# INTRODUCTION TO PASTRY

Pastry is [baked](https://en.m.wikipedia.org/wiki/Baking) food made with a [dough](https://en.m.wikipedia.org/wiki/Dough) of [flour](https://en.m.wikipedia.org/wiki/Flour), [water](https://en.m.wikipedia.org/wiki/Water) and [shortening](https://en.m.wikipedia.org/wiki/Shortening) (solid fats, including [butter](https://en.m.wikipedia.org/wiki/Butter) or [lard](https://en.m.wikipedia.org/wiki/Lard)) that may be savoury or sweetened. Sweetened pastries are often described as [bakers' confectionery](https://en.m.wikipedia.org/wiki/Flour_confections). The word "pastries" suggests many kinds of [baked products](https://en.m.wikipedia.org/wiki/Baking) made from [ingredients](https://en.m.wikipedia.org/wiki/Ingredients) such as [flour](https://en.m.wikipedia.org/wiki/Flour), [sugar](https://en.m.wikipedia.org/wiki/Sugar), [milk](https://en.m.wikipedia.org/wiki/Milk), [butter](https://en.m.wikipedia.org/wiki/Butter), [shortening](https://en.m.wikipedia.org/wiki/Shortening), [baking powder](https://en.m.wikipedia.org/wiki/Baking_powder), and [eggs](https://en.m.wikipedia.org/wiki/Egg_(food)). Small [tarts](https://en.m.wikipedia.org/wiki/Tarts) and other sweet baked products are called pastries. Common pastry dishes include [pies](https://en.m.wikipedia.org/wiki/Pie), [tarts](https://en.m.wikipedia.org/wiki/Tarts), [quiches](https://en.m.wikipedia.org/wiki/Quiche), [croissants](https://en.m.wikipedia.org/wiki/Croissant), and [pasties](https://en.m.wikipedia.org/wiki/Pasty).

The French word [pâtisserie](https://en.m.wikipedia.org/wiki/P%C3%A2tisserie) is also used in English (with or without the accent) for the same foods. Originally, the French word pastisserie referred to anything, such as a meat pie, made in dough (paste, later pâte) and not typically a luxurious or sweet product. This meaning still persisted in the nineteenth century, though by then the term more often referred to the sweet and often ornate confections implied today.

Pastry can also refer to the pastry dough, from which such baked products are made. Pastry dough is rolled out thinly and used as a base for baked products.

Pastry is differentiated from [bread](https://en.m.wikipedia.org/wiki/Bread) by having a higher fat content, which contributes to a flaky or crumbly texture. A good pastry is light and airy and fatty, but firm enough to support the weight of the filling. When making a [short crust pastry](https://en.m.wikipedia.org/wiki/Shortcrust_pastry), care must be taken to blend the fat and flour thoroughly before adding any liquid. This ensures that the flour granules are adequately coated with fat and less likely to develop [gluten](https://en.m.wikipedia.org/wiki/Gluten). On the other hand, overmixing results in long gluten strands that toughen the pastry. In other types of pastry such as [Danish pastry](https://en.m.wikipedia.org/wiki/Danish_pastry) and [croissants](https://en.m.wikipedia.org/wiki/Croissant), the characteristic flaky texture is achieved by repeatedly rolling out a dough similar to that for [yeast](https://en.m.wikipedia.org/wiki/Yeast) bread, spreading it with butter, and folding it to produce many thin layers.

## **TYPES OF PASTRY**

[**Short crust pastry:**](https://en.m.wikipedia.org/wiki/Shortcrust_pastry)

Short crust pastry is the simplest and most common pastry. It is made with flour, fat, butter, salt, and water to bind the dough. pâte brisée is the French version of classic pie or tart short crust pastry. The process of making pastry includes mixing of the fat and flour, adding water, chilling and then rolling out the dough. Chilling before rolling is essential since it enables the fat (lard, butter etc.) to harden again and thus create flaky layers in the dough. It also allows for even hydration and inhibits gluten formation. This results in a tender flaky pastry. The fat is mixed with the flour first, generally by rubbing with fingers or a [pastry blender](https://en.m.wikipedia.org/wiki/Pastry_blender), which inhibits [gluten](https://en.m.wikipedia.org/wiki/Gluten) formation by coating the gluten strands in fat and results in a short (as in crumbly; hence the term short crust), tender pastry. A related type is the sweetened [sweet crust pastry](https://en.m.wikipedia.org/wiki/Shortcrust_pastry#Sweet), also known as pâte sucrée, in which sugar and egg yolks have been added (rather than water) to bind the pastry.

[**Flaky pastry**](https://en.m.wikipedia.org/wiki/Flaky_pastry)**:**

Flaky pastry is a simple pastry that expands when cooked due to the number of layers. It bakes into a crisp, buttery pastry. The "puff" is obtained by the shard-like layers of fat, most often butter or shortening, creating layers which expand in the heat of the oven when baked.

[**Puff pastry**](https://en.m.wikipedia.org/wiki/Puff_pastry)**:**

Puff pastry has many layers that cause it to expand or "puff" when baked. Puff pastry is made using a [laminated dough](https://en.m.wikipedia.org/wiki/Laminated_dough) consisting of flour, butter, salt, and water. The pastry rises up due to the water and fats expanding as they turn into steam upon heating. Puff pastry come out of the oven light, flaky, and tender.

[**Choux pastry**](https://en.m.wikipedia.org/wiki/Choux_pastry)**:**

Choux pastry is a very light pastry that is often filled with [cream](https://en.m.wikipedia.org/wiki/Cream). Unlike other types of pastry, choux is in fact closer to a dough before being cooked which gives it the ability to be piped into various shapes such as the [éclair](https://en.m.wikipedia.org/wiki/%C3%89clair_(pastry)) and [profiterole](https://en.m.wikipedia.org/wiki/Profiterole). Its name originates from the French choux, meaning [cabbage](https://en.m.wikipedia.org/wiki/Cabbage), owing to its rough cabbage-like shape after cooking.

Choux begins as a mixture of milk or water and butter which are heated together until the butter melts, to which flour is added to form a dough. Eggs are then beaten into the dough to further enrich it. This high percentage of water causes the pastry to expand into a light, hollow pastry. Initially, the water in the dough turns to steam in the oven and causes the pastry to rise; then the starch in the flour [gelatinizes](https://en.m.wikipedia.org/wiki/Starch_gelatinization), thereby solidifying the pastry. Once the choux dough has expanded, it is taken out of the oven; a hole is made in it to let the steam out. The pastry is then placed back in the oven to dry out and become crisp. The pastry is filled with various flavors of cream and is often topped with [chocolate](https://en.m.wikipedia.org/wiki/Chocolate). Choux pastries can also be filled with ingredients such as cheese, tuna, or chicken to be used as appetizers.

[**Phyllo**](https://en.m.wikipedia.org/wiki/Phyllo) **(Filo):**

Phyllo is a paper-thin pastry dough that is used in many layers. The phyllo is generally wrapped around a filling and brushed with butter before baking. These pastries are very delicate and flaky.

[**Hot water crust pastry**](https://en.m.wikipedia.org/wiki/Hot_water_crust_pastry)**:**

Hot water crust pastry is used for [savoury](https://en.wiktionary.org/wiki/savory) [pies](https://en.m.wikipedia.org/wiki/Pie), such as [pork pies](https://en.m.wikipedia.org/wiki/Pork_pie), [game pies](https://en.m.wikipedia.org/wiki/Game_pie) and, more rarely, [steak and kidney pies](https://en.m.wikipedia.org/wiki/Steak_and_kidney_pie). Hot water crust is traditionally used for making hand-raised pies. The usual ingredients are hot water, [lard](https://en.m.wikipedia.org/wiki/Lard) and [flour](https://en.m.wikipedia.org/wiki/Flour), the pastry is made by heating water, melting the fat in this, bringing to the boil, and finally mixing with the flour. This can be done by beating the flour into the mixture in the pan, or by [kneading](https://en.m.wikipedia.org/wiki/Kneading) on a [pastry board](https://en.m.wikipedia.org/w/index.php?title=Pastry_board&action=edit&redlink=1). Either way, the result is a hot and rather sticky paste that can be used for hand-raising: shaping by hand, sometimes using a dish or bowl as an inner mound. As the crust cools, its shape is largely retained, and it is filled and covered with a crust, ready for baking. Hand-raised hot water crust pastry does not produce a neat and uniform finish, as there will be sagging during the cooking of the filled pie, which is generally accepted as the mark of a hand-made pie.

## **DEFINITIONS**

**SWEDISH** [**CINNAMON ROLLS**](https://en.m.wikipedia.org/wiki/Cinnamon_roll)

* Pastry: A type of food used in dishes such as pies or [strudel](https://en.m.wikipedia.org/wiki/Strudel).
* [Pastry bag](https://en.m.wikipedia.org/wiki/Pastry_bag) or piping bag: A disposable or reusable bag that is often cone-shaped, used to make an even stream of dough, [frosting](https://en.m.wikipedia.org/wiki/Icing_(food)), or flavored substance to form a structure, decorate a baked item, or fill a pastry with a custard, cream, [jelly](https://en.m.wikipedia.org/wiki/Fruit_preserves), or other filling.
* Pastry board: A square or oblong board, preferably marble but usually wood, on which pastry is rolled out.
* Pastry brake: Opposed and counter-rotating rollers with a variable gap through which pastry can be worked and reduced in thickness for commercial production. A small version is used domestically for [pasta](https://en.m.wikipedia.org/wiki/Pasta) production.
* Pastry case: An uncooked or blind baked pastry container used to hold savory or sweet mixtures.
* [Pastry cream](https://en.m.wikipedia.org/wiki/Pastry_cream): Confectioner's custard. An egg- and flour-thickened custard made with sweetened milk flavored with vanilla. It is traditionally used as a filling for flans, cakes, pastries, tarts, etc. The flour prevents the egg from curdling.
* Pastry cutters: Various metal or plastic outlines of shapes, e.g. circles, fluted circles, diamonds, gingerbread men, etc., sharpened on one or both sides and used to cut out corresponding shapes from biscuit, scone, pastry, or cake mixtures.
* [Pastry blender](https://en.m.wikipedia.org/wiki/Pastry_blender): A kitchen implement used to chop the fat into the flour, which prevents the melting of the fat with body heat from fingers, and improves control of the size of the fat chunks. Usually constructed of wire or plastic, with multiple wires or small blades connected to a handle.
* [Viennoiserie](https://en.m.wikipedia.org/wiki/Viennoiserie): French term for "Viennese pastry," which, although it technically should be yeast raised, is now commonly used as a term for many [laminated](https://en.m.wikipedia.org/wiki/Laminated_dough) and puff- and choux-based pastries, including [croissants](https://en.m.wikipedia.org/wiki/Croissants), [brioche](https://en.m.wikipedia.org/wiki/Brioche), and [pain au chocolate](https://en.m.wikipedia.org/wiki/Pain_au_chocolat).

## **CHEMISTRY:**

Different kinds of pastry doughs are made by utilizing the natural characteristics of wheat flour and certain fats. When wheat flour is mixed with water and kneaded into plain dough, it develops strands of gluten, which are what make bread tough and elastic. In a typical pastry, however, this toughness is unwanted, so fat or oil is added to slow down the development of gluten. Pastry flour can also be used, since it typically has a lower level of protein than all-purpose or bread flours.

[Lard](https://en.m.wikipedia.org/wiki/Lard) or [suet](https://en.m.wikipedia.org/wiki/Suet) work well because they have a coarse, crystalline structure that is very effective. Using unclarified butter does not work well because of its water content; [clarified butter](https://en.m.wikipedia.org/wiki/Clarified_butter), or [ghee](https://en.m.wikipedia.org/wiki/Ghee), which is virtually water-free, is better, but short crust pastry using only butter may develop an inferior texture. If the fat is melted with hot water or if liquid oil is used, the thin oily layer between the grains offers less of an obstacle to gluten formation and the resulting pastry is tougher.

## **HISTORY**

**Russian** [**pirozhki**](https://en.m.wikipedia.org/wiki/Pirozhki)

The European tradition of pastry-making is often traced back to the short crust era of flaky doughs that were in use throughout the Mediterranean in ancient times. In the ancient Mediterranean, the Romans, Greeks and Phoenicians all had filo-style pastries in their culinary traditions. In the plays of [Aristophanes](https://en.m.wikipedia.org/wiki/Aristophanes), written in the 5th century BC, there is mention of sweetmeats, including small pastries filled with fruit. [Roman cuisine](https://en.m.wikipedia.org/wiki/Ancient_Roman_cuisine) used flour, oil and water to make pastries that were used to cover meats and [fowls](https://en.m.wikipedia.org/wiki/Fowl) during baking in order to keep in the juices, but the pastry was not meant to be eaten. A pastry that was meant to be eaten was a richer pastry that was made into small pastries containing eggs or little birds and that were often served at banquets. Greeks and Romans both struggled in making a good pastry because they used oil in the cooking process, and oil causes the pastry to lose its stiffness.

In the [medieval cuisine](https://en.m.wikipedia.org/wiki/Medieval_cuisine) of [Northern Europe](https://en.m.wikipedia.org/wiki/Northern_Europe), pastry chefs were able to produce nice, stiff pastries because they cooked with shortening and butter. Some incomplete lists of ingredients have been found in medieval cookbooks, but no full, detailed versions. There were stiff, empty pastries called coffins or '[huff paste](https://en.m.wikipedia.org/wiki/Huff_paste)', that were eaten by servants only and included an [egg yolk](https://en.m.wikipedia.org/wiki/Egg_yolk) glaze to help make them more enjoyable to consume. Medieval pastries also included small tarts to add richness.

It was not until about the mid-16th century that actual pastry recipes began appearing. These recipes were adopted and adapted over time in various European countries, resulting in the myriad pastry traditions known to the region, from Portuguese "[pastéis de nata](https://en.m.wikipedia.org/wiki/Pastel_de_nata" \o "Pastel de nata)" in the west to Russian "[pirozhki](https://en.m.wikipedia.org/wiki/Pirozhki)" in the east. The use of chocolate in pastry-making in the west, so commonplace today, arose only after Spanish and Portuguese traders brought chocolate to Europe from the New World starting in the 16th century. Many culinary historians consider French pastry chef [Antonin Carême](https://en.m.wikipedia.org/wiki/Antonin_Car%C3%AAme) (1784–1833) to have been the first great master of pastry making in modern times.

Pastry-making has a strong tradition in many parts of Asia. [Chinese pastry](https://en.m.wikipedia.org/wiki/Chinese_pastry) is made from rice, or different types of flour, with fruit, [sweet bean paste](https://en.m.wikipedia.org/wiki/Sweet_bean_paste) or [sesame](https://en.m.wikipedia.org/wiki/Sesame)-based fillings. The [mooncakes](https://en.m.wikipedia.org/wiki/Mooncakes) are part of Chinese [Mid-Autumn Festival](https://en.m.wikipedia.org/wiki/Mid_Autumn_Festival) traditions, while [cha Siu bao](https://en.m.wikipedia.org/wiki/Cha_siu_bao), steamed or baked pork buns, are a regular savory [dim sum](https://en.m.wikipedia.org/wiki/Dim_sum) menu item. In the 19th century, the British brought western-style pastry to the [Far East](https://en.m.wikipedia.org/wiki/Far_East), though it would be the French-influenced [Maxim](https://en.m.wikipedia.org/wiki/Maxim%27s_Caterers_Limited) in the 1950s that made western pastry popular in Chinese-speaking regions starting with [Hong Kong](https://en.m.wikipedia.org/wiki/Hong_Kong). The term "western cake" is used to refer to western pastry, otherwise Chinese pastry is assumed. Other Asian countries such as Korea prepare traditional pastry-confections such as [tteok](https://en.m.wikipedia.org/wiki/Tteok), [hangwa](https://en.m.wikipedia.org/wiki/Hangwa), and [yaksik](https://en.m.wikipedia.org/wiki/Yaksik) with flour, rice, fruits, and regional specific ingredients to make unique desserts. Japan also has specialized pastry-confections better known as [mochi](https://en.m.wikipedia.org/wiki/Mochi) and [manjū](https://en.m.wikipedia.org/wiki/Manj%C5%AB). Pastry-confections that originate in Asia are clearly distinct from those that originate in the west, which are generally much sweeter.

## **Pastry chefs:**

[Pastry chefs](https://en.m.wikipedia.org/wiki/Pastry_chef) use a combination of culinary ability and creativity for baking, decoration, and flavoring with ingredients. Many baked goods require a lot of time and focus. Presentation is an important aspect of pastry and dessert preparation. The job is often physically demanding, requiring attention to detail and long hours. Pastry chefs are also responsible for creating new recipes to put on the menu, and they work in restaurants, bistros, large hotels, casinos and bakeries. Pastry baking is usually done in an area slightly separate from the main kitchen. This section of the kitchen is in charge of making pastries, desserts, and other baked goods.

