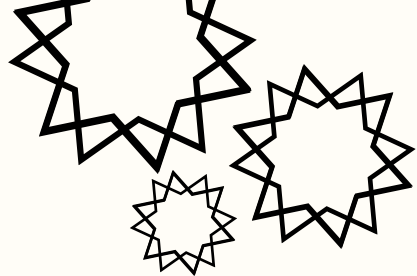




2019

Ramadan Recipes

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VOLUME 3



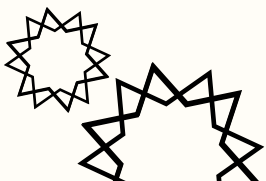
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Citrus Sunrise

YOU WILL NEED

Double cream yoghurt

Citrus fruit (oranges, grapefruit)

Granola

Honey

Mint Leaves

METHOD

Segment the oranges and grapefruit. Layer fruit, granola and yoghurt in a glass. Top with a sprinkle of pomegranate seeds, mint leaves and a drizzle of honey.

Cover and keep in the fridge until needed. Alternatively, put all the ingredients on the table and let each person dish into their bowls.



TOP TIP

Make the night before to save time. Take out of the fridge 20 - 30 mins before serving so they can return to room temperature.

Savoury Scones

YOU WILL NEED

225g Self raising flour
1/2 tsp Salt
50g Butter
1 tsp Mustard sauce
3/4 cup Finely grated cheese
2 Spring onions, finely chopped.
1 Egg
100ml Buttermilk/ amasi

METHOD

Heat oven to 220°C. Rub butter into flour until it resembles breadcrumbs. Add grated cheese and spring onion. In a separate bowl, whisk egg, buttermilk and mustard. Make a well in the centre of the flour and add all egg mixture except 1 Tb. Mix until the dough forms a ball. Sprinkle flour on your work surface and knead until smooth.

Flatten into a 2cm thick circle, cut into four, then half each quarter diagonally so you are left with 8 triangles. Brush with 1Tb of remaining egg mixture. Optional to top with extra grated cheese. Bake for 12 – 14 minutes until well risen, golden and sound hollow when tapped.



TOP TIP

Make your own buttermilk by adding 1Tb of lemon juice to milk and letting it stand before use.

Homemade Cream Cheese

YOU WILL NEED

Amasi/ Maas

Clean dish cloth or cheese cloth

Colander

Bowl

Salt to taste

METHOD

Place a colander in a bowl, large enough so that nothing will drip or spill out. Line with a clean dish cloth, and pour Amasi in.

Squeeze to form a ball (optional) and fold the cloth into the colander (so it doesn't mess in the fridge).

Leave overnight for 24hours, discard the water that separates from the whey. Season with salt and whatever you wish (herbs, spices etc) and enjoy!



TOP TIP

Serve your cream cheese with toasted bagels and smoked salmon or rainbow trout.

Sweetcorn Fritters & Poached Eggs

YOU WILL NEED

1 tin Cream style sweetcorn
Coriander, chopped
1 Spring onion, chopped
1 Green chilli, chopped
1/2 Red onion, chopped
1 cup Cake flour
1 tsp Baking powder
1/3 Milk & 1 egg
1/2 tsp Salt
1/2 tsp Ground black pepper
Oil for frying

METHOD

In a bowl, empty the contents of the tin of sweetcorn. Add the coriander, spring onion, green chilli, red onion, egg and salt and pepper. Mix well. Add the flour, baking powder and milk.

Heat oil in a frying pan. Place spoonfuls of mixture in the pan or make giant fritters one at a time. Cook on medium heat.

Once the edges start turning brown and bubbles form in the middle of the fritter, turn over and cook on the other side. Serve with poached eggs and a generous drizzle of sriracha and scattering of coriander.



TOP TIP

Put this mixture in a waffle machine and make crispy savoury waffles! Add some cheese to the mixture.

