



Starters

1. Malaysian Roti Canai with curry dipping sauce

4 servings

2 cups all-purpose flour

1 tablespoon salt

1 cup water

1 cup cooking oil



Directions:

1. Mix the salt in the water.
2. Put the flour in a mixing bowl. Add the salted water gradually.

3. Mix the flour into a dough. Knead until smooth. Make sure the texture of the dough is not too sticky and gooey.
4. Oil your hands with cooking oil and then make the dough into palm sized balls.
5. In a bowl pour some oil so that the dough doesn't stick to the bowl. Put in the balls, coating it with oil as you put one on top of each other. After it is all in a bowl, totally immerse it in oil. Leave over night.
6. Oil your kneading space. Take out one dough ball, flatten it out into with you palms until the size of a dinner plate.
7. Flip the dough a couple of times and spread it out until paper thin.
8. Take the one edge and fold it to the middle. Do this another three times so that it will turn into a square.



9. Grease a flat pan or skillet with cooking oil and cook until golden brown.



Source: food.com

Curry Dipping Sauce for Roti

4 servings

- 1 cup coconut milk
- 1 tsp curry powder
- 1/2 tsp turmeric powder
- 2 tbsp fish sauce
- 1 clove garlic
- crushed pepper
- 1 tbsp olive oil
- 1/2 tsp chili powder (optional)

Directions

1. Chop garlic, sautee in olive oil.
2. Add chili, turmeric powder and curry powder, sautee until dissolved.
3. Add coconut milk, stir while simmering, until it thickens.
4. Remove from heat, add fish sauce and crushed pepper to taste.

2. Chicken Satay

SERVES 4 as a Main Entrée. Can be made with pork or beef.

8-12 skinless chicken thighs, cut into thin strips

1 package wooden skewers

SATAY MARINADE:

1/4 cup minced [lemongrass](#), fresh or frozen

2 shallots OR 1 small onion, sliced

3 cloves garlic

1-2 fresh red chilies, sliced, OR 1/2 tsp. to 1 tsp. cayenne pepper, to taste

1 thumb-size piece galangal OR ginger, thinly sliced

1 tsp. minced fresh turmeric OR 1/2 tsp. dried turmeric

2 Tbsp. ground coriander

2 tsp. cumin

3 Tbsp. dark soy sauce (available at Asian food stores)

- 4 Tbsp. [fish sauce](#)
- 5-6 Tbsp. brown sugar
- 2 Tbsp. vegetable oil

If using wooden skewers, soak them in water while you prepare the meat (to prevent burning). The kitchen sink works well for this.

Cut chicken into thin strips and place in a bowl.

Place all marinade ingredients in a food processor or chopper. Pour the marinade over the meat and stir well to combine. Allow at least 1 hour for marinating, or longer (up to 24 hours).

When ready to cook, thread meat onto the skewers.

Grill the satay on your BBQ, OR on an indoor grill, basting the first time you turn it with a little of the leftover marinade from the bottom of the bowl. OR you can **broil in the oven** on a broiling pan or baking sheet. Place satay close beneath the heating element and turn the meat every 5 minutes until cooked. Depending on how thin your meat is, the satay should cook in 10 to 20 minutes.

Source: thaifood.com

Serve with peanut sauce (recipe below).

3. Vietnamese Salad Rolls

INGREDIENTS

For the peanut sauce:

- 3/4 cup natural-style creamy peanut butter
- 1/3 cup water
- 3 tablespoons hoisin sauce
- 2 tablespoons freshly squeezed lime juice (from about 1 1/2 medium limes)
- 4 1/2 teaspoons soy sauce
- 1 tablespoon granulated sugar
- 2 1/4 teaspoons chile-garlic paste
- 1 medium garlic clove, mashed to a paste
- 1/2 teaspoon toasted sesame oil

For the summer rolls:

- 24 medium shrimp (about 1 pound), peeled and deveined (**omit shrimp for vegetarian and replace with firm tofu**)
- 4 ounces dried rice stick noodles or rice vermicelli
- 16 (8-1/2-inch) round rice paper wrappers
- 1 cup mung bean sprouts (about 3 ounces) or other bean sprouts
- 32 medium fresh mint leaves (from about 1 bunch)
- 32 fresh basil or Thai basil leaves
- 16 small fresh cilantro sprigs
- 2 serrano chiles, stemmed, halved, seeds removed, and thinly sliced lengthwise into 32 pieces (optional)
- 1 medium English cucumber, peeled and cut into 1/4-by-1/4-by-2-1/2-inch sticks
- 3 medium scallions, quartered lengthwise, then cut crosswise into 2-1/2-inch pieces (white and light green parts only)
- 8 Bibb lettuce leaves, cut in half

INSTRUCTIONS

For the peanut sauce:

Whisk all of the ingredients together in a medium bowl; set aside.