**PASTRIES**

**SECTION A: PIES**

**TYPES OF PIES**

1. Meat pie
2. Chicken pie
3. Turkey pie
4. Turkey / Mushroom pie
5. Mushroom pie
6. Cornish pie / corn beef pie
7. Fish pie
8. Shepard’s pie
9. Chicken empanada
10. Turkey empanada
11. Scotch pies (The king of pie)
12. Baked apple empanada
13. Butter pie
14. Steak and kidney pie
15. Sadine pie
16. Chicken and mushroom pie

**MEAT PIES**

Meat Pie Dough Recipes

**Ingredients Measurement**

* Flour 500g or 4 cups
* Butter/Margarine 250g
* Powdered milk (optional) 20g
* Eggs 2
* Salt / benny ½ Teaspoon
* Water 10 Tbsp

FOR 1Kg

* Flour 1kg 8 cups level
* Butter/ Margarine 500g
* Salt/benny half sachet / tsp
* Water Small quantity or 20 – 25ml
* Eggs 4
* Milk Optional (30-40g)

**METHOD OF PREPARATION**

* In a clean bowl sieve, the flour and salt or benny and milk
* Add margarine and butter and mix together to get a sandy texture
* Make a hole in the middle of the flour and break in the eggs, and little quantity of water (10 tsp- 15 tsp for 500g flour and 20-25ml of water for 1kg of flour)
* Mix to bind everything together, cover and allow to relax for about 10minutes (in the refrigerator) And this is called pastry (dough).

**MEAT PIE SAUCE (FILLING)**

* Meat (minced 1kg
* Irish potatoes 500g or less
* Carrots 150g or less
* Onions 1 big bulbs
* Curry powder 2tbsp or less
* Thyme 1tbsp or less
* Seasoning cubes (knor) As desired
* Salt To taste
* Vegetable oil As desired
* Corn flour (Thickener) 50g or 4tbsp

**METHOD OF PREPARATION**

* Peel and dice your potatoes into a very small cubes and set aside
* In a sauce pan, pour in the vegetable oil, let it heat for about 3-4 seconds, then add chopped onions and fry until is soften lightly brown
* Add the minced meat and continued stirring until it is cooked.
* While stirring add in your spices and seasoning cubes, and stir for 1 more minutes then add in the diced carrots and potatoes with little water and allow to cook for 2-3 minutes.
* Mix the corn flour with water and add with sauce and stir after aboutb3-5 seconds bring down the meat pie sauce.
* Allow to cool before use

**SHAPING AND FILLING OF THE MEAT PIE**

* Bring out the dough, cut the dough after rolling it flat, using a meat pie cutter or anything that can give you meat pie shape sloop in the filling i.e the sauce in the middle of the dough and using egg white to rub the edge of the dough before covering the edge of the dough using a fork or knife if you are not using mold
* Finally, grease the baking tray with butter or margarine arrange the meat pie inside the tray, then brush the surface of the meat pie with egg wash to give it a brownish and shiny look after baking.

NOTE: Preheat your oven for about 20- 25 minutes before putting the meat pie inside the oven and bake for about 35-40minutes or 20-25minutes depending on the setting of your oven.

**CHICKEN / TURKEY PIE (DOUGH):**

The dough for chicken or turkey pie is the same as the meat pie dough.

**CHICKEN / TURKEY PIE SAUCE**

**Ingredients Measurement**

* Chicken breast or turkey 500g or 1kg
* Irish potatoes 100g -200g
* Carrots 500g-100g
* Curry 1tbsp
* Thyme ½ tbsp
* Chicken Seasoning 2 tbsp
* Salt To taste
* Milk powder/liquid 1tin or 3tbsp
* Garlic / ginger paste ¼ tbsp
* Thickener (Corn flour /Flour) 1tbsp or more
* Vegetable oil As required

**METHOD OF PREPARATION**

* Wash the chicken / turkey very well and season the chicken/turkey and steam before boiling
* While your chicken or turkey is cooking, wash and diced your carrots and irish potatoes in small cube shape and set aside at this same time your chicken or turkey should be ready. Separate the chicken or the turkey from the stock and the bone and shred it using hand or fork.
* Heat vegetable in a sauce pan, add the diced onion and let it fry for about 2minutes stir in the flour and cook for just few seconds and gradually add the chicken stock with potatoes and carrots let it cook for just 3minutes, add the milk and the shredded chicken or turkey. Check For Seasoning and take off the heat

**NOTE:** You can choose not to use milk makes it very rich and gives it a unique taste you can also minced your chicken or turkey and follow the meat pie sauce method to prepare it.

* Roll out your dough and use a chicken pie hold or any of choice to cut out the dough then scoop the sauce and put it in the middle of the dough they using egg white as a glew or water to close the edge to allow opening when baking.
* Brush wash for a brownish and brighter look
* Bake in a preheated oven for about 35-40minutes depending on the setting of your oven.

**FISH PIE DOUGH**

**NOTE:** Same as the dough for meat pie

**FISH PIE SAUCE /FILLING**

**Ingredients Measurements**

* Fish (White) 1kg or 500g
* Irish potatoes 150g- 200g
* Carrot 30g
* Ginger/garlic paste 3g or ¼ tbsp
* Seasoning To taste
* Salt To taste
* Flour/corn flour 1tbsp ½ tbsp

**METHOD OF PREPARATION**

* Peel and cut the Irish potatoes /carrots into cube shape and set aside
* Poach the fish in small water until is cooked, remove the fish from the stock and the bone fish and shredded the fish using fork
* In a sauce pan, heat the oil or butter, stir the flour and cook for 2-3minutes
* Pour in the milk 150ml and the fish stock, Irish potatoes are carrot then cook until thickens. Then season with seasoning cubes, salt and pepper
* Add the flaked fish to the sauce stir and allow to boil for about 3minutes remove from the heat and is ready.

**NOTE:** Allow to cool before using, use any cutter or any shape you want to cut and roll out the dough, add the filling. i.e the sauce and cover the edge using egg white or water as glew and brush the surface with egg wash for brownish and brighter look.

Bake for about 35-40minutes in a pre-heated oven or even less depending the setting of the oven.

**MUSHROOM PIE WITH CHICKEN OR TURKEY**

For the mushroom pie dough, same dough for the meat pie can be used but the sauce and fillings differs.

**MUSHROOM PIE SUACE/FILLING**

**Ingredients Measurements**

1. Mushroom 1kg or 500g
2. Chicken or turkey(cooked) 300g-500g
3. Leak or celery 1tbsp
4. Heavy cream 1c
5. Flour 2-3tbsp
6. Thyme (fresh) 1 Stalk
7. Seasoning To taste
8. Onions 1medium size
9. Butter and oil 1tbsp butter and 1tbsp
10. Cheddar cheese (optional) 1cup

**METHOD OF PREPARATION**

1. Wash the mushroom and cut into desired shape and fry dry or grill to dehydrated the mushroom
2. Chop the chicken or turkey
3. In a sauce pan, add butter and a little oil, onion, leak or celery and mushroom thyme and stir
4. Add in the chicken or turkey and stir then add the flour and milk and season well with salt and pepper adding the shredded cheddar cheese and stir and turn off the heat.
5. Roll out 2/3 of the pastry and with it lime a lightly greased 8-9 then oven proof pie plate. Spread the sauce in it.
6. Moister edges of the pastry with cold water or egg white with cold water or then cover with the rest of the pastry, rolled out to forms lid.
7. Press the edges together to seal knock up with the back of a knife, then press into flutes.
8. Brush the top with beaten egg and milk
9. Decorate with parsley
10. Bake in a pre-heated oven for about 35-40minutes or until the pastry is crispy and golden brown

**BUTTER PIE**

**Ingredients Measurements**

1. Flour 500g
2. Sugar 75g
3. Yeast 1tbsp
4. Salt 1tsp
5. Egg 2
6. Margarine 60g
7. Powdered milk 5tbsp
8. Water Small quantity
9. Milk flavor 1 ½ tbsp

**METHOD OF PREPARATION**

1. Mix all dry ingredients in a bowl then add butter and mix until is well incorporated
2. Make a hole in the middle of the bowl 1 containing the dry ingredients, and add egg and little water and gradually mix until you have a dough i.e well combined, thick and soft dough.
3. Place on the work surface and knead well. Then cut out a small portion and roll out thick not flat.
4. Cut in rectangular shape using knife grease the baking tray with butter and dust with flour. Place the butter pie on the pan brush with milk and egg and bake for 20- 25minute till done or golden brown or light brown.
5. Do not let the butter pre rise or set before baking it goes straight into the oven.

**NOTE:** In case you roll it out flat you can fold it twice and roll a little before cutting.

**CORNISH / CORN BEEF PIE**

**PASTRY**

**Ingredients Measurements**

* White Flour 454g
* Butter 230g
* Salt large pinch

**For The Cornish Pie Filling**

* Use chopped beef or corn beef
* Chopped onion 100g
* Peeled and cut potatoes beef or beef 34g grind
* Pinch of salt and pepper (and seasoning if you are not using corn beef).
* Less beaten
* Semi – skimmed milk 100ml
* 1 tbsp butter

**METHOD OF PREPARATION**

1. Sieve flour into a bowl
2. Add salt butter into the flour
3. Now work the fat into the flour, now making a nice fine crumb
4. Now make a well in the middle and add the water into the flour and mix light into a pastry not break dough.
5. Now finish the work on the table and shape pastry into ball. Let it rest in the fridge for about 1hour or more

**NOTE:** Always use cold water and butter for a pastry of this kind since is not bread buns.

For the fill, mix all the ingredients in a bowl (except for the potatoes per-boil before adding it.

1. Match sauce of the potatoes, add in cold milk the mash and season with salt and pepper,
2. Blanch i.e chopped onion before adding to the potatoes and add it to the rest of the ingredients and mix well and is ready.
3. Divide the pastry into 8pieces or about 113kg each and mold into a round ball and roll out with a rolling pin to about 17cm round, thickness is about 3mm-4mm.
4. You can cut out the round with 17cm cutter or a cake tin and then just cut round with cooking knife
5. Now just egg wash the outer then fold over to seal first then pull up to the center now looks like an upright pastry
6. Now lay pastry out its side and fold over your thumb. Remember just fold over your thumb. Then place in a baking marking a hole on top and bake for 35-40minutes at 380-4200F or 2200C to 2300C.

**SCOTCH PIES (THE KING OF PIE)**

**For the Dough / Pastry**

**Ingredients Measurements**

1. Plan or all- purpose flour 400g
2. Water 100ml
3. Butter/ Margarine 90g
4. Lard Shortening 100ml
5. Salt 1tbsp
6. Egg wash 2

**THE FILLING**

**Ingredients Measurements**

1. Minced /ground lamb 500g
2. Onions finely chopped 1 medium
3. Ground mace 1tbsp
4. Mixed herbs or 1tbsp
5. Italian seasoning 1tbsp
6. Small bay leaves (optional) 2
7. Salt and Pepper To taste
8. Olive oil 2 tbsp
9. Beef stock 570ml

**METHOD OF PREPARATION MAKING THE PASTRY**

1. Pour the water in a pot and bring it on simmer
2. Meanwhile sift the flour in a bowl. Add salt
3. Now add the butter and shortening into the water and stir until it melts
4. Make a wall in the follow and add i.e not liquid and use a wooden spoon to bring together using scrapper to scrap the sides. Then turn in to a flour work surface and knead the dough to combine all the ingredient

**NOTE:** Do not over mix the dough just mix gently

1. Now divide the soft dough into two parts one for the based scotch pies and the based scotch pies and one to cover the top since the dough /pastry is still hot you cannot use it immediately cover with plastic wrap and put it in the fridge for 2hours

**FOR THE FILLING**

1. In a sauce pan add in the oil to heat up for at least 5Seconds, then add in the onion and fry until it start to soften
2. Add the ground mace and herbs or Italian seasoning peppers and salt mix well and then add the minced lamb and fry till its cooked half way or broken down then add beef stock(570ml) and add the bay leaf and cover the pot to simmer for further 10minutes.
3. Once the time is up, strain the liquid in a bowl and remove the bay leaf once that is done pour into a bowl and allow it to cool. Remove the fat from the stock and trash it and set aside.
4. Now bring out the dough or pastry and roll out. Roll backwards and forward about 4mm or 3cm inch. Thick to get a good roll dough/pastry, use a straight flat stick on the sides then roll to get it straight
5. Use 4inch pie pan and 5-6inch dough cater to the dough push the dough in the pan to cover to the shape the pan then felt with the meat to the top
6. Next use the handle of a spoon and make a hole in the middle of the meat, pour very little of the stock from the cooked minced meat. Now whisk an egg for the egg wash, now pre heat your oven at 3500FC (800C)
7. Next brush the edge of filled pastry with the egg wash them use a small ring cutter to make a hole on the cut i.e dough in the middle brush in other side at deled and cover to seal the base and use your hand to seal it properly and brush with egg wash.
8. Place in the oven and bake for 40mins
9. Not careful when using the eggs wash so as not to let it pour on the tiny to avoid it sticky to the oven
10. Make sure to place the stock pie and baking tray before putting in the oven
11. Use the remaining stock to make many to serve the pie

**EMPANADA**

Empanadas are small, filled pastries that are baked or fried and can be eaten with your hands. In Latin cultures, empanadas, the perfect lunch of those on the go. They travel well and can either savory or sweet.

**CHICKEN EMPANADA**

Ingredient for Filling chicken breast boiled with

**Ingredients Measurements**

1. Salt and flaked 1kg
2. Oil 2-3tbsp
3. Butter 2tbsp
4. Onion 1 medium
5. Irish potatoes 3pcs
6. Carrots 1big size
7. Salt To taste
8. Red, yellow, green, bell peppers 1each
9. Mushrooms (cut) 1cup
10. Thyme 1tbsp
11. Flour (blinder) 1tbsp
12. Heavy cream 1cup
13. White wine (optional) Splashes
14. Sugar 1-2tbsp
15. Black pepper 1tbsp
16. Cheese (Cheddar cheese) 1cup

**DOUGH**

**Ingredients Measurements**

1. Flour 3cups
2. Oil 120g
3. White sugar 2 tbsp
4. Egg York 1
5. Ice water 200ml
6. Salt 1tbsp

**METHOD OF PREPARATION**

1. In a work, heat up some oil and butter add in the onion and fry till it soften
2. Add the irish cubes and stir for 2minutes
3. Add the diced carrots, salt and stir cover and allow to cook for 3minutes
4. Next add your chopped peppers and stir
5. Add mushrooms and stir. Then add thyme and flour and stir to contribute
6. Next add the cream and stir, add some splash of white wine and sugar then stir to combine
7. Add the black pepper
8. Then turn off the heat
9. Add the shireded cheese
10. And stir followed by the shireded chicken breast, then taste for salt
11. Pour the filling in a tray and allow to cool

**NOTE:** You can prepare this ahead of time and put it in the fridge.

**FOR THE DOUGH**

1. In a clean bowl, sift in flour and salt, and then add the sugar and mix
2. Next add oil and mix to sandy texture. Then add in the egg York and water and mix well to form a dough but rest for 30-40minutes. And the dough into pieces.
3. Now cut and shape the pastry into ball shape, roll forth and back, and roll again but not too flat. Then fill it with the empanada filling already made and fold in a twisted like form using your thumbs by pulling and folding, like until its completely sealed.

**NOTE:** You can choose not to use sugar and oil in the dough, just use salt and butter, but make sure that the butter is cold.

1. Again, you can use your meat pie dough for this butter for a good pastry the water and butter should be cold
2. Make some to brush the edges of the dough after putting sealing and folding.
3. You can choose Not to use chicken, you can use tun turkey or even beef or pork.
4. You can fry or break the empanadas. if you Want to fry it use the oil base dough recipe as stated above. But if you want to bake it, you can use the meat pie dough recipe or remove the oil and sugar and replace with cold butter and salt and brush with golden brown look after baking and salt and brush with golden recipe for turkey empanada.

**TURKEY EMPANADA (LATIN CUSINE)**

**INGREDIENTS FOR FILLING**

**Ingredients Measurements**

1. Olive oil or coconut oil 1 ½ tbsp
2. Onions finely chopped 4 mediums
3. Carrots peeled/ Chopped 1
4. Grand turkey meat 800g
5. Chili powder 1tbsp
6. Salt ½ tbsp
7. Grinded pepper black ¼ tbsp
8. Green pitted olives (Drained and chopped) ½ cup
9. Green golden raisings ½ cup
10. Tomato punch ½ 1 cup
11. Dashes of Worcestershire sauce

**PASTRY**

**Ingredients**

1. All purposes flour + more for dusting 2 ½ cup
2. Stick cold unsalted butter cubed ½ tbsp
3. Ice water or more or less 7 tbsp
4. Egg 1
5. Water for brushing 1 ½ tbsp

**METHOD OF PREPARATION**

**Assemble all the ingredients**

1. In a heavy sauce pan over medium high heat, add the oil, onions and carrots cook until the onions start to soften, approximately 3-5 minutes. Add the turkey, chili powder, salt and pepper.(You can add seasoning cubes to taste if you like)
2. Cook until the turkey is brown and no longer raw approximation 7minutes. Use a spoon to break the meat up.
3. Stir in the olives and raisings then, add ½ cup of tomatoes puree and the Worcestershire sauce. Turn the heat down and simmer for 10 minutes adding more tomatoes puree, If the filling become dry.
4. Remove the pan from the heat and cover. Allow this to cool properly, you can also refrigerate the filling and use it later or within a couple of days

**FOR THE PASTRY**

1. In the bowl of a food process add the flour butter and salt. Pulse just to combine. Add the diced butter and pulse until the mixture start to resemble coarse stand or small pies
2. Add the ice water 1 table spoon at a time and pulse just until dough comes together into a ball, not to wet.
3. Dust a flat work surface with flour knead the dough with your hands and shape into flat dish that is above ¾ inch thick wrap the disc in plastic film and refrigerate for 1hour or longer

**ASSEMBLING AND BAKING**

1. Pre heat your oven to 3750F or (1800C) then a baking sheet with parchment paper or grease with oil
2. Lightly dust a flat work surface with flour divide the dough into 8 equal sized balls
3. Dust the balls of dough with flour to prevent the sticking roll each ball into inch thick circles
4. Place 2-3 tablespoons of turkey filling on one half of the pastry leaving enough room to fold the dough over the filling and to seal the edges
5. Fold the empty side of the dough over the filling to form half moons
6. Seal the edges well by or crimping with your fingers or using the tines of a fork.
7. Place the empanadas on a lined shift pan. Using a sharp knife cut a small X shape on the top of each empanada to allow steam to escape.
8. Brush the tops and edges of the empanadas with the egg and mixture
9. Place the pan in the oven and bake until golden brown approximately 25minutes or serve while still hot with your favorite sides or drinks.

