

HOME RECIPES

---- By Qur Residents-





ROOH AFZA MILK CAKE

Ingredients

To prepare milk-mix:

- 570 ml full-fat milk
- 180-200 ml Rooh Afza
- 270 ml liquid whipping cream/heavy cream
- 225 ml condensed milk

To prepare cake:

- · 6 eggs, separated
- 100 gms granulated sugar, split in two
- 120 gms all-purpose flour

Directions

TO PREPARE MILK-MIX:

- In a bowl, heat the milk (570 ml) until it's warm (to help the Roohafza infuse better).
- . Add the Roohafza (200 ml) and whisk the milk until it's well combined.
- Add the liquid whipping cream (270 ml) and condensed milk (225 ml) into the Rooh Afza milk and whisk
 until everything is well combined.

TO PREPARE THE CAKE:

- Preheat the oven to 180 degree Celsius.
- Prepare the baking pan by layering it with parchment paper or greasing with butter and flour to make sure that
 the cake does not stick while baking.
- · Separate the egg yolks from the whites (6) and place each in different bowls.
- In the egg white bowl, add 1/2 of the sugar (50 g) and whip on high speed with an electric/stand mixer until the
 mix forms stiff peaks.
- Add the remaining sugar (50 g) in the egg yolk bowl and whip on high speed with an electric/stand mixer until
 the mix becomes pale and creamy.
- Now, add the egg white mix and the flour (120 g) into the egg yolk mix alternatively, 1/3rd at a time.
- Fold the mix after each addition with a silicone spatula gently, making sure not to knock the air out of the
 mixture. There is no baking powder in this cake, the airiness of the egg whites is what helps the cake rise and
 gives it that spongy texture. If you knock a lot of air off while mixing, your cake will be flat and dense.
- Once everything is well combined, transfer the cake batter into the prepared baking pan and bake for 20-30
 minutes, until a toothpick comes out clean from the center. Keep an eye on the cake, you don't want to
 overbake it!
- As soon as the cake comes out of the oven, poke holes into it using a fork (to help the milk soak better). While
 the cake is still hot, pour a generous amount of the Rooh Afza milk and let it chill for at least a few hours,
 ideally overnight. Don't use all the milk, reserve some for serving!

When ready to serve, top it with sweetened whipped cream (optional) and serve with extra milk. Serve cold.



MSHABBAK

Ingredients

- 1 cup coarse semolina
- 1 cup soft semolina cup
- 1/2 cup milk
- 1/2 cup yogurt
- 1/2 cup oil
- 1 teaspoon baking powder
- 1 cup warm water
- 1 cup flour Vegetable oil, for deep frying

For the Syrup:

- 2 cups sugar
- 1 cup water
- 1 tablespoon lemon juice
- 2 teaspoons orange blossom water

Directions

Sugar Syrup:

- In a small heavy saucepan, combine sugar, water and lemon juice and bring to a boil over medium high heat.
- Reduce heat to low and simmer for 5 minutes.
- Remove from the heat and add the orange blossom water and stir.
- · The syrup is ready.

Mshabbak:

- . In a deep bowl, add coarse semolina, fine semolina, yogurt, oil, baking powder, milk and water.
- · Add the flour and mix the ingredients together until we have a thick creamy texture.
- · Let the mixture rest for 15 minutes.
- · Transfer the mixture to a pastry bag fitted with a medium or large star tip.
- In a frying pan, pour enough oil to fill 1 inch high. Heat the oil over medium heat until its very warm, start forming Mshabbak using the pastry bag by turning the hand and squeezing the mixture until you get the desired shape.
- · Deep fry on both sides until golden brown in color.
- · Transfer the Mshabbak to drain on some paper towels for a few minutes.
- Then while still hot, dip the fritters into the cooled syrup, turning occasionally to make sure that all sides are dipped with syrup.
- · Remove and place on platter. Serve hot.



CAPRESE MACARONI SALAD

Ingredients

- 2 cups uncooked elbow macaroni
- 1 cup mayonnaise
- 1 tablespoon Italian salad dressing mix
- 2 teaspoons sugar
- 3/4 teaspoon ground mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 pint cherry tomatoes, halved
- 1 cup fresh mozzarella cheese pearls
- 1/4 cup fresh basil leaves, slivered
- 2 tablespoons grated Parmesan cheese

Directions

Macaroni:

- · Boil water and add Himalayan or sea salt.
- Add Elbow Macaroni and boil until it's nearly cooked (aldente)
- When Macaroni is cold add halved cherry tomatoes, mozzarella pearls, fresh basil leaves and grated parmesan cheese.