For the summer rolls:

Bring a medium saucepan of water to a boil over high heat. Add the shrimp and cook until bright pink and just opaque, about 1 1/2 minutes. Drain in a colander and run under cold water until cool. Pat the shrimp dry with paper towels and place on a cutting board.

Holding your knife parallel to the cutting board, halve each shrimp horizontally.

Place in a medium bowl, cover with plastic wrap, and refrigerate.

Cook the rice noodles according to the package directions. Drain and set aside.

Place all of the ingredients in separate containers and arrange them in the following order around a work surface: rice paper wrappers, shrimp, rice noodles, bean sprouts, mint, basil, cilantro, serrano (if using), cucumber, scallions, and lettuce.

Place a clean, damp kitchen towel on a work surface. Fill a medium

frying pan or wide, shallow dish large enough to hold the rice paper wrappers with hot tap water. Working with 1 wrapper at a time, completely submerge the wrapper until it is soft and pliable, about 15 seconds. Remove the wrapper from the water and place it on the towel.

Working quickly, lay 3 shrimp halves in a row, cut side up, just above the center of the wrapper, leaving about 1 inch of space on each side. Layer a scant 1/4 cup of the rice noodles over the shrimp, followed by a few bean sprouts, 2 of the mint leaves, 2 of the basil leaves, 1 sprig of cilantro, and 2 pieces of serrano, if using. Place 4 of the cucumber sticks and 2 of the scallion pieces on either side of the noodle pile. Roll one piece of lettuce into a cigar shape and place it on top of the noodle pile.

Fold the bottom half of the rice paper wrapper over the filling. Holding the whole thing firmly in place, fold the sides of the wrapper in.

Then, pressing firmly down to hold the folds in place, roll the entire wrapper horizontally up from the bottom to the top.

Turn the roll so that the seam faces down and the row of shrimp faces up. Place it on a rimmed baking sheet and cover loosely with plastic wrap. Repeat with the remaining wrappers and fillings. Leave 3/4 inch between each summer roll on the sheet so they don't stick together, and replace the water in the pan or dish with hot tap water as needed.

If not serving immediately, keep the summer rolls tightly covered with plastic wrap at room temperature for up to 2 hours. Serve with the peanut sauce for dipping.



Source: Chow.com

4. Japanese Sesame Green Beans

□

Original recipe makes 4 servings

- 1 tablespoon canola oil
- 1 1/2 teaspoons sesame oil
- 1 pound fresh green beans, washed
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

Directions

Warm a large skillet or wok over medium heat. When the skillet is hot, pour in canola and sesame oils, then place whole green beans into the skillet. Stir the beans to coat with oil. Cook until the beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, and stir in soy sauce; cover, and let sit about 5 minutes. Transfer to a serving platter, and sprinkle with toasted sesame seeds.

Mains

1. East Indian Masala Fish

Serves 4

Step a)

1 ¼ pound halibut or cod

½ tsp salt

Step b)

2-4 tbsp oil

1 cup chopped fresh tomato

1 tbsp tomato paste

1/8 tsp crushed ginger

1 tsp crushed garlic

½ tsp crushed hot pepper

½ tsp chili powder (or to taste)

1 ½ tsp coriander powder

1 tsp cumin powder

½ tsp salt

¼ tsp turmeric

½ tsp mustard powder or crushed seeds

¼ cup water

Garnish: coriander

Clean fish and salt it and then sautee in pan with some oil until cooked through. Remove fish and set aside.

Heat oil in frying pan, and add all ingredients from step B. Cook over medium heat until liquid is evaporated and mixture is quite dry.

Coat each piece of fish well with sauce and arrange on plate.

Garnish with coriander leaves. Serve with pita bread, roti or nan.

Source: A Spicy Touch: Volume 1, Indian Cooking with a Contemporary Approach by Noorbanu Nimji

2. **Moroccan Lamb Tagine with Honey and Apricots**

4-6 servings as a main

2 pounds boneless **lamb** shoulder, trimmed of fat (about 1 1/2 pounds)

1 teaspoon ground turmeric

1 teaspoon ground **ginger**

1 1/4 teaspoons salt

2 tablespoons vegetable oil

1 1/2 cups diced onions

3 large **garlic cloves**, minced

1 cup chicken broth

8 threads Spanish saffron, crushed

16 fresh cilantro sprigs, tied together with a cotton string

1 cup dried, pitted apricots

1/2 cup golden raisins

1 onion, halved and thinly sliced

2 tablespoons honey

1 teaspoon ground **cinnamon**

1/2 teaspoon freshly ground pepper

Cilantro sprigs, for garnish

Whole wheat couscous to serve with tagine

Directions

Cut lamb into 1 1/2-inch cubes and place in a medium-sized bowl. Season the lamb with turmeric, ginger and 1/2 teaspoon salt.