**BAKED APPLE EMPANADA**

**FOR FILLING**

**Ingredients**

1. Big red apples peel and diced into cubes 3
2. Light brown or turbingdo sugar 1/3 cup
3. Freshly squeezed lemon juice 1tbsp
4. Pure vanilla extract 1tbsp
5. Grinded cinnamon ¼ tbsp
6. Grated nutmeg 1/8 tbsp

**FOR PASTRY**

Ingredients

1. Cups all-purpose flour 2 ½ cups
2. Salt 1 ½ tbsp
3. Granulated sugar 2 tbsp
4. Cold unsalted butter 2 ½ Sticks
5. Ice water or more or less 7 tbsp

**ASSEMBLY AND BAKING FILLING**

**Ingredients Measurements**

1. Egg white 1
2. Wares raw or turbinado sugar 2tbsp
3. Grinded cinnamon ¼ tbsp

**METHOD OF PREPARATION AND FILLING**

1. In a medium sized pot over medium heat combine apples, sugar, lemon juice, vanilla, cinnamon and nutmeg. Cook until the apples are soft, stirring often, approximately 18minutes
2. Remove the pot from the heat and cover. Allow it to cool completely. You can also refrigerate the filling and use it later or within a couple of days

**PASTRY DOUGH**

1. In a clean bowl of a food processor add flour, salt, sugar and pulse just to combine. Then add the diced butter and start to resemble peas.
2. Add the ice water 1 tbsp at a time , and pulse just until the dough comes together into a ball not too wet.
3. In a flour work surface knead the dough with your hands and shape into a flat disc and wrap with a plastic wrap and refrigerate for 1hour
4. Mix the egg white , sugar and cinnamon for brushing

**ASSEMBLING AND BAKING**

Follow the same procedure as stated for the turkey empanada. The only difference is the filling instead of turkey, use the apple filling. But the procedure is the same.

**SHEPHERDS PIES**

**Ingredients Measurements**

1. Minced lamb 1Kg
2. Irish Potatoes 1 ½
3. Cheddar cheese 80g
4. Butter 3 ½ tbsp
5. Onions 1 medium
6. Carrot 1Large
7. Turnip or Swede Small quantity
8. Dry thyme 1tbsp
9. Salt Half tbsp
10. Salt for potatoes water Half tbsp
11. Vegetable oil 1tbsp
12. Stock cubes 3

**METHOD OF PREPARATION**

1. Wash and peel the potatoes and vegetables
2. Dice the carrot turnip or swede and roughly chop the onion
3. Cut the potatoes into equal size pieces, not too big
4. Rinse the potatoes and get them onto a medium heat, bring them to aboil for 20minute.
5. After the potatoes have been boiling for 10min, in a large pan fry of the onions in the vegetable oil until soft. Then add the minced or grind and stir until hot
6. Add the thyme, salt and stock cubes keep stirring until the meat is separated and brown in colour
7. Add the dice carrot and turnip or swede and stir until hot again, cover the pan and let it sit on a low heat for 10mins
8. After the 20mins bring down the potatoes, drain and mash the potatoes with the butter and set aside
9. Now, pre-heat your oven for 2000C, The meat and vegetable should be ready by this time , pour the meat and vegetables into the baking tin and level it off
10. Gently spoon the mash potatoes until the top of mixed lamb, and careful spread and level it out using a fork
11. Sprinkle the cheese over the potatoes add freshly grinded pepper and salt
12. Bake in the pre- heated oven for 15mins, remove from oven and serve hot.

**STEAK AND KIDNEY PIE**

Steak and kidney pie served with thick and rich gravy.

**Pastry**

**Ingredients Measurements**

1. All-purpose flour 340g
2. Cold butter 85g
3. Cold lard or shortening 85g
4. Salt ½ tbsp
5. Cold water 115ml
6. Egg [wash] 1

**THE PIE FILLING**

1. 900g of lean diced beef
2. Four(4) lamb kidneys. Approximately 200 (Chopped)
3. 1 medium size onion
4. 1 pint of stock [beef or chicken]
5. 1 tsp dry thyme
6. 2 beef stock cubes
7. 30g corn flour or starch
8. 30g cold water

**METHOD OF PREPARATION**

**The Filling:**

1. Cut and dice the onion into small pieces and the kidney too into small pieces and put in the fridge or set aside until needed.
2. Fry off the onion for 2min, add the diced beef and cover pint of stock (beef or chicken). Crumble in two stock cubes, mix together before adding the thyme. Do not add the kidney yet.
3. Bring the ingredients to a slow boil put on the pan lid, turn down the heat and simmer for 1hour or until the meat is tender
4. When is only 10mins remaining( from the 1hour) add the kidney.
5. Mix the corn flour and water together.
6. Once the meat is tender, ladle out the juice inside another pan or bowl leaving about an inch of the juice in the pan, place back on the heat and stir in a third )of the corn flour. Mix, stir until thick, then set aside to cool completely.

**MAKING THE PASTRY**

1. Add the flour, salt cold water and lard or shortening into a food processor, pulse until it resemble fine bread crumbs, add the cold water, when the pastry from into a ball it’s done. This should only take about 45seconds. (You can also use the manual method by adding the flour, salt, cold butter and shortening using your hand to mix it until you and sandy texture then add the cold water and mix until you get a smooth dough. But do not over mix)
2. Cut the pastry in half from each half into a pork shape, rap in plastic rap and place in the fridge for 30min until needed.

**PUTTING THE PIE TOGETHER**

1. Preheat your oven to 190℃.
2. Role each pastry big enough to fit the pie tin.
3. Place the bottom pastry in the grease tin, careful pushing it down into the corners, prick the base of the pastry with a fork.
4. Add the cold steak and kidney filling and level it off.
5. Brush water around the edge of the rim before adding the top pastry.
6. Crimp the edges together and trim off the excess.
7. Brush the top of the pie with egg wash prick in a few vet holes using a fork.
8. Get the pie into the preheated oven and set a timer of 25min. check when the time is up, if it’s a golden shinny brown, it’s done if it’s still little pale, give it another five(5)min remove from the oven let it relax for ten (10)min before serving .

**SADINE PIE**

**SADINE PIE DOUGH\ PASTRY**

Use the same pastry for the meat pie.

**The Filling**

1. 3-4 tins of sardine (drain out the oil)
2. 3 big Irish potatoes (diced and preboiled )
3. Green pepper chopped
4. Blanched chopped onions
5. 2 scotched Bonet pepper (chopped )

**METHOD OF PREPARATION**

1. Mash the fish in a clean bowl
2. Add the boiled Irish potatoes, peppers, and onion mix very well to combine, sprinkle a pinch of salt and set aside.
3. Role out the pastry on a flower work surface and cut into any shape of your choice, add the sardine filling, brush the edges of the pastry with egg wash and seal it.
4. Use the fork to prick the top of the sardine pie then brush all over it with egg wash and bake in a preheated oven at 350℉ ( 180℃ ) for 30min, or until golden brown .

**ROLLS**

**EGG ROLL:**

**Ingredient Measurement**

1. Flour 1kg or 8 cups
2. Margarine 100g
3. Preservative (optional) 2tbsp
4. Eggs (cooked) 20-25 eggs
5. Sugar 250g
6. Baking powder 1tbsp
7. Nutmeg (seed) 1medium
8. Vanilla \ lemon zest 1tsp
9. Butter 100g

**OR**

1. Flour 500g or 4cups
2. Sugar 1/3 cups or 125g
3. Baking powder 1tsp
4. Butter 50g
5. Milk or water 1cup or less
6. 2 eggs or 1 egg for the dough
7. Eggs (cooked) 12 or 13
8. Ginger paste ¼ tsp
9. Pineapple flavor ½ tsp
10. Oil for fry.

**OR**

1. All- purpose flour 2cups
2. Boiled egg 6
3. Large egg 1
4. Sugar 3tbsp
5. Unsalted butter 1tbsp
6. Evaporated milk ½ cup
7. Nutmeg or cinnamon 1tsp

**OR**

1. Eggs 7
2. All purpose flour 1 ¼cups
3. Baking powder 2tsp
4. Sugar 2tbsp
5. Salt ½cup
6. Nutmeg 1tsp
7. Medium egg 1
8. Cup milk or water ½
9. Oil for frying

(skewer to insert in the eggs and some extra flour to the egg if using the recipe). All you need to do is, insert the skewer in the egg, coat it in the flour and holed the skewer in the egg in the bonus batter and make sure the egg is coated properly then fry.

**OR**

1. Flour 5000g to 5kg
2. Sugar 3cups
3. Salt 4tsp
4. Nutmeg 4tbsp
5. Baking powder 3tbsp
6. Margarine 600g
7. Raw eggs 12
8. Milk 12cups
9. Vegetable oil

**OR**

1. Flour 2 ¼ cups ( 315g )
2. Nutmeg ½ tsp
3. Sugar 3 tbsp
4. Butter 4 tbsp
5. Baking powder ½
6. Yeast ½
7. Egg 1
8. Water ½
9. Boiled eggs 6

**METHOD OF PREPARATION**

1. Sieve flour and other dry ingredient in a clean bow .
2. Add in the sugar and stir, add margarine and mix to combine.
3. Add water little by little for a dough into the consistency of your choice but not too light and too thick.
4. Cut the dough into a sizable form like a ball shape, spread it on your palm or roll it on your work surface and place the cooked egg in the middle. Close the opening very well such that egg or a trace of any opening cannot be seen.
5. Deep fry till golden brown. In hot oil on a medium heat.

**BUNS**

**VERY RICH BONS**

Ingredients Measurement

1. Flour 1kg
2. Butter/ margarine 25g
3. Sugar 350g
4. Eggs 8
5. Baking powder 2tsp
6. Milk 500mls
7. Lemon zest 1tsp
8. Nutmeg 1tsp
9. Pinch of salts

**OR**

1. Flour 3cups
2. Evaporated milk 1cup
3. Sugar ½ cup
4. Baking powder ½ cup
5. Melted powder 1tsp
6. Lemon zest ½ tsp
7. Eggs 4 large
8. Salt ½ tsp
9. Vanilla extract 1tsp
10. Oil to fry

**OR**

1. All purpose flour 2kg or 2000g
2. Nutmeg 5tbsp
3. Salt 3tsp
4. Baking powder 32g
5. Margarine 200g
6. Eggs 14
7. Milk 3
8. Sugar 2 and ½
9. Oil to fry 2 litters

**BUNS**

**Ingredients**  **Measurement**

1. Flour 1kg or 8 cups
2. Sugar 250g
3. Baking powder 1tbsp
4. Milk flavor 2tbsp
5. Salt ½ tsp
6. Butter 100g
7. Nutmeg e1tbsp

**OR**

1. Flour 2 ½ cups
2. Sugar ½ cups
3. Baking powder 2tsp
4. Nutmeg ½ tsp
5. Butter 2tbsp
6. Eggs 1medium
7. Evaporation milk3tbsp
8. Water ½ (cup if you like it crunch) ¾ cup water if you like it less crunchy.
9. Vegetable oil for fry

OR

**CRUNCHY BUNS RECIPE**

**Ingredients**

1. Flour 2 ½ cups
2. Milk ¼ cups
3. Water ½ cup +2tbsp
4. Sugar ¾ cup
5. Baking powder 2tsp
6. Nutmeg 1tsp
7. Egg 1
8. Butter 2tbsp

**CHEWY BUNS RECIPE**

1. Flour 3cups
2. Sugar ¾ cup
3. Nutmeg 1tsp
4. Vanilla essence
5. Salt 1tsp
6. Melted butter 3tbsp
7. Powdered milk ½ cup
8. Water ½ cup + 1/3 + 1/3 cup

**METHOD OF PREPARATION**

1. Mix all the powdered ingredients in a clean bowl, add margarine and mix thoroughly
2. Add all the liquid (i.e. egg ,water and milk flavour) mix well.
3. mound into a ball shape and fry in a deep oil till it becomes light brown remove from heat, and allow to cool.

**HOT DOG /PREPARATION**

**Ingredients**

1. Flour 325g + 2tbsp
2. Butter (soften) 50g or 3 ½ tbsp
3. Milk/water warm190ml or ¾ cups + tsp
4. Yeast 1tsp or 1 ¼ tsp
5. Salt 7g
6. Sugar 30g or 2 ½ tbsp
7. Sesame seeds for sprinkle

**METHOD OF PREOARATION**

1. Add warm milk into a clean bowl sugar , yeast salt, and give it good stir to combine.
2. Add the butter and flour mix to combine all the ingredient.
3. Transfer to a work surface knead gently

**NOTE:** if in case you follow cup measurements there maybe slight variation in the texture dough and that okey.

While making a bread dough, we don’t need to be very precise on the measurement. But we should know the consistency of our final dough.

The softer the dough, the more softer your buns will be. So if you fine the dough very sticky, even after kneading for 6-10min you can add little more flour if you find the dough to be very dry, even after kneading for 6-10min you add little more milk or water knead very well to get a smooth ,soft and elastic dough .cover and allow it to double its size for about 1-2hrs. then cut it into about 8-10 sizes and mound into ball shape then roll it flat and roll into a cylinder shape punch the edges and roll to close it then roll again living the middle thicker than the edges for about 20-30cm.

1. Then shape it around the toasted sausage or hot dog or pepperoni place in baking tray and allow to rise for about 150-20min. then brush with egg wash and bake for 20min.

**NOTE:** there are so many ways to shape a sausage, hot dog, pepperoni rectangular shape, twisting shape .cut in short forms etc.

**SARDINE ROLL PASTRY**

**Ingredient**

1. Flour 500g or 4cups
2. Margarine 250g
3. Water 13-15 tbsp
4. Salt pinch or ½ tsp

**For Filling**

**Ingredient**

1. Sardine 4-5 tins
2. White \ black pepper 1tbsp
3. Seasoning cube ( optional ) but ½ of it
4. Salt 1tsp if you like
5. Dried grinded pepper 1tbsp

**METHOD OF PREPARATION FOR DOUGH AND FILLING**

1. Sieve flour and salt into a clean bowl, add margarine and mix into a sandy of fine crumb texture. Then add water and blend every thing together. Set aside in the fridge for 20min.
2. For the filling, in a clean bowl pour sardine without the oil add pepper, salt and seasoning cube ( if using ) and mix well.
3. Cut the pastry using sardine cutter or anything that can give you sardine roll shape . scoop the filling inside the dough and cover finally, bake at 180℃ for 20-25min or 35min depending ion the setting of your oven.

**Fish roll**

**Ingredient**

1. Flour
2. 500g
3. Sugar 125g
4. Yeast 1tbsp
5. Salt pinch
6. Margarine oil 50g
7. Onion ½ burb
8. Benny to taste
9. Fish as required

**METHOD OF PREPARATION**

1. Mix all the powdered ingredient in a clean bowl
2. Add margarine or vegetable oil and mix to sandy texture
3. Add water and mix very well and set aside
4. Boil your fish with salt, onion and benny and fry. Pieces the fish , cut small quantity of the dough flatten the dough take little quantity of fish and spread on the dough
5. Roll out, fold very well and allow to rise or prove before frying in a indurate hot oil , fry until golden brown.

**DOUGH NUT**

There are two (2) type of dough nut . the ball shape (jam ) and the begal shape ( begal) doughnut .

**Ingredien**t

1. Flour 500g or 4 cups
2. Sugar 4tbsp or more
3. Yeast 1tbsp
4. Egg 1
5. Margarine 3tbsp
6. Salt pinch
7. Water (room)temperature 1cup +1tbsp
8. Milk (powder (optional)1tbsp

**OR**

1. Flour 8cups or 1kg
2. Sugar 250g
3. Yeast 2tbsp
4. Margarine 6tbsp or 100g
5. Eggs 2
6. Milk powder ( optional ) 2tbsp
7. Milk flavor 2tbsp
8. Vanilla 1tsp
9. Nutmeg 1 seed
10. Water 250ml
11. Preservative 2tbsp

**OR**

1. Flour 2 cups
2. Salt ½ tsp
3. Yeast ½ tbsp
4. Milk powder 2 tbsp
5. Egg York 1
6. Butter 40g
7. Sugar 3tbsp
8. Milk (RT) ¼ cup
9. Water (RT) ¼ cup + 2tbsp

**OR**

1. Flour 280g ( 2cups +3tbsp )
2. Sugar 40g ( 3tbsp)
3. Salt ½ tsp
4. Nutmeg ¼ tsp
5. Egg 1
6. Whole milk or water 120g ( ½ cup )
7. Melted butter 40g ( 1/3 stick )
8. Dried yeast 7g ( 1packet )

**FOR GLAZING**

1. Icing sugar 250g ( 2 cup )
2. Butter ( 2/3 stick )
3. Milk 3 or 4 tbsp depending on how you want it
4. Vanilla extract 1tsp

OR

1. Flour 525g
2. Warm with fat 180g ( ¾ cups )
3. Instant yeast 7g ( 2 ¼ tsp ) or fresh yeast or 29g fresh or 8g active dry yeast
4. Light brown sugar 60g ( ¼ cup + 1tbsp )
5. Eggs 3
6. Butter 100g ( 7tbsp or 350 )
7. Vanilla sugar ( optional ) 1tsp
8. Salt 1tsp
9. Oil for frying

**METHOD OF PREPARATION**

1. In a small sauce pan warm the milk until it looks warm
2. Make sure your butter and egg are at room temperature
3. Place flour, sugar, salt and instant dry yeast in the bowl of a stand mixer ( if using )
4. Stir and make it well. Then add warm milk and knead the dough on a low level.
5. Add one (1) egg at a time knead the dough for 5min until you have a smooth and firm dough
6. Add 1tbsp butter at a time as you knead, continue kneading until everything is added. (Approximately 15min) knead until dough becomes elastic and no longer sticky and torn, take the window pane test
7. Take the dough out of the bowl, shape it into a ball and place it in a large kitchen bowl (grease it a little). Cover with a kitchen towel or plastic film and allow to rise for about 1hr at room temperature.

