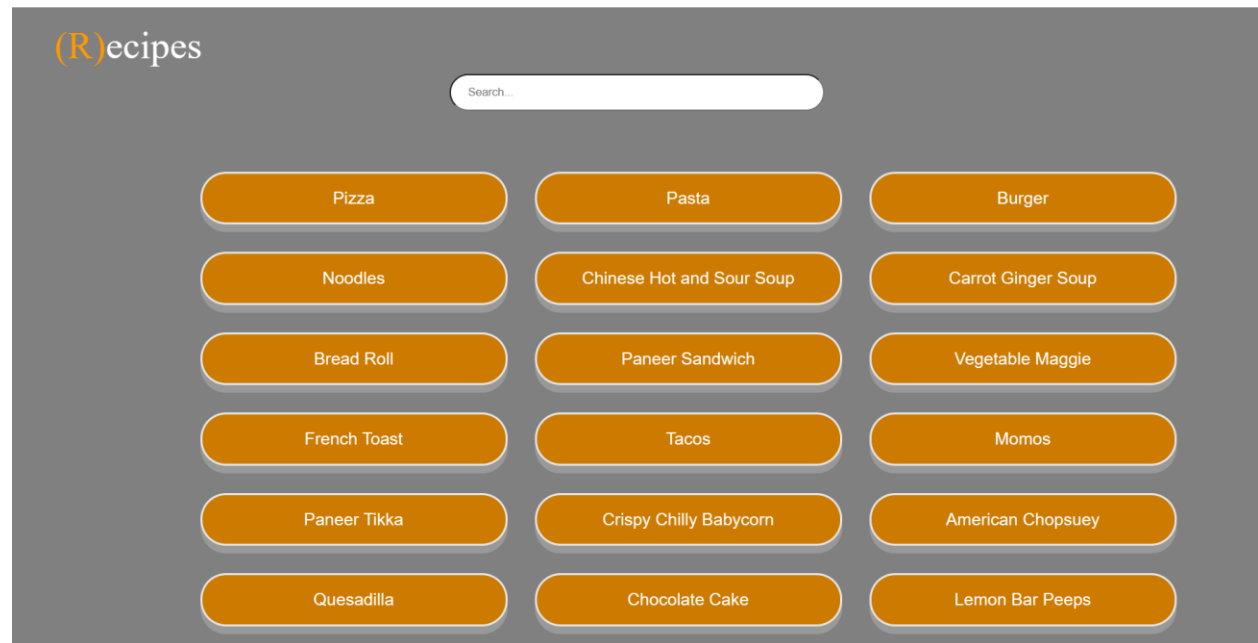


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Majok main recipes



Recipes

(P)izza

Ingredients:

- 2 cup all purpose flour
- 1 tomato
- 1 teaspoon chilli flakes
- 1 teaspoon sugar
- 4 mushroom
- 1 teaspoon oregano
- 1 tablespoon dry yeast
- 100 ml tomato ketchup
- 2 onion
- 1 teaspoon baking powder
- 100 gm processed cheese
- 1/2 capsicum (green pepper)
- 1/2 cup mozzarella
- water as required

Method:

Step 1- Prepare the pizza dough

Take a dough kneading plate and add all-purpose flour in it. Next, add salt and baking powder in it and sieve the flour once. Then, make a well in the centre and add 1 teaspoon of oil in it. On the other hand, take a little warm water and mix the yeast in it along with 1 teaspoon of sugar. Mix well and keep aside for 10-15 minutes. The yeast will rise in the meantime. Once the yeast has risen, add it to the flour knead the dough nicely using some water. Keep this dough aside for 4-6 years. Then knead the dough once again. Now, the pizza dough is ready.

Step 2- Prepare the pizza base

Preheat the oven at 180 degree Celsius. Now, is the time to make the pizza base when the dough is ready. Dust the space a little using dry flour and take a large amount of the pizza dough. Using a rolling pin, roll this dough into a nice circular base. (Note: Make sure that the circular base is even at all ends.) Once you have made the base, use a fork and prick the base with it so that the base doesn't rise and gets baked nicely. Put it into the preheated oven and bake it 10 minutes. Now, your pizza base is ready.

Step 3- Chop all the vegetables for the pizza

Now, wash the capsicum and slice it thinly in a bowl. Then, peel the onions and cut thin slices of it as well in another bowl. And finally, cut tomatoes and mushrooms in the same manner. However, make sure that those tomatoes have less juice in them. Once all the veggies are done, Now, grate the processed and mozzarella cheese in separate bowls.

