

CHEFAI - COOKING RECIPE BOOK

1. Classic Fluffy Pancakes

Ingredients (Serves 4):

- 1 cup all-purpose flour
- 2 tbsp sugar
- 1 tbsp baking powder
- 1/4 tsp salt
- 1 egg
- 1 cup milk
- 2 tbsp melted butter (plus more for cooking)
- 1 tsp vanilla extract (optional)

Steps:

1. In a large bowl, combine flour, sugar, baking powder, and salt.
2. In another bowl, whisk together egg, milk, melted butter, and vanilla.
3. Make a well in the dry ingredients.
4. Pour wet mixture slowly into the dry bowl.
5. Stir gently until combined (don't overmix).
6. Heat skillet over medium heat.
7. Grease with butter or oil.
8. Pour 1/4 cup batter for each pancake.
9. Cook until bubbles form on top.
10. Flip and cook until golden.
11. Transfer to a plate.
12. Repeat for all batter.
13. Stack pancakes neatly.
14. Add toppings (syrup, fruits, nuts).
15. Serve hot and fluffy.

2. Savory Spinach & Chickpea Skillet

Ingredients (Serves 2–3):

- 1 cup chickpeas (cooked/canned)
- 2 cups spinach
- 1 onion
- 2 garlic cloves
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper
- 1/4 cup vegetable broth
- Lemon juice

Steps:

1. Heat olive oil in a skillet.
2. Add chopped onion, sauté until golden.
3. Stir in garlic, cook 1 min.
4. Add chickpeas to skillet.
5. Sprinkle cumin and paprika.
6. Season with salt and pepper.
7. Toss well and cook 3 min.
8. Add spinach in batches.
9. Stir until wilted.
10. Add broth to prevent sticking.
11. Cook 3–4 more minutes.
12. Taste and adjust seasoning.
13. Squeeze lemon juice.
14. Garnish with herbs.
15. Serve warm with bread or rice.

3. Creamy Tomato Basil Soup

Ingredients (Serves 4):

- 4 tomatoes
- 1 onion
- 2 garlic cloves
- 2 tbsp olive oil
- 2 cups broth
- 1/2 cup cream
- Basil leaves
- Salt & pepper

Steps:

1. Heat oil in saucepan.
2. Add diced onion, sauté until soft.
3. Stir in garlic, cook briefly.
4. Add chopped tomatoes.
5. Cook until tomatoes soften.
6. Season with salt and pepper.
7. Pour in broth.
8. Simmer 15 min.
9. Remove from heat.
10. Blend until smooth.
11. Return to pan.
12. Stir in cream.
13. Add chopped basil.
14. Simmer 5 more minutes.
15. Serve hot with bread.

4. Garlic Butter Shrimp**Ingredients (Serves 2):**

- 250g shrimp

- 2 tbsp butter
- 3 garlic cloves
- 1 tbsp lemon juice
- Salt & pepper
- Parsley for garnish

Steps:

1. Rinse and pat dry shrimp.
2. Season lightly with salt and pepper.
3. Melt butter in skillet.
4. Add minced garlic.
5. Cook 1 min until fragrant.
6. Add shrimp in a single layer.
7. Cook 2–3 min on one side.
8. Flip and cook until pink.
9. Add lemon juice.
10. Toss well to coat.
11. Taste and adjust seasoning.
12. Remove from heat.
13. Sprinkle with parsley.
14. Serve immediately.
15. Pair with rice, pasta, or bread.

5. Chickpea & Spinach Curry

Ingredients (Serves 3–4):

- 1 can chickpeas
- 2 cups spinach
- 1 onion
- 2 tomatoes
- 2 garlic cloves

- 1 tsp curry powder
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 1 cup coconut milk

Steps:

1. Heat oil in pot.
2. Add onion, sauté until golden.
3. Stir in garlic, cook briefly.
4. Add chopped tomatoes.
5. Cook until soft.
6. Stir in curry powder, turmeric, chili.
7. Mix well.
8. Add chickpeas.
9. Stir to coat in spices.
10. Add coconut milk.
11. Simmer 10 minutes.
12. Add spinach.
13. Stir until wilted.
14. Taste and adjust seasoning.
15. Serve hot with rice or naan.

