashed)

**For tempering:**

Oil – 2 tablespoon

Mustard Seeds – 1 teaspoon

Curry Leaves – 10

Onion – 1 medium (sliced)

Green Chilly – 3

Ginger – ½ teaspoon (chopped)

Salt to taste

Turmeric Powder – ½ teaspoon

Lemon Juice – 1 teaspoon

**For the batter:**

Gram Flour – 1 cup

Rice Flour – ½ cup

Salt to taste

Asafoetida (Hing) – a pinch

Chilly Powder – ¼ teaspoon

Turmeric Powder – ¼ teaspoon

Water to make a thick batter

Oil for deep frying

**Method:**

1.Heat oil for tempering and add the mustard seeds. When they crackle, add curry leaves, sliced onion, sliced green chillies and chopped ginger; sauté for a few minutes. Add turmeric powder and salt to taste. Add the coarsely mashed potatoes and mix well. Add lemon juice to taste. Divide the potato mixture into 22 to 24 balls.

2.Make a thick batter with the gram flour, rice flour, salt, hing, chilly powder, turmeric powder and water.

3. Heat oil for deep frying. When the oil is hot, pour 1 teaspoon of hot oil into the batter and mix well. Dip each potato ball into the batter and deep fry till golden brown. Serve hot with Tamarind Chutney.



## 12. Noodle Pakora

*Shazia Wahid*



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Makes** 15 pakoras

### **Ingredients:**

Cooked Rice Noodles – 100 g

Chopped Onion – 2 tablespoons

Gram Flour – 4 tablespoons

Rice Flour – 2 tablespoons

Green Chilly – 1 (finely chopped)

Cumin Seeds – ½ teaspoon

Ginger – ½ teaspoon (finely chopped)

Potatoes – 2 tablespoons (finely chopped)

Salt to taste

Baking Powder – a pinch

Coriander Leaves – 2 tablespoons (finely chopped)

Water – as required to make a thick batter

Oil for deep frying

### **Method:**

1. Mix the cooked rice noodles with all the other ingredients. Add water to make it into a thick batter.
  2. Heat oil for deep frying. Using two teaspoons make little roundels of the batter and fry till golden brown.
- Drain and serve hot with your favourite dip.

## **13.Punjabi Samosa**

*Shazia Wahid*

Samosas are an all time favourite Iftari snack and this samosa is no different. This samosa has a very lightly flavoured filling of potatoes.









**Preparation Time:** 30 minutes + 15 minutes resting time

**Cooking Time:** 20 minutes

Makes 14 samosas

**Ingredients:**

**For pastry:**

Plain flour – 200 g

Ghee – 20 g

Cumin Seeds – ½ teaspoon

Salt – ½ teaspoon

Water to make a soft dough

### **For the Filling:**

Boiled Potatoes – 125 g

Peas – 50 g

Ajwain seeds – ½ teaspoon

Chilly Flakes – ½ teaspoon

Oil – 1 teaspoon

Salt to taste

Oil for deep frying

### **Method:**

1. Rub the ghee into the plain flour. Add the cumin seeds, salt to taste and cold water to make a soft but stiff dough. Keep aside for 15 minutes.
2. Make the potato filling – heat oil, add the ajwain seeds, chilli flakes and peas. Add the boiled potatoes and salt. Mash them well.
3. Divide the dough into 7 balls. Roll out into a 5 inch circle and divide it in half. Fold each half into a cone and seal the edges by pressing with your fingers. Place 1 teaspoon of the filling inside the cone. Pinch the centre of the samosa and then flatten the edges. Place it upright while the rest of the samosas are being filled. Repeat the process with the remaining dough.
4. Heat oil and deep fry till golden brown. Serve hot with imli chutney or your favourite dip.

### **Tips and Tricks:**

For a healthier option, bake the samosas in a preheated oven at 200 degrees after spraying it with a little oil for 12 to 15 minutes till lightly brown.

## **14. Croquette**

***Sajida Aslam***

'Croquette' means 'to crunch' in French. There are a variety of variations that can be made to this recipe - by using different types of meats and other vegetables to give different textures as well as flavours.



