

Ramadan Cookbook

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**HUMA 1845 6.0 Islamic Tradition (Online Course)
Class Project: Ramadan Cookbook
Class of Summer 2017
Department of Humanities
York Univeristy
Toronto, Canada**

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Bread and Pastry

Khaliat Nahal (Bee's Hive Bread) *by Jillian Tyler*

Ingredients

For the Dough:

- 3 cups all-purpose flour
- ¼ cup + 1 Tbsp. Powdered milk
- ¼ cup vegetable oil
- 1 package of dry active yeast
- 1 tablespoon of sugar
- 1 tablespoon of baking powder
- ½ teaspoon of salt
- 1 cup of warm water (may need more or less; just enough to form a soft dough)
- ½ (8oz.) package of cream cheese
- sesame seeds (amount suited to personal preference)

For the syrup topping:

- 1 cup of sugar
- ½ cup of water
- 1 tablespoon of honey

For the egg wash:

- 1 egg yolk
- 1 tablespoon of water

Khaliat Nahal (Bee's Five Bread)

Continuation

Steps:

1. In a large bowl, sift together the flour, powdered milk, sugar, baking powder, and salt.
2. Mix in the yeast, vegetable oil, and enough warm water to make a soft dough.
3. Knead the dough for 8-10 minutes until the dough is smooth in texture.
4. Wrap the dough in plastic wrap or a damp cloth and place it into a lightly oiled bowl. Then lay plastic wrap over the bowl.
5. Let it sit for 1.5 hours
6. In the meantime, combine the sugar, water, and honey together in a sauce pan.
7. Bring the mixture to a boil and allow it to lightly thicken over medium-low heat for 3-4 minutes before allowing it to cool.
8. Lightly oil and line the bottom of a baking pan (suggested to use a 12-inch cake pan).
9. Preheat the oven to 350 degrees F.
10. Punch the dough down and divide it into small balls, about 2-3 tablespoons each.
11. Create a well in the balls and add $\frac{1}{2}$ - 1 teaspoon of cream cheese in the center and encase the cream cheese in the dough.
12. Place the dough balls into the lightly oiled and lined baking pan, starting from the center and moving outward like a honeycomb.
13. Brush the dough balls with the egg wash and sprinkle some sesame seeds on top of them.

14. Bake for 25-30 minutes, or until golden brown.
15. Remove from oven and immediately pour the cooled syrup over the buns. (use your own discretion as to how much is preferred).
16. Cover the buns with foil and allow to cool to room temperature (20-30 minutes), The syrup will be absorbed into the buns.



Khaliat Nahal; Origin: Arabia, P
Picture credit: Jillian Tyler, Toronto, 2017.

Canjeero

by Ayub Shadali

These sourdough pancakes are made daily in most Somali kitchens. They are light, spongy, and chewy and taste a bit like crumpets. We eat them for breakfast, drizzled with butter and a sprinkle of sugar. Canjeero also makes a regular appearance at our lunch and dinner tables, usually served with a meat based stew.

Ingredients

1 cup white corn flour
½ cup sorghum flour
4 cups self-rising flour
½ teaspoon salt
4 cups lukewarm water (you will need to reduce the water a little bit if you aren't using the sorghum flour)
1 Tbsp Instant dry yeast

Instructions:

1. Blend all the ingredients together, adding the water slowly to make sure that you get a smooth batter.
2. Pour the batter in a bowl, cover and let it rest in a warm place. This will allow the batter to ferment nicely.
3. Heat a non-stick frying pan on medium heat.
4. Once the pan is hot, pour a ladleful of the fermented batter and spread from the centre in a circular motion. You should aim for a circle that is about the size of a dinner plate.



(Canjeero. Somalia; Ayub.2017)

5. Cover the pan and cook until the surface is holey and the bottom a light golden brown



(Canjeero. Somalia; Ayub.2017)

6. Remove from the pan and place on a plate.
7. Keep cooking until you have enough Canjeero.
8. Keep any remaining batter in the fridge to cook the next day.



(Canjeero. Somalia; Ayub.2017)

Bolani

by Jovan Perovic

I have personally prepared a traditional Ramadan Iftar dish from scratch. The dish is called Bolani. It originated from Afghanistan, as it is also known as Fried Afghan Flatbread.

Ingredients

Dough:

- 2 cups of plain flour
- 1 1/2 tsp of yeast
- 1 tsp of salt
- 1 tsp of olive oil
- 2 cups of water

Filling:

- 2 cooked potatoes
- 4 chives
- 1 tsp coriander
- 1 tsp turmeric powder
- 1 tsp chili flakes
- 2 garlic cloves
- 1 tsp salt
- 1 tsp black pepper
- 3 tsp water

Process:

- Mix dough ingredients, cover with plastic, then let sit for 30 minutes
- Roll the dough until thin
- Boil potatoes until soft, then let them cool before grating
- Grate the garlic cloves
- Chop up the chives
- Add chives and garlic to potatoes
- Add coriander, salt, pepper, chili flakes, turmeric powder, and 3 tsp of water
- Mix all ingredients together until it becomes like a paste
- Cut out circle from the rolled dough
- Add handful of filling to each circle of dough and spread
- Fold into triangles
- Fry until golden brown



Photos by Jovan Perovic. June 9, 2017.

Chicken Bread Rolls

by Maheen Shaikh

Ingredients, Yield: 5 chicken bread rolls

1 chicken breast, approx. 1lb
5 slices white bread
1 medium sized onion chopped
50-gram butter
Salt to taste
Ground black pepper, 1 tsp
1 tsp cumin powder
1 tbsp. minced garlic
1 tbsp. minced ginger
1 tbsp. crushed green chillies
50 grams boiled corn
Half red bell pepper diced
Half green pepper diced
100-gram cream cheese
1 egg, beaten
Bread crumbs, as needed
Vegetable oil for deep frying, as needed
Water as needed

Method

1. Wash and dice chicken breast into small cubes.
2. Heat butter in a pan and sauté the onions until they became transparent on medium heat.
3. Add chicken cubes until the chicken changes colour.
4. After the colour of the chicken changes, add salt, black pepper, ginger, garlic, green chillies and sauté for 1-2 minutes.
5. Now add the red peppers, green peppers, corn and sauté for 5 minutes on low to medium heat.
6. Allow the mixture to cool completely, then add the cream cheese to the mixture.
7. Remove the brown portion of the white bread and roll the bread out using a rolling pin, making it thin.
8. Place 1 tbsp. of the mixture on one side of the bread and roll it to form a bread roll. Pinch the ends to close the open edges. Do this with all 5 slices of bread.
9. Beat one egg, dip the individual bread rolls into the beaten egg, then coat the roll in bread crumbs.
10. Heat a pan of oil to deep fry on medium heat and deep fry the chicken bread rolls until golden brown.
11. After the chicken bread rolls cool, cut them in half.
12. Serve with a sauce of your choice and enjoy!



Chicken Bread Rolls, India, Maheen Shaikh, Brampton, 2017

Shafout

by *Basma Al-Nadhir*

Recipe:

Sauce:

1 cup Yogurt
1 cup of buttermilk
 $\frac{3}{4}$ cup of Mint leaves
 $\frac{3}{4}$ cup cilantro
 $\frac{3}{4}$ cup Green onions
1 tablespoon of garlic paste
 $\frac{1}{2}$ teaspoon of cumin
1 Green Pepper (can change based on personal preference)
 $\frac{1}{2}$ cup of cut cucumbers (can change based on personal preference)
 $\frac{1}{2}$ cup of cut tomatoes (can change based on personal preference)

Bread/Pita (ar. Lahoh):

1 cup of buttermilk pancake mix
 $\frac{1}{2}$ cup of wheat flour
 $\frac{1}{2}$ teaspoon of instant yeast
2 cups of water

Method:

BREAD METHOD

To make the lahoh, mix the buttermilk pancake mix, wheat flour and instant yeast. Gradually add the water until the consistency of the batter is in between being thick and light. Set it aside and let it rise. Then we begin making the sauce. Blend the yogurt, buttermilk, mint leaves, cilantro, green onions, garlic paste, cumin and green pepper. Set aside. Once the lahoh batter has risen, prepare a medium frying pan on the stove on medium heat. Pour approximately $\frac{1}{4}$ of the batter to the frying pan until a light brown. In a tray, begin to cut pieces of the lahoh and place it evenly across the tray. Pour the sauce on top of the bread and let it soak for around 15 min. Add the cucumber and tomato pieces as garnish. And its ready to eat!



Shafout. Country of origin: Yemen
Author of image: Basma Al Nadhir. Place and Year: Toronto 2017

Appetizers

Pyaju by Ashmita Rafique

Preparation time: 20
minutes

Cooking time: 15
minutes

Ingredients

1. 2 cups red lentil
2. 1 large onion
sliced
3. 3 green chilli
chopped
4. 1 tsp cumin
powder
5. 1 tsp coriander
powder
6. 1 ½ tsp turmeric
7. Salt as required
8. Oil for deep frying



Origin: Bangladesh/South East Asia; Photo by Ashmita Rafique. Montreal, QC, Canada (2017)

Directions

1. Soak lentils for 3-4 hours. You can also leave it to soak overnight. Once they are soaked, grind $\frac{3}{4}$ of the lentil and make a paste. Make sure the paste is not too smooth and make it coarse. Leave $\frac{1}{4}$ lentil as it is and mix it with the paste. Add all the other ingredients and mix it well.
2. Heat oil in a pan and when the oil is medium boiled, drop a spoonful of the paste into the oil. You can also use your hand rather than the spoon and make flat fritters.
3. Fry the pyajus until they are golden and crisp.
4. Drain the pyajus in a paper towel to get rid of the excess oil.
5. Serve them hot and enjoy!

Bolanee Boppers by Neelofer Mansuri

Bolanee is a dish from Afghanistan that is often served as an appetizer for dinner and as a starter dish to break fast during the month of Ramadan. Bolanee is a thin, deep--fried flatbread that is filled most often with potato or leek. My original recipe is a twist on bolanee, called "Bolanee Boppers," which are round bite--sized versions of the traditional flatbread. Like Bolanee, this dish is best paired with mint yogurt dipping sauce, or chutney.

What you will need:

2 Pots
1 Strainer
1 Potato Masher 2 Bowls
1 Spoon
1 Small, round cookie cutter
1 Cloth
Rolling pin

Ingredients:

2 Yellow fleshed potatoes
2 cups Water
1 cup Scallions (chopped)
1 cup Leek
½ lb Pizza Dough
1 cup White flour
2 tbsp Olive Oil
2 cups Vegetable or canola cooking oil
5 tsp Salt
5 tsp Black Pepper; 5 tsp Paprika powder; 5 tsp Turmeric powder

Directions:

- Lightly flour your dough, cover with a cloth and set aside to rise.
- Bring 2 cups of water to boil in a pot. Wash your potatoes and place in pot to boil over high heat until soft (15--20 minutes).
- Once your potatoes have softened, strain them, peel them and set them aside to cool.
- When potatoes have cooled down, mash them in a bowl until you get a lump--free, smooth texture.
- Add your scallions, leek, salt, pepper, paprika, turmeric and olive oil to the bowl with your mashed potatoes. Mix and set aside to use later as your filling.
- Once your dough has risen, sprinkle flour on a clean surface and roll out your dough with a rolling pin, as thin as possible.
- Use your cookie cutter to cut the dough into even circular shapes.
- Scoop one tablespoon of your filling mixture in the center of each piece of dough, forming a small ball and leaving 1 cm of border space around the filling.
- Fold the borders of the dough evenly over the mixture and close by pressing the border together, making sure that you cover the filling completely so as to avoid any holes or excess air. Do your best to mold your dough around the filling so that it is the shape of a small ball.
- Add your cooking oil to the pot and set to medium--high heat. Once your oil is hot, add your boppers carefully into the pot and fry for 6 to 7 minutes (or until golden brown).
- While your boppers are frying, you can make your dipping sauce. In a small bowl, mix your yogurt, mint, garlic, salt and paprika and set aside.
- Place your bolanee boppers on paper towel or a cooling rack to strain excess oil, transfer over to a serving dish of your choice and serve alongside your dipping sauce!

Yogurt/Dipping

sauce:

1 cup Balkan yogurt
1 tbsp Dry mint
1 tsp Minced garlic
1 tsp Salt
1 tsp Paprika



Photo by Neelofer Mansuri, Canada, 2017

Aloo Tikki

by Sara Awan

Ingredients:

- o 4 medium sized potatoes
- o 1 teaspoon of pepper
- o Salt to taste
- o 1 onion, chopped finely
- o 4 green chillies, chopped
- o Handful of coriander, chopped
- o 1 teaspoon chili powder
- o 1 teaspoon ginger, grated
- o ¼ teaspoon chaat masala
- o 1 cup of oil
- o 1 egg, beaten ½ teaspoon of red pepper flakes

Instructions:

1. Boil washed potatoes on high heat until they are falling apart, approximately 10 to 20 minutes
2. Drain the water and remove the potato skins
3. Mash the potatoes
4. Add the pepper, salt, chopped chillies, chopped onion, grated ginger, coriander, chili powder, chaat masala and red pepper flakes. Mix well.
5. Divide the mixture into patties
6. Heat the oil in a pan and beat a single egg in a bowl
7. Take one patty at a time, dip in the egg and place in the pan
8. When one side of the aloo tikki gets golden brown, flip and fry the other side Once done, drain the oil from the tikkis, and serve!



