



RECIPE BOOK 1



@AWorldofNoor

HELLO!



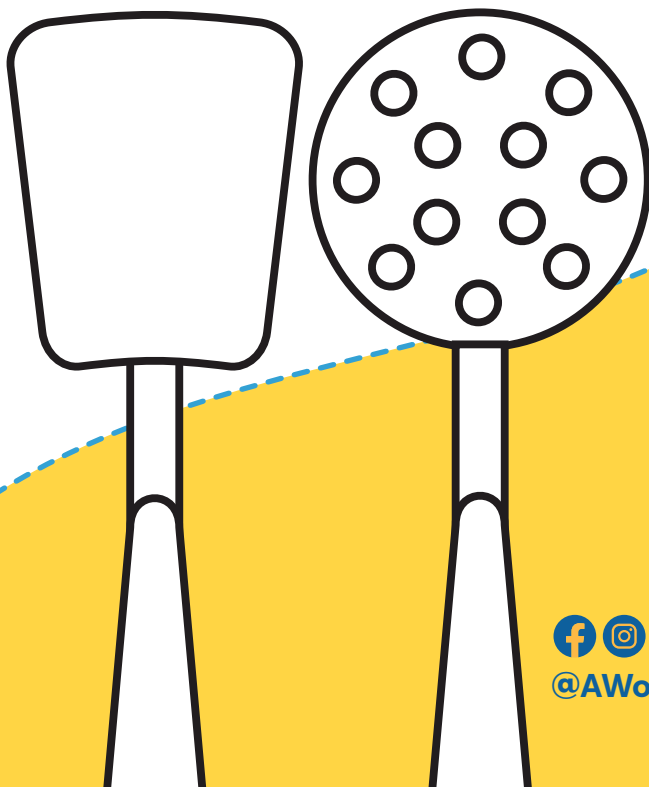
When COVID-19 started and we were all locked in our homes, I was at a loss for things to do. Before the pandemic hit, we had originally planned to travel internationally, but that was no longer an option.

In order to give our daughter the joy of learning about new cultures and places, I came up with the idea to travel virtually by cooking food from around the world. Daddy and daughter started an initial Instagram Live show to celebrate Navroz, the Persian New Year on March 21st, 2020, to connect with friends and family also celebrating – and A World of Noor was born! 2 years later we are still at it!

Little did we know, travel would still be so difficult! I did not expect the number of responses and requests for the recipes that had been tailored for our then 18 month old Noor, and so I thought we would share a digital booklet for others.

We hope this brings opportunity to others to create memories too!

NOOR'S DADA



Colour in
the utensils!



Tips for Parents!

- ★ Try out the recipe yourself first to see what you can prepare in advance or what you might find tricky for your child
- ★ Be mindful of hot stovetops or pans – we nearly always let our daughter put items into a pan which is not heated or on a hot stovetop. If the recipe calls for heating oil and frying onions for example, we let her add both to a cold pan, and then separately we heated it, and then transfer back to a cold pan. It may affect the taste a bit, but safety first!
- ★ Mise en place! Look it up! we cut and organized EVERYTHING before hand.
- ★ It is a FAMILY affair – everyone can partake!
- ★ Any questions? Reach out!



@AWorldofNoor

CHILLI CON CARNE



Ingredients

- ★ 2 tbsp olive oil
- ★ 1 diced large onion
- ★ 4 cloves chopped garlic
- ★ 2 lbs ground beef
- ★ 2 tbsp of ground cumin, oregano, paprika
- ★ 2 tbsp tomato paste
- ★ 28oz can crushed/diced tomatoes
- ★ 1/2 cup beef stock
- ★ 1 can kidney beans