**Preparation Time:** 30 minutes

**Cooking Time:** 30 minutes

**Makes** 16 to 18

**Ingredients:**

Plain flour – 2 tablespoon

Butter – 2 tablespoon

Potatoes – 300g (boiled and mashed)

Carrot – 75 g (grated)

Green Pepper – 75 g (chopped)

Chicken Breast – 250 g

Green Chilly – 4 (deseeded and chopped)

Coriander Leaves – 3 to 4 tablespoon (chopped)

Ginger – 1 teaspoon (chopped)

Vinegar – 1 tablespoon

Sugar – a pinch

Soya Sauce – 1 teaspoon

Salt to taste

Egg – 1



Bread crumbs – 100 g  
Oil for deep frying

**Method:**

1. Boil the chicken breast with salt and pepper. Shred the chicken finely. Fry the plain flour in the butter and then keep aside. Mix the chicken with butter and flour mix, mashed potato, grated carrot, chopped green pepper, chopped green chilly, chopped coriander leaves, chopped ginger, vinegar, sugar and salt.
2. Shape into 16 to 18 cylinders. Beat the egg in a bowl.
3. Dip each croquette in egg and then bread crumbs till completely covered.
4. Deep fry in hot oil till golden brown. Serve hot with your favourite dip.

## 15. Coconut Crepes

*Shazia Wahid*

These coconut filled crepes are scrumptious and add another element to the Iftari table amidst all the savoury snacks.



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Makes** 12 to 14 crepes

**Ingredients:**

**For the Crepes:**

Plain Flour – 200 g /1 cup

Egg – 1

Salt – ¼ teaspoon

Water to make a thin batter

**For the Filling:**

Coconut – 10 tablespoons

Sugar – 6 tablespoons

Powdered Cardamom – ½ teaspoon

Chopped Mixed Nuts – 2 tablespoon (optional)

**Method:**

- 1.Prepare the filling by mixing the grated coconut with sugar, powdered cardamom and chopped nuts.
- 2.Make a thin batter by mixing all the ingredients. Heat a small wok or a frying pan and grease with a piece of kitchen roll dipped in a little oil. Pour the crepe batter and spread to make a thin crepe.
- 3.Remove the thin crepe after cooking only on one side. Place the 1 teaspoon of the coconut filling on one end of the crepe. Roll the crepe carefully. Continue with the process till all the batter has been used and serve.

**Tips and Tricks:**

If you find that the batter is sticking the pan, scramble an egg in the frying pan and remove it. This will stop the batter from sticking.

**16.Tangy Paneer Tikka**

*Sajida Aslam*



Sometimes you crave for a change from the *samosas* and the kebabs and this recipe is perfect for such an occasion. These paneer *tikkas* have the perfect balance of flavours which make them a treat even for the *pukka* non vegetarians.

**Preparation Time:** 15 minutes+ overnight marination

**Cooking Time:** 20 minutes

**Makes** 14 to 16

### **Ingredients:**

Paneer – 200 g (cubed)

Curd – 2 tablespoon

Tomato Sauce – 4 tablespoon

Chilly Powder – 1 teaspoon

Salt to taste

Garam Masala Powder –  $\frac{1}{4}$  teaspoon

Kasuri Methi – a pinch

Pineapple Chunks – 12 to 15 pieces

Pepper – 1 (cubed)

Tandoori Masala Powder – 1 teaspoon

Chaat Masala for sprinkling

Oil for deep frying

### **Method:**

1. Mix the curd, tomato sauce, chilly powder, salt, garam masala powder, kasuri methi, pineapple chunks, cubed pepper, tandoori masala powder with the paneer cubes. Marinate this overnight.
2. Heat oil. Use toothpicks or skewers and skew the piece of pepper, paneer and then pineapple. Fry the tikkas in hot oil till brown.
3. Alternatively place them on a barbeque or under a hot grill turning them occasionally.
4. Serve hot with your favourite dips.

### **Tips and Tricks:**

If you are using wooden skewers on a barbeque always soak them in water first to avoid them burning.

## **17.Stuffed Banana Fry**

***Shazia Wahid***

This is another sweet dish that is exclusively prepared during Ramadan in our home.



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**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Makes** 14 to 16

**Ingredients:**

Ripe Plantains – 4

Rice Flour – 4 tablespoons

Oil – 1 tablespoon

Salt – a pinch

**For the Filling:**

Grated Coconut – 6 to 8 tablespoons

Sugar – 2 tablespoons

Cashewnuts – 10 (broken)

Cardamom Powder – ½ teaspoon

**Method:**

1. Peel the ripe plantains and place in a plastic bag with 2 tablespoons of water. Cook it in the microwave for 12 minutes till soft. Remove and cool. Once you open the bag, carefully remove the black seeds from the centre. Mash the plantains, add the rice flour, salt and oil. Knead the mixture well. Divide into 16 to 18 balls.
2. To prepare the filling, mix the grated coconut with the sugar, chopped nuts and cardamom powder. Heat this mixture gently for a few minutes. Let it cool.
3. Flatten the ball of the plantain mixture and make a small cup. Place 1 teaspoon of filling and press the edges neatly. Use a little extra oil if the mixture is sticky. Roll into a cylinder and then make the edges narrow.
4. Heat oil in a frying pan and shallow fry. They can also be deep fried if you wish.

