

Chinese Ginger Syrup Cake

1 cup of mild crystallised ginger
1 1/2 cups of water
1/2 cup brown sugar
1/2 cup of honey
1/2 cup brown sugar
1/4 cup white sugar
125g. butter, softened
2 large eggs
1 1/2 cups self raising flour
1/2 cup of milk

Preheat the oven to 170c. and butter a 20cm. non-stick cake tin.

First, prepare the ginger. In a medium saucepan, place the ginger, water, brown sugar and honey and bring to the boil. Simmer for 10 minutes then cool. Set aside.

Using an electric mixer, cream the brown sugar, white sugar and butter together until thick and creamy. Remove the bowl from the mixer and add the eggs, one at a time, beating well by hand after each addition.

Add the flour and milk and stir gently but thoroughly. Remove the ginger from the syrup and slice thinly, then add 3/4 of the ginger to the cake, stirring to distribute the ginger.

Pour the cake batter into the prepared tin and bake at 170c. for one hour, or until the cake appears firm and dry on top and yields gently to pressure when pressed in the centre with your finger.

When the cake has been removed from the oven, spoon over the ginger syrup and allow it to soak into the cake then turn out and cool thoroughly on a wire rack.

To serve, spoon some thick, pure cream on top of the cake and decorate with the remaining slices of ginger. Alternatively, serve the cream on the side of the cake, with the ginger slices folded through the cream or on top of the cake.

The Chinese are well known for their love of ginger, and it is traditional on festive occasions to give a gift of preserved ginger.

To serve, spoon some thick, pure cream on top of the cake and decorate with the remaining slices of ginger. Alternatively, serve the cream on the side of the cake, with the ginger slices folded through the cream or on top of the cake.

Date Shake!

3/4 cups of dates (cubed and pitted)

1-1/4 cups Milk

1 pint Vanilla ice-cream

1. Place dates and 1/2 cup milk in blender on high speed.
2. Blend until smooth
3. Add remaining cup milk and ice cream
4. Blend at low speed until mixed
5. Serve immediately

Serves 3-4

Persian Omelette

2tbls oil

1 onion chopped

12oz/350g minced beef or lamb

1 potato grated

1/2 tsp ground corriander

1tsp ground cummin

3 tbls chopped parsley

salt

black pepper

4 eggs.

Heat oil in frying pan. Add onion + fry until golden. Add mince and cook until browned. Stir in potato, corriander, cumin + parsley, season to taste. Cook for further 5 mins until potatoes are cooked. Pour in eggs until evenly mixed. Cover the pan and cook very gently for 10-15 mins until omelette is set underneath. Uncover pan and place under a medium grill. Cook for 5 mins until surface of omelette is set and lightly browned. Turn pan around frequently to ensure even browning and take care handles do no scorch. Slide omelette onto serving plate. Cut into wedges and serve hot or cold. **Serves 4**

Carrot dessert

1lb carrots coarsley grated
8 cardomom pods
1in stick cinnamon
1pt milk, 2 tbs oil
2oz unsalted butter
1 1/2oz caster sugar
1 tbs sultanas
1 tbs unsalted shelled pistachios.

Place carrots in large non-stick frying pan with cardomom and cinnamon. Pour in milk. Simmer gently for 45 mins, stirring occasionally, until carrots have absorbed all milk. Transfer carrots to another dish and clean and dry the frying pan. Heat the oil and butter in the pan, when butter has melted add the carrots. Cook gently, stirring constantly for 10-15 mins until the carrots no longer appear wet. Add the sugar and cook further 2 mins stirring constantly. Stir in the sultanas and the pistachios. Spoon mixture into a serving bowl and leave to cool. Best served cold. **Serves 4**

Fish Kebabs

300g cod fillet, skinned and diced
300g salmon fillet, skinned and finely chopped
1 lime, juice and grated zest only
1 small fennel bulb, finely chopped
1 small bunch of fresh coriander, finely chopped
4-8 green chillies, finely chopped
4 spring onions, finely chopped
2 tbsp fennel seeds, finely ground
2 tbsp coriander seeds, finely ground
½ tsp salt
2 tbsp vegetable oil
1 tbsp garlic paste
1 tbsp ginger paste
4 tsp crushed black pepper