Aloo Tikki; Pakistan; Sara Awan; Markham (2017)

Chicken Spring Rolls by Alaina Arif

A delectable recipe, Chicken Spring Roll are perfect snack for Ramadan. Spring Rolls are a large variety of filled, rolled appetizers found in East Asian and South East Asian countries. It is believed that spring rolls originated in China. They were a seasonal food consumed during the spring. They are typically prepared with vegetables and boneless chicken. This recipe is easy-to-make and it will be loved by all!

Ingredients:

- 1 Kg boneless chicken
- 1 Large carrot, grated
- 4 Boiled eggs, chopped
- 2 Teaspoons black ground pepper
- 20 Chillies, finely chopped
- 2 Green onion bunch, finely chopped
- Salt to taste
- 1 Teaspoon crushed red peppers
- 2 Packages/40 sheets spring roll wrappers (square)
- 1 Tablespoon corn flour/corn starch
- 1 Tablespoon vegetable oil
- 2-3 Cups of vegetable oil for deep frying



Photo by Alaina Arif. June 6, 2017

Step 1: Boil the boneless chicken. Then put a few handful cubes of the boiled chicken into a food processor until the pieces come to a mince that is either coarse or fine. Avoid over-processing the chicken.

Step 2: Heat 1 tbsp. oil in a frying pan. Add the mince chicken and sauté for 30 seconds.

Step 3: Now, add all ingredients: chopped green onions, chopped green chillies, shredded carrots, chopped boiled eggs, black ground pepper, salt and red crush pepper.

Step 4: Mix well, and cook on high flame for 2-3 minutes. Transfer the filling into a large bowl and let it cool.

Step 5: Next step is to combine the cornstarch and water in a small pan or measuring cup. Make a paste and warm it in the microwave for 1 minute. This will be the "glue" /mixture to seal the edges of the wrappers.

Step 6: To fill the spring rolls, place the wrapper like a diamond on a clean and dry surface. Place 1 tablespoon of filling near the bottom corner.

Step 7: Fold over the corner and roll tight, without leaving air pockets. Fold over the left side, then fold over the other side and keep rolling tight. Make sure they're tight, but not overstuffed.

Step 8: Brush a little cornstarch mixture along the edge and seal it up.

Step 9: Deep fry them in hot vegetable oil at 175°C-350°F, turning occasionally until evenly golden brown. This will take about 2-3 minutes. Once they are ready, drain them on a paper towel to get rid of the excess oil.

Step 10: Serve the chicken spring rolls hot and ENJOY with your favourite dipping sauce!

Fatayer by Tooba Akbar

Fatayer is Middle Eastern, it is similar to a calzone which can be stuffed with spinach, meat or cheese (jibnah) such as Feta or Akkawi cheese. Unlike Turkish pide, which are crunchy, fatayer are soft, fluffy and tender. Fatayer take different shapes based on the type of filling. The convention is to make meat fatayer into square shapes, cheese fatayer into boat shapes, and spinach fatayer into triangular ones.

Ingredients

For Dough

2½ cups all-purpose (plain) flour
1½ teaspoons instant yeast
1 tablespoon white granulated sugar
½ teaspoon salt
1 cup whole milk (3.25% milk fat)
(lukewarm)
⅓ cup olive oil

For Cheese Filling

1/2 cup mozzarella cheese, shredded
1/2 cup feta cheese
4 tablespoons of parsley, finely chopped
2 tablespoons of onion seeds
egg, beaten

For Meat Filling

1/4 cup pine nuts
tablespoons clarified butter ghee
lb ground sirloin or lamb
medium onions diced
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon cinnamon
1/2 teaspoon allspice 1/2 cup plain yogurt
optional juice of 1 lemon melted
clarified butter



Photo by Tooba Akbar. Home. 2017

For Dough

1. Add flour in a bowl, then add sugar and salt. Mix the dry ingredients together and then make an empty space in the centre. Add the milk and olive oil into this space.
2. Lastly, add the yeast to the milk and olive oil mixture in the centre.
3. Let it rest for a couple of minutes until the mixture becomes fuzzy.
4. Mix all the ingredients together, knead for 5 minutes, until the dough is smooth.
5. Cover and let the dough rest for 10 to 15 minutes.
6. After the dough has rested for 15 minutes. roll out the dough into small balls about 2-3 inches thick and set aside. Now head onto the fillings.

For Cheese Filling

1. Soak the feta cheese in cold water for 10 minutes changing the water twice.
2. Crumble the feta cheese in a bowl, add the mozzarella cheese, egg, onion seeds and parsley and mix well.
3. Roll out the dough balls in an oval shape and place a tablespoon of the cheese mixture in the middle.
4. Hold both the sides of the edges and fold like a boat as shown in the picture above.
5. Bake in a preheated oven of 180 C or 350 F for about 15 - 20 minutes. Serve hot.

For Meat Filling

1. In a large pot, sauté pine nuts in butter until golden brown being careful not to let it burn. Remove nuts from pan leaving the excess butter in the pan.
2. Add ground meat, onions, salt, pepper, cinnamon and allspice to the pan and cook until meat has changed color (from red to brown). This should take about 8-10 minutes.
3. Remove from heat and stir in toasted pine nuts, yogurt and lemon juice. Let mixture cool slightly.
4. To begin folding the dough into a square, roll out the balls so that they are round and flat.
5. Place 1 tablespoon of the filling into the center of each flattened dough, and press down on the filling with the back of the spoon and spread evenly, leaving ½ inch space on all four sides of the dough making flaps.
6. Fold the empty portion of the dough upwards, securing the meat filling. Repeat this for all four sides.
7. After that, pinch all four corners of the fatayer, so to seal the flaps together.
8. Bake for 15-20 minutes or until bottoms are lightly browned in a preheated oven of 180 C or 350 F.
9. Remove from oven and lightly brush with melted clarified butter.
10. Serve with plain yogurt.

Fatayer's origin is Middle Eastern. It is eaten in Iraq, Syria, Palestine, Egypt, Lebanon, Jordan, Israel, and other Arab countries in the Middle East. It is original to The Levant - an approximate historical geographical term referring to a large area in the Eastern Mediterranean.

Kama Kachori

by Faizaan Ellahi

Ingredients:

- * All-purpose flour (2 Cups).
- * 1 Egg.
- * 3 TBSP of vegetable oil.
- * ½ TSP of salt.
- * 5-6 TBSP of water.

Filing Ingredients:

- * 1 LB of mincemeat.
- * 1 medium sized chop onion.
- * ½ TSP of salt.
- * 1 TSP chili flakes.
- * 1 TSP of ginger garlic paste.
- * 2 TSP of vegetable oil.

Method:

Grab a bowl and add all-purpose flour, salt, vegetable oil, cracked egg and mix it together. Add water once mixed and mix even more so water absorbs into dough. Keep mixing the dough till it becomes soft and fluffy. Cover with a damp cloth and leave aside for estimate of 2-3 hours.

Filling Method:

Heat pan, add oil, chopped onion and mix till onion turns transparent.

Add ginger garlic paste and stir well. Add mincemeat into pan with salt, chili flakes and mix well. Cover pan and leave on medium heat till meat looks well done. Open pan cover and cook till there is no trace of water in meat. Set aside in container.

Make 4-6 balls from dough. Roll with rolling pin. Fill each with 2-3 TBSP of filling. Fold and twist dough so filling remains inside. Fry each ball on medium heat for 15-20mins until golden brown and crispy. Once prepared and ready to serve, its best to dish out and serve with ketchup or tamarind sauce.



Photo by Faizaan Ellahi. 2017.

Bengali Eggplant Fritters (Beguni)

by Jawad Ahmed

Bengali eggplant fritters more formally known as Beguni, are one of the most popular snacks served during Ramadan to break fast in almost every Bengali household in Bangladesh. This savory snack is not only delicious but also super quick and simple to make. Below is the list of ingredients you will need to make this recipe.



Bengali eggplant fritters/Beguni; Bangladesh; Jawad Ahmed; Toronto (2017)

Ingredients

One medium eggplant
¾ cup of chickpea flour
2 tbsp of rice powder
½ tsp of red chilli powder
1 tsp of nigella seeds
½ tsp of turmeric powder
Salt to taste
1 cup of water
1 cup of Oil
Wok
Spoon

Steps for Recipe

1. Slice the eggplant into thin strips. Once this is done, set eggplant strips aside.
2. To make the batter, add the chickpea flour, rice powder, red chilli powder, turmeric powder, nigella seeds and a pinch of salt into a large bowl. Mix all these dry ingredients together.
3. Add small amounts of water to the dry mix and stir the mix with a spoon every time water is added. Once the last bit of water is added, take the spoon and mix vigorously to make the batter smooth and to avoid any clumps from forming.
4. Taste the batter and see if salt needs to be added. Add salt to taste.
5. Add oil into a wok and place the temperature on medium high.
6. Take one eggplant strip and place it into the batter, make sure the strip is coated well.
7. Once the oil has heated up, take off any excess batter from the eggplant strip and place it into the hot wok.
8. Fry the eggplant in the wok for a few minutes on each side till the eggplant strip turns crispy and golden brown.
9. Remove the crispy, golden brown eggplant fritter from the wok onto a plate.
10. Follow steps 6-9 for the remaining eggplant strips. Once this is done, the Bengali eggplant fritters are ready to be served!

Vegetable Pakoras

by Navreen Sutthi

Place of origin: Subcontinents of India, and Pakistan

Ingredients needed for Vegetable Pakoras **(Serves up to 4 people)**

1. Chickpea flour (2 Cups)
2. 1 cup water
3. 1 Onion(chopped)
4. Spinach leaves(chopped)
5. 2 green chilli's (chopped)
6. Turmeric powder(½ tsp)
7. Salt(according to your taste)
8. Red Chilli Powder(1 tsp)
9. Ginger Powder(¼ tsp)
10. Garlic Powder(¼ tsp)
11. Coriander(1 tbsp)
12. Baking powder(½ tsp)
13. 1 Mixing bowl
14. 1 spatula
15. Frying pan
16. Vegetable oil(1 cup)
17. 1 spoon

Procedure / Preparation of Vegetable Pakoras

Step 1: Combine the 2 cups of chickpea flour in a mixing bowl. Aswell as , 1 cup water, 1 Onion(chopped), Spinach leaves(chopped), 2 green chilli's (chopped),

Turmeric powder(½ tsp), Salt(according to your taste), Red Chilli Powder(1 tsp), Ginger Powder(¼ tsp), Garlic Powder(¼ tsp), Coriander(1 tbsp) , and Baking powder(½ tsp)

Step 2: Mix the ingredients added to the bowl using a spatula. This will create a thick batter, and will be easy to fry.

Step 3: Heat the frying pan to medium heat, and add 1 cup vegetable oil.

Step 4: Take a spoonful of batter, and drop it gently into the heated oil. Deep fry the batter until it becomes brown.

Step 5: Once they have become brown, you are ready to enjoy the taste vegetable pakoras!



Sutthi, Navreen. *Vegetable Pakoras*. 2017. Photograph. Private collection. Toronto.

Potato Pakora(s) *by Raamish Khan*

Ingredients:

1. 4 large potatoes
2. 2 cups vegetable oil
3. 1 cup chickpea flour
4. ½ cup water
5. 1 tsp red chili powder
6. 2 teaspoons cumin powder
7. 4 cloves crushed garlic
8. 1/2 teaspoon salt

Method:

1. Add water to chickpea flour in a large mixing bowl. Add a few spoons at a time to keep the batter smooth.
2. Add the chili powder, cumin powder, garlic, and salt to the batter and stir until combined.
3. Wash, peel and slice the potatoes evenly along the largest surface area. (about 25 mm thick slices)
4. Heat the vegetable oil in a large frying pan on full flame for 5 minutes.
5. Dip the slices of potato in the batter one at a time,

ensuring both sides are covered in a thin layer of batter and immediately drop it into the hot oil to deep fry.

6. Fry each pakora until both sides are golden brown.
7. Remove pakoras from the oil with a slotted spoon and set them on a paper towel for a minute to soak up the excess oil.
8. Serve while hot.



Photo by Raamish Khan, Toronto, 2017.

