

#FOOD & RECIPES

Recipes to sweeten your Barbie fever

Can't get enough of the pink-themed Barbie fever? You are not alone. So, why not complete the hype-coaster with sweet dishes that would look perfect in a Barbie world, and with these recipes, you'll be one step closer to it.

STICKY MOCHA CINNAMON CARAMEL BUNS

Ingredients

For the dough –

- 1 cup warm milk
- 2 tsp yeast
- ½ cup sugar
- 1 small stick of butter (90g)
- 1 whole egg + 2 egg yolks
- Salt to taste (more salt if you are using unsalted butter)
- 1 tsp vanilla extract
- 4 cups of flour

For the caramel topping —

- ½ cups brown sugar
- ¾ cup butter
- Pinch of salt
- 1 tsp coffee (instant coffee)
- 1 tsp ground cinnamon

Method

Warm the milk until it is lukewarm, mix in half quantity of sugar and yeast, and let it rest to activate the yeast factor. Melt butter in separate bowl, whisk in the eggs, vanilla, salt, and remaining sugar.

Now add the butter-egg mix together with the milk mixture, and mix in well. Slowly add in half the flour, mix with an electric mixer. Add in remaining flour, mix in slower speed (use the ladle for dough). Once incorporated well, get the dough at your station and knead with your hands properly, till it comes together like a pillow. Keep kneading till the dough pushes back when poked slightly. Keep it in an oiled bowl and cover with wet towel.

Now, to make the filling, use cold butter. Mix in all the ingredients for the filling, and make a mush (should not melt, but hold itself). Now, roll the dough flat, and spread the filling in the dough. Then fold the filled dough in two straight halves, then cut in long straps so that the filling falls longitudinal. Each long strap makes one bun. On each strap, slice three separate straps (think of it as though you are making braids, watch a YouTube tutorial for reference). Then roll in circle, and place it on a buttered pan for baking. Let it rest in that condition for 20 minutes. Pre-heat oven in 375° F and bake for 15-18 minutes, till lightly brown!

TIRAMISU

Ingredients

For the coffee mix —

- 2 tbsp instant coffee
- 2 cups water

For the filling —

- 3 tbsp mascarpone cheese
- 5 egg yolks

- 2/3 cups of sugar
- 2 cups heavy whipping cream
- 2 tsp vanilla extract
- 1 packet lady fingers
- Cocoa powder

Method

Combine the instant coffee and water, and let it set aside. For the filling, first beat the mascarpone on your electric mixer. Add the vanilla to it. On a double boiler (basically setting a bowl over a utensil with hot water on stove, so that what is in the bowl is not in direct contact with heat, the water should not touch the bowl), get your egg yolks and sugar, and whisk them together. Keep whisking till the sugar has melt and the mix changes colour to a lighter shade of yellow. Bring it to room temperature, or you can keep it in refrigerator so that it cools.

Add the whipped cream on separate bowl, and whisk it for whipped cream. Then mix in all the elements — the egg mix, the mascarpone, but mix at a very slow speed. Now, to assemble, first dip the lady fingers in the espresso mix, then set it in the desired flat dish that you wish to serve it on. Make a layer of dipped lady fingers, then a layer of the cream mix, and keep repeating the steps till desired thickness is achieved. End with the layer of cream on top, and dust it with cocoa powder.

Let it sit in the fridge for at least 6 hours. Serve and enjoy cold!

COCONUT FREEZE

Ingredients

- 2 cups coconut milk
- 2 cups whole milk
- ½ cup young coconut/soft coconut flesh (regular coconut flesh can be used too)
- 3 tbsp condensed milk

Method

Freeze the coconut flesh, so that they are churned when blended. Refrigerate all the ingredients, so that they are cold when serving. Blend all the ingredients together and voila, its ready to be served!

Recipe by Shababa Suzana

Photo: Shababa Suzana (Fatduck)

