

FUSION

— East Meets West —

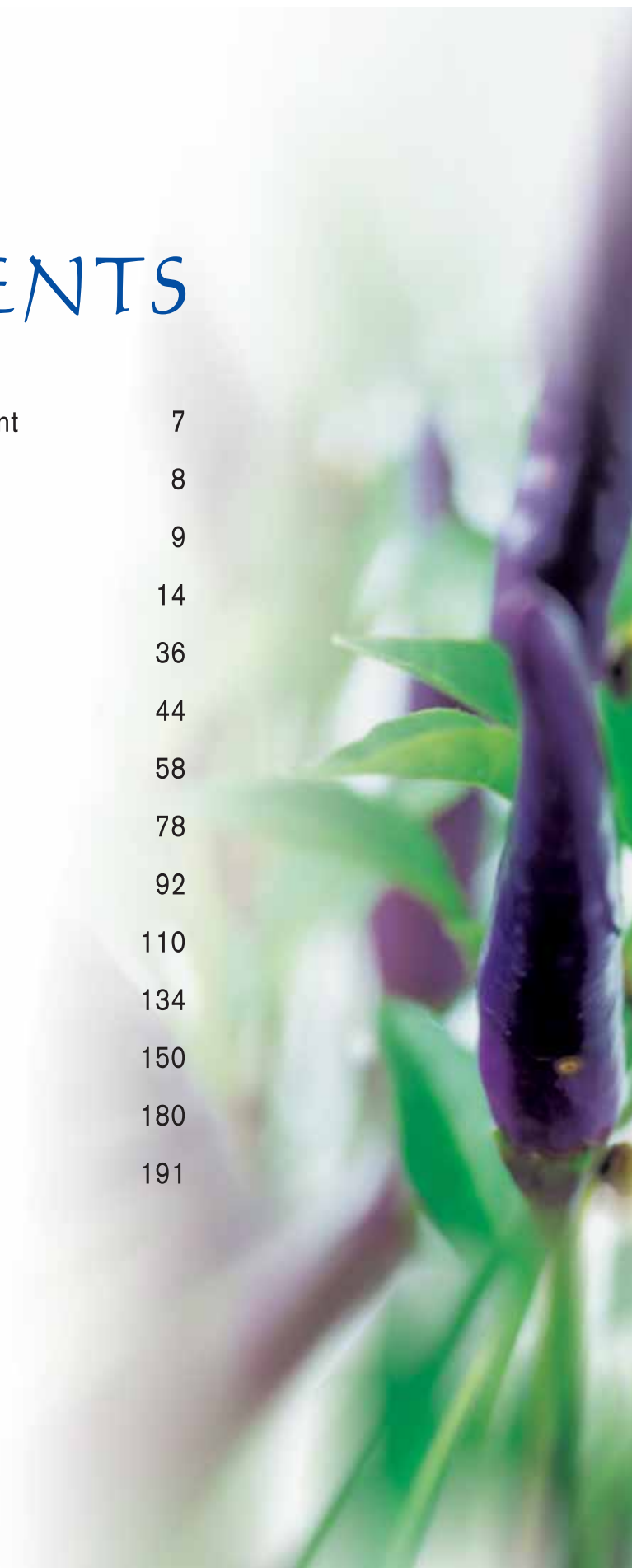
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SHANAAZ PARKER