**Forming the dough**

1. Put sixteen (16) papers and baking trays 1-3 trays.
2. Punch the dough down and weigh the whole dough and divide into sixteen (16) portions.
3. Shape the dough pieces into small balls and place them on the paper wax, down ward, with a sufficient distance between them on the prepared baking trays.
4. Cover the dough pieces with plastic film for 3-4hrs on a counter top or 45min to 1hrs in a warm place until they are doubled size, but still check your dough from time to time because many factors will determine the length of time which yeast was used ( regular or quick rise ) if the yeast was fresh or old ( older yeast doesn’t work as well or sometimes not all ) and your kitchen temperature.
5. Meanwhile you can place the jam or Nutella in a piping bag with a long and in spout or prepare your coating. Prepare the sugar in a plate

**Frying:**

1. Put enough oil in a large pan or deep fryer and bring a maximum of heat to 170℃.
2. Slide the doughnut on their paper into the hot oil remove the paper, which should float with seconds.
3. Fry 2-3 min per side or tray until slightly golden wooden sticks are ideal for turning.
4. After frying use a slotted spoon and remove the Berliner doughnut from the oil drain well on the kitchen paper. Repeat the same frying method until you have all your doughnut fried.
5. Pipe the filling into the Berliner’s edge and turn them in the prepare sugar and dust with a little powder sugar, Berliner should be little warm when rolled in sugar so that the sugar sticks better

**METHOD OF PREPARATION**

1. In a clean bowl sieve in your flour and milk powder ( if using ) salt, egg, margarine, nutmeg flavor preservative ( if using ) and water or milk and mix very well from a dough.
2. Turn on to a work surface continue to knead for about 15-20min spray with flour or oil if dough is sticky and continue to knead. After about 15-20min do a window tasting by cutting the dough and stretching it. If it cut it means that the dough is not yet ready but if it stretches such that you can see through the dough it means that you have done a good job.
3. Shape the dough into a ball shape and put it in a bowl and allow it to dough in size for about 1:30min or 2hrs.
4. Turn it into your work surface and punch out the air cut into equal sizes, lets say 40-50g each.
5. Shape into ball, place on a parchment paper and cover to rise for about 20-30min.
6. Means while heat your oil on a very low heat from 150 to 160℃.
7. Raise the dough while the parchment paper and turn the dough to the oil make sure is a bit very hot just fry slowly.
8. Use a skewer to turn the other side to fry till golden brown.
9. You can use sugar to coat or any glaze of your choice oe even chocolate, or jam filling.

**Super soft doughnut**

**Ingredient**  measurement

1. Flour ( bread flour ) 8 cups or 1kg
2. Milk or water (warm ) 240ml
3. Egg 2
4. Sugar 1cup or 250g
5. Instant yeast 2tbsp
6. Margarine 4tbsp
7. Sugar for coating as desired
8. Salt 1tsp

**METHOD OF PREPARATION**

1. In a clean bowl, activate your yeast by pouring the milk or water, add yeast and some sugar and cover for about 5-10min.
2. Then add in your flour, salt, and mix until doughty.
3. Add margarine and mix.
4. Turn on to clean work surface and knead for at least 15-20min or until smooth and elastic.
5. Get a clean bowl and lightly grease it with little oil, the place in the dough and allow to prove for 1-2hrs or until double in size.
6. After proving, punch out air from the dough cut into smaller size each pieces weighs about 40-50g.
7. Smoother and from into small balls platen with your pan or rolling pin.
8. Make a hole in they center using a doughnut o anything that can give you the ring shape (begal) or leave it. It is the ball shape you want.
9. Cover for 20min, deeply the doughnut on low heat until lightly brown let it cool the glaze in any glazing of your choice or sprinkle with sugar and serve.

**CINNAMON ROLLS (CINNAMON RECIPE)**

**Cinnamon Rolls Dough**

**Ingredient**  **measurement**

1. Flour 4cups or 500g
2. Sugar ½ cup
3. Yeast 7g or 9g
4. Salt 1tsp
5. Water / milk ( warm ) 1cup or ¾
6. Butter 1/3 cup
7. Egg 1
8. Cinnamon / nutmeg 1tsp

**Filling**

* 1cup brown sugar
* 1/3 butter
* 3-4 tbsp cinnamon ( marker )

**FROSTING**

* flour
* 1/3 cup cream cheese
* 1tbsp vanilla
* 1 ½ cups powdered sugar.

**OR DOUGH (CINNAMON)**

* 1cup of warm milk or water
* 2 ½ tsp yeast it tsp sugar
* ½ cup white granulated sugar
* 1 tsp salt
* ½ cup butter
* 4 cup all- purpose flour

**METHOD OF PREPARATION / FILLING**

1. Mix sugar yeast, and warm milk or water let it prove of for 5hours.
2. Add butter, sugar salt and flour and mix very well, add turn into a work surface and knead for about 20min until smooth and elastic.
3. Then grease a bowl, put the dough and cover with a plastic wrap to double in size for about 1hour.
4. Meanwhile, prepare the filling by adding the soften butter, brown, sugar, cinnamon, powder mix together.
5. After that check and see if the dough have double in size and roll it out on a work surface to square shape or rectangular shape.
6. Slightly spray margarine on the surface, then spray the filling and the roll.
7. Then cut with knife to 2cm.
8. Allow to rest for about 10min and pour the heavy cream over it then bake it in a preheated oven at 180℃ for 18-20min, let it cool. Then using a spatula, spray the top with cream cheese frosting .

**THE CREAM CHEESE FROSTING**

**by:**

1. Adding of butter to a bowl and cream for about 3min , then.
2. Add your cream cheese and mix .
3. Add the vanilla extract and mix .
4. Then add the icing sugar and cream verry well and is ready for use.

**NOTE:** you can also roll out the dough and just spray cinnamon powder and brown sugar and spray on it , use rolling pin to roll on it for even spray and then roll to seal and bake using a baking dish. Depending on the size you want.

Also at while baking the cinnamon rolls, you can also put in your brown sugar in a baking dish to intensify the flavor and can be provided in it .

**PEANUT BUTTER ROLL**

Use the dough for the cinnamon roll and the spray with peanut butter mixed with any flavor of your choice and roll to seal and bake for 180℃ for 18-20cm and spray on it with cream cheese frosting or frosting of your choice.

**PIZZA ROLLS**

Using the same dough for the cinnamon rolls

For The Sauce

1. Fresh tomatoes
2. Very small carrots
3. Red bell pepper
4. Ginger and paste small
5. Ketch up (optional)
6. Oregano basil parsley
7. Black and white pepper
8. Seasoning cube

**METHOD OF PREPARATION**

1. Boil the tomatoes for just 5min, peel the outer layer i.e the back using a blender . add the peppers, ginger, and garlic and onion and blend very well till it is smooth.
2. In a sauce pan, add in the oil and pour the tomato pure and cook for about 5-10min, the ketch up and seasoning for another 2min stir and cook before using.

**FOR THE TOPPINGS**

1. Cooked minced meat, diced chicken slices or turkey slices, olives, red, green, yellow, peppers, mushrooms etc.
2. Mozzarella cheeses
3. Extra ketch up and mayonnaise (optional)
4. Mustard.
5. Roll out the dough into rectangular shape and spray the sauce on it evenly on the cheese (very generously, then the proteins and veggies of your choice, then top it again with it on the cheese and roll it in a baking tray, brush side with egg wash and bake for about 15-18min.

**NOTE:** use semovita or corn meal on your work surface and on the dough before rolling.

**SHAWARMA MAKING**

Shawarma Sauce

There are different types of sauce for shawarma are of which is the most delicious.

**My Sweet Shawarma Sauce**

* ¼ cup of mayo
* 2tbsp ketch up
* ½ tsp mustard
* 1tsp sweet chili sauce (or sub with sugar )
* 1tsp lemon juice
* 1-2 tbsp sriracha sauce (or sub (cayenne pepper) 1. ½ p)

**RED SAUCE**

1. 5 to 10 chili (dried)
2. Hot water to soak the chili
3. 1tbsp of fresh cream
4. 1tbsp of yoghurt
5. Garlic cloves
6. ½ tsp of Cream
7. ¼ of Salt
8. 1tsp of Olive oil
9. 1tbsp of vinegar

Put together in a blender and blend

**WHITE SAUCE**

**Ingredients Measurement**

1. Olive oil 1tbsp
2. Light mayo ½ cup
3. Single cream ½ cup
4. Oregano 1tsp
5. Garlic powder ½ tsp
6. Pinch of crushed chili

Mix well in a mixing bowl not blend

**OR**

1. Mayonnaise 1cup
2. Oil 2 ½ tbsp
3. Lemon juice 1
4. Cloves garlic 1
5. White vinegar 2tbsp
6. Sesame seed (toasted) 2tbsp
7. Salt ½ tsp
8. Black pepper ½ tsp
9. Oregano ½ tsp
10. Vinegar 1tbsp

All in a blender and blend

**GARLIC MAYO SAUCE**

**Ingredients Measurement**

1. Toasted sesame seed 2tbsp
2. Olive oil 3tbsp
3. Plain yoghurt 1cup
4. Garlic cloves 2
5. Black pepper 1tsp
6. Lemon juice 2tbsp
7. Mayo ½ cup
8. Salt ½ tsp

**TAHINI SAUCE**

1. Sesame seeds 1-2 cups
2. Oil ¼ cup

Toast sesame seeds and blend it with the oil till it is smooth and form paste, add garlic, fresh parsley, green onion for garnishing

Blend well and its ready

NOTE: mix tahini sauce like 3tbsp and 1cup of mayonnaise for shawarma sauce very delicious.

**TYPES OF SHARWAMA**

1. Chicken shawarma
2. Beef shawarma
3. Special shawarma
4. Complete vegetable shawarma
5. Chicken burrito
6. Beef burrito

**VEGETABLES NEEDED**

1. Red cabbage
2. White cabbage
3. Carrot
4. Cucumber lettuce
5. Red, green and yellow bell pepper
6. Leek celery
7. Parsley, basil minced

NOTE: note all veggies are used in shawarma, it depends on your preference or customers preference most shawarma requires only cabbage or cabbage with carrot and additional and veggies is choice.

**HOW TO PREPARE SHARWAMA**

What You Will Need:

1. Shawarma bread
2. Any of the shawarma sauce
3. Vegetable (mostly cabbage or mixture of cabbage and carrots)
4. Hot dog
5. Ketch up (can be added to mayonnaise as a sauce mostly use by shawarma makers).

* Meat, (if making beef shawarma only ).
* Chicken (if making chicken shawarma only )(a combination both if making special shawarma).
* Parsley (very optional for garnishing).

**METHOD OF PREPARATION**

1. Cut your protein (i.e meat or chicken into strips or biggs cubs wash and season the meat or chicken and steam with little quantity of water till the water dries up.
2. In a sauce pan, add little oil and stir fry the meat for chicken till it is properly cooked, remove from heat and set aside. or you can wash and season the meat with any spices and marinate then roast it directly in a sauce pan using little quantity of oil till is properly cooked and moved from heat and set aside.
3. Wash and cut your vegetables and put in a clean bowl, pour prepared beef or chicken and mix together, then add any sauce of your choice or (mayo and ketch up like the commercial shawarma) mix all together until well combined and creamy.
4. Spread out the shawarma bread apply enough of the sauce or the mixture of mayo and ketch up then spread the mixed veggies of any beef chicken or sausage into bread.
5. Grill your hot dog a little on your grilling machine and place into bread as well.
6. Fold the shawarma bread close up and then take it to the grilling machine or the shawarma, leave it for few minutes then take it out and wrap with a foil and serve warm.

NOTE: you can pour the sauce in the vegetable separately, then add very little sauce to the beef or chicken separately and place its layer by large i.e after spraying the sauce on the shawarma bread, then place veggies followed by the beef or chicken, the hot dog or sausage on it and then fold and toast using a bread toaster, pan or grilling machine and wrap with foil Pape .

1. Again, for the complete veggies and classic shawarma, all you need is a combination of vegetables, like cabbage, red carrots etc. with any sauce of your choice with the beef or chicken or diced sausage or a combination of all.
2. For the special shawarma is a combination of chicken beef and hot dog or pepperoni like veggie can be cabbage only or cabbage and carrot (depending on your choice) with any sauce of your choice.

The procedure is the same further more, you can place veggies, meat. Spray the sauce on them.

NOTE: also, that most of the shawarma recipe now is just a combination of cabbage (as veggie) (meat, chicken and hot dog (as protein) ketch up and mayonnaise as sauce) the lettuce and carrot are very optional.

But using other sauce is the best. Though it may not appeal to your taste, but the nutritional value is what matter. because what you eat also determine your health status.

**HOW TO MAKE SHARWAMA HOME MADE**

**BREAD**

**Ingredient Measurement**

1. Flour 3 cups + 2tbsp for dusting
2. Salt ½ tsp
3. Boiled water or milk 1 cup + 14tbsp
4. Sesame seed 2 tbsp for garnishing

**METHOD OF PREPARATION**

1. Roast sesame seeds to for 30min and set aside.
2. In a clean bowl mix flour, salt and baking powder and add 1 cup or 4 tbsp of boiled water or milk into the flour and mix well and knead for 10min or until smooth.
3. Divide dough into 10 portion and roll each in circle plate i.e round well use water to brush the surface and sprinkle sesame seed ( if using ) . then use the flute plate to press it again.

Preheat the pan and cook over low heat without oil or butter until bring up bubbles , turn over to the other side and repeat the same thing and remove heat.

**OR**

1. Flour 600g
2. Salt a punch
3. Baking powder 7g
4. Oil 65ml
5. Milk / water 300ml

Mix all ingredient together use the same method as explained above in this case, you can rub small butter in the pan before cooking or use the oven using a baking tray greased butter and lined with baking paper.

**NOTE:** when using the stove to cook the shawarma bread, make sure you each side for at least 2-3min or until you see the start to form bubbles.

* Secondly you must use a non-stick pan and the heat must be low or medium.
* Roll out all the dough and mold out and cover after rolling so as not to dry out.
* Knead the dough such that its not sticky, must be soft and stretchable. If sticky add more flour and knead again.
* Use parchment paper instead of oil on an oven tray when using oven and bake for 3-5mins.

**ANOTHER RECIPE FOR SHARWAMA BREAD**

1. Flour 500g or 4 cups
2. Margarine 25g melted
3. Yeast 1tbsp
4. Sugar 50g
5. Salt ½ tbsp level
6. Water 100-150ml

**(BEEF WRAP) BEEF BURRITO**

**Ingredients Measurement**

1. Tortilla bread or shawarma as required
2. Minced meat ½ -1 kg
3. Oregano 2tsp
4. White, black, ginger and garlic powder as required
5. Seasoning cube soy sauce
6. Oyster sauce
7. Chili hot sauce
8. Lemon juice

**FOR THE VEGGIES**

1. Red cabbage
2. White cabbage
3. Carrots
4. Sweat corn
5. Red lienor (optional)
6. Lettuce
7. Onion (optional)
8. Pickled

(Shred the carrots, cut the cabbage) and mix well for the sauce sour cream.

**Cheese:**

Mozzarella And Cheddar Cheese

**METHOD OF PREPARATION**

1. Place tortillas in a tray or surface and spray the sour cream in the middle.
2. Add the cooked minced or chicken.
3. Top and mix the vegetables and the sour chicken.
4. Add cheddars cheese.
5. Add mozzarella cheese.
6. Wrap and toast in a sauce pan for 2min

**NOTE:** if using chicken make sure is grinded or mixed when follow the same procedure.

**SHARWAMA OR PITA BREAD RECIPE**

**Ingredients Measurement**

1. All - purpose milk 1cup
2. Water 2cups
3. Salt 1tsp
4. Sugar 1tsp
5. Milk powder 1tbsp
6. Oil 1tbsp

Mix all ingredients together, place a non-stick on a medium low heat and pour the butter to cover pan and cook for 2min, flip the other side and cook for another 2min until it begins to bubble up. Turn to the other side again and cook for another 1min your pita bread is ready.

**BURGER**

**Burger Bread.**

For the burger bread you use the doughnut or hot dog buns recipe, however here is another recipe.

