



# Recipes worth sharing



Bonus  
**Blogger  
Recipes**

*Short cookbook by the IDRF team,  
how to enjoy Ramada*

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# Contributors



**@cupful\_of\_wisdom**

Parveen Khan is a Zambian wife, homeschooling mom of four, and a family mediator with a law degree based in Stouffville, Ontario. She began to bake at the age of 8, and has an ever-expanding repertoire of culinary skills, ranging from cakes that look like art to sourdough bread. Parveen shares her cuisine with a deep focus on fresh, seasonal ingredients and grateful, mindful consumption of the gifts of God.

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**@akraamcooks**

Akram Said is an American born Yemeni Chef. His late mother encouraged him to attend Le Cordon Bleu culinary school where he was classically trained. Currently, his main focus is sharing Yemeni cuisine to preserve his mother's memory and to introduce others to the rich traditions emanating from Yemen and its people.



## ***Introduction***

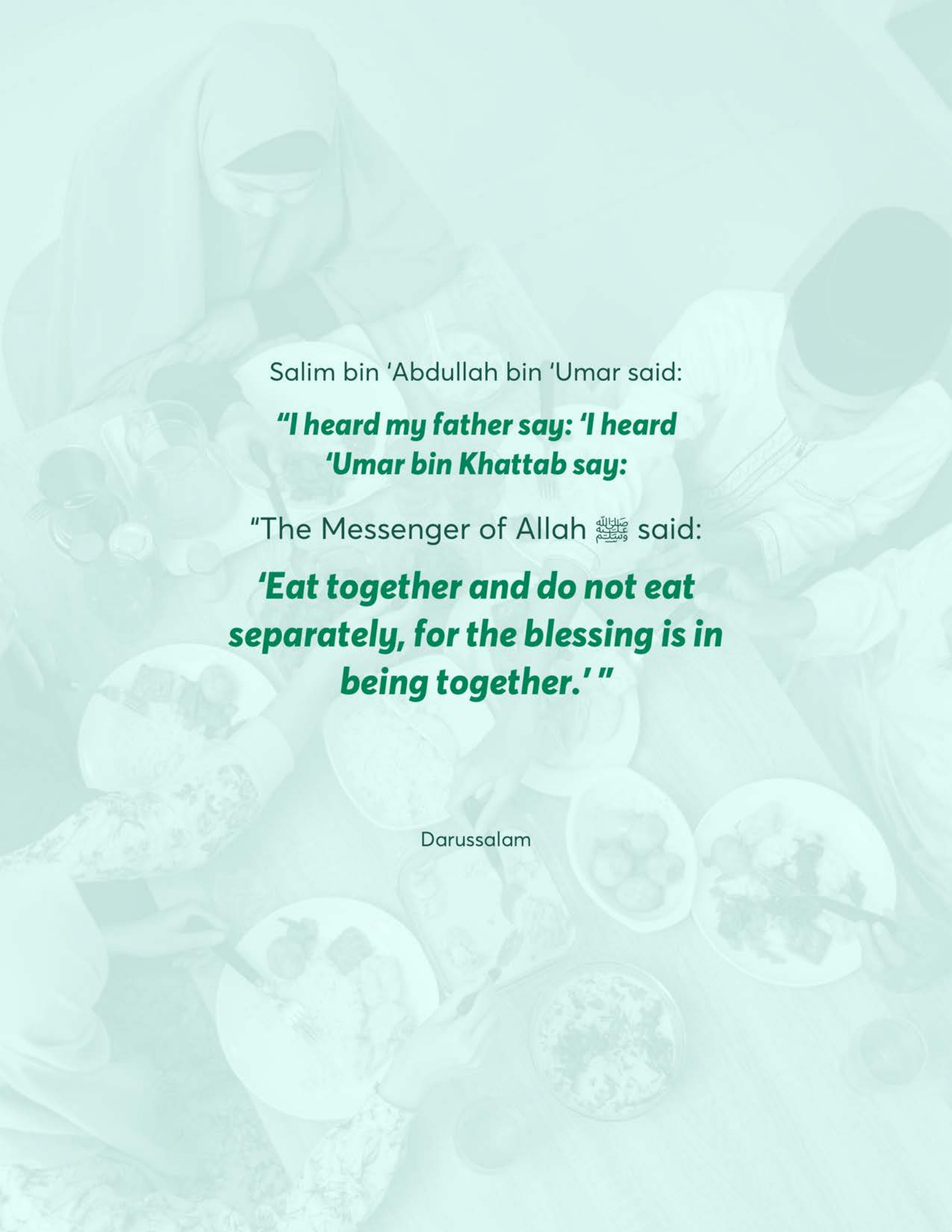
Sacrifice and sharing are two of the most important aspects of Eid-ul-Adha. On this celebration, we are expected to sacrifice and share meat to those in need. Eid-ul-Adha is a celebration that encourages to share the love and joy to ensure an equal opportunity of celebration to all.