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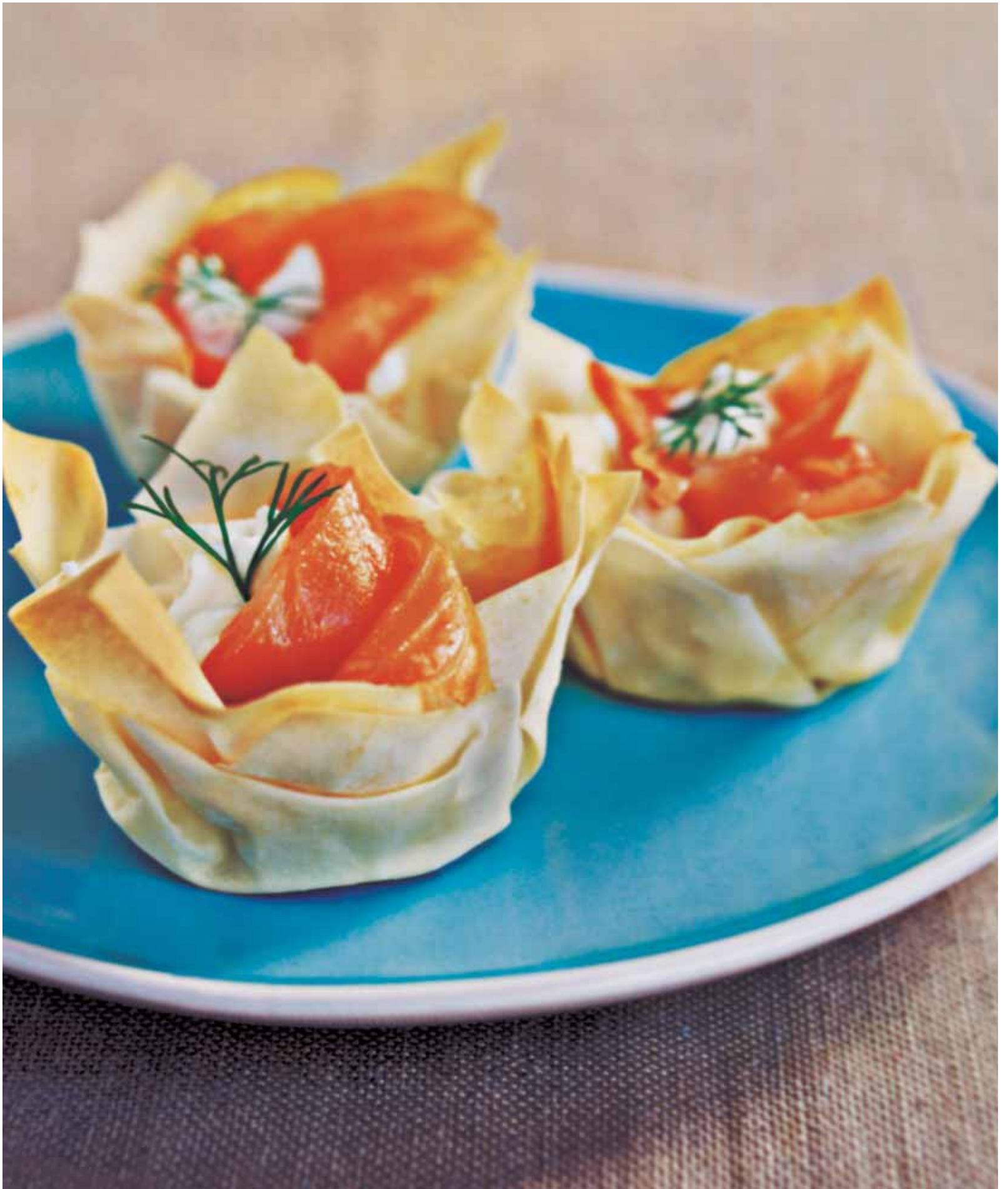