6. One-Pot Pasta Primavera

Ingredients (Serves 2–3):

- 200g pasta
- 2 cups mixed vegetables (carrot, bell pepper, zucchini)
- 2 cups broth
- 1/2 cup cream
- 2 tbsp olive oil
- Parmesan cheese

Steps:

1. Heat oil in a deep pan.
 2. Add chopped vegetables.
 3. Sauté for 3–4 minutes.
 4. Add pasta.
 5. Pour in broth.
 6. Stir to combine.
 7. Bring to boil.
 8. Reduce heat and simmer.
 9. Stir occasionally to prevent sticking.
 10. Cook until pasta is tender.
 11. Add cream.
 12. Stir well.
 13. Sprinkle with Parmesan.
 14. Taste and adjust seasoning.
 15. Serve hot.
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7. Creamy Mushroom Risotto**Ingredients (Serves 3):**

- 1 cup arborio rice
- 200g mushrooms
- 1 onion
- 3 garlic cloves
- 4 cups broth (warm)
- 1/2 cup Parmesan
- 2 tbsp butter

Steps:

1. Heat butter in pan.
2. Add onion, sauté until soft.

3. Stir in garlic, cook briefly.
 4. Add mushrooms, cook 5 min.
 5. Stir in rice.
 6. Toast rice for 2 min.
 7. Add 1 ladle of broth.
 8. Stir until absorbed.
 9. Repeat adding broth gradually.
 10. Stir constantly.
 11. Continue until rice is creamy and tender.
 12. Stir in Parmesan.
 13. Taste and adjust seasoning.
 14. Rest for 2 min.
 15. Serve hot.
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8. Lemon Garlic Roast Chicken

Ingredients (Serves 4):

- 1 whole chicken
- 2 lemons
- 4 garlic cloves
- 2 tbsp olive oil
- Fresh herbs (rosemary, thyme)
- Salt & pepper

Steps:

1. Preheat oven to 200°C.
2. Pat chicken dry.
3. Season inside and outside with salt and pepper.
4. Stuff cavity with lemon halves and garlic cloves.
5. Rub chicken with olive oil.
6. Sprinkle herbs all over.

7. Place in roasting pan.
 8. Roast 45 minutes.
 9. Check doneness with thermometer (75°C inside).
 10. If not done, roast 15 more minutes.
 11. Remove from oven.
 12. Let rest 10 minutes.
 13. Carve into pieces.
 14. Drizzle with pan juices.
 15. Serve with sides.
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9. Mediterranean Chickpea-Quinoa Salad

Ingredients (Serves 2–3):

- 1 cup quinoa
- 1 cup chickpeas
- 1 cucumber
- 1 tomato
- 1/2 cup olives
- 1/4 cup feta
- 2 tbsp olive oil
- 1 tbsp lemon juice

Steps:

1. Cook quinoa according to package.
2. Drain and cool.
3. Chop cucumber and tomato.
4. Slice olives.
5. Mix quinoa and chickpeas in bowl.
6. Add cucumber and tomato.
7. Stir well.
8. Add olives.

9. Crumble feta on top.
 10. Drizzle olive oil.
 11. Add lemon juice.
 12. Toss salad gently.
 13. Taste and adjust seasoning.
 14. Garnish with herbs.
 15. Serve chilled or room temp.
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10. Fudgy Chocolate Brownies

Ingredients (Serves 6–8):

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1/2 cup flour
- 1/2 cup cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt

Steps:

1. Preheat oven to 180°C.
2. Grease baking dish.
3. Melt butter in saucepan.
4. Add sugar, stir until dissolved.
5. Remove from heat, cool slightly.
6. Whisk in eggs one at a time.
7. Stir in cocoa powder.
8. Add flour, baking powder, and salt.
9. Mix until smooth.
10. Pour batter into pan.
11. Smooth surface evenly.

12. Bake 25 minutes.
13. Check with toothpick (should be slightly fudgy).
14. Cool before slicing.
15. Serve with ice cream or coffee.