Optional: 1/2 cup corn kernels

Optional: 2 chopped carrots

Prep Time: 20 minutes

Cook Time: 90 minutes

Ready in: 110 minutes

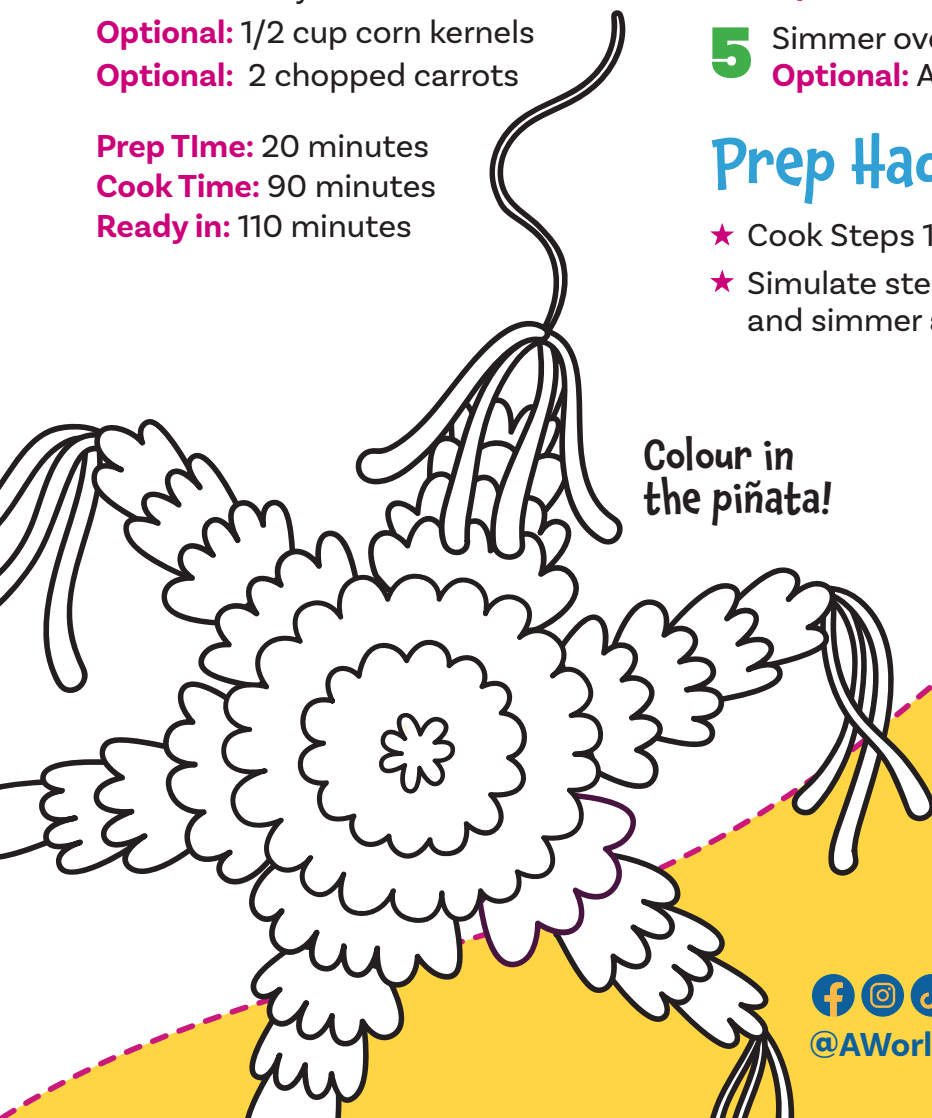
Cooking Steps

- 1** Heat oil in pot and sauté onions until almost see through. Add chopped garlic and continue to heat for another minute.
- 2** Add ground beef and cook stirring occasionally.
- 3** Stir in cumin, oregano, paprika, cayenne pepper, tomato paste. Cook for 2 minutes.
- 4** Add tomatoes, beef stock, kidney beans. Season with salt and pepper.
Optional: Add carrots
- 5** Simmer over low heat for about an hour.
Optional: Add corn for last 15 minutes

Prep Hacks

- ★ Cook Steps 1 and 2 in advance.
- ★ Simulate steps with no heat and simmer at the end.

Colour in
the piñata!



Noor's Tips for Junior Chefs!

- ★ For a bit of a spicy kick, add tabasco sauce or cayenne pepper along with the other spices. Top with lots of sour cream, chopped green onions and grated cheese.
- ★ **Adventurer Tip:**
Make bread bowls to serve in! Buy an uncut loaf and hollow it out, or use smaller individual ones.