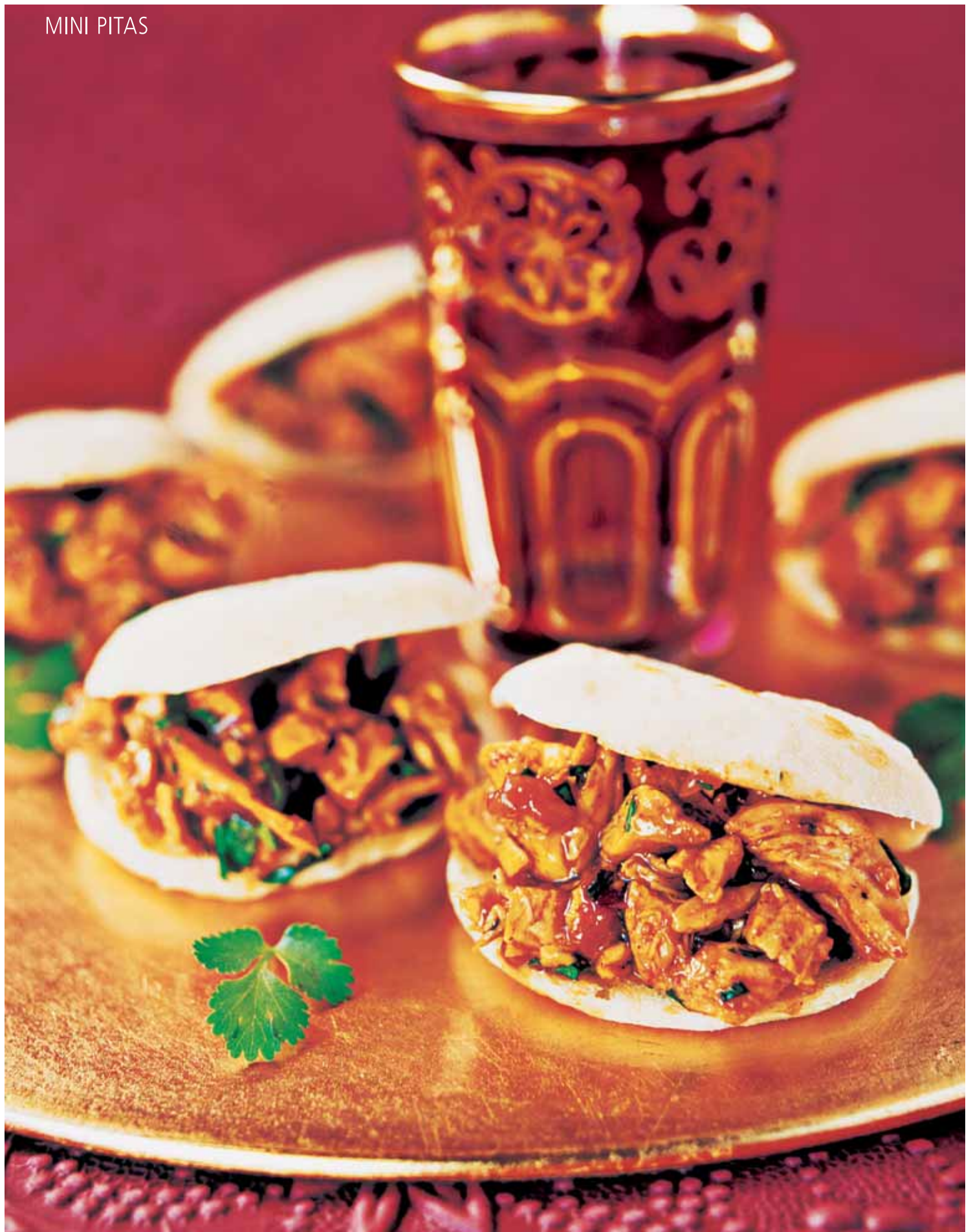


APPETIZING SNACKS AND STARTERS

An elaborate and edible work of art, a magnificent array of colours, rich in taste. Scrumptious in the use of vegetables, nuts and seeds. Elegantly presented with a variety of tantalizing flavours.



MINI PITAS



SNACKS AND STARTERS

MINI PITAS

Crispy, flavoursome and succulent.

500 g cake flour
5 ml salt
5 ml sugar
1 packet instant dry yeast
1 egg
60 ml oil
180 ml lukewarm water (approximate)

Filling:

30 ml oil
1 onion, chopped
500 g chicken mince
15 ml paprika
15 ml Cajun spice
15 ml Barbeque spice
10 ml garlic and ginger paste
100 ml mayonnaise
salt to taste

Preheat oven to 180° C. Spray a baking tray with non-stick cooking spray.

