



INDULGE

— Shanaaz Parker —

In association with Lady Bee



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Snacks
Sensational
Starter Tasters



A delicious divine taste

500 ml	flour
2 ml	salt
125 g	butter, cut into four pieces
10 ml	sugar
1	beaten egg
80 ml	lukewarm milk
10 ml	instant dry yeast
FILLING	
1 bunch	spinach, washed, chopped, steamed and squeezed dry
30 ml	cooking oil
1 medium	onion, finely chopped
10 ml	crushed garlic
5 ml	peri-peri
5 ml	paprika
pinch	nutmeg
100 ml	fresh parsley, finely chopped
250 g	crumbled feta cheese
	salt and pepper to taste

SPINACH AND FETA-FILLED CROISSANTS

Preheat oven to 200°C. Sift flour with salt. Rub 1 piece of butter into flour. Mix sugar, beaten egg and milk in a bowl. Mix yeast into flour mixture.

Add milk mixture to flour and mix into a dough. Knead dough for 15 min until smooth and elastic.

Roll into a rectangular strip. Use 1 piece of butter and spread on two-thirds of the base of the pastry. Place one-third pastry (without butter) onto the middle third. Place the buttered third onto the other two thirds. This is known as a single or half turn.

Allow pastry to rest for 30 min. Repeat the rolling, buttering and folding until all the butter has been used. Refrigerate for 30 min.

Meanwhile, make filling. Sauté onion with garlic in oil and combine all filling ingredients, mixing well. Cook for 5 min. Keep aside.

Roll pastry into a rectangle; cut in half and cut each half with a zigzag pattern - the pastry will now be in individual triangles.

Place filling in the centre of the dough and roll as follows: Starting from the widest end, roll the pastry triangle to the end/point forming a croissant/half-moon shape. Place on a greased baking sheet.

Roll all pastry triangles in the above fashion and refrigerate for 30 min. Brush with egg and bake for 20 min at 200°C.



SPINACH AND FETA-FILLED
CROISSANTS

CINNAMON-CHOCOLATE HAZELNUT SPIRAL BUNS

750 ml	cake flour
5 ml	salt
125 ml	sugar
10 ml	instant dry yeast
125 ml	warm water
160 ml	warm milk
40 g	butter, melted
10 ml	butter, melted, extra
80 ml	chocolate hazelnut spread (Nutella)
10 ml	sugar, extra
5 ml	ground cinnamon

*Crisp, crunchy and simply
delicious*

2 x 500 ml	flour
5 ml	salt
5 ml	sugar
1 pkt	instant dry yeast
45 ml	butter
1	egg, lightly beaten
375 ml	lukewarm milk
30 ml	oil
310 ml	grated cheese paprika for sprinkling dhania, chopped, for sprinkling

Sift flour, salt and sugar into a bowl. Add yeast and mix. Add water, milk and butter. Mix to a soft dough

Turn onto floured surface and knead until smooth and elastic. Place dough in an oiled bowl and cover with oiled cling-wrap. Leave in warm place to double in size.

Punch dough down. Shape dough into 20 x 26 cm rectangle. Brush with extra butter. Spread evenly with hazelnut spread, leaving a border of 1 cm. Sprinkle with combined extra sugar and cinnamon.

Roll from the short side like a Swiss roll. Use a floured serrated knife and cut into 2 cm thick slices and place on a greased baking sheet, taking care to shape and neaten. Allow to double in volume and bake in a moderately hot oven for 10 min; reduce to a moderate oven and bake for a further 25 min.

CHEESE AND PAPRIKA ROLLS

Sift flour, salt and sugar together. Add yeast and mix.

Melt butter; beat in egg. Add milk and oil and mix well.

Add liquid to dry ingredients and mix into a soft dough. Knead dough until smooth and elastic.

Smear a large bowl with oil and place dough in bowl. Cover dough with oiled cling-wrap and set aside in a warm place to double in size.

Punch dough down and form into a sausage. Divide dough into equal-sized portions. Using a rolling pin, shape each piece into an oval. Place onto a greased baking sheet and allow to double in size again.

Brush with beaten egg very gently; sprinkle with cheese, dhania and paprika.

Bake at 180°C for 20 min or until golden in colour.