**18. Chicken Pakora**  
*Ruqia Suhaib*

Pakorاس can be made by using any ingredient of your choice. This pakora recipe is different as it does not use gram flour for the batter but instead uses plain flour.



**Preparation Time:** 15 minutes + 30 minutes marination time

**Cooking Time:** 15 minutes

**Serves** 4 to 6

**Ingredients:**

Boneless Chicken - 500 g

**For the marinade:**

Ginger - Garlic Paste - 2 teaspoon

Yoghurt / Curd - 120 ml or 1/4 cup

Salt and Pepper to taste

**For the batter:**

Eggs – 2

Plain Flour - 2 tablespoon Oil - 2 tablespoon

Salt to taste

Pepper - 1/2 teaspoon

Oil for deep frying

Chaat Masala for sprinkling

**Method:**

1. Cut the boneless chicken into cubes. Marinate with the ginger garlic paste, yoghurt/curd , salt and pepper for 30 minutes. Make a batter with the eggs, plain flour, 2 tablespoon oil, salt and pepper to taste.
3. Dip the chicken cubes in the batter and deep fry till golden brown.
4. Sprinkle Chaat Masala and serve hot with your favourite dip.

**Tips and Tricks:**

Marinating the chicken helps enhance the flavours so try not to skip this very important step.

**19.Bread Puff**

*Nazia Tamir*

There are so many versions of this bread puff, but many people have issues with the bread absorbing too much oil or becoming soggy. The tips below should help the excess oil from being absorbed and give it the perfect crispy texture.



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Makes** 12

**Ingredients:**

Bread Slices – 12

Water – 125 ml

Salt to taste

**For the filling:**

Boiled Potato – 250 g Chopped Onion – 3 tablespoon

Chopped Green Chilly – 1 teaspoon (optional) Chopped Coriander Leaves – 2 tablespoon

Lemon Juice to taste

Chaat Masala to taste

For the coating:

Bread crumbs – 125 g

Egg – 1 (beaten)

Oil for deep frying

**Method:**

1. Make the filling by mixing all the ingredients. Add chaat masala and lemon juice to taste.
2. Remove the crusts of the bread slices. Mix salt with water. In a saucer, put 2 tablespoons of the salt water mixture and dip the bread slice in this.
3. Squeeze the excess water out of the bread slice. Place the filling inside the soaked bread slice and fold it in half. Squeeze the edges together sealing the bread puff.
4. Beat the egg well. Dip the bread puff in the beaten egg and then in the bread crumbs and keep aside.
5. Deep fry till golden brown. Serve with tomato ketchup or mint chutney.

**Tips and Tricks:**

You can also use a flour and water paste to seal the bread puff if you find it difficult to seal the edges.

You can adapt the filling to add cooked chicken or minced meat.

## Sehri



**20.Muthiya**  
***Ruqia Suhaib***



Muthiya is a perfect choice for a light meal after Iftari as it is not heavily spiced and has simple flavours.



**Preparation Time:** 40 minutes

**Cooking Time:** 30 minutes

**Serves** 6 to 8

**Ingredients:**

**For the gravy**

Boneless chicken - 500 g

Shallots - 400 g

Ginger garlic paste - 2 tablespoon  
Green chillies - 10 to 12  
Tomato - 250 g (sliced)  
Potato - 250 gms (quartered & fried)  
Yoghurt / Curd - 125 ml or 1/2 cup  
Chilly Powder - 3/4 teaspoon  
Turmeric Powder - 1/2 teaspoon  
Methi leaves - 1 bunch  
Carrot - 1 (sliced into thin rounds)  
Green Peas - 1/2 cup  
Salt to taste  
Thin coconut milk - 750 ml or 3 cups  
Thick coconut milk - 250 ml or 1 cup  
Oil - 4 tablespoon  
Salt to taste

### **For the muthiya (dumplings):**

Rice flour - 600 g or 3 cups  
  
Water - 1.125 litre or 4 1/2 cups  
  
Salt to taste  
Chilly Powder - a pinch  
Ghee as required to make a soft dough

### **Method:**

1. To make the muthiyas, in a saucepan, boil water with salt. When it starts to boil, add the rice flour and a pinch of chilli powder. Mix it well with a wooden spoon and switch off the flame. Cover with a lid and leave it to cool. After it is cooled, add ghee and knead into a soft dough. Make small balls and squeeze them lightly in your fist to leave imprints of your fingers on the dumplings.
2. Grind the shallots, ginger garlic paste and green chillies together. Heat oil and sauté the ground ingredients well. Add salt, curd and cubed chicken. After the chicken gets cooked add the potatoes, tomatoes, carrots, methi leaves and thin coconut milk. Add the green peas and muthiyas which has been prepared earlier.
3. After it boils for about 12 to 15 minutes and the *muthiyas* are cooked completely, add the thick coconut milk and switch off the flame. Serve hot.

