



DESHI MIX

BY SALINA PARVIN

Twist of taste

SWEET POTATO BROWNIES

Ingredients

1 medium-sized sweet potato (baked, skin removed; about 1 cup in volume)
3 eggs
1/3 cup coconut oil
1/2 cup honey
1/2 tsp vanilla extract
3/4 cup flour
2/3 cup cocoa powder
1/2 tsp salt, 1 tsp baking powder
1 cup dark chocolate chips
1/2 cup coconut milk

Method

Preheat the oven to 180 degrees. Coat a baking pan with butter. Place the cooked, sweet potato flesh, eggs, coconut oil, honey, and vanilla extract in the base of a food processor. Process until smooth, scraping down the sides as needed. In a mixing bowl, combine the flour, cocoa powder, salt, and baking powder. Add to the food processor and process until just combined. Scrape the batter into the prepared pan and bake in the preheated oven for 15-17 minutes. Remove the brownies and let cool com-

pletely. In an oven-proof bowl, add the chocolate chips and 1/4 cup of the coconut milk. Microwave for 40 seconds. Whisk the melted chocolate and coconut milk together until smooth. Add in the remaining 1/4 cup coconut milk and whisk until smooth. Allow to set at room temperature for 30-45 minutes. Frost the brownies with the ganache and cut into



squares. Store covered at room temperature or in the refrigerator.

BAKED CAULIFLOWER

Cauliflower is an excellent blank canvas. You can steam or blanch to keep its essential flavours intact, but by baking or sautéing it, you can bring out its sweetness. Cauliflower will absorb the oil

and seasoning, soaking up flavours much the way eggplant does, but it remains firmer.

Ingredients

1 large head of cauliflower
1/2 cup seasoned bread crumbs
2 tbsp grated cheese, margarine
1/4 tsp garlic powder
Salt to taste
1 pinch red pepper flakes

Method

Clean cauliflower, and trim off leaves and brown spots. Place the whole head of cauliflower into a steamer basket, place the basket in a large pot, and add water. Cover and bring to a boil over medium heat. Cook for about 5-6 minutes. Preheat the oven to 190 degrees Celsius. In a medium bowl, mix together the bread crumbs, melted margarine and cheese. Season with garlic powder, salt, red pepper flakes, oregano, and mix well. Place the head of cauliflower into a baking dish, coat with the breadcrumb mixture. Bake for about 10 to 15 minutes in the preheated oven, or until golden brown.

Photo: Collected

GREEN PEAS SOUP

A steaming bowl of soup on a chilly day is bliss! Beside the comforting factor, soups are great as they are highly nutritious and can be filling. Perhaps one of the greatest benefits of soup is that it can be made from almost anything and that too in minutes.

Ingredients

4 cup peas, fresh
1 tbsp butter
1 tbsp oil
1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 tsp chopped fresh thyme or parsley



4 cup chicken broth
Fresh cream for garnish
Freshly ground pepper to taste
Salt to taste

Method

Heat butter and oil in a pan over medium heat until butter melts. Add onion and celery; cook stirring occasionally, until softened. Add garlic and thyme, cook, stirring, until fragrant, about 10 seconds. Stir in peas. Add water and broth. Cook until very tender. Remove from heat. Blend the cooked peas until smooth. Strain and cook for five minutes. Stir in salt and pepper. Garnish with fresh cream and serve hot.

NEW HOT & SOUR CHICKEN SOUP

NOW EVERY HOME WILL BE A RESTAURANT



Creative visualisation • Serving suggestion