CINNAMON-CHOCOLATE
HAZELNUT SPIRAL BUNS

4 x 250 ml flour
5 ml salt
5 ml sugar
30 ml butter
10 g instant dry yeast
250 ml grated cheese
45 ml finely chopped parsley
4 spring onions, finely chopped
160 ml lukewarm milk
180 ml lukewarm water
beaten egg
to glaze
sesame seeds
melted garlic butter

4 x 250 ml cake flour
8 ml salt
50 ml sugar
10 g instant dry yeast
30 ml margarine
300 ml lukewarm milk
1 large egg, beaten
250 ml raisins
milk for brushing
sugar to sprinkle

GLAZE (optional)
60 ml sugar
100 ml water

CHEESE AND PARSLEY BRAID

Preheat oven to 180°C. Coat a baking sheet with non-stick cooking spray.

Sift flour, salt and sugar into a large bowl. Rub in butter. Sprinkle with yeast and work through with fingers. Stir in cheese, parsley and spring onion.

Add milk and water and mix into a soft dough, adding more water if needed. Turn onto a surface and knead dough until smooth and elastic.

Place in an oiled bowl, cover with cling-wrap and allow to double in volume in a warm place. Knock dough down.

Divide dough into three pieces; form into sausages and plait together, pinching ends well.

Place on baking sheet and brush with egg. Sprinkle with sesame seeds and allow to double in volume.

Bake for 30 - 45 min until cooked. Brush with melted garlic butter.

OLD-FASHIONED RAISIN BREAD

Preheat oven to 200°C. Spray 2 medium-sized loaf pans with non-stick cooking spray. Mix flour, salt and sugar together. Add yeast and mix through with fingers. Melt the margarine in the lukewarm milk and cool slightly.

Add liquid to dry ingredients and mix into a soft pliable dough. Knead the dough well for 20 min until smooth and elastic.

Place the dough in a lightly oiled bowl; cover with greased cling-wrap and allow to rest for 15 min. Knock dough down and add the raisins, kneading until well distributed. Divide dough in half. Roll each half into a circle the size of the loaf pan. Roll into a Swiss roll, taking care that sides are the same thickness as centre. Place rolls in loaf pans and neaten edges.

Cover with greased cling-wrap and allow to rise in a warm place until double in volume, about 20 - 30 min.

Brush with milk, sprinkle with sugar and bake in oven for 20 - 25 min. To glaze, combine sugar and water; boil together till sticky and brush bread whilst still warm.



CHEESE AND PARSLEY BRAID

A tangy feast for the eyes

30 ml	cooking oil
1 medium	onion
30 ml	garlic and ginger paste
500 g	beef fillet, cut into 5 cm strips
15 ml	Cajun spice
15 ml	peri-peri
15 ml	barbeque spice
5 ml	paprika
5 ml	coarse black pepper
5 ml	salt
15 ml	brown sugar
45 ml	Worcester sauce
15 ml	chutney
1	yellow pepper, sliced
1	red pepper, sliced
1	green pepper, sliced
	bunch spinach leaves, shredded
200 g	mushrooms, sliced
100 g	roasted cashew nuts