Step 4- Spread the sauce and veggies on the base

(B)urger

Ingredients:

- 300 grams potatoes
- 40 grams french beans
- ½ cup finely chopped onion
- 1 teaspoon ginger paste
- 2 tablespoon chopped coriander leaves
- ½ teaspoon cumin powder
- ½ teaspoon garam masala powder
- 5 to 6 tablespoon bread crumbs
- 2 to 3 tablespoon oil for pan frying 2 patties
- 3 tablespoon rice flour
- ½ cup water
- 1 small to medium tomato - thinly sliced
- 1 small to medium onion - thinly sliced
- butter or oil for pan frying the buns
- 3 tablespoon vegetarian mayonnaise
- ½ teaspoon freshly crushed black pepper
- ¼ teaspoon of salt
- ½ teaspoon regular vinegar
- 100 to 125 grams carrot
- ½ to ½ cup peas - fresh or frozen
- ½ teaspoon garlic paste
- ½ teaspoon green chili paste
- ½ teaspoon coriander powder
- ½ teaspoon red chili powder
- ¼ teaspoon turmeric powder - optional
- salt as required
- 3 tablespoon maize flour
- 2 tablespoon gram flour (besan)
- 4 to 5 bread slices made into bread crumbs
- 1 small to medium cucumber - thinly sliced
- 4 to 5 lettuce leaves - chopped/li>
- 4 sesame burger buns
- ½ teaspoon mustard seeds - crushed
- ¼ to ½ teaspoon sugar
- ½ to 1 tablespoon lemon juice
- 1 tablespoon olive oil



Method:

Step 1- Pressure cooking potatoes

Rinse 3 to 4 large potatoes or 425 grams potatoes very well in water. Then place them in a 3 litre pressure cooker. Add water just about covering the potatoes. Also add ½ teaspoon salt. Pressure cook the potatoes for 5 to 6 whistles on medium to medium-high flame. When pressure settles down on its own, open the lid. Then check the potatoes with a knife, and it should slide easily. Let the potatoes become warm.

Step 2- Making potato stuffing

Then peel and grate them. You can even mash them with a potato masher. Add 2 tablespoons chopped coriander leaves and 1 green chili, finely chopped. Add all the spice powders. Also add salt as per taste. You can add ½ to 1 teaspoon lemon juice or ¼ to 1 teaspoon dry pomegranate seeds powder instead of dry mango powder. Mix very well. Check the taste and add more spice powders, salt and dry mango powder if required. Take a portion of the mixture and make small to medium rolls of potato filling. The size of the rolls will depend on the size of the bread. Take the bread slices and slice off the side crusts.

Step 3- Preparing bread slices

Take ½ cup water in a plate or a bowl. Dip one bread slice in the water completely. Just keep the bread in water and remove after 1 to 2 seconds. Just let the bread absorb the water. It should get damp but not overly. Otherwise the bread slice breaks. The idea is to make the bread moist enough so that it becomes pretty flexible which would make the rolling and shaping easier. Press the bread between your palms so that the excess water is drained. Make sure the bread stays intact and does not break. So press gently. Now place the bread on a tray or board or plate.

Step 4- Making bread roll

Place the prepared potato stuffing roll on one side of the moist bread slice. Gently roll the bread and join the edges. Press the edges and seal them. Also press the top and bottom parts and seal them. You should get a neat bread roll. Also There should not be any exposed potato filling as when frying they will leak out in the oil. If there are any exposed edges, then just cover with a piece of soaked and drained bread and press it to get an even cover. Forming the bread roll is not so easy part for beginners and with practice you will learn. Shape and make bread rolls this way with the remaining bread slices.

Step 5- Frying bread roll

Heat oil for deep frying or shallow frying bread rolls in a kadai or pan. When the oil becomes medium hot, then add the bread roll. Do not over crowd the kadai. Add 3 to 4 bread rolls depending on the size of the kadai. The oil has to be moderately hot. If the oil is not hot enough, the moist bread will absorb a lot of oil. If the oil is very hot, the bread will brown quickly and unevenly with uncooked insides. Fry them till they become crisp and light golden in color. Then turn over each bread roll. Continue to fry and turn over as required for uniform frying. Fry till they look crisp and golden. Then using a slotted spoon remove them. Place them on kitchen paper towels for extra oil to be absorbed. While still hot serve them. In the same way, fry the rest of the bread rolls. Serve bread roll with your favorite accompaniment like tomato sauce or green chutney.