Sift flour, salt and sugar together. Sprinkle with yeast and mix through. Beat together egg and oil; add water and mix. Add to dry ingredients. Mix into a soft dough, adding more water if necessary.

On a table, knead dough until it is smooth and elastic. Lightly oil a clean bowl and place dough in it. Lightly smear the top of the dough with oil and cover with cling wrap. Place bowl in a warm place and allow dough to double in size – about 45 minutes. Once risen, knock down.

Divide dough in half. Take one half and roll into a sausage. Cut into small pieces and roll each piece into a smooth ball. Ball must be about the size of a walnut. Allow balls to double in size.

On a lightly floured surface, flatten balls and with a round cutter, cut into even-sized rounds. Bake for about 5 – 7 minutes until baked through. Do not over-bake or they will be too brown and dry, a pita bread tends to be light in colour. Remove to cooling rack and cover with a damp cloth to keep soft.

Make filling. Heat oil in a large pan. Add onion and fry until soft and transparent. Add spices and chicken and stir-fry for 8 - 10 minutes.

Cool chicken mixture and stir in mayonnaise.

When ready to serve, cut pitas in half, but not entirely through. Pile chicken stir-fry into the pita pockets and serve immediately.

Note: Whilst shaping each pita, place on baking tray and cover the pitas with a damp cloth to prevent them from rising too much. A tray of water may be placed at the bottom of the oven to create steam. This keeps the pitas soft.

Makes 36

SNACKS AND STARTERS

SAVOURY CHEESE BAKLAVA

These mouth-watering cheese and onion diamonds can be served cold, but are best eaten warm. The pastry is flaky and crunchy with a cheesy filling.

100 g butter/margarine, melted
1 box phyllo pastry

Filling:

30 g butter/margarine
2 medium onions, chopped finely
30 ml garlic paste
10 ml cayenne pepper
30 ml sesame seeds
30 ml poppy seeds
10 ml lemon pepper
300 g feta cheese, crumbled
225 g chunky cottage cheese
500 g grated sweetmilk cheese
2 eggs, beaten
30 ml milk
salt to taste

Topping:

50 ml walnuts, finely chopped
paprika powder for sprinkling
honey for drizzling

Melt butter/margarine. Add onions and sauté until golden brown. Add a little water if necessary.

Add garlic and sauté for a further 2 minutes, stirring all the time. Place onions in bowl. Add spices, seeds and cheeses and blend well. Add beaten eggs and blend well.

Add milk and mix through. In separate bowls, divide filling into 3 and keep aside.

Assembly:

Preheat oven to 200° C. Spray an oven tray of a large enough size to accommodate the phyllo sheets with non-stick cooking spray.

Unwrap phyllo pastry and cover with damp cloth to prevent drying out. Lay two sheets of pastry in baking tray and brush with melted butter. Lay 2 more sheets on top and brush with butter.

Layer with first bowl of cheese filling. Layer with 2 sheets of phyllo. Brush with butter. Repeat this twice more.

Layer evenly with the second bowl of filling. Cover with two sheets of pastry and brush with butter. Repeat twice more.

Layer with the third bowl of filling. Continue layering with phyllo in sets of two until all pastry is used. Brush top liberally with butter and cut into diamond-shaped pieces.

Bake for 15 minutes and top with honey, walnuts and paprika.