**HOW TO MAKE BURGER**

**Ingredients Measurement**

1. Flour 4cups or 500g
2. Yeast 2tsp
3. Sugar 3tbsp or ½ cup
4. Salt ½ tsp
5. Water or milk (warm) 1cup(sesame seeds)
6. Butter (margarine) 2tbsp

**METHOD OF PREPARATION**

1. Add sugar into warm milk or water and sprinkle the yeast and stir till well combined leave for 5-10mins for yeast to activate .
2. Add butter (melted) into the mixture of milk or water, sugar and taste.
3. Then pour water into the flour and turn on a grease or flour coated work surface and knead for about 15-20min, brush the dough with oil and allow to double in size for about 1-2hours in a bowl cover with film or plastic wrap.
4. After about 1-2hrs, transfer the dough on the work surface and punch out air, then knead a little more before cutting the dough into equal size or pieces and roll into ball shape and place it in a baking tray lined with parchment paper cover it and let it prove for another 15-30min brush surface of the dough with egg wash.
5. Transfer to the oven and bake for 15-20min.

NOTE: once your bread turns brown and you perceive the aroma of bread know that is ready or almost ready.

1. you can sprinkle sesame seed on top after with eggs you can also use a disk cutter ( not plastic one )with the shape of dough so as to maintain they bread shape.

**BURGER TYPES**

* Ham/beef burger
* Ham/beef cheese burger
* Zinger burger
* Vegan burger

**HAM BURGER OR HAM BEEF BURGER**

**Ingredient Measurement**

1. Burger buns/brad as required
2. Minced meat 500g or 1kg
3. Raw egg (optional ) 2 pieces
4. Seasoning ( chicken cube ) 2-3 cube or to taste.
5. Black/white paper to taste
6. Benny 1tsp
7. Salt ¼ tsp
8. Chopped onion 2tbsp
9. Curry ½ tsp
10. Butter as required
11. Cucumber ( slice in circular shape )
12. Bread crumbs 1 ½ cup
13. Lettuce ( very fresh) as required
14. Cheese slices

* Sauce ( it can be a mixture of ketch up and mayonnaise or BBQ sauce for burger which is a mixture of mayonnaise, ketch up ¼ cup, BBQ sauce 2-3 tbsp, mustard 1-1 ½ vinegar ½ tbsp, garlic powder ¼ tsp, onion powder ¼ tsp, and a pinch of salt mix very well in a separate bowl and is ready for use).
* Sliced onion ( in ring shape) and tomatoes ring shape ( optional ) .

**METHOD OF PREPARATION**

1. In a clean bowl, add the minced meat, with all the seasoning, herbs and spices and the eggs and bread crumbs. Mix well but not too much ( if not it will become hard after cooking) i.e don’t knead the minced meat, just mix well to combine all the ingredients.
2. Divide the minced meat into equal size and mold into ball shape, place it on a parchment paper lined in a plate or your palm to flatten it in a circular form.

**NOTE:** you must make sure to cover the top with a parchment paper again before you flatten it if not it may stick to the plate or your palm.

1. Grilled in oven for about 5-10min in a moderate heat of 160-180℃ from the oven and set aside (you can also use the grilling machine).
2. Remove the stalk of the lettuce and wash properly with the rest of the veggies. (note that) the cucumber, tomatoes, and onion should be cut in ring form.
3. For the assembling, divide the burger buns or bread into two (2) and toast in a sauce pan using butter for about 2-3min.
4. Spray the sauce and assemble your ingredient in these order:

* Lettuce or ice berg
* Cucumber
* Tomatoes
* Onion
* The beef
* Ham and cheese slices

1. The sauce on it like you spray it to drip. Top it with they remaining half burger or bread or buns and is ready.

NOTE: there are so many filling or vegetables to use in assembling your burger such as mushroom, avocado, spinach, ice berg etc. it depend on how you want it. You can choose also not to use ham you can replace it with chicken or turkey slices, pepperoni slices, bacon, any added to the beef and cheese or remove cheese is all about choice and personal taste.

**KFC ZINGER BURGER**

**Ingredient List**

1. Three boneless chicken or mor around ½ a kg
2. 1tsp of black and white pepper
3. 1tsp of salt
4. 2tbsp of Worcester shine sauce
5. 1tsp of mustard powder or all spice powder
6. 2tbsp of flour or more
7. 1 egg or 2
8. 1 ½ cups of bread crumbs
9. Soft seeded burger buns
10. Mayonnaise or ketchup or KFC, zinger burger sauce.

**METHOD OF PREPARATION**

1. Prepare your chicken breasts by slicing them if they are too large then marinade they chicken breasts with pepper, salt, seasoning cube, (if you like) mustard or all spice powder and Worcester wine sauce. Leave the chicken over night or at least 4hrs.
2. To prepare the butter, beat together an egg add 2tbsp of water, then set this aside.
3. Place the marinated chicken breast in flour and coat generously. Dip then into the egg and then into the bread crumbs, until well coated. (you can repeat this step twice).
4. Deep fry the coated chicken breast in hot oil a medium to high heat, until the are golden brown and crispy.
5. Slice the buns in half and light toast, the stack the final burger with the lettuce at the top, then the chicken and finally the mayonnaise or KFC zinger sauce add sliced cheese if you fancy a cheese zinger.

These recipe takes 20min to prepare and 4hrs 20min to be ready.it can be serve with chilled juice of your choice and fry.

**VEGAN BURGER**

This type of burger is only for vegetarian i.e those that don’t eat meat or fish. They base on vegetable as a source of protein for them.

**CHICK PEAS, SWEET CORN, HERBS**

**Ingredient List**

1. Tomatoes ketchup
2. Chick peas 400g (1tin)
3. Sweet corn 340g (1tin)
4. Bunch of fresh coriander (15g)
5. ½ tsp pap milk
6. ½ tsp ground coriander
7. Lemon 1
8. Heaped tbsp plain flour + extra for dusting
9. Small round lettuce 1
10. Large ripe tomatoes 2
11. Whole meat or regular burger buns. 4

**METHOD OF PREPARATION**

1. Drain the chicken and sweet corn, then tip into a food processor, pick the coriander leaves, add ½ of the leaves and all the start to the processor.
2. Add the spices, flour and a pinch of sea salt or table salt, finely grave in the lemon zest, then pulse until combined but not smooth that you want to retain in a bit of texture (like sandy texture).
3. On a flour-dusted surface divide and shape the mixture into 4 equal sized patties, roughly 2cm thick place in the fridge for 3min to firm up.
4. Heat a splash of oil in a large frying pan over a medium heat, add the patties and cook for 10mins or until golden and cook through turning halfway.
5. Meanwhile turn off the heat, wash and spoon dry for nice leaves, then finely slice the tomatoes horizontally or round shape or ring shape.
6. Squeeze a large dollop of ketchup into the base of each bun (toast then if you like) then top up the burger layer over a couple of slices of sweet corn parties, tomatoes, small coriander leaves fresh green salad or any salad of your choice. And finally, the other half of the burger served with any drink of your choice.

**SHITAKE AND PORTOBELLO MUSHROOMS BURGER**

**Ingredients Measurement**

1. Extra virgin olive oil and more for drizzling 1tbsp
2. 2 shallots chopped
3. 16 ounces mushrooms mix 2/3 cup

of shitake and portobello steamed and diced

1. Tamari 2 table spoon
2. Balsamic vinegar 2 table spoon
3. Mirin or maple syrup 1 tbsp and ½ tsp
4. Garlic cloves minced 2
5. Smoked paprika ½ tsp
6. Sriracha or more if desire 2tsp
7. Chopped walnut, ground flax seed, 2 cups

cooked short grain brown, rice, freshly

cooked such that is so sticky.

1. Bread crumbs (divided) 1 cup
2. Vegan Worcestershire sauce for brushing
3. Nonstick cooking spray for grilling
4. Ham burger buns and desired burger fixings

(Sauce of your choice).

1. Sea salt or table salt
2. Freshly ground black pepper

**METHOD OF PREPARATION**

1. Heat the olive oil in a medium skillet over medium heat. Add shallot and sauce until soft (approximately 1min). add mushrooms and generous pinch of salt, and sauce until soft and brown for about 6-8mins turning down the heat slightly as needed.
2. Stir in tamari vinegar and mirin stir, and reduce then add the garlic, smoked paprika and sriracha. Remove the pan from the heat and cool slightly.
3. In a food processor, combined the sautéed (stir fried) mushroom, walnuts, flax seeds, brown rice and ½ cup of the panko. Pulse until just combined, the mixture should hold together when punched, but it should have some texture (like fine sandy texture).
4. Transfer to a large bowl and fold in the remaining panko.
5. Form into eight (8) patties, place them on a large plate and chill in the fridge for 1hrs.
6. If you are grilling the patties, preheat a grilling machine to medium high heat. Brush the patties with olive oil and spray the grill with cooky spray. Place the patties on the grill and use a spatula to press down first side, flip, and grill for 6-7min on the second side until well charred and cook through.
7. Alternatively, cook the patties on the stove. Heat a cast – iron skillet over medium heat. Coat the bottom of the skillet without oil and cook the patties for 5-6min preside or until charred and cooked through.
8. Remove from heat, brush with Worcester shine sauce, and serve with desired fixing.

**NOTE:** the patties can be made in advance and stored int the fridge, on a tray, until ready to grill. They can also be grilled in advance and stored in the fridge for 3-4 days they reheat surprisingly well.

Again, you can also freeze the cooked burgers, allow them to cool completely after cooking. Transfer it into an air tight container bag, and freeze them up to 3 months. Thaw frozen burgers in the microwave or warm them in a 400℃ oven for 10-20min, until heated through.

Note also, that it is very important that your short grain brown rice is freshly made and sticky so that the burgers will be cohesive. (Long grain rice isn’t as sticky, so be sure to use short grain rice.

**GREEN GODDESS PESTO BURGER**

**Ingredient List**

1. 2 (400g) tins of chicken peas, drained.
2. ¼ cups grain flour or all-purpose flour
3. ¼ cup walnuts
4. 1 ½ packed cups of spinach
5. ¾ cup basil
6. 3 garlic cloves, minced
7. 1tbsp nutritional yeast
8. 1tsp salt to taste
9. Burger buns
10. Tomatoes ketchup
11. Handful of beans sprouts
12. Cucumber, thinly slice

**METHOD OF PREPARATION**

1. Pre heat your oven to 190℃ / 375℉ and then baking sheet in a baking tray.
2. Firstly, blite your walnuts in a high-speed blender or food processor until fine grain.
3. Add the rest of the ingredients (except the peas) and pulse until it comes into a chucky paste you will have to scrape down the side a few times.
4. Add the peas and mix in with mashing them too much.
5. Use 1/3 cups to scoop out the mixture and form patties. You want them about 1-2cm thick.
6. Place in the oven for 20min then flip and return to the oven for another 15-20min. there should have formed a crusty exterior and be too squishy in the middle.
7. Slice your buns and toast. Sandwich the patty and add any optional toppings. You can sandwich with lettuce, spinach, avocado, any green leaves at your choice (edibles ones) ice berry cabbage, tomatoes slices, onion, etc. and any burger sauce of your choice.

**GREEN WORRIOR BURGER**

**Ingredient List For The Patties**

1. 1 onion
2. ½ cup rolled oats (chick if GF)
3. ½ cup spinach
4. ½ cup fresh parsley
5. ½ cup fresh basil
6. 2 cups garden peas or green peas
7. Cooked
8. 1 cup of butter 240g / beans (400g) drained
9. Salt & pepper to toast
10. Olive oil for cooking for the burger
11. 1 mozzarella ice cheese (optional)
12. 4 bread rolls
13. A few tbsp of sun-dried tomatoes pesto (check if vegan)
14. 1 Avocado
15. Spinach & lettuce and other salad dressing.

**METHOD OF PREPARATION**

1. Cook the garden peals in a boiled water for just 2-5mins or as long as the pack instructed. Leave it to cool or sharply wash it cold water, don’t place when in the food processor while they are still hot.
2. In a food processor blend the onion and oats and add the rest of the ingredients for the patties i.e the fresh leafy greens, butter beans, the peas and seasoning. Blend util you get a sticky, smooth green mixture.
3. Shape the mixture into burger and brush each side with olive oil.
4. Heat a non-stick pan to medium heat, drizzle just little bit of olive oil and place patties in pan, cooking each side for 4-5mins, when all side is or vegan cheese on top and cover with a lid while the other side is cooking, to allow it melt.
5. Serve the patties in burger with fresh spinach or other salad greens (like cress), sun dried tomatoes pesto and avocado. (Copycat recipe) yield 4 burgers and takes 30-45mins to prepare when you have your burger buns.

**GREEN GODDESS BLACK BEAN BURGER**

**Ingredients List For Burger Patties**

* Black bean patties (1 can drained)
* Olive oil 2tbsp
* Rolled oats 1 cup
* 1 medium size onion finely chopped
* 2-3 cloves garlic minced
* 1tsp of smoked paprika
* 1tsp of dried thyme
* 1tsp of salt and pepper
* 1tsp of ground cumin
* Caren goddess dressing
* ¾ cup mayonnaise
* ¾ cup of sour cream
* ¼ cup of olives chopped
* ½ cup of freshly chopped parsley
* ½ cup of finely chopped tarragon
* 2 cloves garlic minced
* ¼ cup of pesto for burger
* 4 medium size ham burger buns (gluten free)
* Green lettuce leaves
* ¼ tarragon finely chopped

**METHOD OF PREPARATION**

Step 1: make the green goddess dressing and combine all ingredients to make the green goddess dressing in a highspeed blender. Blend until smooth and creamy.

You can store this in an air tight jar in the refrigerator for 3-4 weeks and use it for salads or wraps

Step 2: make black bean patties

* Heat olive oil in a skillet.as oil shimmers, add the chopped onions and garlic and cook until soften. Next:
* Add the black beans along with the spices. Toss to combine and cook over medium high heat for 2mins.
* Now, turn off heat and add the rolled oats. Toss to combine the things. Use a table spoon for the mixture, flatten it with your palms and make a disc shape.
* Drizzle some oil in the grill pan and add the black patties to it and grill over medium 4-5mins (both sides).

Step 3: serve the burgers finally, serve the burgers scattered in the green goddess sauce along with salad of your choice.

You can add pickles, zucchini or cucumber or onion rings over the patty and then add the burger head, you can also top it up with a salad.

**NOTE:** you can make substitutes for example:

* Lettuce – you can use romane lettuce, kale or cabbage or spinach.
* Buns – any buns will go either gluten free or hot.
* Non vegetarian – the black bean can be replaced with grind beef or turkey as per your choice or you can also use the black bean patties and beef or turkey together.
* For the herbs, you can use any herbs you have at home for green from goddess dressing parsley to tarragon to sage to even spinach or pesto. You can use any greens you have at home along with sour cream, mayonnaise and chives to make it creamy healthy green goddess dressing.

**NOTE:** also, that green goddess black burger can be made in a thousand ways, you can add peppers flavors or some cayenne pepper while, making the black bean patty. you can also add chopped shitake mushroom along with onion and garlic while making the patties.

* Kid friendly - use Cheetos crumbs to coat the black bean burger and grill with touch of Cheetos is going to make this is so appearing to kinds.
* Quinoa – you can also add grinded quinoa like patty mixture to make it protein rich.

You can make the patties ahead of time and store in the refrigerator it’s a perfect launch pack, and an American cuisine.

**QUINOA AND BLACK BEAN BURGER**

**Ingredient’s List**

* 1/3 if cup raw quinoa
* 1 cup of vegetable broth
* 1 ½ cups cooked black beans, fresher canned [if using canned, season it with 1-2tbsp of olive oil, 1tsp coarsely chopped onions, 1tsp minced garlic, 1tsp grind cumin, ½ tsp chili powder, 1tsp smoked paprika, salt to taste. Freshly ground black pepper to taste].
* Salt to taste
* Freshly ground pepper to taste
* ½ cup bread crumb
* ¼ cup freshly diced wed bell pepper
* ¼ cup of freshly diced green onion
* 1 large egg
* 1tsp ground cumin
* 1tsp paprika
* 2 tbsp olive oil

**METHOD OF PREPARATION**

1. In a sauce pan, bring the onion and vegetable broth to a summer cover and low heat for 12 to 15mins. Turn off heat and let quinoa sit, cover, for 5mins longer.
2. Remove the cover and fluff the quinoa with a fork.
3. Add the cooked quinoa, bread crumbs diced red pepper, green onions, eggs, onion and paprika to the bowl with the washed beans [that are been sewed in the other ingredients] .
4. Stir everything together well with a fork. Add more bread crumbs if the mixture is too wet to form a patty, season the mixture with salt and pepper to have taste.
5. Shape the mixture into [4] or [5] patties each about 1much thick. Heat the olive oil in a heavy skillet over medium heat.
6. Cook the patties in the skillet until well browned on one side, about 3 to 5mins each side until they cook through and crispy on the outside, about 8-12 mins total.
7. Serve quinoa and black bean burgers in buns with assorted condiments such as ketchup mustard, pickles,or sauce whole.

**NOTE:** when preparing the canned beans, add onion, garlic, cumin, chili powder, smoked paprika, stir until the onion fragrant is out and softer, then add the canned beans with the liquid, cook on medium heat, until the liquid has evaporated taste and see and season if needed.

This is an sauce in America cuisine, can be used for lunch or dinner.