(B)read Roll

Ingredients:

- 425 grams of potatoes
- water as required
- 1 green chilli - finely chopped
- ¼ teaspoon black pepper powder
- ½ teaspoon cumin powder
- salt as required
- oil for deep frying - as required
- ½ teaspoon salt
- 2 tablespoons chopped coriander leaves
- ¼ teaspoon red chili powder
- ¼ teaspoon garam masala powder or add as required
- ½ to 1 teaspoon dry mango powder
- 9 to 10 bread slices - brown, multi grain or white bread

Method:

Step 1- Pressure cooking potatoes

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Step 2- Making potato stuffing

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Step 3- Preparing bread slices

Take ½ cup water in a plate or a bowl. Dip one bread slice in the water completely. Just keep the bread in water and remove after 1 to 2 seconds. Just let the bread absorb the water. It should get damp but not overly. Otherwise the bread slice breaks. The idea is to make the bread moist enough so that it becomes pretty flexible which would make the rolling and shaping easier. Press the bread between your palms so that the excess water is drained. Make sure the bread stays intact and does not break. So press gently. Now place the bread on a tray or board or plate.



(B)lueberry Muffin Cake

Ingredients:

- 3/4 cup granulated sugar
- 3/4 teaspoon ground cinnamon
- 2 cups all-purpose flour
- 1/4 cup butter, room temperature
- 1 egg
- 3/4 teaspoon salt
- 1 tablespoon dry yeast
- 1/2 cup powdered sugar
- 2 teaspoons milk
- 1/3 cup plus 3 tablespoons all-purpose flour
- 1/4 cup plus 2 tablespoons butter, room temperature
- 3/4 cup granulated sugar
- 3/4 cup milk
- 2 1/2 teaspoons baking powder
- 2 cups fresh blueberries
- water as required
- 1/4 teaspoon vanilla



Method:

Preheat the oven to 375°F/190°C Spray a 9" Springform pan with nonstick spray and set aside. In a medium bowl combine all the Crumb ingredients with a fork or pastry cutter until they are blended. Set aside. In a large bowl mix together all the cake ingredients except the blueberries and mix until mostly smooth. Fold in the blueberries. Spread the cake batter into the prepared pan and top evenly with the crumb topping. Bake for 40-50 minutes until a toothpick inserted in the center comes out clean. Allow the cake to cool for 10 minutes in the pan. Loosen the edges of the cake from the pan with a butter knife and then remove the sides of the pan. For the glaze mix together all the ingredients together until smooth and then drizzle on top of the cake. Serve warm or at room temperature.

Method:

Step 1- Boiling noodles for chop suey recipe

Heat 4 cups water in a sauce pan on a medium to high flame. Add ½ teaspoon salt and add ¼ teaspoon oil to the water. Let the water come to a rolling boil. Then lower the flame and add 150 grams noodles. You can use instant, whole wheat, hakka or all purpose flour noodles. With a fork or a spoon press the noodles in the boiling water. Cook noodles on a medium flame till they become al dente. Check and taste a few noodle strands and they should have a slight bite to them. They should not be completely cooked. Strain the noodles in a colander. Then rinse the cooked noodles very well with fresh water. Use a spoon to stir when rinsing noodles. Remove the noodles in a large plate or tray. Spread them evenly. Let noodles cool at room temperature for 1.5 to 2 hours. Later after 1.5 to 2 hours you can begin to deep fry them. Before frying add 2.5 tablespoons corn flour (corn starch) on the noodles. Mix very well so that the corn flour (corn starch) coats the noodles well. You can use a pasta or noodle tong to mix.

Step 2- Frying noodles for chop suey recipe

Heat oil for deep frying in a kadai or a pan. Add a few strands of the noodles and if they come up steadily and gradually then you can begin to fry them. If they settle down at the bottom, the oil needs to get hot. If they come up too quickly then the oil is very hot, so the flame need to be reduced. Add noodles in batches. As soon as you add noodles, then with a slotted spoon separate them. Fry till the base becomes light golden and crisp. Then turn over and fry the second side till crisp and light golden. Turn over a couple of times and fry till the noodles become golden. Remove fried noodles with a slotted spoon draining excess oil in the kadai or pan. Place fried noodles on kitchen paper towels so that extra oil is absorbed. This way fry the noodles in batches. Once cooled, then place the crispy fried noodles in an air-tight container.