There is no better way to celebrate Eid than by celebrating with your community. What better way to do this than sharing a plate?

This year, we asked our staff and friends to introduce us to a traditional meal they like to cook during Eid. This Eid, share the love and share a meal with everyone by cooking a traditional meal from Afghanistan, Pakistan, India, Bangladesh, Somalia, Yemen, Zambia, Canada, and more!

Our staff and friends have carefully curated a compilation of recipes that will help you share the love and joy of Eid, this year. Prepare for Eid with us by entering the kitchen, the most loved part of your home, and showcasing love in the most special love language, cooking.

*Enjoy these delicious recipes!*



Salim bin 'Abdullah bin 'Umar said:

***"I heard my father say: 'I heard  
'Umar bin Khattab say:***

***"The Messenger of Allah ﷺ said:***

***'Eat together and do not eat  
separately, for the blessing is in  
being together.' "***

Darussalam

# Chachus Chapli Kebab

🇵🇰 Pakistan

Serves 🍷🍷🍷🍷🍷

🕒 1 hour

Chachus is a multi-franchise Pakistani-fusion street food restaurant that is taking over Toronto. Chachu's serves paratha bowls, chapli kebab, chai, samosas, and more to bring back the kick of Pakistani street food to the streets of Toronto. Obaid Ullah, our former Community Development Manager is The Chachu himself and shared a recipe with us!

- 300 gm beef Mince
- 1/2 cup onions (chopped)
- 2 tbsp pomegranate seeds  
(crushed, soaked and grind)
- 1 tsp all spice powder
- 2 tbsp gram flour (roasted)
- 3-4 green chillies (chopped)
- 2 tsp Chilli flakes
- 1 tbsp Coriander seeds  
(roasted & crushed)
- 1/2 cup Coriander leaves
- 1 Egg
- 1/2 cup tomatoes (chopped)
- Oil for frying
- salt to taste

In a bowl, add beef mince, soaked pomegranate seeds, whole spice powder, roasted gram flour, green chillies, salt, red chilli flakes, coriander seeds, coriander leaves, onion and egg.

Mix all of these components together.

Refrigerate the mixture for 10-20 minutes. Once refrigerated mix well once again.

Put oil on medium-low heat

Create a flat and thin patty and add a tomato slice on top before tossing it into the oil.

Fry each side for 4-5 min on low flame until it is done.

Make sure to add a cover on the heat to ensure that the middle of the kebab is fully cooked.

Serve your Chapli kebab with naan, paratha, or a plate of white rice.



**Get your Chachus fix at**

16 Mallard Rd, North York, ON M3B 3N1  
1708 Eglinton Avenue West, York, ON M6E 2H5





# Chicken Jalfrezi

 Bangladesh Serves  45 mins

Jalfrezi, meaning hot-fry, is a spicy tomato and bell-pepper based curry with juicy boneless chicken that originates from Bangladesh and is popular throughout the entire Indian sub-continent. This is our Digital Marketing Coordinator, Hirra Farooqi's absolute favourite recipe to cook during her down time.

