

#FOOD

Christmas Special

**For Cinnamon
Sponge cake**
Ingredients
6 large egg
200g fine sugar
120g g flour
1/2 teaspoon of baking
powder
1 teaspoon of cinnamon



Method
Blend six large egg on high speed for one minute. Gradually add 200g sugar into the eggs and beat for 8 minutes or until the mixture is smooth and fluffy.
Then whisk together the all-purpose flour and baking powder, and sieve the combination into the egg batter in thirds.

Fold between each addition and mix it very carefully. It is super important to not over mix the batter and also make sure there are no hidden pockets of flour. Now divide the batter in two 9" cake pans. Smooth out the top and bake it on 360° F for 25 minutes. When the cake is done you will see deep golden brown colour on the top.

Once cooled to room temperature, cut the cinnamon sponge cake in half. I use cinnamon butter cream, but you can use any cream.

By Dilruba Light (Priya)
Photo: Dilruba Light (Priya)



THE MILLENNIAL COOK
FARIHA AMBER



The golden elixir

As the sky transforms into a blanket of grey and the omnipresent wind grasps us with its chilly claws, we know winter has finally arrived in full swing – the perfect weather to sip on a delightfully warm cup of honey and lemon tea.

Honey and lemon tea is not only utterly delicious but presents a plethora of health benefits too. Other than being a powerhouse of vitamin C, clearing the skin, and improving metabolism, this citrusy drink also acts as a great immune booster, energizer, and natural detox.

Furthermore, it helps prevent

common cold and flu that are prevalent health concerns during this time of the year. Needless to mention, this zesty tea also enhances our mood because who doesn't feel better after drinking a warm cup of honey and lemon tea?

Ingredients
2 cups water
1 tsp black tea grains
1 thumb-size lemongrass stalk
1 tsp honey
1 tbsp lemon juice
Mint leaves and lemon wheels for garnish

Method
Heat water in a saucepan and wait

for it to come to a rolling boil. Meanwhile, bash the lemongrass stalk to extract its maximum flavour. Just when the water comes to a rolling boil, drop in the tea leaves and bruised lemongrass.

Let this concoction boil for about 5 – 7 minutes and then turn off the heat. Strain the mixture before squeezing in fresh lemon juice and adding honey. Stir well to combine and garnish with a sprig of mint leaves and lemon wheels.

Photo: Collected




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