Step 3- Preparation to make chop suey sauce

Shred or finely chop the veggies. You can use a food processor or chop the veggies with a knife. In a small bowl, take 3 tablespoons tomato ketchup, 1 tablespoon soy sauce and ½ tablespoon sweet red chilli sauce or sriracha sauce. Mix the three sauces very well with a spoon. In another small bowl take 2 tablespoons corn flour and 2 tablespoons water. mix very well.

Step 4- Making chop suey sauce

Heat 1 tablespoon sesame oil in a wok or kadai or a pan. You can also use peanut oil or sunflower oil. Keep the flame to low to medium. Add ½ teaspoon finely chopped ginger and ½ teaspoon finely chopped garlic. Saute for some seconds till the raw aroma of both ginger and garlic goes away. Now add ¼ cup chopped spring onions. Increase the heat to medium or high and stir fry onions for a minute. Now add the shredded veggies. mix very well. Stir fry vegetables on medium to high flame for 4 to 5 minutes. Now reduce the flame and add the sauces. mix very well with the stir fried veggies. Add 1.5 to 1.75 cups water and mix well. Stir the corn flour paste (as the corn flour settles down) and then add slowly in a stream in the pan. As soon as you add corn flour paste, quickly stir so that lumps are not formed. In case lumps do form, then use a wired whisk and stir the gravy (sauce). Season with salt as per taste. Add less salt as the sauces already have salt in them. Add ¼ teaspoon black pepper powder or crushed black pepper. Mix very well. Simmer on a low to medium flame for 2 to 3 minutes till the sauce thickens. Check the taste and the corn flour's raw taste should not be there. Now add 1 teaspoon rice vinegar or apple cider vinegar or white vinegar. Add ½ to 1 teaspoon sugar. You can add less or more sugar as required. Check the taste before adding sugar and if required then only add sugar. Mix very well. Switch off the flame and now add 2 tablespoons spring onion greens. Mix well. The chop suey sauce is ready to be served. Check the final taste and add salt, sugar, black pepper, soy sauce or any of the sauces if required.

Step 5- Making american chop suey

Now break the fried noodles and take them in 2 to 3 serving plates or bowls. I usually break the fried noodles. You can even keep them as one whole lot of fried noodles. Top the crispy noodles with the chop suey sauce as required. Garnish with a few spring onion greens. You can even garnish with some chopped coriander leaves. Serve veg american chop suey immediately.

(A)merican Chopsuey

Ingredients:

- 150 grams noodles, hakka noodles or instant noodles or whole wheat noodles
- ½ teaspoon salt or add as required
- oil as required for deep frying
- ½ cup shredded carrot
- ¼ cup chopped spring onions or ¼ cup chopped onions
- ½ teaspoon finely chopped garlic
- 1 tablespoon soy sauce, naturally fermented or naturally brewed
- 1 tablespoon sesame oil or peanut oil or sunflower oil
- ½ to 1 teaspoon sugar or add as per taste
- 1 tablespoon chopped spring onion greens or 1 tablespoon chopped coriander leaves
- 2 tablespoons corn flour (corn starch)
- salt as required
- 4 cups water
- 2.5 tablespoons corn flour (corn starch)
- ½ cup shredded cabbage
- ½ cup thinly sliced capsicum
- ½ teaspoon finely chopped ginger
- 3 tablespoons tomato ketchup
- ½ tablespoon sweet red chilli sauce or sriracha sauce
- 1.5 to 1.75 cups water
- ¼ teaspoon black pepper powder
- 2 tablespoons chopped spring onion greens or 2 tablespoons chopped coriander leaves
- 2 tablespoons water



Method:

Step 1- Boiling noodles for chopsuey recipe

Heat 4 cups water in a sauce pan on a medium to high flame. Add ½ teaspoon salt and add ¼ teaspoon oil to the water. Let the water come to a rolling boil. Then lower the flame and add 150 grams noodles. You can use instant, whole wheat, hakka or all purpose flour noodles. With a fork or a spoon press the noodles in the boiling water. Cook noodles on a medium flame till they become al dente. Check and taste a few noodle strands and they should have a slight bite to them. They should not be completely cooked. Strain the noodles in a colander. Then rinse the cooked noodles very well with fresh water. Use a spoon to stir when rinsing noodles. Remove the noodles in a large plate or tray. Spread them evenly. Let noodles cool at room temperature for 1.5 to 2 hours. Later after 1.5 to 2 hours you can begin to deep fry them. Before frying add 2.5 tablespoons corn flour (corn starch) on the noodles. Mix very well so that the corn flour (corn starch) coats the noodles well. You can use a pasta or noodle tong to mix.