Vegetable Pakora

by Nida Shaikh

8-10 pieces Total Preparation: 20 minutes

Ingredients:

- * 1 cup of chickpea flour (also known as, basin)
- * ¾ cup water
- * 1 onion, sliced
- * ½ teaspoon salt
- * ½ teaspoon red chili powder
- * ½ teaspoon cumin powder
- * 2 pinch baking soda
- * Coriander
- * Oil for deep frying

Directions:

1. In a bowl, place one cup of chickpea flour, gradually placing water (ensure paste is thick)
2. Add chili powder, cumin powder, salt, and baking soda with the paste
3. Mix all ingredients thoroughly and dip onions in paste
4. Place oil in a frying pan and put on high temperature on stove to preheat
5. Set stove temperature on medium once hot enough to fry
6. Using a big spoon or scooper – take scoop of paste and place in fry pan
7. Fry for 3-4 minutes, until brown
8. Dab with paper towel and garnish with coriander



*Vegetable Pakora; Indian-Pakistani cuisine;
Nida Shaikh; Shaikh residence (2017)*

Pakora

by *Rabea Bukhari*

Ingredients

100g white flour
1 onion
2 potatoes
1 tsp of salt
2 tsp of garam masala
2 chillies, chopped
1 tbsp ginger (minced)
Handful of chopped coriander
2 tsp of fenugreek leaves (dried)
1 tsp of cumin seeds
½ tsp of chilli powder
Water, quarter cup
Cooking oil for frying

Directions:

1. Heat up the Oil in a Karahi or Wok on medium heat
2. Thinly slice the onion and place into a bowl
3. Peel and finely cut the potatoes into the same bowl (other vegetables such as cauliflower or eggplants can also be used)
4. Add all the dry spices, chopped coriander, chillies and ginger into the bowl and then sieve in the flour. Mix this all together.
5. Add small amounts of water until the batter comes to a thick consistency.
6. Check your oil to see if it's hot enough for frying by adding a little bit of the batter into the oil. If the batter turns golden brown in colour and rises then the pakoras are ready to be fried. Carefully drop the rest of your batter in spoonfuls into the oil and fry until golden brown.

7. Move the pakoras around by using a slotted spoon. The karahi should not be overcrowded with too many pakoras.
8. Once the pakoras are golden brown and crispy, remove from the oil. Enjoy!



Pakora. Photo by Rabea Bukhari. Ramadan 2017.

Samosas

by Kelli Fleming

Ingredients:

1 cup all purpose flour (Maida)
Water to Knead dough
2tbsp gee
Little salt
1/4th tsp. Ajwain (optional)
1 1/2 pounds potatoes, peeled and cut into chunks
1 cup fresh or frozen mixed peas, corn, and carrots
2 tablespoons gee
1 medium onion, chopped
1 teaspoon finely chopped garlic
2 chili peppers
1/2 teaspoon garam masala spice blend
1 1/2 teaspoons salt
Vegetable oil, for frying
Chutney, for serving

Process:

The Dough

Sieve the flour and salt together in a bowl. You can add a little more or less salt to taste if you desire.
Add the ghee or oil. Mix it in with your fingers, working with a handful of flour at a time.
Mix in 5 tablespoons of water.
Turn out the dough and knead it.
Rest the dough for 30 minutes

The Filling

Heat the ghee in a large saucepan. Place over medium high heat and allow the ghee to get hot.

Toast the cumin seeds. This brings out the best flavor and scent.

Add the onion and the ginger. Sautee for about

five minutes until the onion is translucent.

Add the garlic, chili peppers, turmeric, salt and

garam masala. Mix them for one minute.

Add the potatoes and the peas. Cook until the potatoes become dry, mix well and mash lightly.

Remove from heat and allow to cool while you prepare the chapatti for filling.

Assembling

Divide the dough into 8 equal parts.

Roll each ball into chapattis.

(thin round circular bread or dough)

Using a knife cut each one into 2 halves.

Stuff and fold the samosas.

Add 2 teaspoons into the center of the dough then bring together to form a cone shape.

Seal the sides by using a little bit of water.

Use your fingers to press the edges together.

Cooking

Heat the oil until it is 350 degrees.

Place 4 samosas in at one time. Deep fry until both sides are golden brown. Do not overcook or the dough will become tough.



"My friends gatherings always include Samosas!" Photo by Kelli Fleming. February 2017

Beef Samosas

by Shehroze Haq

Ingredients (serving size of 5)

1. 300 grams ground beef
2. ¼ cup frozen peas
3. ¼ bay leaf crushed
4. 1 onion chopped
5. 1 cloves garlic, crushed
6. ½ teaspoon salt
7. ¼ teaspoon ground turmeric
8. ½ tablespoon cilantro, chopped
9. ¼ teaspoon chilli powder
10. ¼ teaspoon cinnamon
11. vegetable oil
12. 5 strips of phyllo dough

Direction-Ready in 30 minutes (25 preparation, 5 minutes cooking)

1. Begin the process by heating the vegetable oil at medium heat for two minutes. Add onions and ground beef cook for about 5 minutes until the beef turns brownish color. Then add garlic, salt, turmeric, chili powder and cinnamon into the mix. Cook for another 10 mins and then remove from heat and put it to the side.
2. Remove phyllo dough sheets from the package and place five onto a flat surface. Then add two table spoon of the mixture onto the sheets.
3. This is the tricky part which involves a little bit of origami to make the triangular shape of the samosa. Fold the phyllo sheets into a triangle, use a little bit of water to press down on the edges when folding to create a strong bond so they don't unravel while frying.
4. Place the triangular shaped samosa into the frying pan to cook for about 5 minutes. Take them out when golden and crispy.



Beef samosa- South Asia (India/Pakistan). Photo by Shehroze ul haq. Brampton, Ontario Canada 2017.

Chicken Pastries

by Nadiya Mansuri

Ingredients:

- 1 lb chicken breast (boiled and shredded)
- 2 potatoes (boiled and chopped)
- 1 onion (finely chopped)
- 1 cup mixed vegetables (frozen)
- 4-5 cloves of garlic
- 2-3 green chillies (finely chopped)
- 1 tbsp. ginger-garlic paste
- 1 tbsp. olive oil
- ½ tsp salt
- ½ tsp pepper
- ¼ cup finely chopped coriander
- 1 tube (8 ounces) of crescent rolls dough.

Directions:

1. In a pan, lightly sauté the finely chopped onions and mixed vegetables with some olive oil and ginger garlic paste. De-thaw the vegetables, and crisp the onions for about 15 minutes.
2. When done, remove for cooling. In a separate bowl, mix the shredded chicken, chopped potatoes, coriander, garlic, green chillies, salt, and pepper. Add in the sautéed onions and mixed vegetables when cooled.
3. Roll out the crescent roll dough, and cut into small squares (3in by 3in).
4. Place about one spoonful of the chicken and vegetable filling into the middle of the squared dough.
5. Fold two edges of the square over the filling to form a rectangle. Using a fork, press down on the remaining two edges to seal them. Repeat until filling is done.
6. To bake, place the pastries on an oil-greased baking sheet. Bake at 350° for about 20 mins or until golden brown. Serve hot. Yields 10 servings.



Chicken Pastries. Originated in the United States (commonly known as Turnovers). Author: Nadiya M. Toronto, Canada. 2017.

Beef Puff Pastries

by Fahad Mohammad

Beef pastries have been a Ramadan classic in my home for as long as I can remember. Usually, we break our fasts with dates along with a few appetizers and then we go pray Maghreb, before we have the actual dinner. These are the perfect appetizer to break your fast with and they hold you over until the main course.

Ingredients:

1 box of Tender Flakes pastry dough
1 lb lean ground beef
¼ cup chopped onion
3 tbsp. oil
1 tsp. minced garlic
1 tsp. minced ginger
1 tsp. salt
¼ tsp black pepper
¼ tsp chilli powder
¼ turmeric

Step 1: Cooking the ground beef filling

Add oil, garlic, ginger into medium pot on medium-high heat
Add chopped up onions
Stir until the onions are translucent
Add in lean ground beef
Stir mixture for approximately 2 minutes
Add spices: salt, black pepper, chilli powder, turmeric
Lower temperature to medium-low, stir mixture, and place a lid
Let mixture cook for 20-30 minutes, stirring every 5 minutes
Remove pot from stove
Let ground beef cool

Step 2: Preparing the pastries

Preheat oven to 350 degrees Fahrenheit
Roll out Tender Flakes pastry dough using a rolling pin
Cut pastry dough into 12 equal rectangles
Lay pastries out on a lightly floured surface
Place 1 to 2 tbsps. Of ground beef mixture in the center of the pastry
Fold pastry as desired and seal edges by pressing down gently with a fork.

Step 3: Baking the pastries

Align pastries on baking tray
Place baking tray in the oven for 20 minutes, or until pastries are golden brown
Once taken out of the oven, allow pastries to cool

Step 4: ENJOY!



Beef Puff Pastries. Jamaican. Fahad Mohammad. Mississauga. 2017.

Shorba by Said Aman

Shorba as the name indicates has an Arabic root. However, it has been adopted by many non-Arab cultures including Ethiopia. Therefore, I would like to present a Shorba with an Ethiopian flavor! Image taken by Said Aman. Taken at the Ethiopian Canadian Muslim Community, 2017.

List of Ingredients:

- * 1 ½ cups of Oatmeal
- * 1 Onion
- * 2 table spoon Cooking oil
- * 1 cup Beef or Chicken Broth
- * ½ fresh Garlic minced
- * ¼ lb. Meat or chicken (personal preference)
- * 1 ½ teaspoon of Salt
- * ½ teaspoon Black Pepper
- * 1 teaspoon of Mixed Spice blend store bought which includes (Coriander, Cumin, Cardamom, Curry leaf, turmeric, lemon, hot chili powder)

Process of Preparation:

1. Dice the onions
2. In a medium sized pot sauté the onions in the cooking oil until they are brown
3. Add the meat or chicken and cook for 15 min
4. Next add the beef or chicken broth and let it simmer until the meat is cooked through fully
5. Add the oatmeal and let it sit for 10 min
6. Add the garlic, salt, black pepper, and mixed spice blend
7. Let it sit for another 5 min.
8. Ensure that it is not burning by constantly stirring
9. Best served with Somossa on the side.



Image taken by Said Aman. Taken at the Ethiopian Canadian Muslim Community, 2017.

Vegetarian Dishes

Dolma (Stuffed Grape Leaves) *by Dania Shehada*

Recipe:

Ingredients

30 to 40 Grape leaves

Stuffing:

1 cup rice
2 peeled and diced
tomatoes
1 lb ground beef
1 tsp Salt
1 tsp Pepper
1 tsp mixed seasoning
(cumin, coriander)
1/4 cup chopped mint leaves
1/2 cup chopped parsely
2 tbsp vegetable oil



Stuffed grape leaves (dolma); Mediterranean and Middle East; Dania Shehada, Dania Shehada's home- dinner table, 2017.

1. Mix all the stuffing together.
2. Fill each grape leaf with a tablespoon of the stuffing.
3. Roll the grape leaf by folding the two ends on the sides of the leaf.
4. Place each tight rolled leaf in a pot and begin stacking them on top of each other.
5. Pour water in the pot enough to cover the bottom layer of leaves and cover the pot.
6. Let it cook and simmer over low heat for about 40-45 minute.
7. (Optional) Squeeze lemon on the leaves and place some lemon and mint for decoration!

Ready to serve!

Ash Reshteh

by Shaghayegh Kohankhaki

Recipe:

Ingredients:

1 cup red kidney beans, soaked overnight, drain
1 cup chickpeas, soaked overnight, drain
1 cup lentils
1 bunch parsley, chopped
1 bunch cilantro, chopped
1 bunch spinach, fresh or frozen, chopped
1 bunch scallion or chives, chopped
Salt and pepper to taste
6 ounces dried noodles, you may find reshteh noodles) in Persian/Iranian grocery stores.
Water

Process of the preparation:

Place the chickpeas, beans and lentils in a large pot, add 8 cups of water, bring to a boil over medium-high heat. Reduce heat to medium, cover and cook for an hour and a half or until beans are tender.

Add the chopped vegetables, noodles, salt and pepper. Stir well, cover and cook for another 30-40 minutes on medium-low heat.

Add more water if needed. Taste and adjust the seasoning.

In medium pan, heat 3 tablespoons olive oil over medium-high heat. Add sliced onions and cook until golden.

Add the garlic and saute for another 3-5 minutes.

Add the turmeric powder, stir well.

Add the dried mint and saute for 2-3 minutes.

For Garnish:

1 large onion, thinly sliced
5 cloves of garlic, finely chopped
2 tablespoons dried mint
1/2 teaspoon turmeric
Vegetable oil or olive oil
1 cup kashk (liquid whey)



Image:

The name of the dish: Ash Reshteh

The place/cultural community from which it originated: Iranian dish

The name of the author of the image: Shaghayegh Kohankhaki

The place and year when the image was taken: Toronto 2017

Dahi Baray

by Ana-Marija Atanasova

Dahi Baray Dahi Baray Light, refreshing and delicious meal, perfect for the Holy month of Ramadan, from the Pakistani community in Canada

Ingredients:

2 cups of Maash Dahi
1 Tsp Garlic Paste
1/2 Tsp Ginger Paste
1/2 Tsp Salt
1 Tsp Cumin Powder

Other:

2 Tbs Yoghurt
1/4 Cup Water
3 Cups Yughurt
1Tbs Sugar
1 Tsp Salt
1 Tsp Red Chilli Powder
1/2 Tsp Cumin Powder



Instructions:

Wash and soak the lentil over night. Drain and rinse. Blend the first half of the ingredients to a medium thick consistency. After blending, the key is to continue blending the mixture with your hands, to feel the light and fluffy barays. Let it rest for 15 min. After the mixture is rested, heat up oil into a frying pan, and scoop small ball from the mixture. Fry them on medium heat, until golden brown. In a separate bowl, whip the rest of the ingredients. If the mixture is too thick, add extra water. Taste the gravy-like mixture and adjust the spices to your liking. Pour the yoghurt mixture on the dahi barays. Cover and refrigerate for 20-30 min to allow the yoghurt to be absorbed.