Dressing:

 Add and mix one cup of mayonnaise, a pinch of sea salt, freshly ground black pepper, ground mustard and sugar.

Assemble:

Stir and add the dressing to the cold Macaroni Salad (you can add some capers, olives, olive oil ,tuna, or hard boiled eggs for further nutritive values)



MUJADARA

SYRIAN RICE

Ingredients

- · 2 cups brown lentil
- 2 cups Burgul or rice
- 2 onions
- 3/4 cup olive oil
- Salt and pepper to taste

Directions

- Wash the lentil and cover it with water in a pot.
- Boil for 20-30 minutes until done (but firm). Keep 3 cups of the cooking water
- Peel and chop the onions into think slices
- Sauté the onions in olive oil and remove half of them when they turn yellow. Leave the rest
 on a medium heat until they turn brown and crunchy (note that you need a lot of olive oil to
 get a good crunch).
- Meanwhile, wash the burgul and add it to the lentil and its water.
- Add around 1 teaspoon of salt, and little pepper and mix.
- Leave it on a medium heat until most of water evaporates.
- When the mixture is wet (but not dry), cover and let on very low heat for 15 minutes.
- Check on it every 5-7 minutes and add a little water as needed.
- When the burgul is done, add the reserved yellow onions and olive oil and mix well.

Serve in a platter and garnish with the brown crunchy onion.

Mujadara is usually served with pickles (especially turnip pickle) and cucumber yogurt salad.



HUMMUS

Ingredients

- · 3 cups dry garbanzo beans, soaked overnight
- 1 pinch baking soda (Optional)
- 1/2 cup extra-virgin olive oil
- ¾ cup tahini paste
- ¼ cup fresh lemon juice, or more to taste
- 1 large clove garlic, minced, or more to taste
- 1 teaspoon ground cumin salt to taste
- 1 tablespoon extra virgin olive oil, for drizzling

Directions

- Rinse the garbanzo beans and place in a pot.
- Fill with enough water to cover by at least 1 inch.
- Add baking soda, if using.
- Bring to a boil and then simmer over medium heat until the beans are very soft, 1 1/2 to 2
 hours. Drain the beans, reserving some of the water to use later.
- Reserve a small handful of the whole beans for a garnish.
- Transfer the rest to a blender or if you have a hand blender with a large bowl.
- Blend the beans until smooth, adding 1/2 cup of olive oil gradually.
- Add some of the reserved water if needed to help it blend.
- Add the tahini and blend in along with the lemon juice.
- Blend in the garlic, cumin and salt.
- Spread the hummus into a flat serving dish and garnish with the reserved beans and a
 drizzle of olive oil.



DOLMA

Ingredients

Grape Leaves & Stuffing

- Ready made grape leaves from jar or garden
- 1/4 cup of olive oil
- 5 cups of Egyptian white rice, soaked in water, washed, and drained.
- · 1 cup of chopped onions
- · 1 cup of grated carrots
- · 1 cup of chopped tomatoes
- 2 Maggi cubes
 - 2 tablespoons of tomato paste
- 1 chopped green pepper
- · 1 tablespoon of grated ginger
- A pinch of salt, pepper, cinnamon, ground cardamom, paprika
- 1/4 cup of pomegranate molasses
- · 1 tablespoon of Nescafe
- 1/2 cup of chopped parsley
- 1/2 cup of chopped mint

Dolma Preparation

- 1/2 cup of lemon juice
- 1 tablespoon of citric acid.
- 1/4 cup of olive oil
- 1 Potato (sliced)

Directions

- · Set aside your desired amount of grape leaves
- In a large boil, mix together all of the ingredients for the dolma filling
- To wrap, place 1 tbsp of filling in the center of the grape leaf, fold over each side, and tightly roll
- Once you are ready to cook them, layer the dolma and sliced potatoes into a large pot
- Mix your water, citric acid, lemon juice, and salt in a separate bowl
- Pour mixture over the dolma until top layer is almost covered, add more water if needed
- Place a plate or a bowl on top of dolma to keep leaves from unraveling
- Cook on high until it comes to a boil, then reduce to low-medium heat until the rice is cooked through and dolma is tender (this may take 1.5 - 2 hours)
- · Serve hot or cold