Makes 24 - 30



SALADS AND VEGETABLES

WALNUT GREEN SALAD

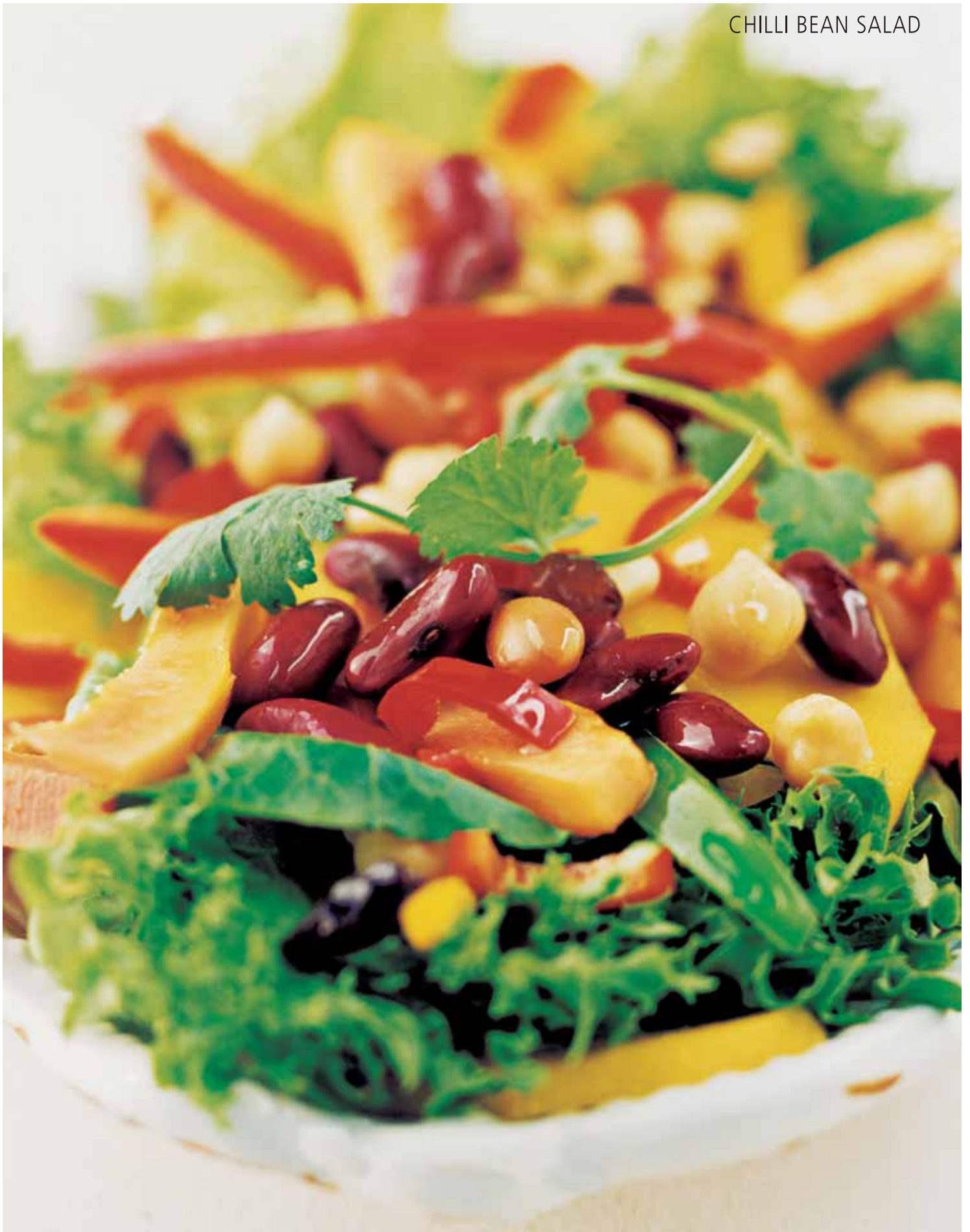
Crunchy, tangy and fresh: a delight.

1	packet baby spinach/salad leaves	Place salad leaves in a large flat-bottomed bowl.
1	medium cucumber	Slice cucumber and snow peas and place on top of the leaves.
100 g	snow peas	
4	baby marrows, cut into julienne strips	Layer the rest of salad ingredients on top of cucumber and peas.
1	green pepper, cut into strips	Pack walnuts in a decorative design on top. Keep aside.
2	green chillies, chopped	
4	celery sticks, sliced	In a jar, mix dressing ingredients together and shake well. Keep aside.
100 g	walnuts, halved	
Dressing:		
60 ml	olive oil	When ready to serve, drizzle dressing over salad.
30 ml	lemon juice	
30 ml	honey	Serves 4 - 6
10 ml	mustard powder	
5 ml	cayenne pepper	
5 ml	white pepper	
2 ml	salt	

CHILLI BEAN SALAD

Light, chilli crisp scrumptious salad.