Before serving, sprinkle some ground cumin and chili powder for extra kick.

Bon appetite! بالهناء والشفا

Ana Maria: "The image and the recipe was shared by Hasan, who welcomed me to his home for Iftar."

Hasan: "Dahi Baray is my favorite meal for Iftar. My mom's recipe is traditional Pakistani one, and she makes the best Dahi Baray."



Dahi Baray dish from the Pakistani community by Hasan Raza.
Toronto 2017

Cholay

by Afsheen Fasihuddin

List of ingredients

- 1) 1 can of white peas
- 2) vegetable oil 2-3 tablespoons
- 3) 1 medium onion (white/red)
- 4) 1/5 tomatoes
- 5) 1 tablespoon tomato paste
- 6) 2 teaspoons salt
- 7) 2 teaspoons black pepper (or as desired)
- 8) 1 teaspoon turmeric powder
- 9) 1 tea spoon red chilli power
- 10) Half a tea spoon crushed red chillies
- 11) 1 tea spoon vinegar/lemon juice
- 12) 2 table spoons tomato ketchup
- 13) 1 teaspoon hot sauce
- 14) Shan chaat masala as desired
- 15) Green chillies 3-4
- 16) 2 potatoes

Cooking method

1) Heat vegetable oil into a frying pan, then add thinly sliced onions into the hot oil and fry until light golden brown. Second, chop tomatoes into small chunks fry in oil with the onions. After that, add the can of chick peas-including the water of the can into the frying onion and tomatoes. Following that, then add the following ingredients: salt, black pepper, turmeric powder, red chilli powder, crushed red chillies, hot sauce, tomato ketchup and vinegar or lemon juice into the chick peas and stir for about 5-6 minutes.

- 2) Cut potatoes into small thick wedges and add into the chickpeas mixture of masalas and sauces. Next, stir the potatoes with the chickpeas mixture for about 10 minutes then add the plain yogurt after stirring well- ensuring there are no lumps left in the yogurt.
- 3) After adding potatoes and yogurt into the chickpea mixture let it cook for 30-35 minutes on low heat.
- 4) Insert fork or knife into the potatoes after 30 minutes to ensure that they are cooked thoroughly.
- 5) Place in serving bowl and garnish with tomatoes, onions, chopped green chillies and chaat masala as desired for taste.



Cholay (savory); India; Afsheen Fasihuddin; Markham, Ontario (2017).

Dahi Bhallay by Fizza Lodhi

Prep Time: 5 hours Cook Time: 30 minutes

Ingredients:

- ½ cup urad daal or 125 grams urad daal (Urad Lentils)
- 4 tablespoon moong daal (Moong Lentils)
- 1.25 to 1.5 cups water for soaking
- 6 to 7 tablespoon water for grinding or add as required
- ½ teaspoon cumin seeds
- 1 pinch asafetida
- Salt as required
- Oil for frying bhallay
- Enough water for soaking the lentils
- 2 cups fresh yogurt or curd made from 500 ml milk
- 1/3 cup pomegranate arils
- ½ cup cooked white chickpeas
- 1 large boiled potato-boiled, peeled and chopped
- 1 cup chopped onion
- Chaat masala as required
- Red chili powder as required
- Reasted cumin powder
- Black salt as required
- 2.5 cups of water for soaking bhallay

How to make Dahi Bhallas

Soaking and preparing batter:

1. Rinse ½ cup urad daal (Urad lentils) and 4 tablespoon moong daal (Moong lentil) in water a couple of times. Then soak both the lentils overnight or for at least 4-5 hours.
2. Drain them very well. Add lentils to a grinder jar along with ½ teaspoon cumin seeds and a generous pinch of asafetida. You can add 1 teaspoon of roughly chopped ginger.
3. Add 6 to 7 tablespoon water and grind all the ingredients to a smooth fluffy batter.
4. Take the ground batter in a bowl and add salt.
5. Stir the batter briskly for a couple of minutes. This brisk stirring makes the batter more light and fluffy.

6. To test the correct consistency of this batter take some water in a small bowl. Add 1 teaspoon of a batter in the water. The batter should float and if it does not float, this means the consistency is thin. Add some rice floor in a batter to thicken it.

Frying Bhallay and soaking them in water:

1. Heat a pan with oil for deep frying.
2. When the oil becomes medium hot, add batter with the help of spoon.
3. When they become pale golden and crispy, take them out of the pan and put them in a bowl full of water.
4. Soak them for 20 to 25 minutes.
5. Then take each Bhalla and press it between your palms to remove excess water.

Assembling and serving Dahi Bhallay:

1. Take 2 cups of yogurt and beat it in a bowl till its smooth.
2. Place all the Bhallay in the bowl.
3. Add boiled potatoes, chopped onion, boiled white chickpeas, pomegranate arils, red chili powder and chaat masala. And then garnish it with coriander leaves and cumin seeds.
4. Dahi Bhallay is now ready to eat.



Dahi Bhallay. Place from which it originated: Pakistan Author of the image: Fizza Lodhi Place/year when it was taken: North York, ON. 2017

Kashk-e-Bademjan

by Letitia Postular

Ingredients:

5 Japanese eggplants
2 Medium size onions (any variety) - Divided
5-6 cloves garlic - Divided
1 small handful finely chopped or crushed walnuts- Divided
2 heaping tablespoons dried crushed mint
¼ cup dried kashk* (or to taste)
Vegetable oil for frying- around ¼ cup

***Kashk** is a dairy product made from drying out yogurt or sour milk, and can be purchased at most Middle Eastern grocery stores. If you cannot find kashk, it can be replaced with sour cream or yogurt- although this will change the taste. Kashk comes either dry in sticks or pre soaked. This recipe uses dried kashk.

Kashk has a distinct taste, and it is recommended to add the kashk slowly, testing the food after each addition, so as to not ruin the taste. Extra kashk can be added to individual portions if one prefers more.

Directions

1. Soak sticks of kashk in just enough water to cover them (takes around 1-2 hours for kashk to dissolve, so this should be done ahead of time, even the night before if possible). Set aside.
2. Wash and peel eggplants
3. Cut eggplants lengthwise into ½ inch strips
4. Heat oil on low-medium heat in a large frying pan- add enough to oil cover the bottom of the pan
5. Fry eggplants until soft and golden brown. Remove from pan and transfer to a plate with a paper towel to remove excess oil. Set aside.
6. Peel onions. Chop onions lengthwise. Fry onions using remaining oil from eggplants. Set aside.
7. Peel and finely chop garlic. Add one-two tablespoons of oil into a small pan; heat the oil on low heat and fry garlic until golden brown. Transfer garlic into a small bowl. Set aside.
8. Using the same oil that was used to fry garlic, heat the mint for one minute. Once the smell of mint becomes very strong, the mint is done- this happens very quickly, so be careful not to burn the mint. Transfer the mint and oil to a bowl and set aside.
9. Mix kashk. Once your kashk has soaked for a while, it should be able to be mixed with the water. Once mixed, the kashk should dissolve and you should end up with a thin paste like substance.
10. Transfer eggplant to a bowl and add: half of the fried onions, half of the fried garlic, half of the fried mint, all of the walnuts, and 3-4 tablespoons of kashk.

Kashk-e-Bademjan *(Continuation)*

11. Mix all ingredients in the bowl together. Use a potato masher, or any other type of masher in order to achieve a 'dip-like' consistency. The eggplants should easily break apart and become smooth. Once you have a smooth consistency, transfer the kashk-e-bademjan to a serving dish.



12. Arrange the kashk-e-bademjan on your choice of serving dish.

Decorate with the remaining onions, garlic, mint, and kashk.

13. Kashk-e-bademjan can also be served with extra garlic, onions, mint, and kashk on the side in small bowls, so that guests can help themselves according to their own taste.

14. Serve kashk-e-bademjan with fresh herbs, sliced tomatoes, and warm bread.



Kashk-e-Bademjan; Iranian style eggplant dip.
Letitia Postulart. Toronto, 2017.

Khichuri

by *Mahmuda Begum*

(Serving for 4 people)

Ingredients:

1 cup rice
½ cup red lentils
4 cup water
1 large potato (chopped in cube size)
2 tsp Ghee
4 green chilli
1 tsp ginger (chopped)
1 medium onion
1 tsp garlic (chopped)
2 pinch of turmeric
2 bay leaves
½ tsp salt (add later if needed)

Preparation:

§ Soak the rice and lentils 20-30 minutes before cooking.
§ Chop the potatoes in cubes
§ Chop the onions in thin slices
§ Chop the garlic and ginger

Steps

Step 1: Put all the ingredients in a medium size pot, except for Ghee. Keep a little more than half of the onions on the side for later use.
Step 2: Put the pot on the stove and cook everything for 25 minutes in medium heat.
Step 3: The Khichuri will come to a boil at this point. Using a spoon take some rice or lentils out of the pot to check if it has been fully cooked.
Step 4: Take a balloon whisk and whisk everything until you see the rice, lentils, and potatoes breaking down and becoming a little mushy.
Step 5: Then take a separate pot and put the Ghee and sauté the rest of the onions that you saved in step 1.

Step 6: When the onions turn slightly golden, pour the pot of Khichuri in the pot with the Ghee and onions.

Step 7: Stir so everything is incorporated and turn off the stove.

Step 8: Start eating! Make sure to cool it off a little before you put it in your mouth.

Additional: This delicious dish is usually paired with Fiazi (lentil patties), Chana (brown chickpeas) and salad. Khichuri is a regular food item during Ramadan in almost all Bengali- Sylheti households.



Khichuri. Originated in Bangladesh from the Sylheti community. Mahmuda Begum, Toronto 2017. The above picture illustrates an authentic Bengali-Sylheti Iftar which includes Khichuri, Fiazi (lentil patties), Chana (brown chickpeas) and salad.

Dahi Balla

by Muhammad Azfar Kausar

Ingredients:

- 1) Graham Flour
- 2) Baking Soda
- 3) Turmeric Powder
- 4) Garlic Paste
- 5) Salt
- 6) Ground Red Chilli
- 7) Yogurt
- 8) Chaat Masala
- 9) Coriander Leaves
- 10) Red Pepper
- 11) Tamarind

Steps to using the above ingredients are as follows:

- 1) Take one pound of Graham Flour in a bowl, add one spoon of ground bell chilli (sliced), add half a spoon of baking soda, half a spoon of garlic paste, half a spoon of turmeric powder and when stirring up the ingredients add half a glass of water.
- 2) Take a deep fry pan, heat up the oil at medium flames and then begin pouring the paste with a spoon on to the pan bit by bit as individual pieces that form into what is also known as Pakoras. Then ones these Pakoras are medium brown colour, need to dip the pieces into cold water for five to 10 minutes.

- 3) In a separate bowl, take around thirty two ounce of yogurt, add half glass a milk and begin beating it up together.
- 4) Next, squeeze the Pakoras to oust out the water and then place the individual pieces of Pakoras on to a serving bowl. Then pour the yogurt blended with milk on to the Pakoras.
- 5) Lastly, for garnishing purposes, sprinkle Chaat masala, red chilli and tamarind paste on to the dish and finish it up with some coriander leaves.



Dahi Balla. Place/Culture: Pakistan – Punjabi culture
Author of the image: Muhammad Azfar Kausar. Image taken:
09/06/2017

Chola

by Natasha Nasir

Ingredients:

Dried Black Chickpeas
Turmeric
Salt
Sunflower Oil
Onion
Green Chilis
Ginger Paste
Garlic Paste
Shan Chat Masala
Cinnamon
Cardamom
Fresh Coriander Leaf

Instructions:

1. Soak 3 cups of dried black chickpeas overnight for 12 hours with 1 tsp of salt
2. Rinse chickpeas the next morning thoroughly with fresh water
3. Boil chickpeas in a pot with water, a half teaspoon of turmeric and salt (as per taste)
4. Let it sit for half an hour to 40 minutes in medium heat
5. Dispose of the water which the chickpeas had been boiling in after 40 minutes
6. In a separate frying pan warm the sunflower oil in medium heat
7. Add one medium sized onion, three green chilis, 3 tbsp. of ginger and garlic paste with chat masala
8. Add ¼ tsp of cardamom and cinnamon 1/4 tsp
9. Add 1 fresh coriander leaf
10. Cook until chickpeas are soft



Chola. Place culture/community it originates from: Bangladesh. Name of author of the image: Natasha Nasir. Place: Mississauga, Ontario Year: 2017

Vegan Ful Madammas Breakfast

by Tanya Chin

Ful Ingredients

1 can of fava beans (with $\frac{1}{4}$ cup liquid)
1 tsp cumin powder
sea salt and black pepper to taste
1 tsp lemon juice
1 medium tomato, roughly diced
 $\frac{1}{2}$ red onion, roughly diced
1 tsp chopped parsley
1 tsp vegan butter or margarine

Instructions

1. Empty the can of fava beans and liquid into a pan and mash with a fork while heating gently. Add cumin powder, sea salt and black pepper, lemon juice. Heat until lightly bubbling.
2. Stir in tomato, onion, parsley until combined.
3. Melt vegan butter on top.
4. Move on to tofu scramble.