**SPICY CHICKEN PEA AND BLACK BEAN BURGER**

**Ingredients List**

1. 1 onion
2. 2 Garlic cloves
3. 100g mushrooms
4. 1 tin[400g] chickpeas
5. 1 tin [400] black beans
6. 2tbsp of milled flax seed
7. 3tbsp of water
8. 1tbsp of smoked paprika
9. 1 ½ tsp of grind cumin
10. 1tsp of cayenne pepper
11. 1tsp of hot chili powder
12. 1tbsp of sriracha [or ketchup for less spice]
13. 1tbsp of nutritional yeast
14. 2tbsp of finely chopped fresh coriander
15. 2-5 of tbsp plain flour, plus extra for dusting.

**METHOD OF PREPARATION**

1. Heat some oil in a pan medium heat. Add finely chopped onion, minced garlic and finely chopped mushrooms. Sauté[stir] for about 10mins until water from the mushrooms has evaporated and they are nicely brown.
2. Drain the chickpeas and black beans and pat drying with kitchen roll or tea towel. Add to large bowl and wash with the back of forker potato masher. Until about 70% is mashed. you want the leave some chunks to give it a nice texture add the onion and mushroom mix.
3. Mix flaxseed with water and leaves to gel for 5min, then add alloy with all the remaining ingredients. Add 2 tbsp of flour, mix and form into 4 patties. Flour a plate and leaves in the Fridge for 30min or more to chill.
4. Put the pan back on medium heat with more oil. Fry for 5-7min on each side. You may want to do two at a time depending on your frying pan size. Keep them on a low heat in oven whilst you cook the others. To bake lightly in oil both side place in the oven for 20-25min at 200℃ or 400℉.
5. Serve in burger buns with toppings of your choice. You can use lettuce, tomatoes, ring onion, mayo, ketchup, sriracha and red pepper green, or yellow.

NOTE: all of the above recipe can be increased or decrease (in spice particularly) and any buns can go whether seeded or GF. This is a vegan -British cuisine and is a main dish (copycat cupfulokale.com).

**BEEF BURGER**

**Ingredient List**

1. 2 medium size beef roots
2. ½ cup rolled coat or quick cooking oats
3. 1 can kidney beans (red)
4. ½ cup walnuts
5. 1 medium size red onion
6. 1-2tbsp soy sauce
7. 1-2 garlic cloves minced
8. 1-2tbsp of tomatoes paste
9. Spices – cumin and dried herbs like Italian herbs blend of basil, oregano, thyme and rosemary. 1-1 ½ tsp or more.
10. Salt and pepper to taste
11. Oil for frying

**METHOD OF PREPARATION**

1. First wash the peas and grate the beef. In a sauce pan, sault the onion and garlic. Then add the spices, tomato paste, and soy sauce and cook down briefly. Now add the beef and salt for another 2-3min until tender (but not soft).
2. (Making of burger) grand oats, and walnut in a food processor coarsely. Then add the cooked or can used kidney beans and beef mixture and pulse until everything is combined.
3. (Cook the burger): now shape the mixture into 4 burger patties and cook them in a skillet or non-stick pan for about 5-7min preside, until golden brown and crispy on the outside (be careful when flipping as they are very delicate). When serve with your favorite veggies at home or side dish with other meals.

NOTE: you can make small ball patties for a crispy. Top the veggies burger however you like either with avocado, guaca mole, lettuce, tomatoes, cucumbers, red ring onion, cress etc. it is perfectly for lunch and dinner, it is crispy on the outside and tender and juicy on the inside and also it is healthy, hearty, flavorful and tasty. If you want the burger to be so soft and juicy, you can also bake in the oven at 356℉ (180℃) for about 30-40min. flipping them half way through. But using a sauce pan is faster. Before baking brush with oil to ensure they become crispy on the outside.

**NOTE:** you can also add cheese to it if you like.

**PIZZA (DOMINO DOUGH)**

* Water
* Sugar
* Salt
* Oil
* Flour
* Yeast

These are the basic ingredients of domino’s pizza.

**How is been prepared**

**Ingredient List**

1. 5cups of all-purpose flour 605-625g
2. 1tbsp of sugar
3. 2tsp of salt
4. 1tsp yeast (instant yeast)
5. 1cup +5tbsp Luke warm water
6. 3tbsp of oil

**OR**

1. 4cups of all-purpose flour (500g)
2. 1tbspof yeast
3. ½ cup Luke warm water or 1cup
4. 1tsp of sugar
5. 2tbsp of olive oil

(Note: you can double the ingredient)

1. 1tsp of salt

**OR**

1. Flour 8cups (1kg)
2. 1tbsp of yeast or 2tsp
3. 1cup of Luke warm water
4. 2tbsp of sugar
5. 2tsp of salt
6. 6tbsp of oil

You can double these ingredients.

**METHOD OF PREPARATION**

1. Prepare yeast mixture. Add a tsp of yeast to a ½ cup of water (lukes warm) with sugar and let it rest for 10mins.
2. Mix this until the sugar is dissolve
3. Add all-purpose flour, salt and some sugar to the yeast mixture to knead the dough.
4. Once the dough is kneaded, for about 10-15min, smear some oil over the surface of the pizza dough, cover it with cling film and let it rest for 2hrsat room temperature.
5. Your dough will rise in size and will be perfect to make a perfect domino pizza.

**NOTE:** that domino’s use semolina and wheat bread flour. The gluten in the flour is what makes it stretchy.

Again, when you want to shape the dough into a large disc shape (depending on the size (to medium, large or the large) make sure you dust the surface (work surface) with enough semolina flour and some on the dough before rolling it.

Furthermore, you can use your hands to flatten it into a disc shape. Place in the pizza pan (flat, dip or any pan of your choice) with any topping of your choice and bake.

There are so many recipes for pizza dough. Some of which are as flowers.

**Ingredients List**

1. Flour 2 ½ cups
2. Yeast 1tsp
3. Sugar 2tsp
4. Salt ½ tbsp
5. Oil water 1cup

**OR**

1. Flour 3cup
2. Semolina 1cup
3. Yeast 1tsp
4. Sugar 2tsp
5. Salt 1tsp
6. Oil 2tbsp
7. Water 1cup

**OR**

1. 3cup of plain flour
2. 1tbsp yeast
3. 1tsp of sugar
4. 1tsp of salt
5. 3tbsp of oil
6. 2-1cup of warm water

**OR**

1. 2 ½ cup flour
2. 2 tbsp sugar
3. ½ tsp salt
4. 50g margarine or oil
5. 1 ½ tsp nutmeg
6. 1tbsp of yeast
7. ½ cup of water and maybe 4tbsp if needed.

**OR**

1. 4cups (500g) Ap flour or bread flour
2. 2tbsp of instant yeast
3. 3tbsp of powder milk
4. 1 large egg
5. 1tbsp of sugar or 2tbsp
6. ¼ tsp salt
7. 1 cup water and tin milk (not warm water)
8. 50-60g butter
9. 0.6tbsp of vegetable oil.

**METHOD OF PREPARATION**

1. In a clean bowl, add in your stiffed flour, yeast, milk powder (if using), salt, sugar, and mix until properly combined.
2. Create a wall in the middle break in the egg (if using), pour ½ of the milk or water and start to mix, after wards, add the remaining milk or water gradually until you get a dough.
3. Knead the dough for about 15-20min using semolina flour or Ap flour to sprinkle on the work surface and on the dough is smooth, soft and elastic such that when you press it with a finger it comes up again.
4. Put the dough in a bowl, sprinkle with oil & cover with a plastic wrap and allow to dough in size for about 2hrs or 1 ½. your pizza dough is ready for use.

**PIZZA SAUCE**

* Fresh tomatoes 500g
* Onion 2 medium size
* 4 garlic cloves or paste
* 1 tin tomato sauce or paste [400g]
* Spices and herbs [dry basil, oregano smoked paprika, black and white pepper, grinded cumin.
* Thyme and curry [ ½ tsp each]
* Sugar to taste
* Red peppers
* Sweet peppers
* Sugar 1/3 cup as desired
* 1tbsp of ketch up[optional] salt and pepper to taste
* Seasoning cubes [optional]
* ½ cup of oil

**METHOD OF PREPARATION**

1. Wash tomatoes and boil for about 5-10mins. Remove from heat and drain the water out.
2. Meanwhile, chop onion and garlic and set aside. Then blend the tomatoes [do not blend if it still hot]. Red bell peppers, some of the onions and garlic are set aside.
3. Put a sauce pot on a medium high heat, pour in the oil let it hot for just 2 seconds. Add in the onion [chopped] and stir, add the garlic and continue to stir until it releases its aroma to the oil and slightly turning brown, then pour in the blended tomatoes and allow it to cook for about 20mins. Then pour in the tomato sauce or paste, cover it to cook for about 10mins

At this point, add water enough to cook the sauce. After about 20mins more the water is gradually reducing add in spices, sugar, ketch up [if using], salt and pepper to taste. Check to correct your seasoning, allow to cook for 10 more mins and is ready [Note: do not allow sauce to be too thick and too watery. It should be moderate with unique taste].

Note: you can use can tomatoes to make sauce, or already made pizza sauce to prepare your pizza at home and even buy a store bulk pizza dough ice frozen.

However, I prefer you make at home as taste better.

**Pizza Toppings**

1. Mozzarella cheese
2. Cheddar cheese
3. Provolone cheese
4. Parmesan cheese
5. Asiago and Monterey cheese
6. Pepperoni
7. Beef
8. Catfish
9. Chicken
10. Turkey
11. Smoked sausage
12. Chicken flanks
13. Hot dog
14. Bacon
15. Fresh green, red, yellow peppers
16. Onions, fresh mushroom
17. Black and green olives
18. Ham
19. Italian sausage
20. Succulent Hawaiian in pineapple
21. Chicken pepperoni
22. Chili chicken
23. Tomatoes, jalapeno, beans in a fresh pan crust, golden corn, red paprika, capsicum, paneer, pepper barbecue chicken, peri peri chicken, chicken tikka, grilled chicken rashers, chicken sausage.

**Other Sauce For Toppings**

1. Burger sauces
2. Tahini sauce
3. Garlic mayo sauce
4. Kfc sauces
5. Afrado sauce
6. Buffalo sauce
7. Classic ranch sauce
8. BBQ sauce and other sauce can also be sprayed or drizzled on the pizza after cooked or baked depending on your choice.

**HOW TO ASSEMBLE PIZZA SAUCE ON A PIZZA DOUGH ALONG WITH THE TOPPINGS**

1. Roll the dough into a disc shape using your palms or a rolling pin to the size you want [if you want it thin i.e you must make sure you roll it out very well]. After forming a large or medium disc shape, place the dough on the pizza pan either the deep or the flat tray like pan.
2. Use a fork to punch holes on it then spray the pizza sauce on it, followed by mozzarella cheese [very same ones are out] and any topping of your choice and bake for 10-15mins in a preheated oven but keep an eye on it.

Note: what makes a pizza is cheese i.e. mozzarella cheese, without it there is no pizza. And that is why is expensive depending on the toppings.

Note: do not over crude the pizza. But make some rouse enough cheese.

**SOME DOMINOS PIZZA MENU**

**A. SPECIALITY PIZZAS**

* **. Dominos Arista Pizzas**

1. Chicken and bacon carbonara:

This is an inspired blend of robust marinara and alfredo sauce, grilled chicken breast, smoked bacon, cheese diced tomatoes and a dash of oregano and an artisan style crust. [a crust in square or rectangular shape].

1. Spinach and feta:

A combination of alfredo sauce feta and parmesan and asiago cheese, fresh baby spinach and fresh onion toppings. All balanced are baked and perfection or artisan style crust.

1. Tiscan salami and roasted veggie ideal proportions of salami, fresh onions roasted peppers, banana peppers, and a dash of oregano, all over a garlic parmesan sauce on an artisan style crust.
2. Italian sausage and pepper trio: parmesan asiago cheese and sliced Italian sausage complemented by a trio of fresh green peppers, banana peppers, and roasted red peppers on an artisan style crust topped with a dash of oregano.

**B. Dominos American Legends**

1. Honolulu Hawaiian

This is a pizza with sliced ham, smoked bacon, pineapple and wasted red peppers. Cheese made with 100% real mozzarella and provolone on a cheesy parmesan asiago crust.

1. Fiery Hawaiian:

Sliced ham, smoked bacon, pineapple wasted red peppers, hot sauce jalapenos, are cheese made with 100% mozzarella and provolone on a cheesy parmesan asiago crust.

1. Philly cheese steak:

Tender slices of steak, fresh onions fresh green peppers and fresh mushrooms with provolone and American cheeses on a cheesy provolone crust.

1. Cali chicken bacon ranch:

Grilled chicken breast, white sauce smoked bacon, tomatoes, cheeses made with 100% real mozzarella and provolone on a cheesy provolone crust.

1. Wisconsin 6 cheese:

Cheeses made with 100% real mozzarella, feta, provolone, cheddar, parmesan and asiago cheeses sprinkled with oregano on a cheesy parmesan asiago crust.

1. Pacific veggie:

Roasted red peppers, fresh baby spinach, fresh onions, fresh mushrooms, tomatoes, black olives, cheeses made with100% real mozzarella, feta and provolone sprinkled with garlic herb seasoning on s cheesy cheddar crust.

1. Memphis bachikan:

Grilled chicken breast, BBQs sauce, and fresh onions, cheese made with 100% mozzarella, provolone and cheddar on a cheesy crust.

1. Buffalo chicken:

Grilled chicken breast, hot sauce and fresh onions with provolone, American and cheddar cheese on a cheesy cheddar crust.

**FEAST PIZZAS**

* 1. Extra vegan feast:

Loads of pepperoni, ham, Italian sausage, beef, fresh onions, fresh green peppers, fresh mushrooms and black olives topped with extra cheese with 100% real mozzarella.

* 1. Deluxe feast:

Topped with pepperoni, Italian sausage, fresh green peppers, fresh mushrooms, fresh onions, black olives and cheeses made with 100% real mozzarella.

* 1. Ultimate pepperoni feast:

Made with two layers of pepperoni sandwiched between cheeses made with 100% real mozzarella, parmesan asiago and provolone sprinkled with oregano.

* 1. Meatzza:

Made with pepperoni, Italian sausage and beef, Italian and bacon with extra cheese made with 100% real mozzarella.

* 1. Americas favorite feast:

Topped with pepperoni, Italian sausage, fresh mushrooms and cheese made with 100% real mozzarella.

* 1. Bacon cheese burger feast:

Smoked bacon beef cheese made with 100% real mozzarella topped with cheddar cheese.

**NOTE:** cheesy crust are not reliable on the crust and all feast have extra.

We also have:

* 1. Veggies

Pizza sauce, diced tomatoes, sweet corn, mushroom, black olive, green pepper and 100% real and sprinkle mozzarella cheeses.

* 1. Kalamata tomatoes

Pizza sauce, diced tomatoes, black olive mozzarella cheese and a dash to dried basil flakes.

* 1. Ham and cheese

Pizza sauce, diced ham and 100% real mozzarella cheese.

* 1. Cheese mania

Just pizza sauce and a lot of mozzarella cheese.

* 1. Beef cheese burger

100% clean ground beef, onion, pickles and tomatoes, topped with a classic burger sauce and mozzarella cheese

* 1. **Tex- Mex:**

Tex -mex chicken, onion, green pepper, jalapenos, black olive and a sprinkle at oregano with 100% mozzarella cheese.

* 1. **Smoked sausage:**

A scrumptious combination of smoked sausage food mushroom topped with BBQ sauce seasoning. 100% mozzarella cheese.

* 1. **Chicken legend:**

A tantalizing blend of grilled chicken, sliced cheese, oregano and onion topped with ranch sauce and with 100% mozzarella cheese.

* 1. **Chicken lover:**

Pizza sauce, chicken pepperoni, chicken strips, chili chicken, pastry and 100% mozzarella cheese.

**AMERICAN ALLSTAR**

Pizza sauce, custard jalapeno, beef rasher, beef crumble, bawang, beef pepperoni, cheddar slices and mozzarella cheese.

* **Chicken dominator:**

Pizza sauce, rustic sauce, paprika chili chicken, chicken pepperoni Italian sausage, bacon.

* **Grilled beef (suya beef) supreme:**

BBQ sauce, cheese sauce, onion, beef burger jalapeno and mozzarella cheese.

* **American classic cheese burger:**

A combination of tomatoes sauce, custard, bacon, beef rasher beef crumble, tomato slices, slices of cheddar cheese and mozzarella cheese shredded

* **Chicken pepperoni:**

A combination of pizza sauce, and grilled chicken, pepperoni, and 100% real mozzarella cheese.

**Other Niaja Threats Are:**

1. Beef and pepperoni
2. Chicken and pepperoni
3. Beef only
4. Chicken only
5. pepperoni only

* pepper soup pizza (new): cheese, onions, green peppers, grilled chicken or beef and pepper soup sauce /spices.
* Spicy plantain pizza: cheese, pizza sauce plantain, green peppers red chili.
* Jambalaya (tasty tropical mix): cheese, pineapple, plantain, chicken, sweet corn and top with BBQ sauce
* Niaja fiesta pizza: meat balls, ninja fiesta sauce, BBQ sauce, chicken, onions, chili + sweet chili sauce.
* spicy catfish pizza: pizza sauce, ked chili, spicy catfish, onion, green peppers + glorious mozzarella cheese.
* Beef + plantain + mushroom pizza with chili and barbecue sauce.