- 1/2 kg boneless chicken
- 1 large onion
- 4 colors capsicum
- 1 onion
- 1/2 tomato
- 1 tsp crushed black pepper
- 1/2 tsp red crushed chili
- 1 tbsp coriander powder
- 1 tbsp red chili powder
- 1 tbsp garam masala
- 2 tbsp ginger & garlic paste
- 2-3 green chillies
- 2 tbsp tomato paste
- 1/2 cup oil
- salt to taste

In a deep pan, add ½ cup oil, on medium heat, 1 sliced large onion and fry until golden brown

Once the onion is golden brown, add your chicken and your ginger garlic paste or mixture of ginger, garlic, and chillies.

When your chicken is white in colour, add all your spice, mix, and then add half a tomato (chopped up)

Add a cover on your pan and let sit, with occasional stirring, for 5 minutes on high heat

Add your bell peppers, purple onion, and the other half of your tomato

Add a cover and then let the pan sit on medium-low heat for 10 minutes.

Ready to serve.







# Indian Pan Rolls

🇮🇳 India Serves 4 🌟🌟🌟🌟 ⌚ 30 mins

Similar to a deep-fried taquito, egg roll, or other fried, meaty handheld snack, these Indian delights combine meat filling in a crispy wrapper. This delicious recipe was shared by our Senior Program Manager, James D'Souza. Kheema pan rolls use thin savoury pancakes to hug a filling in place while being deep-fried.

## Prepare Filling

- 1 lbs lean ground beef
- 2 small onions
- 4 garlic cloves
- 1/2 inch of ginger
- 1/4 tsp pepper powder
- 1/2 tsp turmeric powder
- 1 tsp tomato paste
- vinegar to taste
- salt to taste

## Pan roll Bater

- 3 cups all-purpose flour
- 2 cups milk
- 3 eggs
- salt to taste

## For Assembly

- 2 eggs beaten
- bread crumbs

## Prepare Filling

·Chop the onions finely and fry until light brown.

Add the ground beef and fry until browned

Add the remaining ingredients and cook until beef is fully cooked.

## Prepare Pan Roll Batter

Combine all pan roll batter ingredients and mix using a whisk or hand mixer to prepare a smooth batter. If it is too thick add more milk to the batter.

Grease a non-stick frying pan lightly. Pour enough batter to line the bottom of the pan to form a thin crepe. The frying time is approximately 2 minutes on each side.

Flip the crepe and fry on the other side.

## Assemble Pan Rolls

On each crepe place one tablespoon of filling.

Turn one side of the crepe over to cover the filling, and proceed to roll up the crepe to form the pan roll.

Dip the pan rolls in beaten egg then coat them in bread crumbs

Fry lightly to brown on all sides.





# Afghan Shorwa

🇦🇫 Afghanistan Serves  45 mins

Shorwa, the Pashto and Farsi/Dari word for soup, is a traditional soup served in Afghanistan. This recipe was shared by our HR Coordinator, Sediq Inami. It is served warm and spread over a bowl of small pieces of bread topped off with tender meat, potatoes, and vegetables.

- 1 kg veal meat
- 1/4 cup oil
- 3 onions
- 6 cups water
- 1/2 cup kidney beans
- 1/2 cup chickpeas
- 1 carrot (chopped)
- 1 celery (chopped)
- 1 green pepper (chopped)
- 1 cup spinach
- 1 cup coriander (chopped)
- 2 turnip
- 2 potatoes

In a pressure cooker, fry onions until golden brown.

Add meat, turmeric powder, coriander powder, black pepper, salt

Add water, kidney beans, and chilly peppers. Mix well, close the pressure cooker, and cook for 5 minutes on high and 25 minutes on low.

Open the pressure valve a little bit to release pressure slowly. Once the pressure has released, open the pressure cooker and add all the fresh vegetables: chopped carrots, chopped celery, green pepper, spinach, chopped coriander, and chopped turnips, and mix well.

Close the pressure cooker and cook for 5 minutes on high and 15 minutes on low or until meat is done. Once the pressure has released, open it, and lastly add chopped potatoes.