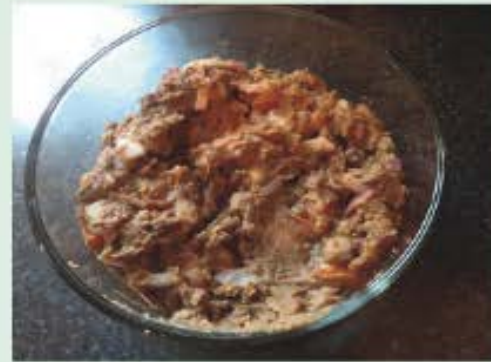


Tofu Scramble Ingredients

$\frac{1}{2}$ cup silken tofu
1 tbsp arrowroot flour
1 tbsp nutritional yeast
 $\frac{1}{2}$ tsp sea salt and black pepper to taste
 $\frac{1}{4}$ tsp turmeric powder
 $\frac{1}{2}$ tsp garlic powder
1-2 tbsp water

Instructions

1. Drain, dry, and dice tofu into small cubes.
2. In small bowl, thoroughly combine arrowroot flour, nutritional yeast, sea salt and black pepper, turmeric, garlic powder. Add tofu and mix until fully coated. Mash if preferred.
3. Sautee a tbsp. of onions in cooking oil until translucent. Add in tofu and cook over low-medium heat, stirring often, for about 3-4 minutes.
4. To serve, place a serving of ful onto plate and top with tofu scramble.



Origin: Egypt. Author of Images: Tanya Chin. June 4, 2017

Meat and Poultry Dishes

Chicken Kadai by Karishma Savla

Ingredients (serves 3)

250 grams' chicken boneless
½ cup cubed onions
1 cup ripe tomatoes chopped
and pureed
1 ½ tablespoon oil
½ tbsp. cumin
½ cup chopped onions
1 tbsp. ginger garlic paste
salt as needed
¾ tbsp. garam masala powder,
mixed with ¼ Tsp. Red chili
powder
1/8 tsp. garam masala powder
10 cashewnuts
few coriander leaves chopped
finely



Chicken kadai, Pakistani/ North Indian culture. Photo by: Karisma Savla, 28 Mansur terrace, Toronto, 2017

Preparation

1. Blend the chopped tomatoes to make a puree
2. Soak cashewnuts and blend, to make a fine paste
3. Add oil to a pot and cumin, fry till it splutters
4. To the same pot, fry the onions until golden brown.
5. Add ginger garlic paste and fry till the raw smell goes off
6. Add chicken and fry for one to two minutes
7. Cover and cook till its cooked in its own moisture
8. Add garam masala with chili powder. Mix and fry well for just two minutes
9. Add tomatoe puree and salt. Mix and cook till the raw smell goes from the tomatoes and the masala thickens. This takes about 5 minutes on a low to medium heat.
10. Add cashew paste and mix.
11. Sprinkle garam masala and coriander leaves for garnishing. Cook for one or two minutes until done.

Mantoo

by Abida Pashtoonyar

Ingredients

Ground beef, pre-made square-shaped pieces of dough, onion, cumin, dry coriander, cinnamon powder and many more spices. All ingredients and special square-shaped dough can be purchased in specialty stores. The amount of dough depends on the desired amount of mantoo.

Preparation:

Cut onion in small pieces, and fry. When the onion turns brown, add ground beef with Garam masala, cumin, and coriander seeds. Add fresh garlic and ginger salt as needed. Cook the ground beef, and preserve the beef dripping (juice).

Take some water in a small bowl. Divide square-shaped pieces of dough. Apply some water on the corners of each piece of dough. Place ground beef in the middle of each square, and connect the corners to make flower-shaped form. Place flower-shaped pieces of dough in a steamer pot and steam them for ten minutes.

In another pot, make a sauce with spices, and add Channa split beans.

Cook the beans with spices.

When dough squares and souse are cooked, place them on a serving plate.

Cover the cooked dough squares with a layer of yogurt mixed with the sauce and Channa beans place.

Sprinkle the ground beef dipping on top of it.

Add another layer of yogurt, sauce and beans.

Add the final layer of yogurt and sauce, and sprinkle some dry mint.

Take a fork and enjoy it.



Mantoo. Country of origin: Afghanistan. Photo by Abida Pashtoonyar

Al-Kabsa

by *Areeba Sheikh*

Al-Kabsa is known as the Traditional Saudi Rice and Chicken.

Al -Kabsa is a family of mixed rice dish that originates from Saudi Arabia.

Serves: 7-8 persons

Preparation time: 1 hours and 30 minutes

INGREDIENTS:

- 3 Cups - Regular Basmati Rice
- 1 Whole Chicken - (Cut into 2 Pieces)
- 8 Tablespoon - Oil
- 3 Onions, (finely chopped)
- 4 Large tomatoes diced
- 4 Tablespoons tomato paste
- 4 Green chillies
- 4 Dry limes
- 16 Cardamom pieces
- 3 Cinnamon whole sticks
- 12 Clove pieces
- 20 Whole black peppers
- 4 Bay leaves
- 1 Tablespoon Salt
- 4 Tablespoon Readymade SHAN Kabsa Spice Mix (Can be found in Asian grocery stores)
- 10 Almonds Crushed

Preparation:

Heat oil in large stock pot. Add chopped onions. Fry onions until golden and tender. Add the sliced chicken and mix.

Next add bay leaves, cinnamon sticks, cloves, cardamoms, dry limes, whole black peppers. Mix and cook for 4-7 minutes. When chicken is tender and turns a brown color, add the cut tomatoes, tomato paste, chillies (whole), and SHAN Readymade Spice mix. Mix all, and cook on high flame. Half cup of water may be added.

Bring to a boil, then reduce heat. Next before adding rice, add 5 cups of water. Wait for it to boil again, and flip side of the chicken. Then add the three cup of rice in the pot.

Recover and simmer for 40 minutes. (Let the rice cook in the gravy), until rice is tender. The flame could be put on medium-low, as the rice slowly becomes tender.

Empty the rice on a large serving dish, topped with the chicken and garnished with almonds. Can also be served with sauce and fresh salad.



Sheikh, Areeba. "Photograph of Homemade Al-kabsa." 2017. Burlington.

Shish Kabob

by *Dahaba Hassan*

Ingredients

- 1 ½ pound beef sirloin
- 1 large red bell pepper
- 1 large orange bell pepper
- 1 sweet potato
- ½ medium zucchini
- 1 medium yellow onion
- ¼ cup soya sauce
- 2 table spoon vegetable oil
- salt and pepper to taste
- 3 minced garlic
- 1 table spoon of lemon pepper spice
- 2 table spoon of dried cilantro



Shish Kabob; Mediterranean/ Arab; Dahaba Hassan; Toronto 2017.

Instructions

1. Marinate beef in salt, pepper, cilantro powder, garlic, soya sauce and vegetable oil for a minimum of 1 hour.
2. If you are using wooden skewers, soak for 1 hour prior to cook to prevent them from burning but I recommend metal skewers
3. Pre-heat oven to 345 degrees
4. Cube all vegetables
5. Assemble the meat and vegetables as shown in image
6. Lightly oil cooking sheet and place skewers on sheet
7. Cook for 30 minutes or until meat and vegetables are cooked
8. Rotate skewers ever 10 minutes for even cooking



Shish Kabob; Mediterranean/ Arab; Dahaba Hassan; Toronto 2017.



Shish Kabob; Mediterranean/ Arab; Dahaba Hassan; Toronto 2017.



Shish Kabob; Mediterranean/ Arab; Dahaba Hassan; Toronto 2017.

Chicken Biryani

by Harpreet Sanghera

Preparation Time: 20 minutes

Cooking Time: About 20 minutes

Serving Size: Serves 2 people

Ingredients:

Basmati Rice: 1 cup

Chicken: 300 grams

Onion: 1 onion chopped into dices

Tomato: 1 medium sized tomato chopped into dices

Thin coconut milk: ½ cup

Water: 1 cup

Oil: 2 tablespoons

Ghee: 1 tablespoon

Salt: add however much is necessary to your taste

Ginger Garlic paste: 2 teaspoons

Garam Masala powder: 1.5 teaspoons

Red Chilli powder: ½ teaspoon

Turmeric Powder: ½ teaspoon

Coriander Powder: 2 teaspoons

Curd: 1 tablespoon

Grind these ingredients to a paste:

Coriander leaves: ¼ cup

Mint leaves: ¼ cup loosely packed

Green Chillies: 1 green chilly

Tomato: 1 big sized tomato

Temper these ingredients:

Cloves: 3

Cardamom: 1

Cinnamon: ¼ inch piece

Bay leaf: 1



This dish is called Chicken Biryani. It originated in Persia. The author of this picture is Wasif Ahmed. Taken in Caledon, 2017.

Method:

1. Soak the basmati rice in water for 20 minutes and set it aside.
2. Grind all the ingredients into a paste that are under the title "Grind these ingredients to a paste".
3. Clean the chicken thoroughly and add the turmeric powder to it and set it aside.
4. Heat up the oil and ghee in a pressure cooker, then add the ingredients under the title "Temper these ingredients" to the pot along with the ginger garlic paste making sure to sauté it for a minute.
5. Add the onion and sauté it until it is a golden brown colour. Then add the tomato and sauté it until they lose their shape.
6. Add the coriander mint paste to the pressure cooker and sauté it for about 2 minutes. Then add the curd, chicken that is seasoned with the turmeric, coriander, red chili powder, garam masala powder and the salt that is necessary.
7. Sauté all these ingredients until a thick gravy like consistency forms and the chicken changes its colour.
8. Add 1 cup of water and pressure cook everything for about 4 whistles. Once this is done, open the pressure cooker up and stir up all the ingredients.
9. Now drain the water from the basmati rice which was left to soak earlier and add it to the pressure cooker gravy.
10. Then add the coconut milk and stir.
11. Pressure cook this for 3 whistles. When the pressure cooker releases carefully fluff it with a fork without breaking apart the rice.
12. The chicken biryani is now ready to serve and eat.

Haleem

by Minoos Khatami

Ingredients:

Serves 6-8

3 cups pelted wheat, rinsed, soaked 6-8 hours in 6 cups of water, drain before cooking

2 pounds meat (preferably lamb neck or turkey breasts)

3 cups milk

Salt to taste

Water

Toppings:

Cinnamon

Butter

Sugar

Method:

1. Place the lamb or turkey in a medium sized pan, add 1/2 teaspoon salt and enough water to cover. Cover and cook for about 1-1/2 hours on medium heat or until the meat is tender. Remove from heat and let cool. Remove and separate meat from bones if using the lamb neck and shred into small pieces.

2. Place wheat in a heavy bottom large stew pot on medium heat, pour in 6-8 cups of water, bring to a gentle boil for a few minutes, reduce heat to low and cook for about 1-1/2 hours.

3. If you prefer not use a food processor then stir the pot frequently. Add more water if needed. Set aside to cool.

4. Pour the cooked wheat in a food processor in small batches and pulse till it becomes of a creamy and smooth texture.

5. Combine the meat and the wheat mixture and return back to the heavy bottom pot on medium to low heat. Add the milk one cup at a time. Simmer for an additional 30 minutes till it reaches the desired consistency and becomes sort of supple and stretchy. Taste and add salt if needed. If you don't like to add milk to your Haleem substitute it by adding water instead.

6. To test the stretchiness, use a wooden spoon and gently scoop some Haleem. If there is some stretch as you are lifting the scoop then that's the perfect Haleem. Your chances of reaching the desired pull of the Haleem is better if turkey breasts are used instead of using lamb. Serve in one big bowl. Top with cinnamon, sugar and drizzle with melted butter.

Enjoy!