**IN MEXICAN SOME OF THEIR PIZZA THREATS INCLUDE:**

1. **Simple Veggies**

* Margherita (single cheese topping)
* Cheese and tomato pizza

1. **Veg Threat**

* Double cheese margarita (loaded with extra cheese of different kinds.
* Fresh veggies (onion and capsicum).
* Country special: (onion, crisp capsicum, mushroom and fresh tomato)
* Farm house: (onion, crisp capsicum, mushroom and fresh tomato)

1. **Veg Special**

* 5 peppers: (capsicum, yellow red, green bell pepper, jalapeno and red paprika sprinkled with exotic herbs.
* Peppy paneer: (paneer, crisp capsicum and red pepper.
* Mexican green wave: (onion, crisp capsicum, fresh tomatoes, and jalapeno, sprinkle with exotic Mexican herbs)
* Deluxe veggies: (onion, crips capsicum, fresh mushroom, golden corn and paneer).
* Gourmet: (black olive, golden corn, jalapeno and extra cheese (note: above for longer of the veggies i.e. vegetarians) and non veg can eat these pizza).

**SIMPLY NON-VEG:**

1. **Non-Veg Threat**

* Chicken fiesta: (chunky chicken, spicy chicken, onion and capsicum
* Barbeque chicken: (onion and barbeque chicken)
* Spicy chicken: red pepper and hot spicy chicken.

1. **Non-Veg Special**

* Zesty chicken: (zesty chicken, sausage, barbeque chicken, capsicum, red paprika.
* Chicken Mexican: (onion, fresh tomatoes, red pepper and hot spicy chicken sprinkled with exotic Mexican herbs).
* Keema and jalapeno: (onion, keema and jalapeno).
* Chicken golden delight: (golden corn, double barbeque chicken and extra cheese).

1. **Feast Pizzas**

* Veg extra vegans, (black olives, onions, tomatoes mushrooms, crisp capsicum, golden corn, jalapeno and extra cheese).
* Meatzza (onion, double hot spicy chicken, barbeque chicken and keema).
* Non veg supreme: (black olive, onion, crisp capsicum, mushroom, hot spicy chicken, barbeque chicken, and keema).
* Cheese and pepperoni: (pepperoni and loaded with extra cheese). 100% pork peperoni

**NOTE:** all feast pizzas are loaded with extra cheese. More so, cheese is the life blood of pizza. without it, there is no pizza. Note also that every country has its own specially, depending on what they like, and how the prepare their proteins. But the only different is that the spices and herbs used here in Nigeria may differ from the once used in UK, New York, Mexico, Korean, Italy and other part of the world. We can also learn how they prebake when on BBQ, soups, and other snack and foods. When an Italian spices, sauce sausage, scam borings are used to prepare a particular dish [let rice or minced meat sauce]. It becomes an Italian cuisine, for example in most Chinese cuisine, soy sauce, oyster sauce, Chinese 5 spices etc. are used and the method preparation may differ from other Asian cuisine.

In conclusion, where so many kinds of pizzas depending on the country and your preference.

**NOTE**: there are other sauce you can use aside the main pizza sauce like white sauce if you don’t like red pizza sauce. And you can use classic ranch sauce, burger sauce, BBQ sauce, red chili sauce (hot or sweet) ketch up mixed with mayonnaise, and any of kfc sauces (dipping sauce to top as spray) on your pizza if you like.

**SMALL CHOPS**

Small chops or finger foods are appetizer (dodo, gizzard), that is seamed into gruels while preparing plates for the main course. These small chops can also be eaten as snacks e.g. samosa, spring roll, chin-chin, baby puff-puff, peanuts, popcorn etc. we are going to know how some of the chops are prepared.

**SAMOSA:**

for samosa wrap ingredient list

* 2 cups of corn flour
* 3 cups of ap flour
* ½ tsp of salt

**OR**

* 1 cup of ap flour
* 2tbsp of corn flour
* ¼ tsp of salt

**OR**

* 2 ½ cup of ap flour
* 1 ½ cup of corn flour
* ½ tsp of salt

**METHOD OF PREPARATION OF HAND METHOD:**

**First Method:**

1. In a clean bowl, sieve flour, corn flour and add salt and mix well. Then add water gradually to get a sticky dough [not in form of paste], let it rest for about 20-30mins.
2. Place a non-stick pan on stove top a medium low heat let it heat up a little, then scoop some of the sticky dough in your hand and fold it, [as if you want to drop puff-puff] rub the dough in pan such that is coated well and remove excess. Allow it to cook until you no longer see the white dough [like when pancake is ready] remove the mat and continue doing it until you are done making all the mat.

NOTE: let it not be too thick else it will break.

**Second Method:**

1. In a clean sieve in flour, add salt and gradually add water to form a paste [not a running paste].
2. Using a non-stick pan, already heated. Use brush to rub the paste on the bottom of the pan, and cook on low heat until it forms a mat, remove from pan and place it on a board. Cover with a kitchen towel to avoid drying up.

**Third Method:**

1. In a clean bowl, sieve in flour and add salt. Mix well, then add water gradually to running batter.
2. Put a pot on medium high heat and let it boil. Then place a non-stick pan over the pot, use a scooping spoon [ice cream scooper] to pour the batter in the pan. [make sure is well coated] all over the pan remove the excess batter and place it back over the pot of boiling water for about 3-5mins or more.
3. Remove the mat and place it on a flat plate, cover with kitchen towel to avoid drying up.

**NOTE:** you can use a samosa maker to ease your work. You can also make a dough, roll it in equal sizes [ball shapes] and start rolling it flat using flour to dust each layer and place one on the other, dust with flour [continuously rolling it till you finish rolling it flat]. Then bake in the oven for about 3-5 mins, then start to remove each layer.

**SAMOSA FILLING**

* Minced meat 1kg
* Onion spring 1 stalk
* Onion I medium bulb
* Dhania powder [samosa spice] 1tsp
* Curry masala ½ tsp
* Cameroon pepper ¼ tsp
* White/black peppers 1tsp
* Curry and thyme 1tsp
* Garlic/burger paste 1tsp
* Green bell pepper 1
* Adobo all-purpose season as desired
* Salt to taste
* Corn flour 1tsp]
* Water small quantity

1. Heat oil in a sauce pan, add onion and stir for 2mins, then add the minced meat and continue to stir
2. Next add the garlic and ginger, and all the spices and season and let it cook for about 5-10mins. Then add little water and sprinkle the flour [if using] and stir then add the veggies and the onion spring or parsley and stir for 3mins. Then turn off the heat.

**NOTE:** your samosa filling should not dry and not watery, it should be moderate.

**HOW TO WRAP AND COOK THE SAMOSA**

1. Turn the heat upside down, put small quantity of samosa filling [like a tsp and ½] and fold to form an angle shape. Make a flour paste, use it to rub the last edge before you seal close the wrap and then fry in a deep hot oil until golden brown.
2. You can serve it hot with chilled soda or any juice of your choice or serve cold, but I prefer it hot or warm. ENJOY.

**SPRING ROLL FILLING**

1. Cabbage 1 small size
2. Carrots 3 medium sizes
3. Celeries 1 stalk
4. Leek 1 stalk
5. Spring onion 1 stalk
6. Fresh parsley chopped small quantity
7. Oyster sauce 3tbsp
8. Sesame oil 1tsp
9. Green and dry bell peppers 1
10. Mushrooms [very optional] ½ cup
11. Vegetable oil 5tbsp
12. Seasoning cubes [if needed] as desired
13. Minced meat 200g or 500g
14. Ginger and garlic diced 1tbsp
15. Salt a pinch

**METHOD OF PREPARATION**

1. In a sauce pan, heat the vegetable oil, add onion and stir for 30secs add garlic, minced meat (if using) and stir. Let it cook for about 5mins. Then add your already washed and shredded carrots, curry, leek, cabbage, mushroom (if using) and continue to stir about 3-4mins. Add a pinch of salt, remove from heat and pour it in strainer to drain all the excess water from the vegetable before using.

**NOTE:** do not overcook your veggies it should be crunchy. Spring roll is basically veggies while samosa is more of meat.

1. Use the samosa mat for the spring roll as well it is the same. The only difference is that: The shape of samosa is angle shape while spring roll is rectangular in shape, [i.e. you fold it as if you are wrapping shawarma].
2. Don’t make use of meat it’s a personal preference. You can also add seasoning for taste if you like (not everyone like seasoning in spring roll especially those on diet).

**PUFF-PUFF**

Puff-puff is a very popular African street food. It is easy to make with different varieties.

**DIET PUFF**

**Ingredient List**

* Flour 500g or cups
* Yeast 1tbsp or 1 ½ tsp
* Sugar 100-120g
* Onions [grated] 2 medium size
* Fresh pepper [washed] 3-4
* Salt ½ tsp
* Water as required

**OR**

* 1kg of flour
* 2tbsp or 1 ½ tbsp of yeast
* 200-220g of sugar
* 2 medium onions [grated]
* 8 pieces of pepper
* 1 tsp of salt
* Water as required

**OR**

* 500g of flour
* 2tsp of Active dry yeast
* 120g (½cups) of sugar
* 2tsp of salt
* 1tsp of nutmeg
* Oil for deep frying

**OR**

* 500g of flour
* 2 egg York
* 1 medium size onion
* 4 pieces of pepper
* 1tsp of nutmeg
* ½ tsp of cinnamon
* 2 cups of warm water
* ½ cup of sugar
* ½ of salt

**OR**

* 500g of flour
* ½ cup of sugar
* 1tbsp of yeast
* 1tsp of nutmeg/cinnamon
* ½ tsp of salt
* Water as required

**OR**

* 1kg of flour
* 220g of sugar
* 2tbsp of yeast
* 1tbsp of salt
* 3-3 ½ cup of water

**OR**

* 5.5g or 2 paint bucket of flour
* 4 cups/1kg/804g of sugar
* 3 ½ tbsp instant dry yeast
* 1 small bottle of vanilla extract
* 1 cup of milk
* 1tbsp of nutmeg
* 1tbsp of cinnamon
* 2tsp of salt
* Chili powder pepper to taste or ½ cup
* 2 big bulbs of onions
* Water about 4 cups or as desired
* Vegetable oil 4ltrs for frying

**NOTE:** you can double or reduce the ingredient to suite your taste.

**METHOD OF PREPARATION**

1. In a clean bowl or big bowl (depending on the quality) pour warm water and add yeast and some sugar and aside for 5min. then add in the egg York (if using), pepper and onion (if using)
2. Add all the ingredients (already mixed in another bowl) i.e, flour, sugar, salt, nutmeg and cinnamon (if using). And add it to the wet ingredient and mix well to combine. Let it to rise for at least 1-2hrs.
3. In a large sauce or frying pan pour the vegetable oil to about 5-6 can depending on the depth of the pan, heat it up can a medium high heat. Check the oil by dropping a little batter in it if it stay in the bottom of the pan, it means the oil is not hot enough but if it floats, it you can now drop your batter and fry. Make sure to control the heat. because if is to hot the puff-puff will brunt and will not cook properly inside.

**NOTE:** you can use your hand, ice cream scooper to drop the batter in. or a rangolis bottle brush with oil and fill it with the bottle, then press it to make the battle drop by using a spoon to cut and let it drain or pipping bag, brush with oil whish ensure one is best for you.

**NOTE** also: if you are making it for small chops, t should not be big, it should be small.

Again, ask your client to know whether or not they like a flavored or diet puff-puff. If they don’t remove pepper, onion, nutmeg, or cinnamon. Depending on their choice.

**CHIN-CHIN**

There are different types of famous chin-chin

**Chin-chin**

**Ingredient**

1. Flour 500g or 4cups
2. Sugar 125g
3. Margarine 100g
4. Baking powder 1tsp
5. Milk flavor 1tsp
6. Milk powder 2tbsp or ½ tin liquid milk
7. Nutmeg 1small seed
8. Eggs 1 large
9. Water 20ml or 3tbsp if used
10. Veg oil enough to fry

**OR**

1. Flour 1kg
2. Sugar 250g
3. Baking powder 1tbsp
4. Milk flavor 2tbsp
5. Milk powder 4tbsp or 1 tin if using liquid
6. Nutmeg 1big seed
7. Egg 3eggs
8. Water 40-50ml
9. Butter (200g) or 6ml if not using liquid
10. Oil enough to fry

**GINGER CHIN-CHIN**

**Ingredient**

1. Flour 600g
2. Sugar 125g
3. Margarine 100g
4. Milk powder 2tbsp
5. Milk flavor 2tbsp
6. liquid milk ½ tin (if using)
7. nutmeg 1 small seed
8. eggs 1 large
9. water 20-25 or less or more
10. baking powder 1tsp
11. ginger powder [fresh ginger as desired] 1tbsp
12. oil enough to fry

**CINNAMON AND NUTMEG CHIN-CHIN**

**Ingredient**

1. flour 1kg
2. sugar 250g
3. butter 200-250g
4. baking powder 1tbsp
5. milk powder 4tbsp
6. cinnamon powder 1tbsp
7. nutmeg big seed
8. vanilla and milk zest flavor 1tsp
9. liquid milk 1 tin (if using) or 100g
10. salt a pinch
11. water 50ml if using liquid milk

**FLAVOR PACKED CHIN-CHIN**

**Ingredient**

1. flour 1kg
2. sugar 250g
3. butter 200g
4. baking powder 1tbsp
5. salt a pinch
6. ginger powder 1tsp
7. onion powder 1tbp
8. cinnamon powder 1 ½ tsp
9. nutmeg 1 big seed
10. liquid milk ½ tin
11. eggs 2large
12. water 50-60ml or lesser

**NEW AND IMPROVED CHIN- CHIN RECIPE**

**Ingredient**

1. 1kg flour
2. 250g of butter
3. 2 eggs
4. 1 big seed of nutmeg
5. 1 tsp of salt
6. 200g of sugar (1cup)
7. 100g of powder milk
8. 1 tsp of baking powder
9. 1 sachet of milk flavor
10. Water (use until it get to the normal consistency

**METHOD OF PREPARATION**

1. In a clean bowl, mix flour, baking powder, nutmeg, salt, sugar, milk powder, ginger powder, (if using), cinnamon powder, (if using), onion powder (if using).
2. Add butter and mix to sandy texture, beat the eggs and add it to the mixture, then add water gradually and mix together to get a fairly stiff dough.
3. On a floured work surface, cut a small portion of the dough and roll it out. Then cut into stripes and size finally cut into desired shapes and size. Sprinkle small flour to avoid sticking.
4. Fry in a deep oil until light or golden brown. And remove from heat. Continue this process until you finish frying the dough. Package for sell in an air tight container or transparent pack then label the pack e.g, “Tessy Pine & Dine”.

**PEANUT MAKING**

**Ingredient List**

1. Peanut (groundnut) 4cups
2. Flour 6cups
3. Nutmeg ½ seed
4. Baking powder 1 ½ tsp
5. Eggs 6
6. Milk flavor 2tsp
7. Liquid milk 1tin
8. Milk powder (optional) 3tbsp
9. Salt a pinch
10. Vegetable oil for frying.

**METHOD OF PREPARATION**

1. Soak your groundnut or peanut with salt and warm water for 5-10. drain the water out and spray in the sun today. Then toast in the oven for 1o-15sec and set aside. (Do this a day before) to ease the work for you. (you can just toast the groundnut for 15sec in the oven or pan. Set aside to cool).
2. Mix the powder ingredients in a separate bowl i.e. flour, nutmeg, powder milk, (if using) milk flour or vanilla powder flavor.
3. In another bowl, crack in the eggs then add sugar and salt whisk and until the sugar dissolve properly. Then add water or milk in the mixture and whisk for a little white colour.
4. When the groundnut is properly dried, depending on the size of the bowl, you can divide the groundnut into 3 or 4 portion, pour the first part in a wide bowl, spray little quantity of the egg mixture and stake in a circular form, then sprinkle the flour mixture and keep sharing it in a circular form. Continue this process until all the groundnut are fully and well coated without seeing a trace of the groundnut.
5. Then fry on a low heat in deep oil.

**NOTE:** make sure you fry on low heat to avoid burning or over browning.

Secondly, use a wide bowl and you can skip the milk. Just add water to the egg mixture. But for a rich and creamy taste, add milk.

You can decrease or increase this quantity or measurement.

**POTATOES CHIPS**

**Ingredient list**

1. Irish potatoes 1kg
2. Benny to taste
3. Salt to taste
4. Pepper to taste

**METHOD OF PREPARATION**

1. Peel and cut potatoes into longer finger strips or any shape of your choice, wash and allow the water to drain out. Then seasoning with pepper, salt, and benny (let it rest for like 5min).
2. Heat the oil, and deep fry the chips for about 3-5min or until crispy and light.

NOTE: in big cities, they use deep fryer and frying basket. By putting enough chips in the frying basket to fill one-quarter of it lower carefully into the fat or oil [already heated] by making some, it does not hot over flow. Cook for about 3mins. Then remove from heat and place it on a stand before you serve it, then fry it again for about 3mins or 2 until its crispy and brown, then you can package it for customers.

That is why most times is serve hot and crispy. But after a while it sets cool and soft. [its normal with sauce, practically Irish]. Furthermore, serve the chips on paper dish [if possible]. As this will make the chips well dried.