1/2	pillow-pack baby spinach leaves	Wash and drain lettuce leaves, spinach leaves, red kidney beans and chick peas.
1/2	pillow-pack lettuce leaves	
1	can red kidney beans	Make dressing by mixing all ingredients together in a jar and shaking well to combine. Set aside until required.
1	can chick peas	
1	large red pepper, sliced	Peel and slice the papino. Arrange lettuce leaves and spinach leaves on the base of a platter.
1	large green pepper, sliced	
1	large yellow pepper, sliced	Lightly toss remaining ingredients and arrange in the centre of the leaves. Drizzle dressing over the salad.
1	papino	
1	red chilli, chopped finely	Enjoy with roast beef.
1	green chilli, chopped finely	
100 ml	slivered almonds	Serves 4 - 6
	fresh dhania leaves for garnishing	
Dressing:		
30 ml	lemon juice	
100 ml	oil	
5 ml	salt	
5 ml	white pepper	
5 ml	garlic paste	



MAVROU



BEEF AND LAMB

MAVROU

A traditional dish.

1 kg cubed steak or
goulash
10 ml salt
30 ml ginger and garlic
paste
15 ml jeera powder
15 ml koljana powder
10 ml barishap powder
15 ml crushed red chillies
3 cloves
3 whole all-spice
3 cardamom pods
3 cinnamon sticks
4 large onions,
thinly sliced
oil for braising onions
45 ml sugar
2 large tomatoes,
grated
few strands saffron

Combine all spices and mix well with meat. Marinate for an hour or overnight.

Heat oil in a large pot and braise onions until soft and golden, adding water when necessary and sprinkling sugar over onions while braising.

Add meat and cook, covered, until soft, adding water when necessary. Simmer slowly over low heat. Add tomatoes and continue to simmer.

Add saffron to 60 ml boiling water and allow to stand. Add saffron water to pot and allow to simmer for a few more minutes. Stir.

Garnish with finely chopped dhania.

Serve with white or savoury rice.

Serves 6 - 8

MEAT AKNI

An easy way to serve curry and rice as all the ingredients are cooked in one pot, so that the rice becomes moist and takes on the flavour of the curry.

20 ml cooking oil
2 large onions, finely
chopped
1 kg lamb/mutton
pieces (or thick rib)
1 green chilli, finely
chopped
15 ml salt, or to taste
15 ml ginger and
garlic paste
15 ml jeera powder
15 ml koljana powder
5 ml barishap powder
15 ml turmeric
15 ml cayenne pepper
1 whole clove
3 cardamom seeds
3 cinnamon sticks
4 medium potatoes,
peeled and
quartered
100 ml hot water
4 x 250 ml uncooked rice
60 ml chopped dhania

Heat oil in a large pot. Add onions and braise until golden and soft.

Add meat, spices and cook covered over medium heat until meat is tender.

Add potatoes and water and cook for another 10 minutes.

Pour over rice; add enough water to cook rice. Fast-boil rice without stirring.

When settled, stir well and steam, covered, for 20 – 30 minutes or until rice is done.

Garnish with dhania and serve with atchar and dhali.