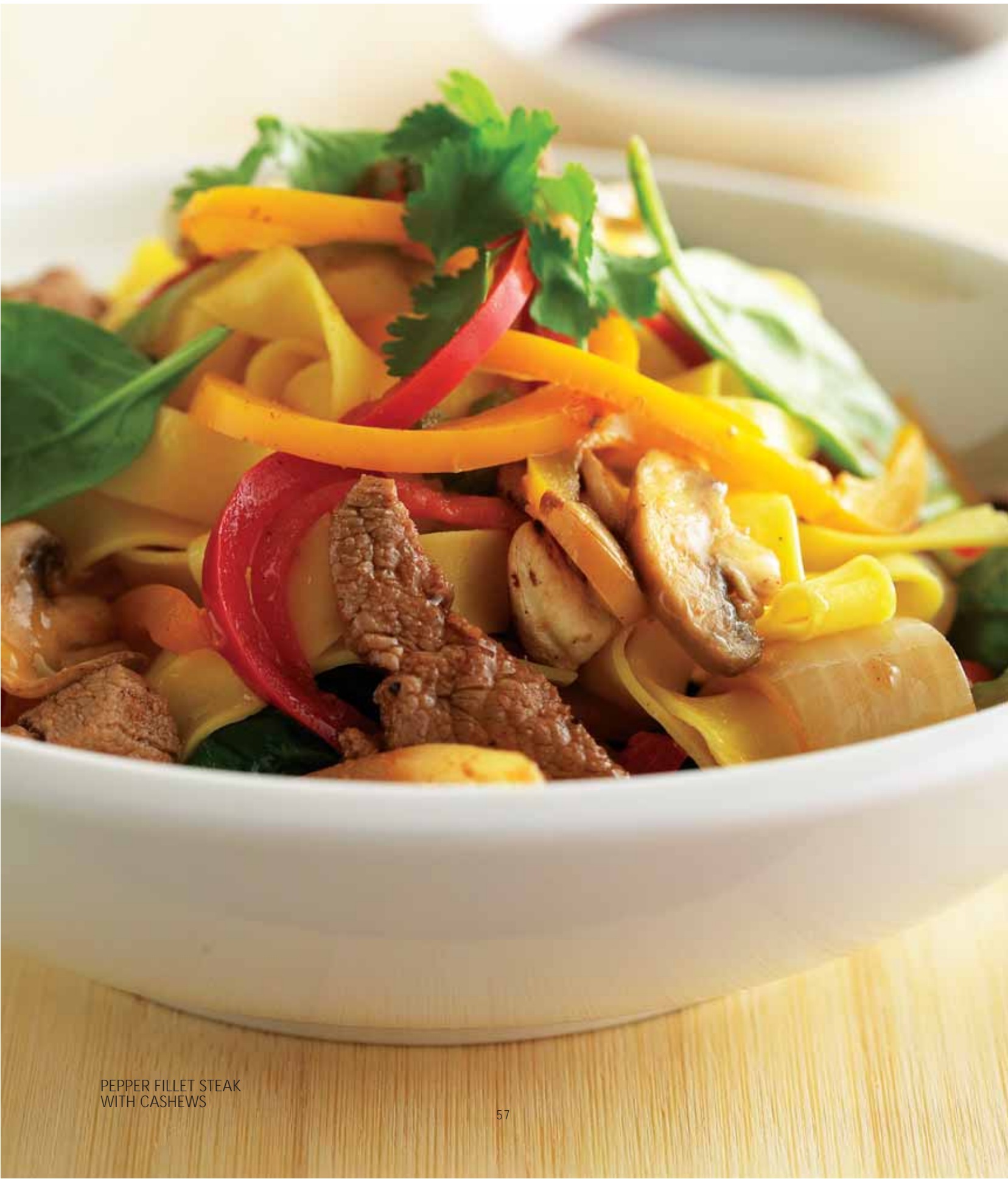
PEPPER FILLET STEAK WITH CASHEWS

Heat oil in a large flat pan; add onion and braise for 5 - 10 min. Add a little water, if necessary. Cook till softened.

Add garlic and ginger paste and braise for a further min. Add the meat strips and brown for 5 - 8 min, stirring, till tender.

Add all remaining ingredients and toss well with meat. Stir-fry for 2 - 3 minutes till well-fused.

Serve on a bed of garlic fried noodles or pasta.



PEPPER FILLET STEAK
WITH CASHEWS

Tangy and flavoursome succulent chops

1 kg	lamb chops
30 ml	garlic paste
15 ml	crushed chillies
5 ml	whole coriander, crushed
30 ml	tikka spice
SAUCE	
125 ml	apricot jam
	juice of 1 lemon
30 ml	Worcester sauce
20 ml	soy sauce
2	chillies, finely chopped
10 ml	peri-peri
10 ml	barbeque spice
	salt and pepper
	chopped dhania leaves

A traditional Indian rice cake treat

1 kg	fragrant rice
2 litres	cold water
2 cans	coconut milk
1 litre	milk
20 ml	instant dry yeast
20 ml	salt
500 g	Tastee Wheat
500 g	white sugar

TIKKA CHOPS

Preheat oven to 200°C. Bring all sauce ingredients together and cook till reduced.

Rub chops with spices. Baste chops with tikka sauce and place in an oven-proof dish.

Bake in the oven for 20 - 30 min, basting the chops after 15 min and turning. If a saucier meal is desired, double up on the sauce ingredients.

Serve with sweet yellow rice.

SANHA

Preheat oven to 100°C. Coat sanha tins with non-stick cooking spray. Rinse rice with cold water and drain in a colander.

Dry rice in 2 trays in oven for ±30 min or until dry and crispy (rice should not change colour). Grind rice in grinder. Sift grinded rice through a sieve. Note that a quarter of the rice will be coarse and the remainder will be finer.

Steam the coarse rice in a pot with the 2 litres of cold water for about 10 min. Add coconut milk and milk to the steamed rice. Mix well to avoid lumps.

Place the rest of the dry ingredients in a large bowl, add the liquid mixture and mix well. Allow to stand and rise until double in volume, about 2 hrs. Pour 80 ml of mixture into prepared sanha tins. Place tins onto a tray and place over pot of boiling water and allow to steam for 15 min. Remove from steam and cool.

PS - A special Indian pot is used to steam sanha, which has the tray and sanha tins made to fit.