Oat Pancakes

YOU WILL NEED

3/4 cup Oat powder (blended oats)
3Tb Cake flour
1Tb Cocoa powder
2tsp Baking powder
1tsp cinnamon
1 Egg
1 cup Milk

METHOD

Whisk everything together in a bowl.

Heat a frying pan and cook spoonfuls in butter or a little bit of oil.

I like to make giant pancakes and serve with butter, raspberries and honey.

You can eat these plain or serve with fruit.



TOP TIP

Make oat flour by grinding oats in a blender. These pancakes contain more fibre than regular pancakes.

Tropical Granola

YOU WILL NEED

1 cup coconut flakes, toasted
1 cup banana chips
1 cup oats
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup sesame seeds
30ml olive oil
50ml honey
1 tsp vanilla essence
1/2 tsp cinnamon

METHOD

Pre-heat oven to 160°C. Toast coconut flakes on a baking tray. Toast all the seeds together for 20 mins. Mix oats, toasted seeds, olive oil, honey, cinnamon and vanilla essence together. Spread mixture in an even layer on greaseproof paper or a non stick mat and bake for 20 minutes until golden.

Take out and give it a stir, if you would like it more crispy you can leave it in for longer but be careful not to burn the granola. Add the toasted coconut and banana chips once completely cooled. Store in an airtight container.



TOP TIP

Serve with figs, banana and yoghurt as seen above.

Classic French Toast

YOU WILL NEED

Thick slices of Ouma Brood

3 eggs

1 cup of milk

1/2 tsp cinnamon

METHOD

Whisk eggs, milk and cinnamon together. Dip each piece of bread into the egg custard mixture and fry in butter.

Once each side is crisp, leave on a cooling rack while you fry the rest. This will keep it crispy, or keep warm in the oven.

Serve with cinnamon sugar, yoghurt, berries, banana or whatever you choose!



TOP TIP

Stale bread is better for french toast than fresh bread as it will soak up more liquid without breaking.

Carrot Cake Bliss Balls

YOU WILL NEED

- 1 cup grated carrot, water squeezed out
- 1 cup dates
- 1/2 cup sunflower seeds, ground into flour*
- 1/2 tsp mixed spice
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon
- 1 Tb peanut butter
- 4 Tb desiccated coconut
- *Replace sunflower seeds with oats

METHOD

Soften dates with hot water if you need to but squeeze out excess water. Blend everything in a food processor. Add more coconut if mixture is still sticky.

Put mixture to chill in fridge then portion and roll into balls when cold. Roll balls in seeds or more coconut or leave plain.

Store in an airtight container in the fridge.



TOP TIP

These are high calorie snacks, enjoy sparingly!

Bibimbap

YOU WILL NEED

1 cup Cooked short grain rice
Shredded or julienne carrot
Shredded or julienne cucumber
250g Mince, cooked with ginger, garlic and soy sauce
Shimeji, brown, white button or any other mushroom, sautéed.
Spring onion, chopped
Bean sprouts, blanched
1 Fried egg per person

METHOD

Bibimbap is a Korean dish served in a bowl using any fillings. They usually consist of cooked or fresh vegetables, mince and rice.

Assemble your bowls with rice at the bottom, mince and vegetables on top. Each bowl gets a fried egg on top.

Make a sauce with tomato sauce, sesame oil, soya sauce, sriracha sauce and drizzle over the top.



TOP TIP

Everyone can make their own bowls! Use a variety of fresh vegetables, eat the rainbow (red & green cabbage, peppers etc).

Tuna Fishcakes

YOU WILL NEED

1 tin Tuna, drained
1 Potato, peeled, boiled and mashed
1 Egg
Coriander, finely chopped
1/2 Onion, finely chopped
1 Green chilli, finely chopped
Salt to taste
Black pepper to taste
Oil for shallow frying

METHOD

Mix your tuna with the mashed potato, coriander, eggs, onion, green chilli and seasoning. Mix until well combined.

Take 1 Tb of tuna and form it into a small fishcake. You can make larger ones if you wish.

Heat some oil in a frying pan and shallow fry the fishcakes, turning once. Do not try to turn them too soon or they will break.

