

Mrs. Zameena Firaz
123/3, Anderson Road,
Dehiwela.
Tel: 2737624 / 0772293002

ITALIAN RECIPES

Spaghetti Bolognese

Spaghetti - 1 pkt
Water – 4 pint
Salt – 1 tsp
Oil – 1 tbs
Oregano – ¼ tsp

Add everything into the water. Allow the water to boil, then add the spaghetti and cook for 20-25 min. once it's done put cold water into it and drain it.

Butter

Astra – 2 oz
Oregano – ¼ tsp
Salt – ¼ tsp
Pepper – ¼ tsp

Do this mixture in a pan and add the boiled spaghetti and mix it.

Ingredients:

Sauce
Astra – 2 oz
G & G paste – 1 tsp
Bombay onion – 1 (chopped)
Chillie powder – 1 tsp (heap)
Curry powder – 1 tsp (heap)
Sugar – 2 tsp (heap)
Minced meat – 250 g
Salt – 1 ¼ tsp (heap)
Vinegar – 1 tsp
Pepper – 1 tsp (heap)
Parsley – 2 tsp (chopped)
Oregano – ½ tsp
Tomato puree – 7-8 tbs
Water – ¼ cup

Method:

Add everything one by one & cook till boils. Once the sauce is done (3-5 min). remove from the fire and assemble it.

Assemble

Boil the spaghetti. Butter it & put in a dish, and pour the sauce over and garnish with grated cheese and parsley.

Lasagna with Cheese – Bianconi

Lasagna – 1 pkt

Ingredients:

Astra – 2 oz
G & G paste – 1 tsp
Bombay onion – 1
Chillie powder – ¼ tsp (heap)
Pepper – ½ tsp (heap)
Sugar – 1 tsp (heap)
Minced meat – 300 -350g
Salt – 1 ½ tsp (heap)
Tomato puree – 4 tbs
Parsley – 1 tsp
Water – ¼ cup
Oregano – ½ tsp

In a pan add one by one cook till it boils.

Cheese – 6 tsp

Cook till thickens.

Method:

Do the macaroni and mix the sauce filling or pour the sauce on top and sprinkle with parsley.

Baked Macaroni

Macaroni – ½ pkt
(Boiled & buttered)

Ingredients:

Sause
Astra – 1 oz
G & G paste – 1 tsp
Marinated chicken – 200g (boiled & shredded)
Chillie powder – ½ tsp
Pepper- ½ tsp
Salt – 1 tsp
Chillie paste – 1 tbs
Tomato sauce – 2 tbs
Sugar – 1 tsp
Bombay onion – 3 sliced
Capcicum – 3 sliced
Big tomato – 1 sliced
Cook for some time
Shredded chicken
Mayonnaise – 4 tbs
Boiled macaronis
Bread crumbs (fresh) – 12 tbs
Off the fire
Mix and add egg – 1

Cheese sauce

Astra – 3 oz
Flour – 2 tsp (heap)
Fresh milk – 3 cups
Salt – ½ tsp
Cheese – 1 tsp

Method:

Add one by one and cook with the whiskers until boils.

Stock

Hot water – ¼ cup
Soup cubes – 1
Egg mixture – 1 egg, cheese – 2 tbs

Assembling

In a Pyrex dish arrange the lasagna sheets 3-4. On top over that add the curry, on to that add cheese sauce like that repeat this 2-3 times. Add the top layer put the cheese sauce and put the stock right round and bake it. Apply butter to a foil cover and bake for 20-25 min in 200'C. take put the foil and bake for another 20 min, pour the egg mixture on top & keep for 3-5 min before taking it out.

Method:

Make the filling & mix with the macaronis. Put it in a Pyrex dish and press firmly. Then sprinkle some fresh bread crumbs & put a butter or cheese on top and bake in a preheated oven (200) for 15-20 min. at last spread a little tomato sauce, mayonnaise on top (1-2 tbs).

Vermicelli with chicken and mushrooms

Vermicelli – ½ pkt (boiled and buttered)

Marinade:

Chicken breast – 1

Vinegar – 1 tsp, salt – ½ tsp, pepper – ½ tsp

Oregano – ¼ tsp

Cooking sauce – 1 tsp

Sauce

Astra – 1 oz

Crushed garlic – 2 pod

Marinated chicken

Chillie powder – ¼ tsp

Oregano – ½ tsp

Pepper – ¼ tsp

Bombay onion- 1 (chopped)

Button mushroom/ normal mushroom – 5-6 pcs (sliced)

Red tomato – 1

Sugar – ½ tsp

Green pepper – 1

Parsley – 2 tsp

Celery – 1 stock

Zucchini (sliced)

Salt – ½ tsp

Mushroom sauce

Astra – 1 oz

Flour – 1 tsp (heap)

Milk – 1 cup

Spinach – 5 big leaves

Salt – ¼ tsp

Pepper – ¼ tsp

Cheese to sprinkle over

Cook the sauce till thickens.

Method:

Boil the vermicelli butter and keep a side. Do the sauce and mix ½ with vermicelli the other half put on top, do the mushroom sauce pour right round and sprinkle with cheese.