Serves 6 - 8

PASTA AND RICE

TUNA TAGLIATELLE WITH SAFFRON SAUCE

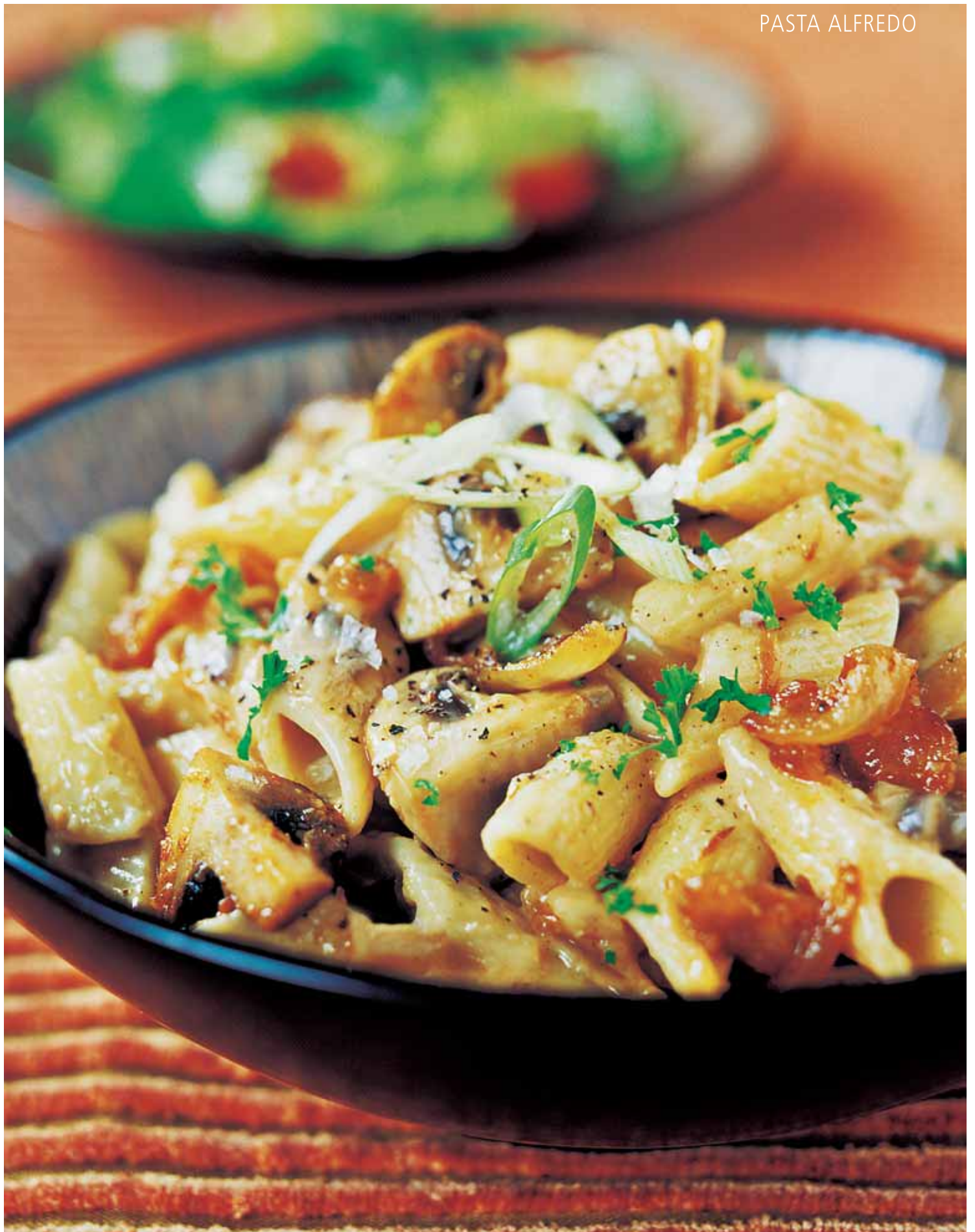
Pasta tossed in a creamy tuna saffron sauce.