@AWorldofNoor



PENNE WITH SALMON and Basil & Tomatoes



Ingredients

- ★ 1 lb salmon filet
- ★ 2 tbsp italian seasoning
- ★ salt and pepper
- ★ 1 tbsp lemon juice
- ★ 500g tomatoes
- ★ 1 cup chopped basil leaves
- ★ 2 garlic cloves
- ★ olive oil
- ★ 1 tbsp butter

Optional: 1/2 cup heavy cream

Optional: grated parmesan

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready in: 40 minutes

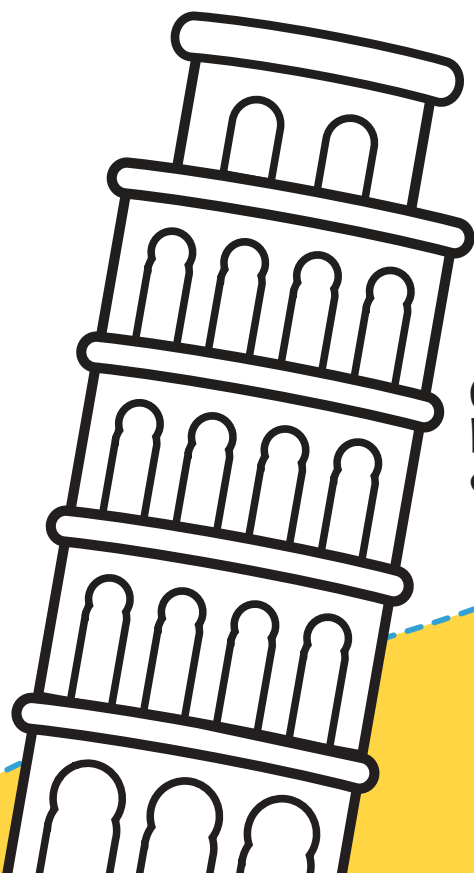
Cooking Steps

- 1** Season salmon generously with oil, salt, pepper, italian seasoning, lemon juice and bake for 25 minutes in a pre-heated oven at 425F.
- 2** At the same time, cook penne until desired tenderness and set aside.
- 3** In a large saucepan, sauté chopped garlic in heated oil for 1 minute.
- 4** Add tomatoes (chop tomatoes to your desired size. For early girl and cherry tomatoes, I like to chop them in half) and heat mildly. Do not make them liquify.
- 5** Flake the cooked salmon into small pieces and stir it into the tomatoes along with the penne, butter, and basil. **Optional:** Add heavy cream before basil and simmer for 1 minute. Top with parmesan.

Prep Hacks

- ★ Cook half of the salmon and penne in advance.
- ★ Swap in cooked items at end of recipe.

Colour in the leaning tower of pisa!



Noor's Tips for Junior Chefs!

- ★ No one likes mushy pasta – it is better to under cook it a bit. Then you can add water in step 5 if needed and simmer it all together for a little longer.
- ★ My favorite seasonal tomato is 'early girl' tomatoes, but you can also use cherry or roma tomatoes.
- ★ Throwing pasta at a wall to see if it sticks to see if it's done is a myth, but it is still fun to do! See who can get it to stick the highest!
- ★ Watch out for the bones when flaking the salmon.
- ★ **Adventurer Tip:** Add different spices to the salmon when seasoning it. You can try dill, chilli flakes, honey, maple syrup, or even tandoori spice!



@AWorldofNoor

ADAPTED FROM:

StefanGourmet.com: stefangourmet.com/2017/08/12/pasta-with-salmon-and-cherry-tomatoes
Delish.com: delish.com/cooking/recipe-ideas/recipes/a45967/gortons-simply-bake-salmon-over-garlicky-angel-hair-and-cherry-tomatoes/

MATAR KHEEMA

(Peas and Minced Meat)



ADAPTED FROM:
Noorbanu Nimji: @aspicytouch
The Khoja Cook: @thekhojacook

Ingredients

STEP 1

- ★ 1 lb ground beef
- ★ 1 tbsp white vinegar and salt

STEP 2

- ★ 3-4 tbsp oil
- ★ 2 whole cloves, 2 whole black peppercorns, 3-4 whole cardamom pods, 2 small cinnamon sticks, 1 tsp cumin seeds. **Optional:** 2 curry leaves