### **Tips and Tricks:**

You can use lamb or mutton instead of chicken but you will need to adjust the cooking times accordingly. Always cover the muthiya dough when leaving it to cool so that it does not dry out.

## **21.Gosth jo Khao (Meat Pulao)**

### ***Sajida Aslam***

The difference between Biryani and Pulao.....Biryani is generally cooked in layers whereas Pulao is cooked as a one pot dish; Biryani also takes a lot longer to cook than a Pulao. One of my all time favourite rice dishes is Gosth jo Khao - a simple, one pot dish that can be served with any simple chutney. There are days when I get bored of making curries and prefer a short cut and this is one of those dishes that I make every so often.



**Preparation Time** 40 minutes

**Cooking Time** 50 minutes

**Serves** 4 to 6

### **Ingredients:**

Beef - 400 g (cubed)

Onion - 3 medium (finely chopped)

Ginger Garlic Paste - 2 teaspoon

Tomatoes - 2 medium (chopped)

Oil - 125 ml to 175 ml

New Potatoes - 10 to 12 ( peeled and deep fried till golden brown - You can use normal potatoes cut in quarters as well)

Chilly Powder - 1 teaspoon

Turmeric Powder - 3/4 teaspoon

Garam Masala Powder - 1/2 teaspoon

Cinnamon - 1 inch stick

Cardamom - 3

Cloves - 3

Coconut Milk Powder - 2 tablespoon

Water - 60 ml or 1/4 cup

Basmati Rice - 400 g or 2 cups

Water - 750 ml to 1 litre ( 3 to 4 cups)

**For garnish**



Onion - 1 medium (sliced)

Coriander Leaves - 4 tablespoon (finely chopped)

### **Method:**

1. In a pressure cooker, fry the sliced onion till golden brown. Remove and keep aside. Fry the potatoes till golden brown and keep aside.
2. In the same oil, add the cinnamon stick, cardamom, cloves and chopped onion and sauté till translucent. Add the ginger garlic paste and continue to sauté till the raw smell disappears.
3. Add the chopped tomatoes. When the tomatoes go soft, add the chilly powder, turmeric powder, garam masala powder and salt. Continue to sauté till the oil starts leaving the mixture. Add the washed beef and mix well. Add about 250 ml (1 cup) of water and close the pressure cooker. Cook the beef for about 15 to 20 minutes.
4. Soak the basmati rice for 30 minutes in plenty of water and then drain.
5. Once the beef is cooked completely, transfer it into a degchi. Make a rough estimate of the remaining liquid and then decide on how much water is required to cook the rice. You will need twice the amount of water to rice when cooking in a degchi.
6. Add the drained rice and stir gently till the rice is coated with the masala. Add the fried potatoes.
7. Add water as required to cook the rice. Add salt to taste.
8. Mix the coconut milk powder with 60 ml or 1/4 cup of water and make a paste. Add this to the rice.
9. Close the degchi and cook for about 10 to 15 minutes till the rice is cooked completely.
10. Serve gosh jo khao garnished with the fried onions and chopped coriander leaves.

### **Tips and Tricks:**

Add a little coconut milk to make the gosh jo khao richer.

Always soak rice for at least 30 minutes and drain it well before cooking.

Use twice the amount of water to the amount of rice when cooking in an open pan.

The cup measures above are for measuring cups.

Make extra beef masala and freeze to save time.

## **22.Cutchi Chicken Biryani**

*Shazia Wahid*

This Biryani recipe has been a family favourite for three generations - always cooked on special occasions, daawats and especially on Eid. I am sure everyone has their own versions of the famous 'Chicken Biryani' but what makes this recipe special is that it requires very little 'standing by the stove time' as I like to call it as the chicken masala is slow cooked and does not require 'a lot of supervision'.



