

## TIPS

# Rev up the regular roti

The roti; healthy, lightweight, filling and of course, great on the taste buds, are just some of the ways to describe this staple food item. However, consuming it year after year in the same way can rob us of the enjoyment of its taste and texture because of the mundane ways we decide to eat it every single day. Nothing good ever comes from doing something the same way every day. So why not do a little experimentation, and see how this humble flatbread can be elevated.

## ROTI QUESADILLAS

Start off with a large piece of roti on a pan, and cover half of it with a mixture of seasoned chicken or beef, add on some green onions and cilantro for crunch and cheese to your taste. Flip the other side to create a semi-circle and push it down with a spatula to meld everything together. Once cooked, cut it into slices and serve with a sauce or dip.

## CHEESY BITES

While preparing the dough for the roti, roll it out thinner than one normally would, and coat it with butter or margarine. Fold in two sides to create a rectangular shape, and add a heap of cheddar or mozzarella cheese in the centre. Bring the other two sides and press down the edges to close it off. Cook it on the pan while brushing oil on the sides. It is similar to the regular roti, except the outcome is going to be more layered, crunchy and provide a burst of cheese with every bite.



## SWEET CRAVINGS

More often than not, we have roti with a side dish, usually a vegetable mix or gravies of sorts. Switching out the spicy side dish with a sweet one can be the change you needed all along. Molten gooey jaggery, topped off with coconut flakes for a crunch, make for a sweet and healthy side dish with plain rotis. Have it as dessert or maybe even your main meal if you feel your sweet-tooth talking.

## SOMETHING DIFFERENT

While making the dough for your roti, mix in some Greek yoghurt instead of water. Roll it

out, and cook it as usual, but end up with a nice crisp roti. Layer it with some avocados and add on scrambled eggs in the centre. This is a relatively quick and easy breakfast with a completely new taste to it.

Roti is one of the most versatile foods out there. What you put on it is completely up to you, as it is a perfect base that tastes great with pretty much all types of flavour— spicy, sweet or sour.

By Anisha Hassan

Photo: LS Archive/Sazzad Ibne Sayed

## FOOD TALK

# A Slice of Joy

My mother had been nagging me to register her into Cookups for about a year now. She had gotten to know about it from our neighbour and was elated to find out about a platform which will finally allow her to put her passion to work— cooking.

My mother's mornings begin with watching cooking channels on Youtube and experimenting with new recipes to give life to her concoctions. Whoever has tasted her food has become a fan of her cooking. Our house is nothing short of a restaurant which finds itself with guests thronging in, requesting the 'chef' of the house to cook the 'Dum Qeema' they ate the last time or the 'Kunafa' she baked on Eid.

Becoming a registered cook with Cookups requires a kitchen inspection. The night

before the inspection, mother carried out a thorough assessment of her own, scrutinising every minute detail, making sure there is not one flaw. It seemed as though she had a mammoth exam the next day; she spent the night restless and sleepless— after all, it was Judgement Day for her.

Thankfully enough, they were pleased with how she maintained her kitchen and she got her registration. We posted a couple of pictures on Cookups and waited for an order to arrive. We would find her constantly staring at the mobile app to see if an order were placed. Two weeks passed before one afternoon that her phone beeped a notification, her first order had come through.

I vividly remember the time when the

delivery person arrived to collect her first order. It seemed as though I was looking at a child who discovered how to walk for the first time. Her happiness knew no bounds as she hopped to our front door to hand the package over. She wore a big, accomplished smile as she couldn't stop giggling. It was a surreal moment for her, something that she probably could never have fathomed, to finally be able to pick up her passion as a profession. She looked as if she felt reborn.

I had been so stupid to think that someday I will buy her a car, a home to finally make her happy. But little did I realise that her true happiness was right there, bringing comfort to us and others with the aroma, warmth, spices and impeccable taste of her cooking.

I stood there, trying hard to not miss a moment and hold on to this memory, for this was the epitome of happiness. I felt accomplished, accomplished to have helped my mother bring her passion to life, to give her purpose.

Alas, a month into her new venture, we woke up to the news of Cookups shutting down operations. It was a dark moment for us all and it was evident from my mother's dejected smile that she was hurt. Thank you Cookups for all the memories you gave to us for the short span of time you were there with us. Thank you for giving thousands of households, like ours, happiness, joy, validation and most importantly, hope.

By Ali Sakhi Khan