250 g	tagliatelle	Cook pasta according to instructions on pack until 'al dente'.
1	medium onion, finely chopped	
45 ml	oil	In a frying pan, heat oil; add onion and sauté until soft.
25 ml	crushed garlic	
2	chillies, chopped	
1	large tomato, finely grated	Stir in garlic, chillies, tomato and tomato paste. Simmer for 20 - 30 minutes.
45 ml	tomato paste	
2	tins tuna, drained and flaked	Stir in tuna, add barbeque spice and season to taste with salt. Add sugar if necessary.
15 ml	barbecue spice	
10 ml	sugar (optional)	Dry-roast saffron strands in a pan and keep aside
	few strands of saffron	
250 ml	fresh cream	Heat pasta with cream and saffron in a separate pot. Season with paprika, salt and pepper.
10 ml	paprika	
	salt to taste	Toss tuna mixture into pasta sauce and garnish with parsley sprigs.
	pepper to taste	
	parsley for garnish	Serve with salad and crusty bread.
		Serves 6 - 8

PASTA ALFREDO

Penne pasta with a fresh mushroom cream sauce.

300 g	penne pasta	Cook pasta as per instructions on pack, until 'al dente'. Drain, toss with a little oil and keep aside.
50 g	butter	
1	medium onion, chopped	Melt butter in saucepan. Add onion and cook for 10 minutes, or until soft and golden.
200 g	mushrooms, sliced	Add mushrooms. Sauté for 5 minutes. Add spices and garlic, sauté for 2 minutes.
5 ml	black pepper	
30 ml	barbecue spice	Add cream and heat to boiling point, stirring until thick and creamy.
30 ml	garlic paste	
10 ml	salt	Add sauce to pasta and serve garnished with chopped parsley, fresh chilli and ground black pepper.
500 ml	fresh cream	
	finely chopped parsley and fresh green chilli for garnish	Hint: Add fresh milk to sauce if necessary to thin sauce down.
		Serves 4 - 6



SWEET TREATS

PECAN SHORTBREADS

Simply divine and nutty.

230 g butter
50 ml icing sugar
500 ml cake flour
25 ml cornflour
5 -10 ml lemon juice or water
125 ml chopped pecan nuts, processed whole pecan nuts for decorating
icing sugar for dusting

Preheat oven to 180° C. Keep aside an ungreased baking tray.

Cream butter and sugar until light and fluffy. Add sifted dry ingredients and work slowly. Add the liquid and finally the nuts.

Roll into small balls and press a whole pecan firmly on top.

Bake for 15 - 20 minutes.

While still warm, dust biscuits with icing sugar.

Makes 36 - 40

LITTLE CUPCAKES

A kids delight!

250 g butter
575 ml sugar
6 eggs
500 g self-raising flour
125 ml cake flour
10 ml baking powder
250 ml milk

Topping:

butter icing/
glacé icing
100's and 1000's

Preheat oven to 180° C. Place colourful paper cups in muffin trays or small tartlet trays.

Cream butter and sugar until light and fluffy. Add eggs one at a time. Sift in flours and baking powder, alternating with milk, and fold in well.

Fill paper cups halfway and bake for 10 – 12 minutes, or until lightly golden and springy to the touch. Remove to a wire rack and cool.

When cool, decorate with icing and sprinkle with 100's and 1000's.

Makes 36



SWEET TREATS

MACADAMIA NUT AND PINEAPPLE PUDDING

Lustrous, velvety, tangy and nutty.

200 g butter/margarine
250 ml sugar
3 eggs
560 ml cake flour
15 ml baking powder
150 ml milk
250 ml desiccated coconut
125 ml macadamia nuts, chopped
2 x 440 g tins crushed pineapple
50 ml chopped macadamia nuts
for sprinkling

Topping:

50 g butter/margarine, melted
100 ml honey
250 ml cream

Preheat oven to 180° C. Spray a square ovenproof dish with non-stick cooking spray.

Beat butter/margarine, sugar and eggs together. Sift the flour and baking powder together and add to egg mixture, add in milk and beat together.

Add coconut, nuts and pineapple and mix well. Spoon into prepared oven dish.

Bake pudding for 30 - 40 minutes.

To make the topping, melt butter/margarine and honey together; add cream and bring to the boil to thicken slightly.

Pour over pudding as soon as it comes out of the oven and sprinkle with nuts; return to oven for 5 minutes.

Serve hot with custard or cream.

Serves 6 - 8

RASPBERRY AND STRAWBERRY DELIGHT