STEP 3

- ★ 1 diced medium onion

STEP 4

- ★ 1/2 can chopped tomatoes
- ★ 1.5 tsp tomato sauce
- ★ 1/2 tsp crushed garlic
- ★ 1 tsp crushed ginger
- ★ 2 tbsp yoghurt
- ★ 1/4 tsp tumeric
- ★ 1/2 tsp cumin powder

STEP 5

- ★ 2 cups peas (frozen is ok)
- ★ 2 medium potatoes (1" cubes)

STEP 6

- ★ 1/2 tsp garam masala
- ★ 2 tbsp lemon juice

Cooking Steps

- 1** Cook beef with salt and vinegar. Break up clumps and cook until no pink remaining. It will start to stick to pot.
- 2** Remove beef and set aside. Heat oil and add all whole garam masala spices. Heat for 2 min (until cumin seeds start to 'pop').
- 3** Add chopped onion, cooking until golden brown.
- 4** Add garlic, ginger, tomatoes, tomato paste, tumeric, yoghurt and cumin powder.
- 5** Add potatoes, peas and 1 cup water. Simmer until peas and potatoes are tender
- 6** Mix in garam masala powder and lemon juice.

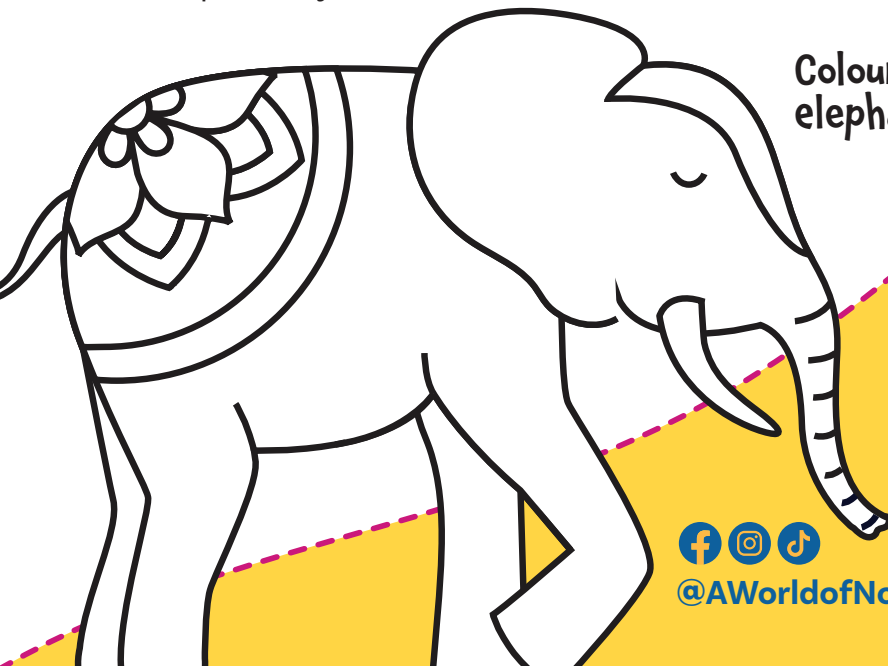
Prep Time: 15 minutes

Cook Time: 25 minutes

Ready in: 40 minutes

Prep Hacks

- ★ Cook beef and onions in advance



Colour in the elephant!



@AWorldofNoor



Noor's Tips for Junior Chefs!

- ★ Don't forget 'Mise en place'! Mix the ingredients for each step together beforehand.
- ★ **Did you know:** Keema Matar is a dish made popular during Mughal India times! It is a royal treat! Don't forget to wear your crown when eating it!
- ★ Over the years, it has had many regional varieties in Pakistan, Gujarat, Bangladesh, and this East African influenced variety (where the order of words in the name are swapped too!).
- ★ **Dada's joke:** What did the pea say to the other pea? Don't mutter. :)



WIENER SCHNITZEL



Ingredients

- ★ 1 lb veal (cut into 4 pieces)
- ★ 2 eggs
- ★ 1/2 cup all purpose flour
- ★ 1/2 cup breadcrumbs
- ★ Lemon wedges
- ★ 1/2 tsp salt
- ★ Oil, butter or ghee for frying