**Preparation Time:** 2 hours **Cooking Time:** 1 hour 30 minutes

**Serves** 4 to 6

**Ingredients:**

**For the Masala:**

Chicken - 1 (cut into pieces, washed and drained)  
Onions - 3 (finely chopped)  
Ginger paste - 1 teaspoon  
Garlic Paste - 1 teaspoon  
Tomatoes - 4 (chopped)  
Yoghurt - 250 ml  
Chilly Powder - 1 teaspoon  
Turmeric Powder - 1/2 teaspoon  
Oil - 125 ml

Cinnamon stick - 1  
Cloves - 2  
Garam Masala Powder - 1 teaspoon  
Coriander Leaves - 2 tablespoon (finely chopped)  
Mint Leaves - 1 tablespoon (finely chopped)  
Salt to taste

**For the Rice:**

Basmati Rice - 600 g  
Water - 1.5 litres  
Oil - 1 tablespoon  
Cinnamon stick - 1  
Cardamom - 3  
Salt to taste

**For the Garnish:**

Onion - 1 (finely sliced and deep fried till golden brown)  
Cashew nuts - 10 (fried till golden brown)  
Raisins - 10 (fried till golden brown)  
Coriander Leaves - 2 tablespoon (finely chopped)  
Mint Leaves - 1 tablespoon (finely chopped)  
Saffron - few strands  
Warm milk - 2 tablespoons

**For the Raita:**

Onion - 1 (finely chopped)  
Greek yoghurt - 250 ml  
Salt to taste

**Method:**

1. Marinate the chicken with all the masala ingredients and keep for 2 hours. Cook in a flat pan on medium heat. Keep it covered so that it cooks with the moisture from the ingredients. Once the chicken is cooked, remove the lid and continue cooking until all the masala becomes quite dry and oil starts to leave the mixture. The whole process takes about 45 minutes.
2. Soak the basmati rice for 30 minutes, then drain, Heat the water with oil, cinnamon, cardamom and salt. Add the drained rice and cook till the water gets completely absorbed.
3. Divide the rice into three parts. Place one layer of cooked rice in a large pan. Place half the chicken masala on top of the rice. Place another layer of rice and cover with the remaining chicken masala. Finish with the remaining rice and garnish with the fried onion, cashew nuts, raisins, chopped coriander and mint leaves. Sprinkle the saffron soaked warm milk over the rice. Cover with the lid and place on high heat for 3 minutes and low heat for about 10 minutes. This process is called 'dum' or 'cooking in steam'. This allows all the flavours of the masala to infuse and blend with the rice.
4. Mix all the raita ingredients together. Serve the chicken biryani with poppadums.

**Tips and Tricks:**

Make and freeze the masala in advance and use as required.

If the masala is still too watery, add one finely sliced and fried onion, which will help absorb the excess liquid and help dry the mixture.

### **23.Kushka**

***Shazia Wahid***

Kushka is a rice dish that is cooked with lots of fresh herbs and is usually served with a korma. It is cooked mostly in Southern India and I am sure there are a variety of different versions of this dish, but this is one I learnt from my mother in law.



**Preparation Time** 30 minutes

**Cooking Time** 30 minutes

**Serves** 6

#### **Ingredients:**

Basmati Rice - 400 g

Water - 1 litre (4 cups)  
Onion - 1 (finely sliced)  
Ginger Garlic Paste - 1 tablespoon  
Tomatoes - 2 (finely sliced)  
Mint Leaves - 1 cup (finely chopped)  
Coriander Leaves - 1 cup (finely chopped)  
Green chilly - 1 or 2 (slit in half , optional)  
Turmeric powder - 1/2 teaspoon  
Salt to taste  
Oil - 4 tablespoon  
Cinnamon - 1 stick  
Star Anise - 1  
Cardamom - 4

### **Method:**

1. Soak the rice for 30 minutes in plenty of water, drain and keep aside.
2. In a degchi, heat oil and add the cinnamon stick, cardamom, cloves and sliced onions and sauté till translucent. Add the ginger garlic paste and continue to sauté till the raw smell disappears.
3. Add the sliced tomatoes and slit green chillies. When the tomatoes go soft, add the turmeric powder and salt. Continue to sauté till the oil starts leaving the mixture. Add half the mint and coriander leaves. Fry for about a minute.
4. Add the water required for cooking the rice and bring it to boil. You will need twice the amount of water to rice when cooking in a degchi.
6. Add the drained rice and stir gently. Close the degchi and cook for about 10 to 15 minutes till the rice is cooked completely.
7. Add the remaining mint and coriander leaves at the end. Serve hot with Murgh Korma.

### **Tips and Tricks:**

Use fresh herbs to get the best flavour for this recipe.  
Always soak rice for at least 30 minutes and drain it well before cooking.