(C)rispy Chilly Babycorn

Ingredients:

- 12 to 15 baby corn
- 2 to 3 green chillies - slit
- ½ cup finely chopped onion or spring onions
- 1 teaspoon soy sauce or as required
- 1 teaspoon chopped celery
- 1 teaspoon corn starch (corn flour)
- black pepper powder as required
- 2 to 3 teaspoon oil for frying the baby corn
- 2 to 3 tablespoon all purpose flour
- water as required to make a thick paste
- ½ inch ginger - finely chopped
- 3 to 4 garlic - finely chopped
- 1 small capsicum - thinly sliced
- ½ teaspoon apple cider or white vinegar
- 2 tablespoon water
- salt as required
- sugar as required
- 1 tablespoon oil for the sauce
- 2 to 3 tablespoon cornstarch (cornflour)
- salt and pepper as required



Method:

Step 1- Making batter for chilli baby corn

Make a smooth paste with the cornflour, all purpose flour (maida), salt, pepper and water. Rinse and dry the baby corn with kitchen towels. Chop the baby corn if they are larger in size or keep them whole if they are smaller. Heat oil on a tava or a frying pan. Dip each baby corn piece in the batter and coat it well with the batter. Pan fry the baby corn till the edges and sides are golden brown. Since we have used less oil, you don't need to drain the babycorn on kitchen napkins.

Step 2- Making chilli baby corn

In another pan or kadai or wok, heat about 1 tsp oil. Add chopped onions or spring onions, ginger, garlic and slit green chillies. Stir fry on a medium flame till the onions have become translucent. (if adding capsicum, add now. Stir fry till the capsicum have partly cooked but still retain their crunch.) Add the soy sauce and stir well. Now sprinkle black pepper powder, salt and sugar. Add 2 tsp water and stir. Add the pan fried baby corn with chopped celery to this mixture. Stir well. To give a glaze and smoothness in the dish, sprinkle about 1 tsp of corn flour. Mix well and cook for 1-2 minutes or more till the corn flour has cooked. Lastly add the apple cider or white vinegar and stir again. Check the seasonings and add salt, pepper or soy sauce if required. Serve the baby corn garnished with some spring onions or chopped celery. You can serve chilli baby corn as a starter or with bread or even veg fried rice.

(C)hocolate Milkshake

Ingredients:

- 1 tbsp chocolate hazelnut spread (optional)
- 250ml semi-skimmed milk
- 2 scoops chocolate ice creams
- 5 marshmallows
- 1 tsp toasted hazelnuts, chopped

Method:

Step 1-

Load the back of a teaspoon with a little of the chocolate spread and spread it in a long line from the bottom of the inside of the glass to the top. Put the rest of the chocolate spread into a bowl in the microwave or in a small saucepan over a low heat. Warm through for a few seconds just until runny and set aside.

Step 2-

Put the milk and chocolate ice cream into a blender. Whizz everything up until smooth then pour into your prepared glass.

Step 3-

Top with a layer of the marshmallows and a spoonful of whipped cream. Decorate with a drizzle of the warmed chocolate spread and a few toasted hazelnuts. Serve immediately with a straw.



(C)hocolate Cake

Ingredients:

- butter and flour for coating and dusting the cake pan
- 3 cups all-purpose flour
- 3 cups granulated sugar
- 1 1/2 cups unsweetened cocoa powder
- 1 tablespoon baking soda
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 4 large eggs
- 1 1/2 cups buttermilk
- 1 1/2 cups warm water
- 1/2 cup vegetable oil
- 1/2 cup mozzarella
- 1 tablespoon dry yeast
- 2 teaspoons vanilla extract
- 1 1/2 cups butter softened
- 8 oz cream cheese softened
- 1 1/2 cups unsweetened cocoa powder
- 3 teaspoons vanilla extract
- 7-8 cups powdered sugar
- about 1/4 cup milk as needed

Method:

Step 1- Chocolate Cake

Preheat oven to 350 degrees. Butter three 9-inch cake rounds. Dust with flour and tap out the excess. Mix together flour, sugar, cocoa, baking soda, baking powder, and salt in a stand mixer using a low speed until combined. Add eggs, buttermilk, warm water, oil, and vanilla. Beat on a medium speed until smooth. This should take just a couple of minutes. Divide batter among the three pans. I found that it took just over 3 cups of the batter to divide it evenly. Bake for 30-35 minutes until a toothpick inserted into the center comes out clean. Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely. Frost with your favorite frosting and enjoy!