Mix well and close the pressure cooker and cook for 5 minutes on high and 5 minutes on low.

Once the pressure has been released, open the pressure cooker and serve the soup in one and vegetables and meat in another dish.

In a bowl, add bread in small pieces. Add soup, cooked meat, and cooked vegetables as much as desired. Serve with lots of fresh vegetables.





# Khaliat Al Nahl

by @akraamcooks

🇻🇪 Yemen

Serves 

 45 mins

Blogger  
Recipe

Honeycomb bread (khaliat al nahl) is a popular Arabic bread usually filled with cheese and covered with a sugar syrup. It can also be filled with savory fillings and no sugar syrup if you choose. The bread looks really nice when finished and it is easier than it looks to prepare.

- 1/2 cups whole milk
- 2 1/4 teaspoons instant yeast
- 1/4 cup granulated sugar
- 4 1/4 cups bread flour
- 1 1/4 tsp fine sea salt
- 2 large eggs
- 6 tbsp unsalted butter, melted and slightly cooled
- 12 oz spreadable cream cheese
- Black nigella seeds
- White sesame seeds

## For the syrup

- 1 1/2 cup honey
- 1/2 cup hot water
- pinch of saffron threads

## For the eggwash

- 2 egg yolks
- 2 1/2 tbsp whole milk

Slightly heat your milk till it reaches 95F. Mix in instant yeast.

Gently melt your butter in a pan. Don't heat it. Combine and mix in flour, sugar, salt in a stand mixer or large bowl.

Using the hook attachment, mix on medium speed while slowly adding in melted butter. Once butter is added, slowly pour in yeast-milk mixture. Add in eggs one at a time. Mix for 3 minutes or until your dough is homogeneous.

On a floured surface, fold and flip the dough until it becomes smooth. Form into a ball and place in a large oiled bowl. Cover it with plastic wrap and let it proof in the oven (turned off) with the light on for 2 hours.

Make your syrup by adding a small pinch of saffron to your hot water. Pour in honey and mix until honey is dissolved.

After proofing, divide dough into 50 small balls, flatten the balls out with your palm and add cheese in the center using a piping bag. Close the ball and form back into a ball. Spread melted butter on an 18" round platter and arrange the cheese filled balls, leaving some space in between each one.

Cover your balls with a clean towel and put back in the oven (turned off) with the light on for another 1-2 hours or until risen. They should all connect from the expansion.

Brush your dough with the egg wash mixture and sprinkle black/sesame seeds all over. Bake on 375 for 30-35 minutes or until golden brown.

Immediately pour honey syrup all over.





# Romany Creams

by @cupful\_of\_wisdom

🇿🇦 South Africa

Serves 🍷🍷🍷🍷

🕒 45 mins

Blogger  
Recipe

Romany Creams are one of the most popular biscuits sold in South Africa. These delicious cookies are crunchy, chocolatey and packed with coconut, and sandwiched together with melted chocolate for extra decadence.

225 grams of softened butter  
1 cup sugar  
1 tsp vanilla  
2 eggs  
2 cups flour (minus 2  
tablespoons)  
2 tablespoons cornstarch  
1/4 cup regular cocoa  
1/4 cup black cocoa  
1 1/2 tsp baking powder  
1/2 tsp salt  
1 1/2 cup desiccated coconut

Mix cream butter and sugar for a couple of minutes with a wooden spoon or an electric mixer.

Add vanilla, and then eggs, one at a time. Mix to combine well after each egg.

Now sift in dry ingredients and add desiccated coconut.

Mix only to combine, no more, otherwise, you'll have a tough cookie.

The dough will be sticky, but don't be tempted to add more flour. Rest 5 minutes. Dust surface with flour, and pat dough on. Sprinkle with more flour, then roll out gently to about 1/4 cm thickness.

Ensure while rolling that the dough isn't sticking, and loosen if necessary, before rolling too large. Rough up the surface with a fork, dragging it horizontally, vertically and then diagonally. Cut out into 2" circles.