Heat a [tagine](#) or [Dutch oven](#) over high heat. Add 1 tablespoon of the [vegetable oil](#) and half of the seasoned lamb. Cook the lamb until browned on all sides, 2 to 3 minutes. Using a slotted spoon, remove the lamb from the pan and set aside. Repeat with remaining oil and lamb.

Return the seared lamb to the pan and add the diced [onions](#). Cook, stirring to get the browned bits off the bottom of the pan, for 3 to 4 minutes. Add the garlic and cook for 1 minute. Add the [chicken broth](#), [saffron](#), and cilantro bundle and bring the mixture to a boil. Reduce the heat to medium-low and cook, covered, for 1 1/2 hours, or until the meat is tender.

Pour 1 cup of boiling water over the [apricots](#) and [raisins](#) and let sit for 20 minutes. Strain and set the fruit aside.

Using a slotted spoon, remove the meat, place it on a clean plate, and keep warm. Bring the remaining liquid in the pan to a simmer. Add the sliced onions, apricots, raisins, [honey](#), cinnamon, ground pepper, and 3/4 teaspoon salt. Return the liquid to a [simmer](#) and cook for 6 to 8 minutes, or until mixture is slightly thickened. Add the cooked lamb back into the [sauce](#) and cook to heat through, about 2 minutes. [Garnish](#) with fresh [cilantro](#) sprigs.

Serve with whole wheat couscous.

Source: Foodnetwork.com (Emeril Lagasse)

3. Shanghai Fried Noodles

Optional: To make **VEGETARIAN**, omit flank steak

Makes 4 servings

- 1 pound fresh Shanghai noodles, or Japanese udon noodles
- 2 tablespoons Chinese rice wine
- 1 tablespoon [hoisin sauce](#)
- 1 teaspoon cornstarch
- 12 ounces [flank steak](#), sliced into 1/4-inch strips
- 3 tablespoons dark soy sauce
- 1 tablespoon [soy sauce](#)
- 1/2 teaspoon sugar
- 2 tablespoons [peanut oil](#)
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 1/2 teaspoon minced green onions, plus 1 cup cut-on-a-bias green onions
- 3 cups julienned [Napa cabbage](#)
- 1/2 teaspoon minced jalapeno

Directions

In a large pot of boiling salted water, cook the noodles until [al dente](#), about 8 minutes. Rinse under cold running water and drain well. Set aside. In a small bowl, combine the [rice wine](#), hoisin, and [cornstarch](#). Add the beef, toss to coat, and marinate for 15 minutes. In another bowl, combine the dark soy, soy sauce and sugar, and stir well to dissolve the sugar. Place a wok over a high heat and add 1 tablespoon of the peanut oil, swirling to coat. When hot, add the garlic, ginger, and minced green onions, and cook, stirring quickly, for 10 seconds. Add the beef and stir-fry for 3

minutes. Add the cabbage and [stir-fry](#) for 3 minutes. Transfer to a platter and return the wok to a high heat. Swirl the remaining tablespoon of peanut oil in the wok and once hot, add the noodles to the pan and stir-fry for 1 minute. Add the sliced [green onions](#) and [jalapeno](#) and sauce and toss all for 1 minute. Add the beef and stir to heat through. Serve immediately.

Source: Foodnetwork.com (Emeril Lagasse)

4. Kuku Paka (East African Chicken in Coconut Sauce)

Serve with Basmati Rice. Serves 4-5.

1 small onion, finely chopped

3 tbsp oil

2 ¼ lbs skinless chicken thighs/breasts

1 medium tomato, finely chopped

½ tsp crushed garlic

½ tsp crushed ginger

¼ - 1 tsp hot pepper

½ - 1 tsp chili powder

1 tsp salt

½ tsp cumin powder

½ tsp coriander powder

1/8 tsp tumeric powder

2 ½ cups water

*3 ½ oz pkg unsweetened coconut cream powder (**can replace water and coconut cream powder with about 2 cups coconut milk**)*

4 boiled eggs (optional)

4 boiled potatoes
½ cup whipping cream
1 tbsp chopped coriander leaves
2-3 tbsp lemon juice (to taste)

Saute onion in oil on medium heat until soft

Add chicken, tomatoes, garlic, ginger, hot pepper and the rest of the DRY ingredients.