Haleem, Iran; Minoos Khatami; Scarborough, Ontario (2017)

Biryani from Mosul

by Mohammed Mohammed

Biryani is one of the most famous dishes that can be found in the Middle East. Its originated in the south Asian Muslim populations. From there, it was being made all around the middle east and the Islamic world. There are many variations of this dish, every culture has their own twist to it, there are even alterations in sub-cultures too. In Iraq, we love this dish and we make it regularly, not only for celebrations. The dish I will display here is a type of Biryani from the northern region of Iraq, from the city of Mosul

INGREDIENTS:

Meal for 5 people:

1. Rice: ratio 5 cups rice/7 cups water.
2. Spices:
 - a. Salt: 2 units.
 - b. Grinded Black pepper: 1 unit.
 - c. Grinded Red pepper: 1 unit.
 - d. Curry: 2 units.
 - e. Grinded clove: ¼ unit.
 - f. Grinded cardamom: ¼ unit.
 - g. Saffron: ¼ unit.
3. Toppings:
 - a. Fried Almond: 500 g.
 - b. Fried black Raisin: 350 g.
 - c. Fried potato: 800 g.
 - d. Fried peas: 650g.
 - e. Fried Vermicelli: 200 g.
 - f. Boiled-fried chicken: 900 g.
 - g. Boiled eggs: 3 eggs.

Preparation:

1. The rice:
 - a. the rice is very important in making good tasting Biryani. Use the desired amount of rice, water should always be more than the rice. In the pictures, we used 5 cups of rice with 7 cups of water for 5 people meal. Boil the rice till the water seem to evaporate.
 - b. Then item time to add the spices. You can use many types of spices as desired, in Mosul, they use salt, grinded black pepper, curry, red pepper, grinded clove, grinded cardamom, and of course the king of taste, saffron.



Biryani from Mosul

(Continuation)

1. Toppings:

a. Fried Almond: it gives the Biryani that crunchy feeling and the taste is absolutely fantastic.

b. Fried black Raisin: provides a little of sweet taste, not overwhelming but just to feel the sweetness.

c. Fried potato cubes: its used in many types of biryani and everyone loves it.

d. Fried Green pea: same as potato, everyone loves it.

e. Fried Vermicelli: these are the small noodles that many Middle Easterns put in rice, they provide an additional layer of texture to the food.



f. Chicken: no introduction needed. The way we do it is to boil it till its cooked, then fry it (use as little oil as possible) with the spices you like, for example: salt, black pepper, curry, and paprika.

g. Boiled Eggs: these are used in Iraq a lot in contrast to other middle eastern countries. They are tasty.



After everything is ready, you only have to place the rice in a tray and cover it with the toppings, put the chicken and the eggs in the middle for artistic effect.



Biryani from Mosul. Photos by Mohammed Mohammed. 2017

Chicken Biryani

by Raima Lodhi

Serve: 5-6

Cook time: 2 ½ hours

Place/cultural: South Asian Dish

Ingredients

- 700 grams of Basmati Rice (washed & drained)
- Chicken 1 kg (4 leg pieces)
- 4 tbsp. of Vegetable oil
- 2 tomatoes (cut into pieces)
- 3 large Onions (peeled, finely sliced)
- 1 green pepper
- 4 sticks of Cinnamon
- 3 Black Cardamoms
- 6 Cloves
- 4 Bay Leaves
- 1 tsp. of Black Peppers
- 1 tsp. of Cumin Seeds
- 1 tsp. of Red Chilli Powder
- 1 tsp. of Turmeric Powder
- 2 tsp of salt
- 1 tsp. of Ginger Paste
- 1 tsp. of Garlic Paste
- 1 cup of Plain Yogurt
- ½ tsp of yellow/orange food colouring
- 1 packet of Shan Biryani masala (50 gram)
- 2 hot chillies



Raima Lodhi, Toronto Ontario, 2017

A description of the process of Chicken Biryani:

Add 4 tbsp. of vegetable oil in a frying pan.

Put 3 large Onions (peeled, finely sliced), in frying pan, wait till the onion turned brown, then put 1 tsp. of Ginger Paste, 1 tsp. of Garlic Paste, 1 tsp. of Red Chilli Powder, 1 tsp. of Cumin Seeds, 1 tsp. of Turmeric Powder, and 2 tomatoes (cut into sliced), mixed them together for 3-5 min.

After 3-5 min put 1kg chicken (cut into pieces) in frying pan, and put 1 cup of Plain Yogurt, mixed them together, then Allow the Chicken to cook till the oil starts to float (1 hours).

Add 1 packet of Shan Biryani masala, 1 green pepper, 4 sticks of Cinnamon, 3 Black Cardamoms, 6 Cloves in Chicken after 1 hours, mixed them together and wait for 10-15 min.

As chicken is getting ready, on the other stove heat the water (2 ½ times more than the rice), when the water boils, put 700 grams of Basmati Rice.

Cook the rice till ¾ done and then drain in the colander. Now spread a little clarified oil from the chicken gravy in a large pot.

Spread a layer of rice over it. Spread chicken with little gravy over the rice. Top it with another layer of rice. Then another layer of chicken with gravy. Finish with last layer of rice.

Add 4 Bay Leaves, 2 hot chillies, 1 tsp. of Black Peppers and ½ tsp of Yellow/Orange food colouring.

Cover the pan with a tight lid

Put it on Lower heat and cook for another 20 minutes. After 20 minutes, Serve hot with salad.

Khaosa

by Muhammad Talha Hanif

There are different type of noodles dish in Pakistan. The one which is very famous in my culture is called Khaosa. It's a Memon-Gujrati dish. Khaosa made from lain boiled noodles, stir with spaghetti sauce with chicken cubes and vegetables. It's very fast and easy cooking. It require very less preparation time and you can make Khaosa in less than 20 minutes.

Ingredient for making Khaosa:

- 200 gm Hakka Noodles(any normal spaghetti)
- 2-3 green chillies (slitted from center)
- 4-5 pods of garlic (fine chopped)
- 1 small onion (sliced / chopped)
- 1 coriander
- 2 tomatoes
- 2 tsp cooking oil
- Salt to taste
- 1 lb chicken meat cube(cut into small cubes)
- 1 spaghetti sauce 675gm
- Garlic chili sauce

Instructions:

1. Heat 4 cups of water in a big vessel and add noodles.
2. Boil the noodles until 3/4 cooked, drain and keep aside. Noodles should be just enough to retain a somewhat firm texture.
3. Heat oil in a non-stick wok, add green chillies along with chopped garlic. Salute for a few seconds on high flame.
4. Add chopped vegetables and toss quickly
5. Add salt to taste and put chicken cubes along with a spaghetti sauce. (Cook for 10 mints.)
6. Add boiled noodles and toss on a high flame for a few seconds
7. Garnish noodles with few chopped green chillies along with a garlic chili sauce.

Note: Do not over-cook noodle or they will become soggy.



Figure 1: KHAO-SA Memon/Gujrati dish from Pakistan. Author name Muhammad Hanif from Brampton @home and pic taken on 06/10/2017

Amala (Yam Flour) and Egusi Soup

by Oyebisi Salami

Amala is a Nigerian dish popular at the south side of the country specifically the Yoruba tribes. It is often paired with different kinds of soup or sauce, but this recipe is pairing it with spinach and melon soup. Also we eat it with our hands! Or you can just use a fork!

Ingredients: For the Amala

The Ingredients can serve 2.

- 1.(Yam flour, 250g) can be bought from any African grocery store
2. Water 2 cups
2. Wooden stick

Ingredients: For the melon and spinach sauce

1. Grounded melon seeds (can be bought from any African grocery store)
2. Chopped spinach
3. Halal assorted meat(pre boiled with salt and spices of your choice)
4. Palm oil 3 tablespoons (can be bought from any African grocery store)
5. Salt
6. Maggi cubes
7. 1 big Red pepper
8. 1 medium onion
9. 1 small Jaimaicn hot pepper
10. 2 Roman tomatoes

Preparation:

It is often suggested to make the sauce or soup first.

1. Blend all the peppers (tomatoes, hot pepper, onions and red pepper) in a blender until well blended.
2. Heat a pot on medium heat, add the palm oil and reduce the heat, (you might want to turn the vent on!) Let heat until the oil is dark but not burnt.
3. Mix the ground melon with some water to form a paste then add to the heated oil and fry until the melon form lumps.
4. Add the blended pepper into the pot and let simmer on medium heat then add salt and maggi cubes to taste, cover let simmer for another 5 minutes
5. Add the already boiled assorted meat and reduce heat, cover and let it simmer for another 5 minutes

6. In the meantime, if your chopped spinach is frozen, thaw by pouring hot water on it and drain the water with a drainer, squeeze out excess water, then add to the simmering soup, stir and let simmer on low heat for another 5 minutes. Turn off the heat and let sit

For the Amala:

1. You can now get a medium sized pot and add bring 2 cups of water to boil.
2. Reduce heat to medium, get a turning stick or big wooden spatula, gradually pour the yam flour into the water and turn to avoid lumps
3. Keep turning until all the flour has mixed with the water, if it seems to add, you can add hot water a little bit at a time to soften, if too soft, add some more yam flour to harden.
4. Reduce heat to the minimum, cover pot and let it simmer for about 4-6 minutes.
5. Turn the mix with again, turn off the heat, serve with the sauce or soup while hot.



Photo by Oyebisi Salami. May 14, 2017.

Sweet and Sour Chicken

by Sabrina Mirza

List of Ingredients

- 1 Green Pepper Chopped
- 1 Red Pepper Chopped
- 1/2 Onion Chopped
- 1 Tbsp of Fresh Chopped Parsley
- 1 lbs Chicken Breast Cut into 1" pieces

For the batter:

- 1/3 Cup of All Purpose Flour
- 1/3 Cup of Cornstarch
- 1 Tsp of Baking Powder
- 1 Tsp of Soy Sauce
- 1/2 Cup of Water

For the Sweet and Sour

Sauce:

- 1 Cup of Sugar
- 1 Cup of Water 3 Tbsp of White Vinegar



June 2017 - Toronto, Canada: Sweet and Sour Chicken, a dish frequently served in almost all Chinese restaurants in the Western world. The recipe does not originate from China, but rather in the China Towns of the United States.

Photo Credit: Sabrina Mirza

Preparation

Start by chopping the green pepper, red pepper, and onion into 3/4 square pieces. Set these aside for now.

For the chicken batter, mix the flour, cornstarch, baking powder, soy sauce, and water in a large bowl.

Chop chicken pieces into 1" pieces. Add chicken pieces to batter and stir to coat. Let it sit for 10 minutes, in the meantime prepare the sauce.

For the sauce, first mix the sugar, water, vinegar, ketchup, and soy sauce in a bowl. Then add cornstarch to the mixture.

Fry chicken in a 350°C vegetable oil for 5-6 minutes or until golden brown and chicken is cooked thoroughly.

Drain Chicken on paper towel and set aside.

In a large skillet, heat 2-3 tbsp vegetable oil over medium-high heat.

Add the green pepper, red pepper, and onion, stir fry for 3-4 minutes or until just done. Do not brown.

Add the sweet and sour sauce mixture. Bring just to a boil to thicken.

Finally, add the chicken pieces and stir to coat.

Scatter parsley all over the top. Serve over white or fried rice and enjoy!

Djaj M' Ammar Bil Kesksou *Roast Chicken with Couscous, Dates, and* *Almonds* *by Timea Faludi*

Eating foods containing dates during *iftar* is a widespread Ramadan tradition that spans across Muslim communities around the world. This tradition may be inspired by stories in the hadith that say Muhammad always broke his fast with dates and water (Moskin). This recipe mixes dates with couscous and fowl, favourite foods in North African Muslim communities. While the directions call for using a whole chicken, it's possible to make this recipe using chicken thighs or drumsticks instead.

Ingredients

4 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
½ teaspoon ground ginger
½ teaspoon ground black pepper
Generous amount of fine sea salt
1 large whole chicken, about 4 pounds

2 cups couscous (not instant)
2 cups water (or a bit more, based on package directions)
½ teaspoon salt

3 tablespoons butter
½ cup sliced almonds
½ cup slivered dates
1 teaspoon sugar
1 teaspoon ground cinnamon
2 tablespoons honey
Chopped mint, parsley or cilantro, or a combination, for garnish

Directions

Preheat the oven to 375F. Mix 2 tablespoons of olive oil, lemon juice, ginger, pepper, and salt in a large ovenproof dish. Add the chicken and rub the mixture all over it until evenly covered. Turn the chicken with its breast side down and put in the preheated oven. Roast it uncovered for 50 minutes.

In a larger bowl, combine couscous with two, 2 cups water and ½ teaspoon salt and set aside to soak for at least 5 minutes and up to 15 minutes.

While the couscous is soaking, melt the butter in a skillet. Add the sliced almonds and cook for just a few minutes, stirring constantly. Watch the almonds closely and take them off the heat when they just begin turning golden brown.

Mix the dates and almonds (and any extra butter still in the skillet) into the couscous. Fluff the couscous with a fork. Add in the 2 tablespoons of olive oil, the sugar, and the cinnamon.

Take the chicken out of the oven. Drizzle or paint the chicken with honey and keep it turned breast side down in the pan. Add the couscous mixture to the pan (including any water it didn't soak up yet) and arrange it around the chicken. Cover the pan with a lid or with foil and put it back in the oven for 30 minutes longer to allow the couscous to finish steaming.

Remove from the oven. Once the chicken has cooled a bit, carve it into serving-sized pieces. Fluff the couscous with a fork and place the carved chicken pieces on top of the couscous. Sprinkle everything with the chopped herbs of your choice and serve.