**MEAT BALLS**

**Ingredients**

1. Minced meat 1kg
2. Bread crumbs ½ or 1 cup
3. Egg 1
4. Black pepper 1tsp
5. White pepper 1tsp
6. Onion grated 1 small bulb
7. Oregano 1tsp
8. Dried basil ½tsp
9. Smoked paprika ½ tsp
10. Thyme/curry 2tsp
11. Soy sauce 1tsp
12. Oyster sauce 1tsp
13. Fresh parsley chopped 1/3 cup
14. Ginger/garlic paste 2tsp
15. Seasoning cubes to taste
16. Salt to taste
17. Oil for frying

**Method Of Preparation**

1. In a clean bowl, pour the minced meat, add in all the ingredient and mix well [do not over mix else your meat balls becomes hard].
2. Mold into small ball shape and fry, your meat ball is ready .it can be added to the chops, make sauce with it, pizza or same as an appetizer

**MEAT/CHICKEN KEBAB’S**

* Meat [beef] 500g
* gingar, garlic
* Seasoning cubes, onion to taste
* Pepper and salt
* Carrot 3 big slice
* Cucumber 3 baby
* Lettuce I bunch
* Hard tomatoes 3-6 pieces
* Red, green, yellow bell peppers ½ each
* Cabbage small size

**METHOD OF PREPARATION**

1. Wash and cut into moderate sizes, pour it n a pot and season with herbs, spices, and seasoning cubes and salt. Cook with little quantity of water so that after the meat has soaked up all the water. Remove and drain out excess water and fry, set aside.
2. While the meat is cooking make sure you cut your vegs, in ring form, in square or any shape of your choice, and set aside e.g. the carrots [round shape] olives [medium cubes] peppers [medium cubes], cabbages [medium cubes], tomatoes [ring shape].
3. Get toothpick or skewers, and first on the following carrots, onions, green red yellow peppers, tomato, cabbage which then create and in that, order until the skewer or toothpick is filled up.

**NOTE:** you may use the complete vegetable if it’s a long skewer but when using toothpick reduce the veggies just pick ones that is best for you else the meat may not have a space to stay.

**DODO GIZZARD**

1. Gizzard 1kg
2. Fairly ripped plantain 2 big ones
3. Green, red, yellow bell peppers 1 each [small size]
4. Hard tomato 1
5. Onion finely chopped 1
6. Garlic finely chopped
7. Ginger paste ½ tsp
8. Seasoning cubes to taste
9. Salt to taste
10. Scotched bonnet pepper roughly blend

**METHOD OF PREPARATION**

1. Wash and cut the gizzard, chop if it’s too big. Season with garlic, ginger and other spices such as salt and seasoning cubes, add small quantity of water and cook on a medium high heat for about 20-30mins.
2. While the gizzard is cooking, was and cut the peppers into strips, the plantain in ring or square or cube shape and set aside.
3. In a blender, pour in the scotch bonnet pepper ½ of onion, the tomato and roughly blend it and set aside.
4. By now the gizzard should be ready. Remove from heat and pour it in a strainer and fry with the plantain.
5. In a sauce pan, add oil about ¼ or 1/3 cup of vegetable oil, add the chopped onion, garlic, and stir for 30secs, add the blended pepper fry for 5mins. NOTE: water should not be too much.
6. Now, add the fried plantain and gizzard and stir, allow to cook for 3mins.
7. Serve with toothpick as an appetizer or as a side dish to steamed rice.

**MOSA**

**Ingredients**

1. Plantain 700g use very ripe
2. Flour 200-250g
3. Egg 2 medium size
4. Baking powder 2tbsp
5. Dry pepper 1tbsp
6. Salt ½ table spoon[tbsp]
7. knor 1 cube

**OR**

1. Overripe plantain 4 big one
2. Flour 500g
3. Yeast 2tbsp
4. Lukewarm water 1-2 cups
5. Salt tsp
6. Dry pepper grounded 1tsp
7. Sugar 100-150g
8. Onion 1 medium size
9. Egg 1 medium size
10. Oil for frying

**METHOD OF PREPARATION**

1. Peel and cut plantain into bowl and wash very well until smooth or use a blender.
2. In another bowl, mix flour and baking powder [or yeast if you are using the second recipe], pepper, salt, sugar [if you are using the second recipe] knor [for the first recipe].
3. Crack in the egg into the plantain and mix, add onion [if using] mix well.
4. Now, add the dry ingredients as in flour and other drained ingredient, mix very well.
5. Not if you are making the second recipe allow it rest and proof for about 1-2hours before you start frying like puff-puff. But if using the first recipe just go ahead and fry in a moderate heat oil, scoop with a scooping spoon or use your hand to mold it and fry like bean cake.
6. You can serve this with milk, yogurt, chilled drink or [paper custard if using the first recipe].

**HOME MADE SUYA**

**For Suya Spice [Yaji]**

* Kuli-kuli 300g [substitute with peanut]
* Chili pepper 15g
* Dry ginger [or ginger powder] 18g
* Parso kori
* Kimba (uda) 3g
* Masoro [false cube pepper] 5g
* ehuru 4 seeds
* Kajiji 5g
* Salt to taste
* Paprika powder 1tbsp
* Onion powder 1tbsp
* Garlic powder 1tsp
* Black pepper corncob 1tsp
* Cloves 1tsp
* Cayenne pepper powder 1tsp
* Seasoning cube to taste

**NOTE:** you can buy and grilled all these ingredients together or buy the powder once and mix all together except, if you are using peanut, you will have to grind it alone with other ingredients.

Pound beef tip-tip steak, cut into bite sizes.

* Onion cut into trite size (for garnishing)
* Cabbage (for garnishing)
* Skewers

**METHOD OF PREPARATION**

1. Put a clean bowl, pour the suya (Yagi) spice and add in the washed and cut beef and combine together (make sure that the beef is well coated with the suya spice, or put the suya spice in the beef in a plastic bag, and shake until well coated. Then marinate in the refrigerator for about 1hrs.
2. Meanwhile, preheat and outdoor grill for medium high heat and highly oil the tacks or gates.
3. Assemble the beef, followed by the onion until you reach your desired number on the skewer.
4. Cook or grill on a preheated grill and flipping one, until the meat is browned and the vegetable are soft for about 10-15min or more. Depending on the heat of the grill.
5. If you are using an oven, preheat to 400℉ (200℃), place suya on the oven rack or tray and cook, flipping once halfway and cook until browned about (5-7minon each side.)
6. Brush with vegetable oil after 5min.

NOTE: you can also use chicken or pork.

**PLANTAIN BATTERED GIZZARD**

**Ingredient List**

1. 2kg of gizzard
2. Ripe plantains 3big ones
3. Eggs 2 larges ones
4. Bread crumbs 2-3tbsp
5. Cilantros or coriander leaf finely chopped
6. onion finely chopped
7. hot pepper to taste
8. salt to taste
9. knor seasoning cube 2

**METHOD OF PREPARATION**

1. wash and seasoned gizzard and cook in a small quantity of water. Drain any excess water let it cool and then lightly oil the gizzard with butter or oil.
2. Place the butter gizzard in a bag or tray lined with foil paper and grill on a high heat for about 1min or until slightly brown and set aside.
3. Peel the plantain and slice into a blender, break in the eggs and blend on high speed for about 15sec or until smooth. Then add bread crumbs, and any other spice you desire blend again for 5sec.
4. Pour the plantain batter into a bowl and add chopped fine coriander and mix well. Then pour the gizzard into the batter and allow it to properly coat then fry in a deep frying pan for about 2min or until golden brown. Serve with favorite sauce. or any KFC dipping sauce and with your chilled Hollandia yoghurt, or milk or any juice of your choice.

**COKKIES**

**BUTTER COKKIES**

1. Margarine or butter (soften) 1cup
2. Powder sugar (king sugar) 2/3 cup or 85g
3. Cake flour 2cup or 250g +2tbsp if dough is too soft

**METHOD OF PREPARATION**

1. Cream butter and icing sugar together until light and then fry for about 5-7min. use hand mixer or 10-15min using a bowl and a wooden spatula. Then divide the flour into 2, add the first part and mix well, then add in the second part and mix well. If the dough is too soft, add about 2tbsp more and mix well.
2. Next, spray a clean foil or plastic wrap and spay the dough and shape it into a disc form, wrap in plastic wrap and refrigerate for 1hour.
3. On a baking paper, sprinkle flour and sugar and roll out into your desired shape and if any are too soft, refrigerate for 30mins before baking.
4. Bake at 350℉ [180℃], for 12-15mins, until slightly gold brown .

NOTE: you can as well use the pipping bag and any shape of nozzle and pipe into the baking tray directly if its too hot put in the fridge for 30mins before baking.

**OR BUTTER COOKIES**

* ½ bar butter [110g]
* 4tbsp of powder sugar

Mix all in a bowl and use a spatula to combine well until soft and fluffy. Then add 1 cup of all-purpose flour and mix well to combine then use a pippy bag with any shape of nozzle, place the pipping bag in a glass cup open to cover the cup. Scoop the batter in the pipe on a baking tray with a parchment paper and bake at 180℃ for 15 mins [you decorate with chocolate white or any and with sprinkles of different colors one side of the cookies].

**OR**

* 1 cup of butter [16tbsps] mix until soft, add sugar icing sugar1/2 cup whisk until light and cream for 3-5mins.
* Add in 2 cups of flour mix well, then use your hand to knead until you form a dough.
* Cover with plastic wrap and put in the refrigerator for 30mins.
* Bring the dough out on a work surface line on a parchment paper and roll out the dough.
* Cut into desired shape and bake in a preheated oven at 350℉ [180℃] for 15-18mins.

**OR**

* 1kg of butter
* 1- ¼ kg of flour
* Icing sugar 500g
* Egg York 6 or 8
* 1tbsp of vanilla extract
* 2tbsp of glucose powdered
* 3tbsp of milk powder
* 1tsp of milk flavor

**METHOD OF PREPARATION**

1. Cream butter and sugar until light and creamy, add the vanilla extract, the eggs one by one at a time and continue creaming, now add glucose, flour, milk powder and mix well you can use your hand to knead the dough well to combine. Cover with a plastic wrap and refrigerate for 30mins.
2. After 30mins, remove the dough from the fridge and roll out in a work surface lined with parchment paper and dust with flour or powdered sugar. Cut into desired shape and bake for 15-18mins in a preheated oven at 380℉ [180℃].

TIPS

Do not over cream, if you will not refrigerate. You can also use a piping bag and any nozzle of your choice and pipe on a baking tray lined with parchment paper.

**SHORT-BREAD COOKIES**

* 17 ½ tbsp of butter
* 1½ cups of rice flour
* ½ of icing sugar
* 1 cup of tapioca flour

**METHOD OF PREPARATION**

1. Assemble your ingredients together to begin, preheat your oven to 320℉ [160 ℃] while the oven is preheating take a large mixing bowl and mix until soften, butter and icing sugar using a kitchen mixer or by hand using a wooden spatula. Continue mixing until it has a light and creamy texture (if you don’t have a mixer, you can melt then use a wooden spoon to mix the ingredient until you get the right or desired texture.
2. Next, mix the rice flour and all-purpose flour or tapioca flour carefully into the sugar and butter mixture, continue to mix simultaneously. Mix well until the consistency is that thick dough.
3. Take a large baking tray or two medium sized baking trays and line them with a baking paper, cut the shortbread dough into two halves and flatten the pieces into the tray. As you do this, ensure that the dough height is consistent across the trays this way each cookie will taste just as the others.
4. Take a knife and cut the dough into rectangular sizes of your choice. then take a fork and make holes in each short bread cookie piece should have a handful of holes in total but don’t over board.
5. Stick your baking tray into the oven for between 15 and 20mins. The cookies should be golden brown at this point, however you might need to make them bake for another five (5) mins or depending on how thick you want your dough as. Let your cookies cool for 30mins before serving, store in an artisan container for three-five days. Do not refrigerate because it will make the cookies over brittle.

**CHOCOLATE CHIP COOKIES**

**Ingredients**

* ½ cup of butter(115g) at room temperature
* ½ cup of granulated sugar
* ½ cup of light brown sugar
* 1 egg
* 1tsp of vanilla extract
* 1 ½ cup of all- purpose flour
* 1tbsp of corn flour or corn starch
* ½ tsp of baking soda
* ½ tsp salt
* 1 ½ of light dark chocolate [milk chocolate]
* ½ cup of walnuts or pecans

**METHOD OF PREPARATION**

Assemble your ingredients and preheat your oven to 320℉ [150-160℃]

1. To begin, in a clean bowl cream butter till soft, add the granulated and brown sugar and continue creaming or mixing using a spatula till it is light and creamy (do not over cream, 3-5mins should be ok).
2. Next, add the vanilla extract and crack in the egg each, and cream or mix very well until is fully combined.
3. Next, sieve in the flour, salt, corn flour, and baking soda and mix very well until is well combined.
4. Then add the chocolate chips and the nuts (Note: any nuts of your choice will do) and mix well so that the chocolate and the nuts will be incorporated into the thick dough.
5. Scoop the thick dough using an incense or scooping spoon to scoop the dough in the baking tray lined with a parchment paper and bake for about 15-18mins or 12-15mins depending on the setting of your oven.

**NOTE:** the butter should be at room temperature and also the eggs too. Sometimes when you make a drop cookie like this, it sprays when baking and sometimes holds its shape. This depends on the temperature of your butter, it is advisable that you should put the cookies in the fridge for at least 20-30mins before baking. Again, always leave a space for the cookies at least about 2 inches space that they can spray well and have a nice shape.

1. You can also store it in the freezer after refrigerating for 30mins in a zip lock bag until you are ready to bake at any time.
2. The addition of corn starch helps the cookies to have a crispy exterior and soft and chewy interior but you may skip it if you like and skip salt if you are using salted butter.

**MILKY COOKIES**

**Ingredients List**

* 1 cup of flour
* 70g of butter
* ½ cup of condensed milk
* Powdered milk 2-3 tbsp [optional]

**METHOD OF PREPARATION**

1. In a bowl, take 70g of butter add 1 cup of flour and combine it well with the butter [and the powdered milk if using]
2. Add condensed milk to the bowl in battens to make a fine dough, make sure to knead the cookie dough well.
3. Shape into small cookies and bake at 180℃ for about 10-15mins or until they turn golden brown. Serve with chai or coffee.

**CRISPY MELT AWAY COOKIE BASE DOUGH**

This recipe makes five different cookies

Ingredients And Measurement

* 750g of soft room temperature butter
* 300g of powdered sugar [2 ½ cups]
* 3 times large egg white [room temperature]
* 3tsp of vanilla extract
* ¼ tsp of salt

**METHOD OF PREPARATION**

1. In a clean bowl mix butter and sugar and cream very well until light and creamy.
2. Add vanilla extract and cream [mix], add the egg and mix or cream.
3. Add the flour and salt batch by batch [like 3 times] and mix well until is properly combined.

NOTE: this dough will make the regular vanilla butter cookies. But we are going to divide the dough into five [5] to make five different cookies with the addition of extra ingredients.

1. vanilla butter cookies (for the first dough) i.e leave the first dough as it is. You will need a pipping bag and a tray [nozzle] of your choice.
2. Linzer cookies:

to the second cookie dough add:

* 60g (½ cup) of almond flour
* 40g /(4tbsp) of all-purpose flour
* ½ tsp of almond extract
* Jam of your choice

Mix well and place the dough on a parchment paper and then cover the top with another parchment paper and roll flat. Then put in the refrigerator for 30mins.

1. Ginger Bread Style Cookies

**To the third dough, add:**

* 2 ¾ of ginger
* 3tsp of cinnamon
* 2-3tsp of cocoa powder
* 40g/(4tbsp) of flour

For stronger ginger flavor add more ginger.

1. Sugar Cookie:

To the fourth cookie dough, add:

* 50g/(5tbsp) all purpose
* ½ tsp of vanilla extract

1. Chocolate Sugar Cookies

To the fifth cookie dough, add:

* 60g of sweetened (7½tsp bloom the cocoa with 5tbsp hot milk) if you are using unsweetened cocoa powder, you may tense to add 1tbsp of icing sugar.
* 20g/(2tbsp) of all-purpose milk
* Melted good quality chocolate to fill the cookies

**NOTE:** roll each at stated at the second type of cookie, put in the fridge for at least 20-30mins. Bring it out and cut it into your desired shape and bake for 180℃ (350℉) in a preheated oven for about 10-15mins. You can then ice or decorate the cookie with melted chocolate either white or dark, royal layer jam of your choice.

**NUTELLA FILLED CHUNKY COOKIE**

**Ingredients**

* 12g of Nutella
* 190g of cold unsalted butter
* 135g of coaster sugar
* 135g of brown sugar
* 150g of milk chocolate chips
* 150g of dark chocolate chips
* 40g of roasted hazel nut
* 355g of plain flour
* 60g of cocoa powder
* 1.5 tsp of baking powder
* 1tsp of salt
* 2 eggs

**METHOD OF PREPARATION**

1. Assemble your ingredients, and divide the Nutella into 12-13 portions and put in the fridge.
2. In a clean bowl, cream butter and sugar but make sure you don’t over mix so that some of the butter is left crunchy, then add the chocolate and nuts, and mix for just 2-3 minutes.
3. Next mix all the dry ingredient in a bowl i.e the flour, the cocoa powder, salt and baking powder and add it to the mixture of butter.
4. Crack and whisk the egg in a small bowl, and add it to the mixture, now mix well and turn the mixture on your work surface (not the texture of the dough does hot hold well or stick together well, you will have to use your hand to mold it.
5. Create a hole in the middle and fill in the Nutella then take a small portion of the dough and cover it then seal it well, i.e. mold into a ball shape.
6. Continue this process until you finish molding all the cookies.

**NOTE:** To get the right shape for the Nutella fill, mold the cookie dough rough, then use your thumb to push it in to create the hole, put the Nutella in the shape but mold to cover the Nutella. This is same as much you want to shape egg roll.