**24.Aloo Paratha**  
*Shazia Wahid*



Aloo Paratha - a typical North Indian breakfast dish that is so simple and easy to make but can present with its own challenges. I have tried so many different recipes and methods of making this recipe before I made this one. Continue reading below to try the fool proof method of making these delicious aloo parathas and you will never have uncooked dough or parathas that are too thick.



**Preparation Time:** 30 minutes

**Cooking Time:** 30 minutes

**Makes** 10 to 12

### **Ingredients:**

#### **For the paratha:**

Wheat Flour - 350 g + extra for rolling out

Oil - 1 teaspoon

Salt to taste

Warm water to make a soft dough

#### **For the stuffing:**

Boiled and Mashed Potato - 350 g

Onion - 1 small (finely chopped)

Green Chilly - 1 (finely chopped)



Coriander Leaves - 3 tablespoon (finely chopped)  
Amchoor Powder - 1/2 teaspoon  
Black Salt - 1/4 teaspoon  
Cumin Powder - 1 teaspoon  
Chaat Masala - 1/2 teaspoon  
Garam Masala Powder - 1/2 teaspoon  
Salt to taste  
Oil / Ghee - 4 teaspoon (for cooking the parathas)

### Method:

1. Make a soft dough by kneading all the paratha ingredients well. The dough needs to be slightly softer than normal chapatti dough. Let the dough rest for 10 minutes. Divide it into 20 - 24 balls.
2. Make the stuffing by mixing all the filling ingredients together.
3. Roll out 2 balls of dough to about 4 inches in diameter and spread about 3 teaspoons of the potato filling evenly on one of the rolled out circles. Place the other circle over the first one. Seal the edges firmly by pressing the edges. Sprinkle some extra flour and roll out the paratha into an 8 inch circle.
4. Cook the paratha on a hot tawa until cooked evenly on both sides. Spread oil or ghee as required. Serve hot with yoghurt / curd or pickles of your choice.



## 25. Anda Paratha

*Shazia Wahid*

This is a perfect recipe for sehri as it can be made quite quickly with leftover chapatti dough. It contains the perfect combination of all the nutrients required. Protein and complex carbohydrates break down slowly in the body during the day which keeps the energy levels high while fasting. The fibre from the wheat flour will also help maintain the satiety feeling.



**Preparation Time:** 15 minutes + 30 minutes resting time

**Cooking Time:** 20 minutes

**Makes** 8

### **Ingredients:**

#### **For the Parathas:**

Wheat Flour – 2 cups or 300 g

Oil – 1 teaspoon

Salt to taste

Warm Water to make a soft dough

**For the egg topping:**

Eggs – 4

Chopped Onion – 3 tablespoon

Chopped Green Chilly – 2

Salt to taste

Chopped Coriander Leaves – 2 tablespoon

Ghee / Oil – 4 teaspoon

**Method:**

1. Make a soft dough with the wheat flour, oil, salt and warm water. Keep aside for 30 minutes.
2. Beat the eggs till they are mixed well. Add the chopped onion, chopped green chilly, salt, chopped coriander leaves and mix well.
3. Roll out a ball of dough to about 4 inches in diameter and spread a little oil / ghee evenly and sprinkle a little flour. Make one cut from the centre to the edge of the circle.
4. Sprinkle some chopped mint leaves. Now roll the dough into a tight cone. Press the ball of dough down.
4. Roll out the paratha into an 8 inch circle.
5. Cook the paratha on a hot tawa until half cooked on both sides. Spread oil or ghee as required.
6. Pour 3 to 4 tablespoon of the egg mixture over the paratha. Spread the egg mixture over the paratha. Spread a little oil over the egg mixture before flipping the paratha.
7. Cook the paratha till the egg is cooked completely. Serve the egg paratha hot with a cup of tea.

**Tips and Tricks:**

This can be easily prepared with leftover chapatti dough for sehri.

Store the leftover chapatti dough in the fridge wrapped in cling film. This will stop the crust from forming.

Top the paratha with some cheddar cheese and then fold in half to make it into a cheesy egg paratha which will provide more protein.



**26.Murgh Korma**  
*Shazia Wahid*



Korma is another one of those Indian curries that are well known around the world, but they are quite different from a Korma that is prepared in a proper Indian kitchen. It is usually quite a rich curry with nuts and cream though this recipe uses yoghurt/curd to give it the creamy texture required.