Step 2- Chocolate Cream Cheese Buttercream Frosting

In a large bowl, beat together butter and cream cheese until fluffy. Use a hand mixer or stand mixer for best results. Add in cocoa powder and vanilla extract. Beat until combined. Beat in powdered sugar, 1 cup at a time. Add milk as necessary to make a spreadable consistency. The frosting should be very thick and will thicken even more if refrigerated.



(C)heesecake

Ingredients:

- 1 3/4 cups Graham Cracker Crumbs (about 15 full crackers)
- 1/4 cup granulated sugar
- 4 (8 ounce) packages Cream Cheese, room temperature
- 1/2 cup sour cream, room temperature
- 3 eggs, room temperature
- 1/3 cup butter, melted
- 1/2 teaspoon kosher salt
- 1 cup granulated sugar
- 2 teaspoons vanilla

Method:

Step 1- Crust

Preheat oven to 350°F In a large bowl mix the graham cracker crumbs, butter, granulated sugar, and salt together evenly. Press the mixture into the bottom and up the sides of 9-inch springform pan. Bake the crust for 8-10 minutes, or until lightly golden. Set aside while you make the cheesecake.

Step 2- Cheesecake

In the bowl of your stand mixer fitted with the paddle attachment, mix the cream cheese and sugar on medium speed, until smooth, scraping the sides of the bowl as necessary. Turn the mixer to low and add the sour cream and vanilla; mix well, scraping sides of the bowl as necessary. Add the eggs, 1 at a time, mixing on low speed after each addition just until mixed. Don't over mix. Pour the filling over crust and spread evenly. Double wrap the bottom of the springform pan with foil, sealing it tightly to prevent water from getting into the pan. Place the springform pan into a larger pan and pour very hot water into the pan, until it's 3/4- inch deep, careful to make sure the water level doesn't come up higher than the foil. Bake for 60-70 minutes or until the center is almost set. The center will still jiggle while the edges will be set. Carefully run a knife around the rim of pan to loosen cake. Allow the cheesecake to cool at room temperature for at least an hour, then cover and transfer into the refrigerator for 6 hours or overnight. Release the sides of the springform pan before slicing.



(C)arrot Ginger Soup

Ingredients:

- 3 tablespoons butter
- 2 cups chopped white or yellow onion
- 1 teaspoon minced ginger
- 2 cups water
- Chopped chives, parsley, dill or fennel for garnish
- 1 1/2 pounds carrots (6-7 large carrots), peeled and sliced thin
- Salt
- 2 cups chicken stock or vegetable stock
- 3 large strips of zest from an orange

Method:

Step 1- Sauté onions and carrots

Melt the butter in a soup pot over medium heat and cook the onions and carrots, stirring occasionally, until the onions soften, about 5 to 8 minutes. Do not let the onions or carrots brown. Sprinkle a teaspoon of salt over the carrots and onions as they cook.

Step 2-

Add stock and water, ginger, and strips of orange zest. Bring to a simmer, cover, and cook until the carrots soften, about 20 minutes.

Step 3-

Remove the strips of orange zest! It's easy to forget this step, and if you forget and purée the soup with the strips of zest still in it, the soup may be too bitter for your taste.

Step 4- Purée soup:

Purée the soup with a stick blender, or working in small batches, pour the soup into a blender and purée until completely smooth. Only fill the blender bowl a third full with the hot liquid and keep one hand pressing down on the cap of the blender to keep it from popping off. Add more salt to taste. (You will need more salt if you are using homemade unsalted stock or unsalted butter.) Garnish with chopped chives, parsley, or fennel fronds.



(F)rench Toast

Ingredients:

- 1 teaspoon ground cinnamon
- 2 tablespoons sugar
- 4 eggs
- 1/2 teaspoon vanilla extract
- 1/2 cup maple syrup, warmed
- 1/4 teaspoon ground nutmeg
- 4 tablespoons butter
- 1/4 cup milk
- 8 slices challah, brioche, or white bread

Method:

Step 1-

In a small bowl, combine cinnamon, nutmeg, and sugar and set aside briefly.

Step 2-

In a 10-inch or 12-inch skillet, melt butter over medium heat. Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate. Dip bread in egg mixture. Fry slices until golden brown, then flip to cook the other side. Serve with syrup.