Drain on a piece of paper towel and serve with chutney and salad.



TOP TIP

These can be frozen and taken out to defrost before frying. This recipe makes approx. 10 - 12 small fishcakes.

Pad Thai

YOU WILL NEED

2 Chicken breasts, sliced
1/2 Onion, cut into 4
2 Garlic cloves, thinly sliced
2 – 3 Red chillies, finely chopped
80ml Soya sauce*
60ml Lime or lemon juice*
2 Tb Brown sugar*
2 Spring onion, chopped
2 Eggs
2 Wheels rice stick noodles, cooked
Peanuts for garnish
Lemon wedges
Bean sprouts, blanched

METHOD

Heat oil in a hot wok, add garlic, chilli, onion and chicken. Cook on high heat until the chicken is cooked. Move this to the side and break eggs into wok. Scramble. Add the soya sauce, lime/ lemon juice, sugar and cook until thick. Add the noodles and toss in the sauce, add the spring onion towards the end.

Serve with crushed peanuts, a lemon wedge, bean sprouts and chili flakes per your preference.

*Double the soya sauce, lemon and sugar for a much richer pad thai. This is the skinny version.



TOP TIP

This serves two.
Alternatively fry two eggs separately and place on top of noodles instead of scrambling.

Corn & Cheese Springrolls

YOU WILL NEED

2 chicken breasts, cubed
1/2 onion, chopped
1 tsp garlic paste
1/2 tsp white pepper
1/2 tsp fresh green chilli
1 cup of fresh or frozen corn
bunch of coriander
spring roll pastry sheets
1/2 cup grated cheese
2 tsp cornflour
water & flour for pasting

METHOD

Heat a little bit of oil in a pot. Add garlic, chicken, onion, white pepper and green chilli. Saute until the chicken is cooked. Add the corn, cook for 3 minutes. Allow to cool then add the coriander, cheese and corn flour.

Take a sheet of spring roll pastry, put filling in one corner and fold over so that the points on either side are next to each other, fold the sides in and roll up, pasting with "glue" as you go. Deep fry until golden.



TOP TIP

You can buy big or small spring roll sheets.

Rice Paper Rolls

YOU WILL NEED

Assorted vegetables, cut into julienne strips
Lettuce, optional
Coriander
Mint leaves
Rice paper sheets

Peanut Dipping Sauce:
1 Tb Crunchy or Smooth Peanut Butter
2 tsp Soya sauce
Squeeze of lemon juice
1 tsp Sriracha sauce
Enough milk to thin to desired consistency

METHOD

Use a variety of veggies, finely sliced (red cabbage, lettuce, carrot, cucumber, peppers, etc.) Dress the veggies in 1 Tb of rice vinegar, 1 tsp of sesame oil and a pinch of sugar.

Soak the rice paper sheets in water for a few seconds until soft and pliable. Place veggies in the centre, fold the sides over and roll into a springroll shape.

Mix dipping sauce ingredients together.



TOP TIP

Store in the fridge covered with a damp cloth, best eaten immediately at room temperature.

Apple Tart

YOU WILL NEED

1/2 roll Today Puff Pastry (makes 4 pieces)
2 small red apples
lemon juice
2 Tb icing sugar
1/2 – 1 tsp cinnamon
1 tsp apricot jam
water

METHOD

Pre-heat your oven to 180 degrees celsius. Cut the apples in half and slice, keeping the slices together. Roll out your puff pastry and fan out apple slices. Mix the icing sugar with the cinnamon and sieve over the pastry & apples evenly. Place on greaseproof paper a baking tray and bake for 20 minutes until golden and crisp.

Take out of the oven and brush with melted apricot jam (you can add a bit of water to it) then allow to cool. This will add a lovely glossy finish.

Cut into slices, eat plain or serve with ice cream or cream.



TOP TIP

For an alternative dessert, fold over puff pastry to make apple puffs. sprinkle brown sugar on top of pastry before baking.



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