Cook for 2 minutes, then add coconut milk or water.

Continue cooking on medium heat until chicken is done.

The sauce should not quite cover the chicken – add more water if too thick.

Add eggs, potatoes, whipping cream, fresh coriander and lemon juice. Stir well and cook another 2-3 minutes.

Serve immediately over basmati rice (white or brown).



Source: A Spicy Touch: Volume 1, Indian Cooking with a Contemporary Approach by Noorbanu Nimji

Desserts

1. Lemon Cheesecake with Gingersnap Crust

2 cups ground gingersnap cookies

6 tablespoons (3/4 stick) unsalted butter, melted

Filling

5 8-ounce packages cream cheese, room temperature

2 cups sugar

1/4 teaspoon salt

7 large eggs

3 cups (24 ounces) sour cream

2 tablespoons (packed) finely grated lemon peel

2 tablespoons fresh lemon juice

For crust: Preheat oven to 350°F. Stir cookie crumbs and butter in medium bowl until evenly moistened. Press mixture onto bottom of 9-inch-diameter removable-bottom cheesecake pan with 3-inch-high sides. Bake crust until deep golden, about 12 minutes. Cool completely. Reduce oven temperature to 325°F. Stack 3 large sheets of foil on work surface. Place same cake pan in center. Gather foil snugly around pan bottom and up sides to waterproof.

For filling: Using electric mixer, beat cream cheese in large bowl until smooth and fluffy. Gradually beat in sugar, then salt. Beat in eggs, 1 at a time. Beat in sour cream, grated lemon peel, and lemon juice. Pour filling into pan. Place wrapped cake pan in large roasting pan. Pour enough hot water into roasting pan to come halfway up sides of cake pan. Bake cake until filling is slightly puffed and moves only slightly when pan is shaken gently, about 1 hour 25 minutes. Remove cake pan from water bath; remove foil. Cool cake in pan on rack 2 hours. Chill uncovered until cold; cover and keep chilled at least 1 day and up to 2 days. Cut around pan sides; carefully loosen pan bottom from sides and push up pan bottom to release cake. Place cake (still on pan bottom) on platter.

Test-kitchen tips □ **The pan:** It must be three inches high to hold all the filling. If your nine-inch springform pan is that high, it can be used instead. □ **The cream cheese:** For best results, use Philadelphia brand. □ **The crust:** Grind the gingersnaps in the processor or place them in a heavy-duty plastic bag and finely crush them with a rolling pin. □

Source: Bon Appétit □ March 2005

2. Mango Kulfi (East Indian Ice Cream)

Serves 12

14 oz can evaporated milk

10 oz can condensed milk

28 oz can mango pulp

¼ tsp cardamom

5 strands saffron

Garnish: pistachios or almonds

Directions:

Blend all above ingredients in blender or with electric mixer.

Pour into shallow 3 L (12 inch x 8 inch) dish.

Leave in freezer until set. Remove 20 minutes prior to serving. Cut into square servings, and garnish with nuts.

Source: A Spicy Touch: Volume 1, Indian Cooking with a Contemporary Approach by Noorbanu Nimji

3. Spanish Spiced Almond Cake

serves 10

1 ¾ cups blanched whole almonds

6 large eggs, separated

1 ¼ cups superfine sugar

grated zest of 1 orange

grated zest of 1 lemon

1 tsp cinnamon

4 drops almond extract

½ tsp vanilla extract

confectioners/icing sugar for dusting

Optional: Serve with apricot jam and/or whipping cream and/or berries.

Preheat oven to 350 degrees F. Finely grind almonds in a food processor.

With an electric mixer, beat egg yolks with the sugar to a smooth pale cream. Beat in the zests, almond extract, vanilla and cinnamon.

Add the ground almonds and mix very well.

With clean beaters, beat the egg whites in a large bowl until stiff peaks form. Fold them into the egg and almond mixture (the mixture is thick so you will need to turn it over quite a bit into the egg whites).

Grease an 11 inch springform pan, preferably nonstick, with butter and dust it with flour. Pour in the cake batter and bake in preheated 350 degree F oven for 40 min or until feels firm to the touch. Let cool before turning out. Just before serving, dust top with confectioners sugar.

Optional: Can serve each slice with apricot jam, whipping cream and/or sliced berries.

Source: The Food of Spain, by Claudia Roden