

# Flavor's

*taste that lingers on...*



**SHANAAZ PARKER**

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# Mushroom, Prawn & Mascarpone Pastry Pies

Creamy, fishy and divine

1.5kg readymade puff pastry  
1 egg, beaten for egg wash  
poppy seeds for sprinkling

**Filling**  
60g butter  
1 punnet mushrooms, sliced  
30ml garlic paste  
2 green chillies, chopped  
500g shelled prawns, cut in half  
10ml lemon juice  
60ml cake flour  
125ml milk  
30ml fish seasoning  
10ml paprika  
5ml coarse black pepper  
125ml sweet chilli sauce  
1 tub mascarpone cheese  
500g white fish fillets, steamed  
and flaked  
250ml coriander leaves, chopped  
salt to taste

Preheat oven to 200°C. Coat 2 muffin pans with non-stick cooking spray. Cut pastry in half, placing one half in the fridge until required. Sprinkle flour on working surface and roll pastry into a 1cm-thick rectangle. Cut out 11cm pastry rounds and line muffin pans, pressing down lightly to form the shape of the muffin pan. Continue until both muffin pans are filled with pastry bases; prick bases with a fork.

Roll out other half of the pastry. Cut out 8cm rounds for pie tops and set aside; if any pastry is left over, reserve for another use.

**To assemble**  
Spoon cold filling into pastry cases and brush edges of pastry with a little water. Gently press pastry top over filled pastry and seal edges well. Make 2 slits with kitchen scissors to allow steam to escape during cooking.

Bake for 10 minutes at 200°C, then reduce heat to 180°C and bake for a further 10 minutes, or until golden brown.

**Filling**  
Melt butter in a medium-sized pot; add mushrooms, garlic paste and chillies. Stir-fry over medium heat for 2 – 3 minutes. Add prawns and lemon juice. Cook for 3 – 5 minutes, uncovered, until prawns are pink.

Add flour, milk, seasoning and sauce and cook for 2 – 3 minutes, stirring until sauce has thickened. Remove from heat; add cheese, flaked fish and coriander and mix through well. Leave to cool completely.

Serve with a garden salad and chutney.

**Makes 24**

MUSHROOM, PRAWN & MASCARPONE PASTRY PIES



# Tiramisu coffee Pancakes

The ultimate!

150g cake flour  
10ml castor sugar  
5ml cocoa powder  
2 eggs  
250ml milk  
30ml instant coffee granules  
100ml milk for mixing coffee  
10ml vanilla essence

Filling  
250ml fresh cream  
350g mascarpone cheese  
45ml icing sugar  
45ml cold black coffee (strong)  
100g plain chocolate, grated  
1 packet boudoir biscuits

## Filling

Pour cream into a glass bowl; whip with a hand-held electric beater until soft peaks form. In another bowl, beat the cheese until soft and then beat in icing sugar till smooth and creamy. Gradually beat in cold coffee. Fold in grated chocolate. Gently fold in whipped cream till blended. Chill in refrigerator until required.

## Pancakes

Mix coffee with 100ml warm milk and vanilla essence; stir to dissolve granules. Allow to cool. Sift cake flour, castor sugar and cocoa powder into a large mixing bowl; mix together.

In a separate bowl, beat eggs, milk and coffee milk mixture together well. Make a well in the centre of flour mixture; add milk mixture and combine to form a smooth batter. Allow to rest for 30 - 60 minutes.

Heat a non-stick pan, coat with cooking spray and brush with melted butter. Pour 45ml batter into pan and swirl to cover base. Cover with a lid and cook for 1 - 2 minutes until underside is set and lightly browned. Turn pancake over and cook other side for about 30 seconds. Turn pancake out onto a plate. Continue until all batter is used, stacking pancakes between greaseproof paper.

## To assemble

Place a single pancake into a long-stemmed goblet and fold like a tulip. Scoop some of the filling into pancake using an ice cream scoop. Position a biscuit at an angle into the filling, making sure it is touching the sides or base of glass to anchor it firmly. Sprinkle with sifted cocoa.

