



## TOMATO AND CUCUMBER SANDWICHES

### Ingredients:

125g cream cheese  
4 tbsp butter  
½ cup ricotta or feta cheese  
2 tbsp spring onion (minced)  
16 slices white or brown bread  
½ cucumber (thinly sliced)  
Salt to taste  
2 tomatoes (seeded and chopped)  
½ onion (thinly sliced)

### Method:

Combine cream cheese, butter, feta or ricotta, and the spring onions in a bowl. Set aside. Using a 2½ inch diameter biscuit cutter, cut the bread slices into rounds, and spread the cheese mixture over them. Arrange 3 cucumber slices on each of the bread rounds, and sprinkle with salt. Top the sandwiches with a small amount of chopped onions and tomatoes.

## CLASSIC CHICKEN SANDWICH

(Makes 16 small tea sandwiches)

### Ingredients:

8 slices (ends trimmed off) brown bread  
2 cups chicken (cooked and diced)  
8 tbsp mayonnaise  
4 tbsp celery (chopped)  
1½ tsp aniseed powder  
Salt to taste  
Pepper to taste

### Method:

Mix together the diced chicken and mayonnaise. Stir in the chopped celery, aniseed powder, salt and pepper. Spread the chicken mixture on 4 slices of bread, top with the remaining slice, and gently press together. Make a vertical and horizontal cut across each sandwich to make four small square shaped tea sandwiches.

## COTTAGE CHEESE AND SPRING ONION ROLLS

### Ingredients:

For the dough:  
1 cup whole wheat flour  
Whole wheat flour (for rolling)  
Salt to taste  
Water (as required)  
1 tsp oil (for cooking)  
For the stuffing:  
1 tsp oil  
¼ cup spring onion bulbs (finely chopped)  
¼ cup spring onion leaves (finely chopped)  
1 tsp green chillies (finely chopped)  
¼ cup capsicum (finely chopped)  
Salt to taste  
¾ cup cottage cheese (crumbled)

### Method:

Combine all the ingredients (for the dough) in a bowl and knead into soft dough. Cover and keep aside for 10 minutes. To prepare the stuffing, heat the oil in a non-stick pan, add the chopped spring onion bulbs and leaves, green chillies and capsicum, and sauté over medium heat for about a minute. Allow to cool, then transfer the mixture in to a bowl, add the cottage cheese and salt, and mix well. Divide the stuffing in to 4 equal portions and keep aside.

Divide the dough in to 4 equal portions and roll out each portion into 6" diameter circles, using a little whole wheat flour for rolling. Grease a nonstick griddle with a little oil and cook each wrap over medium heat, till light brown spots appear on both the sides. Place the wraps on a dry surface. Put a portion of the stuffing on one end of each wrap and roll them up tightly.

## SIMPLE SCONES

### Ingredients:

2 cups all-purpose flour  
4 tsp baking powder  
3 tsp sugar  
½ tsp salt  
4 tbsp butter (melted)  
2 eggs (beaten, keeping aside some of the egg white)  
½ cup cream

### Method:

Preheat oven to 375° F. In a saucepan, melt butter over low heat. Set aside. Mix the dry ingredients together in a bowl. Mix in the butter, eggs, and cream. Save a little bit of the egg white for brushing on the tops of scones. Turn dough out onto a lightly floured board and knead for about a minute. Pat and roll the dough until about ¾ inch thick.



Cut the dough into six 3\*3 inch squares and place on a greased baking sheet. Brush the scone tops with egg white and sprinkle with granulated sugar. Bake for 15 minutes or until done. Scones can be eaten plain or topped with walnuts, cheeses, chocolate, or dried fruits such as raisins and cranberries.

## SWEET POTATO CHEESE SQUARES

### Ingredients:

700 g sweet potatoes  
250 g Graham crackers  
1 cup sugar  
130 g unsalted butter (melted)  
¼ tsp salt  
1½ cups ricotta cheese  
½ cup low-fat yoghurt  
4 eggs  
Lightly sweetened whipped cream, for serving  
**Method:**  
Preheat oven

about 12 minutes. Remove from oven and reduce temperature to 325° F.

In a clean food processor, puree the sweet potatoes, ricotta, yoghurt, eggs, ¼ tsp salt, and add in the remaining butter and sugar. Pour over the crust, and bake until just set in center, for 30 to 35 minutes. Let cool on a wire rack, then refrigerate until cold. Cut into squares and top with whipped cream.

## BREAD GOLAP JAAM

### Ingredients:

4 slices bread  
½ cup milk  
Oil for frying  
For the sugar syrup:  
½ cup sugar  
1 cup water  
2 pods cardamom (crushed)  
¼ tsp rose water

### Method:

Boil the sugar and water over low heat till the sugar dissolve. Raise heat to medium heat, add the cardamom and boil the syrup until it becomes slightly sticky. Allow to cool, then add the rose water.

Cut off and discard the crust from the bread. Dip both sides of the bread in milk, and squeeze out excess milk. Repeat for all the bread slices.

Put the soaked bread in a blender and blend for just a second. Alternatively you can knead the soaked bread to form a soft dough.

Divide the dough into equal parts (6 big or 12 small portions) make gently form into smooth balls. The golap jaam will turn hard, if too much pressure is applied.

Heat oil in a pan and fry the golap jaams over low heat until they turn brown. Keep stirring to ensure for even browning.

Drop the fried golap jaams into the warm sugar syrup (ensure that the sugar syrup is warm and not hot or cold).

Let the golap jaams remain soaked in the sugar syrup for 1 to 2 hours. Can be served warm or chilled.

Photo by **Shahrear Kabir Hemeel**, at a recent Vintage Tea Party hosted by **Rupo Shams**.

Set design and decoration: **Rupo Shams**



to 375° F. Bake sweet potatoes for about 1 hour, until tender. Remove from oven, allow to cool slightly then discard skins and mash the flesh with a fork. In a blender, whisk the crackers until finely ground. Add ½ cup sugar, 115 g butter, and a pinch of salt, and blend again until combined well. Firmly press the mixture into a 9"\*13" baking dish. Bake until the crust is dry and set, for