Macaroni With Chicken And Cheese Or Prawns

Macaroni – 1 pkt (boiled and buttered)

Marinade:

Chicken breast – 1

Vinegar – 1 tsp, salt – ½ tsp, pepper – ½ tsp, oregano – ¼ tsp, 1 tsp cooking sauce

OR

Prawn – 250g or fish 250 g (boiled)

Pepper – 2 tsp

Salt – 1 tsp

Oregano – ½ tsp

Ingredients:

Sauce

Astra butter – 100g

G & G paste – 1 tsp

Big onion – 1 chopped

Parsley – 4 tsp

Grounded mustard – 1 tsp (heap)

Oregano – ½ tsp

Salt – 1tsp

Add the boiled macaroni. Then add the shredded chicken or the boiled prawns.

Mustard sauce:

Astra – 4 oz

Flour – 4 tsp (heap)

Grounded mustard – 2 tsp

Milk – 4 cups

Pepper – 1 tsp

Salt – 1 tsp

Cheese – 6 tsp

Cook till thickens.

Method:

Do the macaroni and mix the sauce filling or pour the sauce on top and sprinkle with parsley.

Mrs. Zameena Firaz
123/3, Anderson Road,
Dehiwela.
Tel: 2737624 / 0772293002

Lamprais

1 kg rice – samba wash& drained

Ingredients:

Ghee – 6 tbs
Oil – 1 tbs
G & G – 1 tbs
Rampa -2 inch
Curry leaves – 2 spring
Sera – 2 inch
C & C – ½ tsp
Onion – 100g
Salt – 2 tsp

Mutton stock

Ingredients:

mutton bones
water – 8-9 cups
salt – 2 tsp
cinnamon stick – 2''
pepper corn - 10
cardoman - 5
cloves - 3
Bombay onion – 1 chopped
10 min pressure boil

Method:

Wash and drain the rice. Temper the rice for 10 to 15 min. put the stock if not enough. Add water up to 1 crease and cook.

Lampry Curry

Ingredients:

Marinade:

If only chicken – 1 kg
Or beef – 500g
Chicken – 500g (together)
Salt – 2tbs

All the roasted stuffs

Roasting Stuffs

Ingredients:

Coriander seed – 2tbs
Red dried chillie – 20
Cumin seed – 1 tsp
Sweet cumin seed – ¼ tsp
Cardomans – 4
Cloves – 3
Peer corn – 1tsp

Roast all the above ingredients without oil and grind it. And marinade over the chicken and keep for 1-2 hrs.

Tempering

Ingredients:

Oil – 4 tbs
G & G – 1 tbs
Curry leaf
Cinnamon – 2" piece
Bombay onion – 1
Turmeric – ½ tsp
(Marinated chicken)
Thin milk – 1 cup
(Cook for 5-10 min)
Thick milk – 1 cup
Prawn powder – 4 tbs
Roasted coconut powder – 2 tbs
Lime juice – 2 tbs
Salt – ½ tsp

Method:

Heat the oil in a pan and add up to turmeric powder, then put the marinated meats. Cook for 5 min and then add the thin milk (cover and cook for ½ hrs – 45 min). Cook all the gravy till simmers. Add 1 cup thick milk, prawn powder, roasted coconut, salt and off the flame add lime juice at last.

Fried Ash Plantain Curry**Ingredients:**

Ash plantain – 500-750g
Little turmeric and deep fry
Oil – 2 tbs
Curry leaves – 1 tbs
Cinnamon – 1 inch
Bombay onion – 1 chopped
Green chillies – 3
Coriander powder – 1 tbs
Sweet cumin powder – ¼ tsp
Cumin powder – 1 tsp
Chillie powder – 1 tsp
Turmeric – ¼
Uluhal – ½ tsp
Thin milk – 1 cup
Add fried ash plantain
Salt – 1 tsp
Thick milk – ½ cup

Method:

Cut the ash plantain in to smaller cubes mix with turmeric & deep fry combine all the ingredients up to salt & cook till simmer (before salt add thin milk then fried ash plantain). At last add thick milk and off the flame.

Brinjal curry for Lumpri

Ingredients:

Brinjal – 500-750g
Little turmeric and deep fry
Oil – 3 tbs
G & G – 1bs
C & C – ½ tsp
Curry leaves
Bombay onion – 1
Green chillie – 2
Coriander powder – 1 tbs
Cumin powder – 1tbs
Sweet cumin powder – ½ tsp
Chillie powder – 1 tbs
Maldiv fish – 2 tbs
Thin milk – 1 cup
Vinegar – 1 tbs
Thick milk – 3 ounce
Salt – 1 tsp

Method:

Fry the brinjals. Add oil in a pan now start adding one by one up to the thin milk. Cover and cook then add fried brinjals and vinegar, salt. At last add thick milk and off the flame.

Prawn Blachan

Ingredients:

Oil – 2tbs
G & G – 1 tsp
Chillie powder – 2 tbs (level)
Sugar – 1 tsp (heap)
Prawn powder – 6 tbs
Roasted coconut powder – 1 cup
Thick milk – 2 tbs
Lime juice – 3 ½ tbs
Salt – ¼ tsp (taste and add)

Add one by one and make the prawn balachn.

Cutlets

Ingredients:

Oil – 3 tbs
Curry leaves – 2 spring
G & G – 1 tsp
Bombay onion – 1
Green chillie – 3
Salmon- 1 tin small
Chillie powder – ¼ tsp
Pepper – ½ tsp
Salt – ½ tsp
Boiled potato – 200g

Combined everything one by one and make cutlet balls. Finally deep fry.