## Serving suggestion

Fold pancake in half, then fold like a cone. Place biscuit into cone and fill with tiramisu filling. Plate individually and sprinkle with cocoa.

Makes 12 - 15

TIRAMISU COFFEE PANCAKES



SPICY KHIMO CASHEW CURRY



## Spicy Khimo Cashew Curry

Traditional with an edge

1kg	leg of lamb, bone in	Cut the meat and bone coarsely into small pieces. It is best to ask the butcher to hand-cut the meat and saw the bone into neat little rings. Wash and drain meat; keep aside.
60ml	melted butter	
30ml	cooking oil	
3	large onions, finely sliced	Heat butter and oil in a pot; add onions, cinnamon, cloves, allspice and cardamom. Braise onions till well-browned, adding water to cook onion till soft and pulpy.
3	sticks whole cinnamon	
2	whole cloves	Add meat and stir; braise meat for 10 minutes, adding water as required. Add tomatoes, spices, garlic and ginger paste; mix well. Cook for 5 minutes over high heat, adding 250ml water.
2	whole allspice	
2	cardamom pods	
3	medium tomatoes, liquidized	Add cashews, seeds, juice and rind. Reduce heat and slow-cook over low heat till meat is tender and curry sauce is thick.
30ml	garlic and ginger paste	
10ml	ground cumin	Serve with rootys and pickle.
15ml	chilli powder	
10ml	turmeric	Serves 4 - 6
15ml	ground coriander	
10ml	tikka spice	
100ml	plain large cashew nuts	
30ml	sesame seeds	
1	lemon, juice extracted and rind reserved	
	salt to taste	
100ml	coriander leaves, chopped	

## Garlic, Chilli & Lemon Corn Cobs

Crunchy and juicy

6	corn cobs	Remove husk from corn; cut each cob in half. Combine all ingredients together and refrigerate for several hours.
1	lemon, juice extracted	
30ml	melted butter	Wrap 2 corn cobs in greased foil, seal and place in a preheated oven at 220°C for 30 minutes until cooked through.
30ml	avocado oil	
15ml	garlic paste	
30ml	sweet chilli sauce	Serve with grilled meat of choice.
	salt to taste	
		Makes 12 pieces



GINGER, CHILLI & CORIANDER SPATCHCOCKS



## Ginger, chilli & coriander spatchcocks

Chicken with an oriental touch

2 x 800g whole chickens, spatchcocked and halved  
100ml sweet chilli sauce  
60ml honey soy sauce  
60ml honey  
250ml coconut cream  
30ml ginger, freshly grated  
30ml tikka spice  
15ml crushed chillies  
15ml chicken spice  
30ml lemon juice  
salt to taste  
100ml coriander leaves, chopped  
100ml butter, melted

In a large bowl, add all ingredients, except chicken and butter and combine well. Rub spice marinade over chicken; leave to marinate, preferably overnight.

Preheat oven to 200°C. Spray an oven dish with non-stick cooking spray. Place chickens in oven dish and pour melted butter over chickens.

Bake for 30 – 35 minutes, turning chicken regularly. Baste with pan sauces while roasting. Check if chicken is cooked by piercing to see if juices run clear. Roast till brown and tender.

Serve with lemon wedges, potato wedges and salad of choice.

Serves 4 - 6

## Coriander ginger chicken with mushrooms

An intriguing medley of flavours

60ml butter  
1kg chicken fillets, washed and drained  
45ml fresh ginger, grated  
100ml tomato sauce  
100ml mayonnaise  
60ml mustard sauce  
30ml honey and soy sauce  
60ml cooking oil  
30ml Cajun spice  
250ml coriander leaves  
salt to taste  
200g sundried tomatoes, sliced  
1 punnet whole mushrooms, wiped  
30ml almonds, flaked

In a blender, add all ingredients except butter, chicken, sundried tomatoes, mushrooms and almonds. Blend to combine.

In a large bowl, add chicken and saucy mix; leave to marinate for a few hours.

In a large flat pot, add butter and heat. Place chicken fillets flat in pot and cook without the lid for 10 – 15 minutes, turning once to cook the other side. Add mushrooms and sundried tomatoes and mix with chicken; simmer with lid on for 3 – 5 minutes. Switch off heat.

