

Christians Aware Recipes

From the Christians Aware International Cookery Book – 'Favourite Foods and Delicious Dishes.'

DAAL- India

8 oz (225g) Moong Daal or split red lentils
2 slices of fresh ginger, chopped
½ tsp turmeric, Salt to taste, 3 tbsp oil
1 tsp mustard seeds
2 cloves of garlic, chopped
1 large onion, chopped, 2 green chillies
1 ½ tsp lemon juice, 1 tsp cumin seeds
Fresh coriander to garnish

1. Wash lentils and put in a large pan with 2 pints (1200ml) water.
2. Bring to the boil and then lower the heat and let it simmer, partially covered until the lentils are cooked. Add turmeric and salt to taste.
3. Heat oil in another pan and when hot add the mustard and cumin seeds. They will start to splutter-this will take a few seconds- then add the chopped onion, garlic and ginger and green chillies and fry until golden brown.
4. Now pour this over the cooked lentils and stir well.
5. Add lemon juice and return to heat and let it cook for a few minutes. The mixture should be fairly thick (add more water if it is too thick).
6. Garnish with fresh coriander.
7. It is best served with plain boiled basmati rice and/or chapattis and other Indian bread.

Pirozhki – Russia

2 tsp dried yeast
2 eggs, 18 oz (500g) flour
1 cup warm milk, 4 oz (100g) butter
2 tbsp sugar, ½ cup water

1. melt butter in saucepan with milk and water
2. pour into mixing bowl and add the sugar and eggs
3. mix flour and yeast together and add to milk mixture
4. knead dough until smooth and elastic
5. leave in covered, greased bowl until doubled in size (about 1-1 ½ hours or try 6 minutes on defrost in a microwave oven)
6. divide mixture into 32 equal portions and shape each ball into a 6" (15cm) circle
7. Add heaped teaspoon of filling (see below), moisten edge of pastry and press together.

8. Put on a greased baking tray, sealed edge uppermost. Leave for about 40 minutes.
9. Either bake for 20 minutes at 350F/gas 4/ 180C, or deep fry for about 5 minutes. (If baked brush with beaten egg first and sprinkle with sesame or poppy seeds for a really festive look.

Mushroom Filling:

4 oz (100g) butter, ¼ cup cooked rice
8 oz (225g) mushrooms, finely chopped
1 tbsp dill, finely chopped
1 onion, finely chopped, 1 beaten egg
2 tbsp parsley, finely chopped, pepper

1. cook onion in butter until soft
2. add mushrooms and cook for 5 mins
3. remove from heat, add everything else

Onion Filling:

4 onions, finely chopped
2 tbsp parsley, finely chopped
6 oz (175g) butter
2 hard boiled eggs, finely chopped
1 tbsp dill, finely chopped

1. fry onions in butter until soft
2. remove from heat and add other ingredients

Tel Kadayif – N. Africa

8 shredded wheat, 6 oz (175g) broken nuts
1 cup water
1 tbsp rose water or orange flower water (optional)
6 oz (175g) butter/margarine
6 oz (175g) sugar, Juice of 1 lemon

1. put a layer of crushed shredded wheat into a greased baking dish
2. sprinkle with nuts and dot generously with butter
3. repeat with another level of shredded wheat, nuts and butter
4. bake at gas 5/375F/190C for 40 minutes
5. meanwhile boil up the sugar, water and lemon juice until quite thick (add rosewater etc)
6. either pour hot syrup over cool Kadayif or cool syrup over hot Kadayif.
7. serve cold with whipped cream.