**Preparation Time:** 10 minutes + 30 minutes marination

**Cooking Time:** 50 minutes

**Serves** 6

**Ingredients:**

**For the marinade:**

Chicken - 1 kg

Ginger Garlic Paste - 1 teaspoon

Salt to taste

Garam Masala Powder - 1 teaspoon

### **For the Korma:**

Onion - 500 g (finely sliced)

Oil - 180 ml (3/4 cup)

Yoghurt/Curd - 240 ml (1cup)

Ginger Garlic Paste - 1 teaspoon

Kashmiri Chilly Powder - 3 teaspoons

Cinnamon Stick - 1

Cloves - 4

Cardamom - 4

Salt to taste

Turmeric Powder - 1/2 teaspoon

Almonds - 15

Garam Masala Powder - 1/2 teaspoon

### **Method:**

1. Marinate the chicken with ginger garlic paste, salt and garam masala powder and keep aside for 30 minutes.
2. Heat oil and fry the sliced onions till light golden brown. This needs to be done on medium heat. Keep aside 1 tablespoon of the fried onions for garnish. Grind the remaining fried onions with the yoghurt/curd. 3. Lightly fry the marinated chicken, Remove and keep aside. In the same oil, add the fried onion and yoghurt paste. Add ginger garlic paste, Kashmiri chilly powder, turmeric powder cardamom, cloves, cinnamon and salt. Cook the gravy till it releases oil from the sides.
4. Grind the almonds with the peel into a fine powder. Add the ground almonds into the gravy, Add the fried chicken pieces and 1/2 cup of water. Cover and let the chicken continue to cook in the gravy.
5. Sprinkle the garam masala powder at the end and remove from heat. Garnish with fried onion. Serve hot with Kushka to turn it into a complete meal.

### **Tips and Tricks:**



Marinating and frying the chicken helps to intensify the flavours in this korma.

To make the korma richer, add a little cream at the end.

## **27.Chicken Roast**

***Munira Munir Sait***

The following recipe is a simple but delicious recipe which can be prepared in stages which is ideal for Ramadan. A typical South Indian Chicken Roast in all senses – with lots of onions and the scented curry leaves.



### **Ingredients:**

Chicken – 1 (cut in 8 pieces)

Onions – 5 (sliced)

Tomato – 3 sliced)

Ginger – 1 inch piece (crushed)

Garlic – 3 cloves (crushed)

Green Chilly – 4

Chilly Powder – 2 teaspoon

Coriander Powder – 1 ½ teaspoon

Garam Masala Powder – 1 teaspoon

Curry Leaves – a handful

Curd ½ cup

Salt to taste

Oil – ¼ cup

### **Method:**

1. Marinate the chicken with salt, 1 teaspoon chilli powder, turmeric powder and curd for 4 hours.
2. Heat oil and fry 1 sliced onion. Remove and keep aside. Shallow fry the marinated chicken pieces. Remove and keep aside.
3. Saute the sliced onions till translucent and add the crushed ginger and garlic. Add the sliced tomato and slit green chillies. Add 1 teaspoon chilly powder, coriander powder, salt and garam masala powder. Fry till the raw smell disappears.
4. Add the fried chicken pieces and mix well. Finally add the fried onions and curry leaves. Serve with plain rice or chapattis.

## **Desserts**



### **28.Layered Falooda Pudding**

*Shazia Wahid*

Falooda / Agar Agar is one ingredient used very often at home in drinks and desserts. It is plant based and therefore is quite safe to eat. In the following recipe I have taken the simple Falooda dessert which is traditionally prepared in large trays and cut in diamonds before serving.



A variety of flavours can be added to the china grass as it is bland on its own.

### **Ingredients:**

Milk – 1 litre

China Grass (Agar Agar) – 10 g

Sugar - 8 tablespoons

Food Colouring – Pink and Green (few drops)

Cardamom Powder – ½ teaspoon

Chopped Nuts – 2 tablespoons

### **Method:**

1. Soak the china grass (agar agar) in about 1 cup of cold water for 20 minutes. Melt the china grass (agar agar) and test a few drops on a plate, if it sets properly, turn the heat off.
2. In another sauce pan, bring the milk mixed with sugar and cardamom powder. Add the melted china grass and mix well.

3. Add food colouring and then pour in glasses or a tray to set. Finally garnish with chopped nuts and serve chilled.

## **29.Mango Kesar Phirni**

***Shazia Wahid***





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This Ramadan, I am expecting lots and lots of mangoes and so this recipe seemed suitable for adding to this collection of recipes for Ramadan. This recipe adapts the humble 'Phirni' and creates a scrumptious dessert with different textures.