Sprinkle chicken with almonds and leave on the stove plate for 5 – 7 minutes.

Serve with crusty bread and salad of choice.

Serves 4 - 6

# Grilled Crayfish In A Ricotta, Garlic & Herb Crust

A meal in real style

12 crayfish tails, cleaned  
6 whole garlic cloves,  
sliced in half lengthwise  
100ml butter  
15ml peri-peri powder  
10ml tikka spice  
10ml fish masala  
30ml lemon juice  
salt to taste

Crust  
1 tub ricotta cheese  
5ml garlic paste  
250ml coriander leaves  
5 curry leaves  
60ml parsley leaves  
60ml chives  
1 green chilli  
15ml lemon juice  
30ml butter, melted  
10ml freshly milled black pepper  
salt to taste  
15 Salticrax snack biscuits,  
finely crumbed

Crust

Keep biscuit crumbs in a bowl until required. In a bowl, smooth ricotta and keep aside.

In a processor, add remaining ingredients and blend till coarsely combined. Remove from processor bowl and add to ricotta cheese; blend well and chill while preparing crayfish.

Snip inside of crayfish tail lengthwise down centre, keeping the tail intact; press down flat with palm of hand. Place the 12 pieces garlic in the tails. Place tails flat in a pot; add 200ml water and steam till pink, about 8 – 10 minutes. Drain crayfish, reserving water for later use.

In a bowl, add all remaining ingredients and microwave till butter bubbles. Preheat oven to 200°C and spray an ovenproof glass dish with cooking spray.

Using a small spatula, smear some ricotta filling into tail through the snipped back. Pour some butter onto each tail. Pack into dish, pressing down flat. Continue till all tails have been completed.

Mix the crayfish water, left-over butter mixture, ricotta mixture and biscuit crumbs together. Sprinkle over crayfish and bake for 10 – 15 minutes till fragrant and aroma escapes. Turn oven to grill and grill for 5 minutes till golden.

Serve with grilled vegetables and garlic rolls.

Serves 4 - 6

GRILLED CRAYFISH IN A RICOTTA, GARLIC & HERB CRUST



SESAME STIR-FRY WITH CHINESE NOODLES



## Sesame Stir-Fry with Chinese Noodles

Impressive to serve

500g	cellophane noodles	Cook pasta as per instructions on packet. In a wok, heat oil; add onion, garlic and broccoli and sauté for 3 - 5 minutes.
30ml	peri-peri oil	
1	medium red onion, thickly sliced	Add rest of ingredients and stir-fry for 7 - 10 minutes.
30ml	garlic, crushed	
300g	broccoli florets	Sprinkle with sesame seeds and serve immediately.
1	bunch spring onions, sliced	
1	punnet mange tout	Serve as desired.
1	small yellow pepper, sliced	
1	small green pepper, sliced	Serves 4 - 6
1	small red pepper, sliced	
15ml	light soy sauce	
60ml	sweet chilli sauce	
5ml	Tabasco sauce	
10ml	freshly milled black pepper	
30ml	Portuguese spice	
	salt to taste	
60ml	sesame seeds	

## Honey & Pine Nut Stir-Fried Vegetables With Noodles

A delectable feast

500g	Chinese rice stick noodles, cooked	Prepare all the vegetables and mix together in a bowl. Heat the oil in a wok; add spices and pine nuts and stir-fry for 30 - 60 seconds.
1	cucumber, seeded and sliced	
1	medium red pepper, sliced	Add vegetables and stir-fry for 5 - 7 minutes, removing from heat while they are still crunchy and crisp.
1	medium green pepper, sliced	
2	punnets baby corn, sliced diagonally	Sprinkle with lemon juice, sauces and salt and toss together; remove from wok and keep aside.
1	punnet mange tout	
1	bunch spring onions, sliced	In the same wok, add 60ml oil and heat; add sesame seeds and garlic. Fry for 1 minute, add noodles and stir-fry.
3	celery stalks, cut in rounds	
1	bunch baby spinach, thinly sliced	Turn onto a large serving plate, top with stir-fried vegetables and serve immediately.
60ml	olive oil	
5ml	whole coriander seeds, crushed	Serves 4 - 6
5ml	cumin seeds	
30ml	exotic Thai spice	
100g	pine nuts	
30ml	lemon juice	
30ml	honey soy sauce	
60ml	honey	
250ml	sweet chilli sauce	
	salt to taste	