TIKKA CHOPS

A traditional vindaloo curry

15 ml	cumin seeds
4	cardamom pods
2	pieces stick cinnamon
8	whole cloves
10	whole peppercorns
100 ml	vinegar
5 ml	mustard powder
30 ml	chilli powder
15 ml	paprika
15 ml	turmeric
5 ml	white sugar
1 kg	boneless lamb, cut into 5 cm cubes
45 ml	oil
1	onion, finely chopped
20 ml	ginger paste
30 ml	garlic paste
	salt to taste
	hot water, as required

Tangy, flavoursome succulent steak

1 kg	beef steak
10 ml	paprika
30 ml	lemon pepper
30 ml	barbeque spice
60 ml	lemon juice
10 ml	salt
5 ml	white pepper
50 ml	chutney
30 ml	Worcester sauce
45 ml	chilli sauce
	oil for frying

HOT AND SOUR VINDALOO LAMB

Grind cumin seeds, cardamom pods, cinnamon, cloves and peppercorns in a coffee grinder; transfer to a bowl.

Add vinegar; stir in mustard, chilli powder, paprika, turmeric and sugar. Mix well. Add lamb and mix thoroughly. Leave to marinate for 5 - 6 hrs or overnight.

Heat oil in a saucepan over medium heat. Add onion and sauté until golden brown, adding water if necessary.

Stir in ginger and garlic and stir-fry for 30 seconds. Add lamb and cook for 2 - 3 min; add water and bring to the boil.

Reduce heat to low, cover and simmer for an hour or more until meat is tender. Garnish with chillies

Serve with plain basmati rice and salads.