1. In a food processor, blend the cod until finely minced.
2. In a large mixing bowl mix together the minced cod, chopped salmon and lime zest.
3. Add the chopped fennel, chopped coriander, green chillies, spring onions, fennel seeds, coriander seeds, salt, two tablespoons of oil, garlic paste, ginger paste, two teaspoons of crushed black pepper and lime juice and mix well.
4. Mould the fish mixture onto 12 skewers, forming 12 fish kebabs.
5. Either grill the kebabs on a barbecue until golden brown on both sides or heat one tablespoon of oil in a large frying pan and fry the kebabs until golden brown on both sides.
6. Serve the freshly cooked kebabs with basmati rice.

Spicy Stir-Fried Garlic Pepper Chicken

2 pounds (900 gms) Chicken (boneless cubes)
2 tablespoons Oil (veg., olive or corn)
2 teaspoons Garlic chopped/paste
1 cup Onions Diced
2 teaspoons Lemon/Lime juice
2 teaspoons Garam Masala
1 Tbsp. Coriander (cilantro) leaves chopped, Salt to taste

1. Marinate the chicken with lemon juice, salt and Garam Masala and set aside for 30 mins.
2. Heat the oil in a large non-stick frying pan, add the chicken, garlic and stir-fry on medium fire for 10 mins.
3. Add the onions, bell pepper, 3 tablespoons of water and stir-fry for 5 mins.
or until the chicken become brownish and dry.
4. Turn of the heat and garnish with the coriander (cilantro) leaves.

Serve hot as an appetizer or with rice (boiled or pilaf), Indian breads, pita bread, Tacos, Burritos or any other bread. **Serves 6-8**

Gulab jaman

1 cup of whole dried milk (mawa)
2 tbsp refined flour
1-1/2 cup sugar
1/4 tsp baking powder
1/4 tsp cardamom powder
3 cup water
Ghee as required

1. Mix sugar, water and cardamom powder and cook until the syrup becomes thick.
2. Mix mawa, refined flour, baking powder and water and make soft, smooth dough (Water should be just sufficient for kneading a smooth dough).
3. Make small balls of equal size. Be sure that the balls ("jamuns") are smooth and no crack develops. Keep aside.
4. Heat ghee in a kadhai / deep frying pan.
5. Deep fry the balls over medium heat until golden brown.
6. Put the balls in hot syrup and keep aside for 10-12 minutes.
7. Gulab Jamuns are ready. Warm before serving.

Malaysian Pineapple Pastries

½ medium fresh pineapple

1/3 cup water

2 cups all-purpose flour

½ teaspoon vanilla

2 egg whites, slightly beaten

½ medium fresh pineapple

1/3 cup water

2 cups all-purpose flour

½ teaspoon vanilla

½ cup sugar

½ cup butter

2 egg yolks, beaten

5-6 tablespoons cold water

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- Peel pineapple, remove eyes and core. Chop pineapple to make 1 1/2 cups. In sauce pan combine pineapple, sugar, and 1/3 cup water. Bring to boiling; reduce heat to medium till thickened, stirring occasionally. (Watch closely the last 5 minutes to prevent sticking.) Cool.
2. Meanwhile, in bowl cut butter into flour till mixture is crumbly. Add egg yolks and vanilla; stir till well combined. Sprinkle 1 tablespoon cold water over part of mixture, gently toss with fork. Push to side of bowl. Repeat till all is moistened. Form dough into ball. Cover; chill 1 hour. Divide dough in half. On lightly floured surface roll each half to 10x10 inch square. Cut into sixteen 2 1/2 inch squares. Spoon about 1 tsp pineapple filling diagonally in center of each square. Bring up two side corners/ overlap slightly. Place on ungreased baking sheet. Brush lightly with egg white to seal. Bake in 400 degree oven for 10 to 12 minutes till golden brown. Cool on wire rack.