### Topping

60ml	olive oil
15ml	sesame seeds
3	cloves garlic, chopped
	chives, snipped

STRAWBERRY SWEETHEART CUPCAKES



## Strawberry Sweetheart Cupcakes

Simply pretty and delectable

180g butter, softened  
5ml vanilla essence  
5ml strawberry essence  
220g castor sugar  
4 eggs  
300g self raising flour  
60ml milk  
60ml strawberry jam  
24 paper cupcake cases with hearts

Strawberry frosting  
500g castor sugar  
160ml water  
4 egg whites  
5ml strawberry essence  
2 drops red food colouring

For decorating  
pink hearts  
pink sweet buttons

Preheat oven to 180°C. Spray 2 large muffin trays with non-stick cooking spray and place paper cupcake cases in muffin moulds.

In a large bowl, beat butter, essence and sugar with an electric hand mixer until creamy. Add eggs and beat till fluffy and pale. Sift in flour and milk. Combine into a soft thick cake batter.

Divide cake batter between paper cases. Divide jam equally and using a skewer, swirl jam into each cupcake.

Bake in oven for 20 – 25 minutes till done. Remove from oven and place cakes on wire racks to cool. Pipe frosting on cakes and decorate as desired.

Frosting  
Combine sugar and water in a small pot. Stir over heat, without boiling, until sugar has dissolved. Boil, uncovered, without stirring for about 5 minutes until sugar is thick. Take care not to scorch the syrup and change its colour. Remove from heat.

In a large bowl, add egg whites and beat with electric mixer until soft peaks form. While beating egg whites, add hot syrup in a thin stream and continue to beat at high speed until mixture is thick and frost-like.

Makes 24

## Apple & Pecan Cinnamon Cupcakes

Delicately fragrant and spicy

3 medium apples  
60ml milk  
230g butter, softened  
230g castor sugar  
4 eggs  
230g self raising flour  
5ml ground cinnamon  
2ml ground ginger  
100g chopped pecan nuts  
2 small apples, sliced thinly  
60ml white sugar

Preheat oven to 180°C. Spray 2 large muffin pans with non-stick cooking spray and place paper cupcake cases in muffin moulds.

Peel, core and slice apples; add to liquidizer and blend with milk. Keep aside. In a large bowl, beat butter and castor sugar with an electric hand mixer until creamy. Add eggs and beat till fluffy and pale. Sift in flour and bring together to form a batter. Pour in apple sauce and spices and mix through well. Fold in pecan nuts and combine well.

Divide mixture between the paper cases. Top with the apple slices and sprinkle with a little sugar.

Bake for 20 – 25 minutes till done; remove from oven and place cupcakes on wire racks to cool.

Serve warm with custard.

Makes 24



## Pistachio Burfee Fridge Dessert

Sensationally smooth and refreshing

400ml warm milk  
10ml gelatine powder  
800ml milk  
250ml Klim milk powder  
45ml castor sugar  
30ml custard powder  
5ml ground cardamom  
1 x 397g can condensed milk  
1 x 155g can dessert cream  
50g crushed pistachios  
crushed pistachios for sprinkling

Spray a jelly mould with non-stick cooking spray and keep aside.

In a small jug, add warm milk; sprinkle gelatine over milk and allow it to dissolve, whisking to avoid lumps. Set aside.

In a large pot, mix together 800ml milk, Klim powder, castor sugar, custard powder and cardamom powder; beat well till smooth and no lumps are visible. Place pot over medium heat and bring to a slow boil, stirring all the time.

Add gelatine mixture to milk mixture, stirring continuously over low heat until milk thickens and takes on a custard-like appearance. Remove from heat and keep aside.