**Preparation Time** 15 minutes + 1 hour chilling time

**Cooking Time** 25 minutes

**Serves** 6

### **Ingredients:**

#### **For the Phirni:**

Whole milk - 1 litre (4 cups)

Semolina (Rava) - 60 g

Granulated Sugar - 100 g

Condensed Milk - 4 tablespoon

Saffron (Kesar) - 2 pinches

#### **For the Mango Sauce:**

Mango Cubes - 2 cups + 1/2 cup for garnish

Whole Milk - 250 ml (1 cup)

Custard Powder - 4 teaspoon Granulated Sugar - 4 tablespoon (depending on personal taste)

### **Method:**

1. To make the mango sauce, purée the mangoes to a smooth paste. Mix 2 tablespoons of the cold milk with the custard powder and add to the mango purée. Add the remaining milk for the sauce along with sugar and cook on a medium flame till the sauce begins to thicken. Divide the mango sauce into six individual glasses or bowls and chill.
2. To make the kesar *phirni*, heat the milk in a sauce pan. Add the sugar, saffron and semolina. Stir continuously and let the *phirni* thicken. Add the condensed milk and mix well. The *phirni* will continue to thicken once it cools, so remove it from heat when it starts to coat the spoon.
3. To assemble the mango kesar *phirni*, spoon the cooled kesar *phirni* over the mango sauce. Garnish with mango cubes and serve chilled.

### **Tips and Tricks:**

Adjust the amount of sugar depending on the sweetness of the mangoes you are using.



### 30. Bakewell Tart

*Shazia Wahid*

Bakewell tart is an English confection made using Pate Sucree (sweet short crust recipe), usually raspberry jam and a layer of frangipane (filling made from almonds).



**Preparation Time:** 15 minutes + 40 minutes chilling time

**Cooking Time:** 40 minutes **Makes** 1 large 9 inch round tart or 8 tarts of approximately 4 inch diameter

#### **Ingredients:**

##### **For the pastry:**

Plain flour - 225 g

Salt - a pinch

Chilled butter - 125 g (cut in cubes)

Caster sugar - 50 g

Zest of a 1/2 a lemon

Egg yolk - 1

Water - 2 tablespoon

**For the filling:**

Butter - 75 g

Caster sugar - 75 g

Ground Almonds - 75 g

Eggs - 2

Raspberry Jam - 100 g

Flaked Almonds - 25 g

Icing sugar for dusting

**Method:**

1. Preheat oven at 200 C/ gas 6, 15 minutes before you are ready to cook the pastry. Put the plain flour, chilled butter and salt in the food processor till it resembles bread crumbs. Add the caster sugar and lemon zest. Blend again. Mix the egg yolk and 2 tablespoons of water and add to the dry mixture. Blend until the mixture starts coming together. You may need to add more water, if necessary.
2. Knead lightly with soft hands. Wrap in cling film and chill for 30 minutes.
3. Roll the dough out thinly on a lightly floured surface. Keep moving the dough clockwise and do not flip it like chapattis. Line the 9 inch tin and chill in the fridge for 10 minutes.
4. Line the pastry case with greaseproof paper and baking beans. Bake for 10 minutes. Remove the greaseproof paper and baking beans and cook for another 10 to 12 minutes till the base becomes crisp. This is called 'baking blind'. Allow to cool slightly. Reduce the oven temperature to 190 C/ gas 5.
5. Blend the butter, caster sugar, eggs and ground almonds for the filling until smooth.
6. Spread the jam over the cooked pastry case. Cover the jam with the almond mixture. Sprinkle the flaked almonds and bake for a further 15 - 20 minutes until firm and golden brown.
7. Leave to cool. Dust with icing sugar and serve.

**Tips and Tricks:**

Always make sure your butter is chilled as this will ensure that your pastry has a crumbly texture.

If you have warm hands, run them under cold water so that the butter in the pastry does not start to melt when you knead it lightly.

Do not over work the pastry like bread or chapatti dough.

Use dals or dried beans. if you do not have baking beans. They will work just as well.

I hope you enjoyed perusing through the e-book. Please take a moment to leave a comment at the site from which you downloaded this e-book.

Thank you

## About the Author

I began cooking at a very tender age with the encouragement of my parents and then quickly graduated to teaching others to create delicious food. Eventually I went to study for a degree in Home Science where I developed my knowledge and understanding of ingredients and nutrition.

I then turned to teaching as my chosen profession – beginning with young children and then progressing to teaching Food Technology to secondary school children.

All the recipes in this book and on my website are tried and tested by myself and members of my family. I hope you have enjoyed perusing through the recipes in this e-book.

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Jazak Allah Khair and May you all have a blessed Ramadan.

Shazia Wahid