Culture of Origin: Morocco. Timea Faludi. June 1, 2017.

Chicken Biryani Recipe

by Tsz Yan Leung

Ingredients:

400 grams white rice
1 kg chicken (cut into smaller pieces)
200 ml sliced onion
1 ½ teaspoons cumin seeds
1 ½ ground coriander
3 cardamom pods
3 cinnamon sticks
1 ½ teaspoon mace
1 teaspoon black peppercorns
5 teaspoon garlic paste
200 ml yogurt
¾ teaspoon clarified butter
1 ½ teaspoons ground coriander
¾ red chilli powder
3 teaspoon sugar
2 teaspoons of cooking oil
Salt to taste
200 ml milk
Raisins/nuts (optional)
Water

Preparation:

1. Cook the rice.
 - a. Wash the rice with water, and drain out excess water
 - b. Put the rice into the rice cooker.
 - c. Add water into the rice cooker. Water to rice ratio should be approximately 1:2. (800 g of water for 400 g of rice)
2. Wash the chicken pieces, then drain out the excess water.

Method

1. Add two teaspoons of cooking oil into a frying pan, and fry the sliced onions until brown.
2. Add all the above spices, salt, and sugar into the frying pan and mix them well. (i.e. Cumin seeds, ground coriander, cardamom pods, cinnamon sticks, mace, black peppercorns, garlic paste, yogurt, clarified butter, ground coriander, red chili powder, salt, and sugar).
3. Add half cup of water into the spice mixture and boil the water on medium heat for 20 minutes.
4. Stir the mixture occasionally while it's boiling.
 - a. Add the chicken pieces and the milk and continue boiling for 10 minutes
6. Add the cooked rice into the chicken and spice mixture, and mix them together.
7. Put the lid on the frying pad, and cook on medium heat for another 15 minutes, while stirring occasionally.
8. Add nuts and raisins (optional).

Enjoy!



Chicken Biryani from the Indian community (Kashmir region).
Photo taken by Tsz Yan Leung at Toronto in 2017.

General Tao Chicken

by Bashayer Sagheer

General Tao Chicken is known as the traditional Chinese dish which is served with white rice. It originates from Hunan province of China. It is made during Ramadan in homes of Muslim families from Pakistan.

Servings: 3-4

Prepared in 40 minutes

Ingredients:

Chicken:

2 quarts' vegetable oil for frying
¼ cup soy sauce
1-pound boneless chicken (cubed)
1 cup flour
1 tablespoon salt

General Tao Sauce:

1 Tablespoon vegetable oil
2 fresh garlic, minced
1 teaspoon fresh grated ginger
½ Green bell pepper
1/2 Soy Sauce
¼ rice vinegar
¼ cup ketchup
¼ cup sugar
1 Tablespoon cornstarch (cornstarch and water mixed)

Preparation:

In a large bowl, combine ¼ cup of soy sauce and cubed chicken. Stir and cover for 20mins.

In a separate large bowl, combine 1 cup of flour and 1 tablespoon of salt, remove chicken soy marinade and place in flour mixture. Mix thoroughly until all the chicken pieces are coated.

Fill a large pot at least two inches deep with vegetable oil. Heat oil to 365 F. Place chicken pieces in frying oil, stirring occasionally. Fry until they are golden brown, for 5 minutes.

Remove chicken from oil and set aside to drain on paper towel.

In a large skillet, bring one tablespoon of vegetable oil to medium-high heat.

Add garlic and ginger, stirring frequently for one minute.

Add green bell peppers, continue stirring, add rice vinegar, soy sauce, ketchup, and sugar. Stir until mixture is bubbling.

Add cornstarch slurry, stirring frequently. The sauce should begin to thicken in a minute or less.

Add cooked chicken pieces to, stirring them to coat with the sauce.

Remove from heat and garnish with sesame seeds and are ready to be served with rice.



Sagheer, Bashayer. "Photograph of Homemade General Tao Chicken" 2017. Mississauga

Desserts

Fruit Chaat (1) *by Syed Ahmed*

Ingredients:

Grapes (½ cup, sliced)
Oranges (1 large, segment)
Banana (3 full Banana, sliced)
Apple (1 cup, sliced)
Strawberries (1 cup, sliced)
Pear (1 cup, sliced)
Peach (1 cup, Sliced)
Kiwifruit (1 cup, sliced)
Cantaloupe (1 cup, sliced)
Pomegranate (1/2 cap
(optional))
Dates (1/4 cup, sliced)
Guava (1 large, sliced)
Salt (1/4 tsp)
Chat Masala (1/2 tsp)
Black Pepper (1/2 tsp)
Lemon Juice (1 tsp)
Sugar (2 tsp)

Method for making Fruit Chat:

Step 1: Place all the cut fruits in a bowl.
Sparkle black pepper powder, salt, sugar, chat Masala and lemon juice and mix them together.
Step 2: chill in the refrigerator for 1-2 hours before serving
Step 3: Serve the Fruit Chaat when braking the fast



Fruit Chaat; Place of Origin: Pakistan/ India; Photographer: Syed Ahmed; Date of Photo: June 10, 2017; Location of Photo: Milton, Ontario

Fruit Chaat (2)

by Areeba Uroos

Fruit Chaat is a very popular and common Iftar dish in every Pakistani household. It is filled with plenty of vitamins. Eating fruit chaat after a long day of fasting is really good for the immune system. Fruit Chaat is very similar to a fruit salad, but with a lot more spices in it. Fruit Chaat is a mix of fruits with some orange juice and or mango pulp and chaat masala.

Ingredients

2 apples
2 pears
A bowl of grapes
2 bananas
half a cantaloupe
tsp. salt
tsp. black pepper
1 cup orange juice
½ cup mango pulp
2tbsp chaat masala

Procedure:

When making fruit chaat make sure you have a big bowl!
Wash all the fruits with water; apples, grapes, pears,
Dice the apples and pears and put them into a big bowl
Dice cantaloupe and mix into bowl with apples and pears
Cut grapes into halves and mix into big bowl with the other fruits
Slice up the bananas and mix into the big bowl as well
Put 1 tsp of salt into the bowl with all the fruits.

Put 1 tsp black pepper into bowl with all the fruits
Mix the fruits with salt and pepper properly
Mix 2 tbsp of chaat masala into bowl of fruits
Mix well
Pour in 1 cup of orange juice into bowl of fruits
Pour ½ cup of mango pulp into bowl
Mix the entire bowl until everything is spread out evenly



Fruit Chaat. Pakistani food. Areeba Uroos. Qazi residence. 2017

Fruit Chaat (3)

by Rafay Sheikh

Servings: 6-8 people

Time required: 30 minutes

Ingredients:

You may select any number of fruits you desire. Usually a combination of 4-6 fruits bring the best taste and look to the dish. It can be served as a meal or snack.

Main Ingredient: Fresh Fruits

(Common Fruits): 2 – Apple, 2- Bananas, Grapes (seedless), ½ Watermelon, 2-3 tangerines (seedless), ½ Pineapple

Other fruits, strawberries, pomegranate, blueberries, raspberries, peach, plums, kiwi, pears, dragon fruit etc. (Stems and seeds should be removed), Bananas, kiwis should be peeled

Black salt - 1/2 tsp

Black pepper - 1/2 tsp

Roasted cumin powder - 1/2 tsp

Chaat masala powder - 1/2 tsp

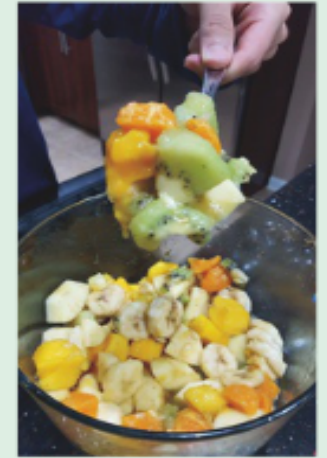
Black pepper powder - 1/4 tsp (freshly ground)

2 tablespoons coarsely chopped fresh mint leaves

¼ cup of water or any juice you desire

Recipe Directions

1. Wash and fruits and peel and dice them into small chunks.
2. Sprinkle black pepper, black salt, roasted cumin powder, chaat masala into the bowl of fruits.
3. You may add and pour ¼ of water, orange juice or tropical fruit punch juice into the fruits and mix thoroughly
4. Let bowl sit to macerate 5 to 10 minutes.
5. Add mint (freshly chopped mint leaves to the bowl and gently mix
6. Lastly put on a wrap film over the bowl and put in refrigerator for 1-2 hours before serving.
7. Serve the chilled fruits in serving bowls.



Fruit Chaat (Fruit Salad) - South Asian Cuisine – Pakistani/Indian Tradition (Spicy)

Sheikh, Rafay. "Homemade Fruit Chaat2." 2017. Burlington

Ramadan Qatayef

by Dena Alhubaishi

Qatayef; Deseret originated in Egypt, now popular in many Arab countries such as Palestine, Lebanon, Jordan and Syria.

Ingredients:

1. Sugar – 1 cup + 1 teaspoon
2. Salt - 1/8 teaspoon
3. Yeast- ½ teaspoon
4. Water
5. Vegetable oil
6. Whole-wheat flour – 2 ½ cup
7. All-purpose flour – ½ cup
8. Corn syrup – ¾ cup
9. Orange-blossom water – 2 tablespoons
10. Cinnamon – ½ teaspoon
11. Butter

Either of the following:

12. Walnuts
13. Pastry cream “Qeshta”
14. Goat Cheese

Directions:

Qatayef batter:

1. Dissolve ½ teaspoon of yeast and 1 teaspoon of sugar, with 1 ¼ cup of warm water inside a bowl for 10 minutes
2. Add 2 ½ cups of whole-wheat flour, ½ cup of all-purpose flour and 1/8 teaspoon of salt
3. Mix them all together and leave it for 30/40 minutes
4. Butter a large griddle and set it over low heat
5. Pour 2 tablespoons batter and cook for approx. 1 minute
6. Let it cool before adding the stuffing and then frying

Stuffing:

Option A

Add walnuts on too one side of the Qatayef

Fold it

Pinch all around the corners to close it

Option B

Add the *pastry cream* on too one side of the Qatayef

Fold it

Pinch all around the corners to close it

Option C

Add the *goat cheese* on too one side of the Qatayef

Fold it

Pinch all around the corners to close it

Frying:

Preheat 1 inch of vegetable oil into frying pan to medium high heat

Put in oil pan; fry on each side

until a light golden brown color (about 15-30 second each side).

Dry on a paper towel

Syrup:

Once all above is complete, add syrup on top for sweeter flavor

Medium heat, 1 cup of sugar and ¼ cup of water
Stir corn until the sugar is dissolved.

Then add ¾ cup light syrup

1/2 teaspoon ground cinnamon

Keep stirring for about 10 mins until its thicker

Remove from heat and add 2 tablespoons of orange-blossom water

Add walnuts on top for decoration/extra taste (optional)



Photos by Dena Al-hubaishi, Mississauga, Ontario, 2017.

Strawberry-Mango Trifle Dessert

Recipe

by Masood Shaikh

A Trifle Dessert that's perfect during Iftar made with strawberry-flavored Jell-O, mango custard, and topped with whipped cream to give you a sensational dessert.

Prep Time: 2hrs **Total Time:** 2 hrs
Course : Dessert
Cuisine : English
Servings : 8
Calories: 244 kcal

Ingredients:

2 cup of water
1 package (80g) Strawberry Jell-O
4 tbsp. custard powder
4 cups whole milk
10 tbsp. sugar
1 can (8.5oz) fruit cocktail
450 mL whipping cream
2 tbsp. food sprinkles

Instructions:

1. Add 2 cup of water in a pot until boiled.
2. Add 1 package of Strawberry Jell-O in the pot with water and mix for approx. 2 minutes.
3. Pour Jell-O into glass bowl and put in the refrigerator to cool.
4. Add 4 cups of whole milk in a pot until boiled.
5. Apply 4 tbsp. custard powder in the boiled milk.
6. Add 10 tbsp. of sugar to the milk as well and mix.
7. Put the pot that has milk and custard powder in refrigerator to cool.
8. Take out pot (custard) out of refrigerator.
9. Open one can of fruit cocktail and drain the water.
10. Add the can of fruit cocktail to custard.
11. Pour the custard into the glass bowl on top of the Jell-O.
12. Add 450 mL whipping cream to a separate bowl and mix with electrical mixer until thick.
13. Layer the top of the custard in the glass bowl.
14. Apply 2 tbsp. food sprinkles on whipping cream.
15. Refrigerate for 15 minutes, until ready to serve.



The family renowned Strawberry-Mango Trifle Dessert, an English-originated dessert, made using a family recipe by Masood Shaikh. Toronto. June 11, 2017.