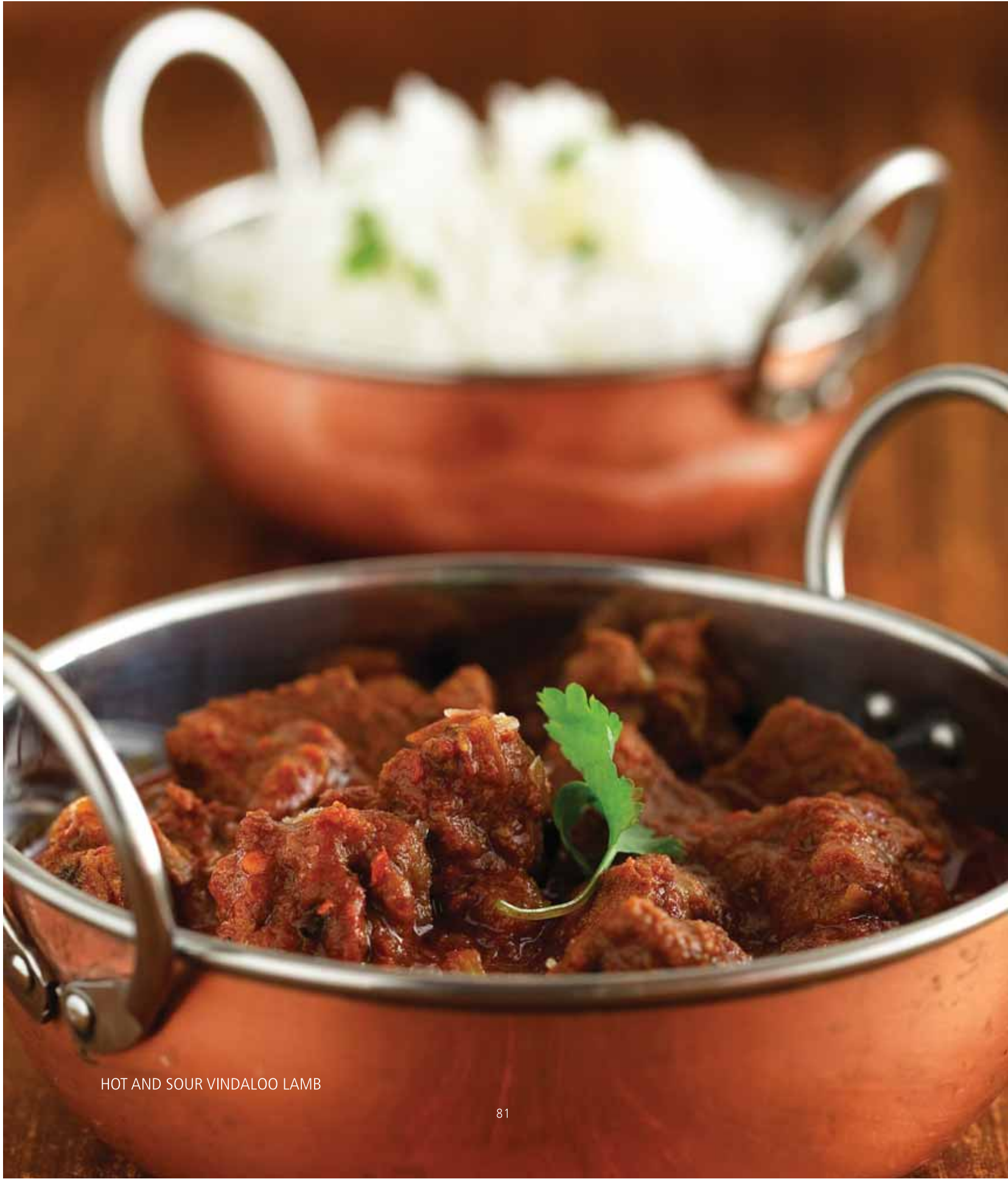
LEMON AND BBQ STEAK

Marinate steak with all spices, chutney, Worcester sauce, chilli sauce and lemon juice. Leave for 1 - 2 hrs or overnight.

Heat oil in a large saucepan. Add steak and fry for 3 - 5 minutes on each side, until done.

Place on absorbent paper to drain excess oil.

Serve with yellow rice and chunky vegetables.



HOT AND SOUR VINDALOO LAMB

SUMMER FRUITY TARTLETS

BASE

200 ml	castor sugar
20 ml	oil
250 g	butter
2	eggs
500 ml	cake flour, sifted
500 ml	self-raising flour, sifted

PASTRY CREAM

500 ml	milk
100 g	sugar
50 g	flour
10 g	custard powder
2	eggs, beaten

TOPPING

fruits of choice:
strawberries, kiwi,
canned peaches,
berries etc
whipped fresh cream
chocolate vermicelli,
etc (optional)

Preheat oven to 180°C. First prepare the base. Cream together sugar, oil and butter until well blended. Add eggs and mix through.

Fold in sifted flours and mix into a soft dough. If not to be used immediately, cover with cling-wrap and refrigerate.

Roll pastry out on a lightly floured surface till about 3 mm thick and cut out with a fluted pastry cutter. Line well-greased pastry cases with dough and bake blind for 10 - 15 min until golden; or bake in fluted tartlet moulds.

Remove from oven and cool bases on a wire rack. Meanwhile, prepare pastry cream.

PASTRY CREAM

Scald milk. Sift dry ingredients into a mixing bowl. Add eggs and mix to form a paste. Add milk to the paste, a little at a time. Strain mixture into a pot. Stir (or it will form lumps), bringing to the boil to cook the flour. Stir all the time; do not worry, it will thicken slowly.

Leave aside to cool completely. This pastry cream (custard) can be used for any cold tart filling.

TO ASSEMBLE:

Fill each tartlet base with pastry cream. Do not overfill base or fruit will fall off.

Pipe whipped cream around the edge of the pastry case and to cover the pastry cream.

Top with fruits and decoration of choice.

TO GLAZE FRUIT:

With a pastry brush, lightly brush the fruit with heated apricot jam. Alternately, pour a very thin layer of cooled yellow jelly (prepared as per packet instructions) over the fruit.



SUMMER FRUITY TARTLETS

*Heavenly, chocolatey
and nutty*

60 g	butter
500 g	dark chocolate, finely chopped
160 g	butter (extra)
400 ml	firmly packed brown sugar
4	eggs
250 ml	cake flour
250 ml	chopped hazelnuts
160 ml	sour cream
ICING	
250 g	dark chocolate, chopped
120 g	butter

HAZELNUT CHOCOLATE BROWNIES

Preheat the oven to 180°C. Line a deep square tray with greaseproof paper and spray with non-stick cooking spray.

Place a large pot with water on the stove and bring to the boil. In a bowl placed over the simmering water, melt butter.

Add chocolate and melt. Gently stir butter and chocolate together.

Beat the extra butter and sugar together in a large bowl until light and fluffy. Add eggs one at a time and beat through.

Sift in flour; mix. Add chocolate mixture, nuts and cream; fold in with a spatula.

Spread mixture into the prepared pan and bake for approx. 40 - 50 min. Check after 30 min, taking care not to over-brown. Cool in the pan.

Turn out from pan and remove paper. Spread with chocolate icing and cut once the chocolate has set. Serve with ice-cream.

ICING

Melt chocolate and butter over a pot of simmering water. Cool. Beat with a spoon until smooth and creamy.



HAZELNUT CHOCOLATE BROWNIES