



THE MILLENNIAL COOK

FARIHA AMBER



Scrumptiously cheesy

Cheese – one of the most versatile ingredients to exist has to be among the best inventions of humankind as well. This dairy creation comes in myriad forms, but a great crowd-pleaser is the spongy mozzarella cheese, such as Goodlife Mozzarella Cheese.

Mozzarella cheese is not only delicious to taste but has several health advantages too. Mozzarella contains a powerhouse of minerals that are highly beneficial for the body, is a rich source of protein, and is great for bone health.

Mozzarella cheese is less acidic compared to other forms of cheese, which enables it to retain more calcium. This is what makes the cheese so malleable and elastic, giving the perfect molten top or lengthy cheese pull every time.

However, mozzarella cheese falls on the indulgent side, but who doesn't like to indulge on some cheesy deliciousness occasionally? Sprinkled, stuffed, or cooked in a sauce, the soft texture of Goodlife Mozzarella Cheese makes for the perfect cheesy addition to any dish.

POTATO CHEESE PANCAKES

Ingredients

4 large potatoes
 ½ cup flour
 1 tsp onion powder
 ½ tsp chilli powder
 ½ tsp black pepper
 1 tsp salt
 150g Goodlife Mozzarella Cheese
 Oil for frying

Method

Boil the potatoes in salted water until they are fork tender and strain them. Mash the potatoes and add flour, onion powder, chilli powder, black pepper and salt. Combine everything together until you are left with a non-sticky, doughy mixture.

Form balls from the potato mixture and stuff the centre of each with thick slices of Goodlife Mozzarella Cheese. Encase the cheese entirely and close the ends to shape them into a patty. Shallow fry them in hot oil until they turn crisp and golden brown on the sides.

MUSHROOM CHEESE MOMOS

Ingredients

For the dough –
 1 cup flour
 ½ tsp salt
 1 tsp oil
 1/3 cup warm water
For the filling –
 1 cup shredded Goodlife Mozzarella Cheese



½ cup mushrooms
 1 tbsp oil
 1 garlic clove
 1 large onion
 ½ tsp salt
 ½ tsp black pepper
 ½ tsp chilli powder
 1 tsp dried oregano

Method

To make the dough, combine flour, salt, and oil and pour in water gradually, adding only as much as required. Form the mixture into a dough and knead until it becomes soft. Cover the dough and let it rest for 30 minutes.

Heat oil in a pan and sauté onions and garlic until tender. Add in sliced mushrooms, salt, pepper, chilli powder, and oregano, stirring occasionally until caramelised. Remove from heat and allow it to cool before combining with shredded Goodlife Mozzarella Cheese.

Divide the momo dough equally and roll each portion very thinly into discs on a floured surface. Stuff generously with

the filling and crimp the edges before steaming. Serve hot!

CHEESE SAUCE PASTA

Ingredients

3 tbsp butter
 1½ tbsp flour
 2 cups milk
 1 cup pasta
 1 cup shredded Goodlife Mozzarella Cheese
 ½ tsp salt
 ½ tsp black pepper
 ½ tsp chilli flakes
 1 garlic clove
 1/3 cup mushrooms
 1/3 cup capsicum

Method

Cook the pasta in salted boiling water. Meanwhile, melt butter in a pan and add chopped garlic. Stir in flour once fully molten to form a thick roux and gradually pour in milk while stirring constantly. Once all the milk is incorporated, add in shredded Goodlife Mozzarella Cheese to attain a thick, cheesy sauce.

Drop the strained pasta into the cheese

sauce along with chopped mushrooms and capsicum. Stir everything together and add in the seasonings – salt, black pepper, and chilli flakes. Before serving, sprinkle shredded cheese atop and broil in the oven for a minute.

STUFFED CHICKEN CHEESE

Ingredients

4 chicken breasts
 2 eggs
 ½ cup bread crumbs
 1/3 cup flour
 200g Goodlife Mozzarella Cheese
 4 tbsp oil
For the spice rub –
 1 tsp salt
 1 tsp black pepper
 1 tsp garlic powder
 1 tsp onion powder
 1 tsp paprika powder
For the marinara sauce –
 2 tbsp oil
 1 large onion
 2 garlic cloves
 4 tomatoes
 ½ tsp dried oregano
 ½ tsp black pepper
 1 tsp salt

Method

To make the marinara sauce, sauté onions and garlic in oil until translucent. Puree the tomatoes and add them along with oregano, black pepper, and salt. Let this simmer for 15 minutes. Meanwhile, slit the chicken pieces in half, leaving an attachment on one side.

Mix all the ingredients for the spice rub and coat the chicken pieces with it. Stuff the cavity with Goodlife Mozzarella Cheese and press the edges. Dredge the chicken breasts in flour, dunk them into beaten eggs, and then coat them with breadcrumbs.

Cook the chicken on both sides in a pan. After that, ladle the marinara sauce into a dish and transfer the chicken pieces. Top with a generous amount of shredded Goodlife Mozzarella Cheese and broil in the oven for three minutes.

Food and Photo: Fariha Amber