Muhallabia

by Miriam Agia

Ingredients (6 servings)

1 liter of milk, (4 cups)
½ cup of sugar
1 tablespoon of rose water
1 tablespoon of cornflower
70 grams of chopped pistachio to (garnish)

Preparation process

1. In a saucepan, pour and heat the milk, sugar and cornflower on medium-high heat to a smooth paste
2. Stir constantly with a wooden spoon until the mixture thickens making sure there are no lumps (approximately 10-15 minutes)
3. Add the rose water and continue stirring on low heat for 5 minutes
4. Remove pan from stove, allowing mixture to cool slightly before pouring it into a glass bowl / individual glass dishes
5. Garnish with chopped pistachio nuts then place in fridge for 2-4 hours before servings



Muhallabia. The place of origin for Muhallabia is Turkey. Author of image: Miriam Agia Markham, Ontario. 2017.

Tufahije (Walnut Stuffed Apples)

by Rajko Mandic

This recipe is inevitable dessert in Bosnia and Herzegovina during Ramadan celebration. Almost every household you visit during Ramadan will have **tufahije** prepared for their guests.

Ingredients used:

6 large apples

Syrup: 2 cups of water, 3 cups of sugar, ½ table spoon of lemon juice, ½ teaspoon vanilla extract

Filling: ½ cup of hot milk, 1 cup of ground walnuts, 50 grams of butter, 2 tablespoons sugar

Whipped cream

Instructions:

First you have to wash and peel your apples. Cut out the whole in the apple as if you're carving small cup. Try not to go through to the other side of the apple.

Save apple peels for syrup preparation.

In a larger pot add water, sugar, vanilla extract, lemon juice and apple peel. Boil it on high. Stir frequently. Lower the temperature and add apples. Boil apples 5 to 7 minutes on both sides until properly cooked.

Remove apples out of the syrup and transfer them to a different bowl to cool down for about 20 minutes. Keep the syrup aside for the next steps.

Prepare your filling. Cover walnuts with hot milk, and leave them in the cup for 15 minutes until they mix together.

Melt butter over medium, add sugar, and stir well. Add to walnuts and stir until completely mixed.

Fill each apple with about 2-3 teaspoons of the filling. Pour syrup over them and leave in the fridge until ready to serve.



Tufahije. Origin: Bosnia-Herzegovina. Photo by Rajko Mandic. Toronto. June 11, 2017.

Vegan Basbousa

by Tanya Chin

Ingredients

1 tbsp tahini, for greasing pan
2 cups of semolina flour
1 cup of sucanat, unrefined cane sugar, or coconut sugar
1 tsp vanilla extract
1 tsp baking powder
Pinch of sea salt
¾ cup coconut oil (melted)
¼ cup soft or silken tofu
1 cup unsweetened non-dairy milk
blanched almonds for garnish
¾ - 1 cup agave syrup as needed

For the syrup

¾ cup agave syrup
¾ cup water
1 tsp vanilla extract
½ tsp arrowroot flour or cornstarch
Squeeze of lemon juice

Instructions

1. Pre-heat oven to 180C (350F) and grease a cake pan with tahini.
2. In a large bowl, combine semolina, sugar, 1 tsp vanilla extract, baking powder. Stir in the melted coconut oil.
3. In a blender or food processor, mix the tofu, non-dairy milk, and 1 tsp vanilla extract. Blend until smooth. Pour into the large bowl with other mixture. Mix well.
4. Pour the batter into the prepared cake pan and smooth the surface with a spatula.
5. Bake for 15 mins then remove and arrange almonds into the cake top. Return cake pan to oven and bake for 20 mins or until the top is golden.
6. Warm syrup for 1 minute, on high, in microwave.
7. Remove cake pan from oven and turn off.
8. Pour warm syrup over cake and return to oven. Close door half way and let cake cool.
9. Cut into diamond shapes or squares before serving.



Vegan Basbousa. Origin: Saudi Arabia. Author of Images: Tanya Chin. Toronto. June 4, 2017

Awamat by Siba Abdulrahman

Awamat also known as 'Loqmat al qadi' (The judge's bite) is a well-known desert dish in the Arabic culture, it is mainly served in Ramadan as Muslims who are fasting usually like to have a sweet dish after they have broken their fast with main meals. It originates from Baghdad, Iraq and was eventually spread on to the rest of the Middle East.

Ingredients:

1. 1 spoon of yeast
2. ¼ cup of warm water
3. 1 table spoon of sugar
4. 1 cup of warm milk
5. 2 spoons of starch
6. 2 cups of flour

Steps:

1. Insert yeast in warm water
2. Combine all ingredients together and make into doe
3. Add one spoon of vanilla and a little salt onto the doe
4. Cover bowel with piece of cloth and leave for two hrs.
5. Heat up oil and put round shaped doe in hot oil.
6. Heat up round shaped doe (Awamat)



AL-Awamat, originated from Baghdad, Iraq. Photo by Siba Abdulrahman. 2017

Roshogolla

by Subha Salwa Rana

This is a classic Bengali sweet dish which is very popular in the country of Bangladesh. It is served hot in stores during Ramadan and in special occasion such as Eid. This dessert can be served cold or hot.

Ingredients:

Serves: 18-20

For the Chana (Fresh Ricotta)

- 8 cups of whole milk
- 4 tablespoons white vinegar or lemon juice
- 4 tablespoon of water

For the Roshogolla

- 2 cups of Chana (Fresh Ricotta)
- 2 Teaspoon of semolina
- 2 cups sugar
- 6 cups of water
- 1-6 Cardamom (optional)

Preparation:

For the Chana (Fresh ricotta):

1. In a large bowl place a cheese cloth.
2. Boil the milk until bubbles start to form in medium heat. This will take 3-5 mins.
3. Mix vinegar or lemon juice with 4 tablespoon of water.
4. Once the milk is to a boil, add the vinegar or lemon juice and stir.
5. By doing this curds will form and boil up to the top of the pot.

6. Rinse the curd to get rid of the lemon juice or vinegar.
7. Transfer the curd in the cheese cloth and rinse under running water for some time.
8. Gather the cheese cloth and make it a bundle, tie it up and let the excess water drip off for about 4-5 hours or even overnight.

For the Roshogolla:

1. Steps to make the sweet balls:

Knead the chana (fresh ricotta) and semolina until smooth and form soft dough. (about 5-10 mins)

Divide the chana into equal portions (size doubles when put in syrup)
Roll each portion into smooth balls there should be no cracks.

2. Steps to make the syrup:

In a pan, boil the water and sugar in medium heat.
Stir until the sugar is dissolved and bubbles start to form.
Add Cardamom for scent. (optional)

3. Steps to cooking the roshogolla:

Add the sweet balls to the syrup and cover with a lid.
Cook for 30-35 mins on medium heat, do not open the cover.
Remove from the heat keeping the lid on; let it cool for 30 mins.
Open the lid and pour the sweets in a large bowl.



Roshagolla. Origin: Bengali, Bangladesh, Photo by Subha Salwa Rana. 2017.

Kheer

by Mussawar Abbas

Ingredients:

4½ cup whole milk
¼ cup uncooked rice
7 tbsp sugar
4-5 cardamom pods
Crushed nuts to garnish (pistachio,
cashews, blanched almonds)

Instructions:

First, over cook the rice in bubbling water for 10-12 minutes, until they get soft.

Then strain the rice and with the back of a fork, squash it well until it looks like oats.

Next, heat up milk in a saucepan and let it come to simmer.

Then peel the cardamom pods and add it to the milk.

Then add the rice and sugar. The rice will be lumpish but as it cooks, it will break down.

Now on very low heat, cook the Kheer for 3 hours. Make sure to stir after every while.

Following 3 hours of moderate cooking, the Kheer will have thickened. It ought to fall in little bunches from the spatula.

Then, Immediately pour in bowls and garnish with crushed nuts. Let Kheer cool in serving dish for 15-20 minutes before serving.

You can keep this in the refrigerator concealed for up to 3 days.



Kheer, rice pudding mixed with cardamom and nuts. Origin: Pakistan. Photo by: Mussawar Abbas. Mississauga 2017

Baklava (1)

by Naomi Mendoza

Time: 2 ½ Hours | **Serving:** 3 dozen

Ingredients

2 cups sugar
1 ¾ cups water
1 teaspoon lemon juice
1 teaspoon baking powder
4 cups plus 2 ½ tablespoons (17.64 ounces) flour
2 eggs
½ cup oil
½ cup plain yogurt
Cornstarch, for flouring
Scant 4 cups (1 pound, 2 ounces) walnuts, coarsely ground
1 cup (2 sticks) butter, melted

Directions:

1. Pre-heat the oven to 325 degrees.
2. In a medium saucepan, combine the sugar, water and lemon juice. Bring to a boil over medium-high heat, stirring frequently, then remove from heat and set aside to cool.
3. In a large bowl, sift together the baking powder with the flour.
4. In a medium bowl, beat together the eggs, cooking oil and yogurt. Gently stir the liquid ingredients into the dry. Knead to a soft but not sticky dough, adding a little water if necessary.
5. Divide the dough into 40 equal pieces (each will weigh about three-fourths of an ounce and will be about the size of a walnut in its shell). Roll out each one to the size of a small breakfast plate (about 5 inches in diameter), sprinkling with cornstarch to stop the dough from sticking to the counter or pastry board.

6. Roll out each one to the size of a small breakfast plate (about 5 inches in diameter), sprinkling with cornstarch to stop the dough from sticking to the counter or pastry board.
7. Stack 20 of the pastry sheets, sprinkling cornstarch in between each layer.
8. Roll out the stacked sheets at once until the dough is about 15 ½ inches in diameter. (You will need to place it on a large rimmed baking sheet; if you do not have one that's big enough, divide the dough into 80 equal pieces and prepare 2 smaller trays of baklava.)
9. Lay the combined rolled sheets of dough on the baking sheet. Sprinkle the ground walnuts evenly over. Roll out the next 20 sheets of dough in the same way as the first batch and place on top of the walnuts.
10. Using a sharp knife, cut the baklava into parallel slices about 2 inches apart, then rotate the baking sheet by 45 degrees and cut again into parallel slices.
11. Spoon the melted butter over the baklava. Bake 30 – 40 minutes until the top of the baklava is golden and crisp. Remove and pour over the cooled syrup.
Serve hot or cold.



Baklava. Origin: Greece. Naomi Mendoza. Toronto, Canada. 2017.

Baklava (2)

by Kushal Ahmadzai

Ingredients for Filling:

1 pack of Phyllo dough (54 to 60 pieces depends the cut)
1.5 lb. of chopped walnuts (add 1/2 ground cinnamon, two table spoon sugar and 1/2 tea spoon of ground cardamom in it)
2 cups oil (I use canola oil)

Ingredients for Making Syrup:

2 cups of sugar
2 cups of water
2 table spoons of lemon juice
1/2 tea spoon cardamom
A pinch of saffron
1 table spoon rose water

Tools needed:

Two trays (one for dough the other for baking)
A sharp knife
A table spoon
A pastry brush

Method and steps to follow:

In a sauce pan, bring the water to a boil, and add the sugar, lemon juice, cardamom, rose water and saffron and cook it for about 25 to 30 minutes in medium low heat until slightly thickened.

Take out the dough from the fridge about two hours prior to making baklava.



Set the oven to 400 °F.

Brush the aluminum tray with oil (the tray for backing mentioned above).

Brush the second tray with oil that is used for making the baklava. Roll out the dough in the tray (the whole pack)

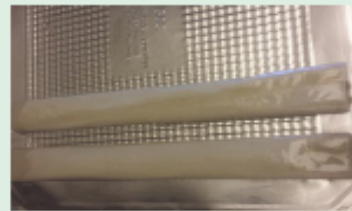
Brush the first layer properly with oil, leave about an inch space then pour the mixed ground Walnuts in a row (about three table spoons)



Take two sheets and cover the walnuts row, fold it and brush it with oil. Continue folding and brushing oil to the end. Transfer the filled one to the baking tray.

Start with the second one (baking tray) and continue the process.

In order to keep the dough (in the filling tray) from drying, keep on brushing oil time to time. Each time you fold the two layers and fill it with the mixed walnuts, you should brush it with oil. When the process of filling is over, you will have nine or ten folded pieces.



Baklava (2) *(Continuation)*

The pastry dough package contains 18 to 20 sheets. Once again, brush the folded pieces with oil as it easily gets dried, so make sure you brush the layer you work on before getting dry in each step.

Cut the folded baklava into 6 pieces (diamond shape), all together will be around 54-60 pieces at the end.



Before transferring the tray to the pre heated oven once again brush them all with oil.

Place the tray in the middle rack and bake the Baklava at 400°F for 20 to 25 minutes or until lightly golden brown, and edges appear slightly crisp. When done take it out from the oven.



Pour the cooled syrup all over the baklava with a spoon. If you don't like too sweet, do not pour all the syrup, just make sure it has absorbed some. This way you will have crispy baklawas, not too soft. Right after the process of pouring the syrup, garnish it with ground pistachio.



After about half an hour, you can transfer the baklawas to a glass plate or your desired dish and pour more pistachio on top of it. Enjoy it with a cup of green tea or coffee!



Baklava has a Middle Eastern roots with different variety. This particular Afghan version was made by my lovely wife Qudsia Hadizai in Toronto, Ontario, 2017. The images were taken by her and she has customized her own recipe.