Prep Time: 15 minutes

Cook Time: 15 minutes

Ready in: 30 minutes

Prep Hacks

- ★ Use an unheated skillet for Step 6
- ★ Fry veal independently

Cooking Steps

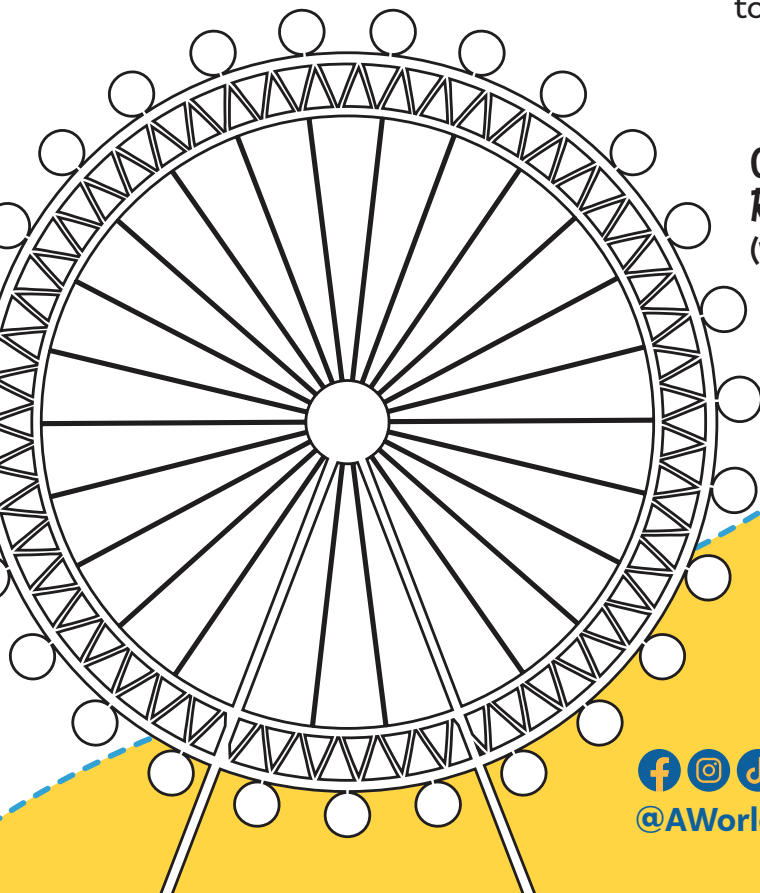
- 1** Place veal into ziploc bag or cellophane, and hammer with a mallet or pestle until 1/4" thick or less. This also tenderizes it.
- 2** Line up the dipping bowls. 1 with all purpose flour and salt, 1 with eggs (beaten), and 1 with breadcrumbs (in that order).
- 3** One by one, coat the veal in the flour until dry, and then shake off extra flour.
- 4** Dip the veal into the egg, flipping onto both sides, and then letting excess egg to drop off.
- 5** Roll into the breadcrumbs to evenly coat the veal. Don't press too hard.
- 6** Fry for 2-3 minutes on each side. Make sure to have LOTS of butter or ghee - you should have enough for the veal to 'swim' in the pan.

Colour in the
Riesenrad!
(Vienna Giant Wheel)



Noor's Tips for Junior Chefs!

- ★ Like always - have fun with breaking the eggs!
- ★ Practice 'dredging'. This is the technique of coating the cutlets. Use one hand for when the veal is dry, and the other for when it is wet with the egg.
- ★ Don't press the breadcrumbs into the veal too hard - you don't want them soggy before cooking. Think of it as getting the breadcrumbs to coat the eggs, not the veal directly.
- ★ You can add more seasoning to the flour or eggs - herbs, paprika, parsley.
- ★ **Fun Tip:** Cut the veal into different shapes like the moon, a star, or even a heart!
- ★ **Did you know:** 'Wiener' means 'of Vienna' in German, and must use veal in Austria, but you can use other meats too. Chicken is also yummy!



@AWorldofNoor

ADAPTED FROM:

Jennifer McGavin on the Spruceeats: thespruceeats.com/wiener-schnitzel-recipe-1447089
The Spiced Peach blog: spicedpeachblog.com/wiener-schnitzel-austrian-family-favorite-dietmar-kohler/