



Method

Preheat oven to 350° F (180° C). Lightly grease a baking dish. In a bowl, blend the olive oil, salt and garlic. In a separate bowl, mix the bread crumbs, cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then add in the bread crumbs mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumbs mixture. Bake 30 minutes in the preheated oven, or until chicken is tender. Remove from oven and serve.

VEGETABLE JALFRAIZE

Ingredients

- ¼ cup chopped carrots
- ¼ cup chopped cauliflower
- ¼ cup chopped tomatoes
- ¼ cup chopped capsicum
- ¼ cup green beans
- ¼ cup chopped onion
- 2 chopped green chillies
- 1 tbsp lemon juice

- 50g butter
- ½ tsp cumin seeds
- 2 tsp red chilli powder
- ½ tsp black pepper powder
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 handful chopped coriander leaves for garnishing

Method

Heat butter in a pan over medium flame. Add ginger and garlic paste along with cumin seeds, and fry for 20 seconds. Once they are cooked, add the chopped vegetables and mix them well. After 30 seconds, add the lemon juice, red chilli powder, cumin powder, salt, pepper powder in the vegetables. Stir to mix well and cook for another 6-8 minutes, or till all the vegetables are cooked. Remove from heat and garnish with coriander leaves. Serve it hot with roti, paratha or rice.

KASARI PHIRNI

Ingredients

- 3 tbsp aromatic rice

- 1 pinch saffron
- 4 cups milk
- 6 tbsp sugar
- ½ tbsp cardamom powder

Method

Soak aromatic rice for 30 minutes. Then drain water. In a mixer jar, add soaked rice, then pour 3 tablespoons of milk; coarsely grind. Heat milk in a pan and let it boil. Add saffron and ground rice mixture. Stir and mix well. Add sugar, cardamom powder, mix well and stir continuously till the mixture thickens and remove from heat. Sprinkle grated pistachios, serve hot or chilled.

UMM ALI

Ingredients

- 1 package puff pastry sheets
- ½ cup chopped walnut
- ½ cup chopped hazelnuts
- ½ cup chopped pistachios
- ½ cup raisins
- 1 cup flaked coconut
- 1¼ cups sugar, divided

- 4 cups milk
- ½ cup heavy cream

Method

Preheat oven to 175° C. Butter a baking dish. Place the pastry sheets in the baking dish and place the dish in the oven. When the top layer turns crunchy and golden, remove it from the oven. Continue until all the sheets are cooked. In a mixing bowl, combine all the nuts, raisins, coconut and ¼ cup of sugar. Break the cooked pastry sheets into pieces and stir into the mixture. Spread mixture evenly in baking dish. Bring milk and ½ cup sugar to a boil in a medium saucepan over medium heat. Pour over nut mixture. Beat the heavy cream with the remaining ½ cup sugar until stiff peaks form. Spread evenly over nut mixture in dish. Place dessert in oven. Bake for about 10 minutes or until top is golden brown. Serve hot.

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