In a bowl, mix condensed milk and cream together; add to milk custard and beat well till blended and mixture is smooth. Add nuts and stir. Pour milk mixture into the jelly mould and sprinkle with pistachios. Refrigerate till set.

Remove from mould on to a large plate and serve sliced.

Serves 8

## Crunchy Black Forest Dessert With Custard Cream

Rich, crunchy and exotic

1 packet chocolate  
crunchy biscuits  
50ml almonds, flaked  
2 punnets fresh  
cherries, stones  
removed  
500ml strawberry  
juice  
60ml castor sugar  
100ml strawberry jam  
6 whole cherries  
with stems for  
garnish

Custard cream  
250ml fresh cream  
125ml readymade  
vanilla custard  
30ml icing sugar  
5ml cherry essence  
6 tall dessert  
glasses

Custard cream  
Beat cream, icing sugar, custard and essence in a bowl with an electric mixer until soft peaks form. Chill in refrigerator.

In a medium pot, add cherries, strawberry juice and sugar. Bring to the boil over low heat, stirring until sugar dissolves. Add jam and simmer till fruit becomes soft and juice thickens to a syrup, taking care that fruit does not break up.

Sprinkle half the almonds into the base of each glass, reserving the rest for later use. Top with the biscuits, then add the fruit mixture, dividing equally between the glasses.

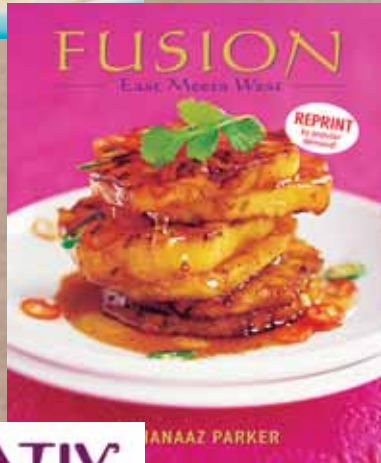
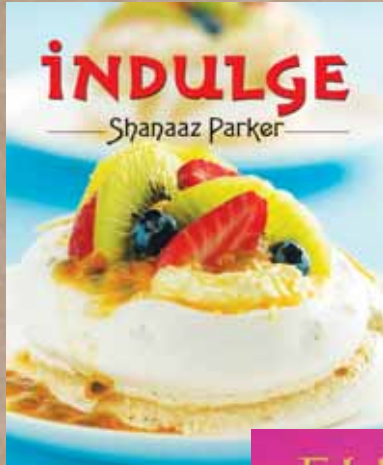
Sprinkle with reserved nuts. Finally, top with custard cream and place a cherry in the centre.

Serve as desired.

Makes 6

CRUNCHY BLACK FOREST DESSERT WITH CUSTARD CREAM





Books are available from Bookstores Nation Wide.  
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## ABOUT THE AUTHOR

Shanaaz Parker (nee Narker) served for 7 years as the Head of Department at the Athlone Technical College before founding her own Academy. She holds an Advanced Diploma in Culinary Arts and a certificate in Marketing Management.

She has written and compiled numerous cooking syllabi, recipe features for various publications, including regular features in the Muslim Views as Food Editor.

She has authored 5 cookbooks, namely Fusion (2005), Indulge (2005), Innovativ' (2008) and Flavor's (2009).

Well known as a vibrant and informative radio food presenter, she is highly regarded as a food judge and food stylist. She has also been featured on SABC in educational and cultural programmes in the culinary arts, as well as managing the cooking shows on SABC's Ramadan Kareem.

As food critic and consultant Shanaaz offers her services in event co-ordinating for functions involving specialised catering. Among her strengths are project co-ordinating in recipe development, trouble shooting within the industry, convenience foods projects and culinary solutions.

She also contributed to various establishments of government-sponsored culinary learning centres in the interest of skills development. She is a founding member of the Gifted Hadj The Timeless Journey campaign which supports deserving Muslims to undertake the pilgrimage to Makkah.

As entrepreneur Shanaaz manages her own Student's Residence and B&B facility, known as the "home away from home". She lives in Cape Town, South Africa, with her family.