Bake in a preheated oven at 350 F/ 180 C for about 10-12 minutes.

When completely cooled, sandwich together with the melted chocolate.

Place a dollop in the centre and place another cookie on top, gently pressing down until the chocolate comes barely to the edge.

Leave to set before enjoying with a tall glass of milk 🥛





# Spicy Cape Malay Beef

 South Africa   Serves     45 mins

Logday Curry, shared by our Community Development Manager, Yussof Moostafa. It is enjoyed all over South Africa and there are so many different versions, but a traditional Spicy Cape Malay Beef Curry is a firm favourite!

- 1 kg Beef cut into chunks
- 2 tbsp of Oil
- 2 onions chopped
- 3 cloves
- 3 whole cardomon
- 2 cinnamon sticks
- 2 tsp curry powder
- 1/2 tsp chilli powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp tumeric powder
- 2 tsp ginger & garlic paste
- 2 large ripe tomatoes  
skinned and grated
- 500 ml water
- 2 large potatoes cut into  
chunks
- fresh coriander leaves  
chopped
- salt to taste
- a few curry leaves

Heat oil and add chopped onion, cloves, cardamom and cinnamon sticks.

Braise on medium heat for about 8-10 mins until a light golden colour

Add the curry powder, chilli powder, cumin powder, coriander powder and turmeric powder, stir and add meat to the pot ensuring that the meat is well coated with the spices..

Add salt, garlic and ginger and curry leaves and tomatoes.

Stir all ingredients together.

Allow cooking on high heat for 5 minutes.

Reduce heat to medium and continue cooking for about 60 minutes.

As excess water and juices evaporate, add the additional water ½ cup at a time (you may not need all the water, depending on how much gravy you prefer)

Add the potatoes

Continue cooking until the potato softens and the tomatoes have completely blended.

Remove the pot from the stove

Garnish with coriander and serve with rice, roti , raita and an onion and tomato salsa salad





# Mezbani beef curry

 Bangladesh Serves  2 hour

Mezbani Beef Curry , shared by our Intern Namrata Arif, is a famous dark and tender meat dish. It is prepared with large pieces of beef and traditional Bengali spices; usually served during a Chittagonian feast called Mezban, as well as at weddings, community gatherings, Ramadan and Eid.

- 3 tbsp cooking oil
- 2 kg red meat
- 1 1/2 tsp salt
- 1 1/2 tsp coriander
- 1 1/2 tsp red chili
- 1 tsp turmeric
- 1 1/4 cup onion
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 4 green chilies
- 5 cardamom
- 6 cloves
- 8-10 black pepper
- 3 cinnamon sticks
- 2 bay leaves
- 1/4 tsp mace powder
- 1/2 cup yogurt
- 1 tsp sugar
- 2 tbsp fried onions
- 2 tbsp mustard oil
- 1/2 tsp garam masala

In a large pot, add cooking oil, red meat, salt, coriander, red chili, turmeric, onion and stir for a couple of minutes

Mix in garlic paste, ginger paste, green chilies, cardamom, cloves, black pepper, bay leaves, cinnamon sticks, mace powder, yogurt, sugar, and fried onions

Cook for 1 hour and 45 minutes on low heat with the lid on

Stir occasionally and continue to cook till the sauce is to your desired consistency. Make sure that the dish is not too dry and not very saucy either.

Using a large pan stir fry onion and green chili in mustard oil

Transfer the meat to the pan and continuously stir

Add garam masala and mix it up before serving

Serve the mezbani beef curry with white rice or crispy parathas!





# Classic Apple Crisp

🇨🇦 Canada Serves  ⌚ 2 hour

Get your sweet tooth on with a classic Apple Crisp Recipe. A special recipe from our Marketing Manager, Sannah Khan. Get a mouthful of this warm gooeyness and share it with your loved ones!

5-7 large apples, peeled, cored, and sliced thin

1/8 cup sugar  
Lemon juice

## Topping

2/3 cup unsifted flour  
2/3 cup rolled oats  
2 cups brown sugar  
2 tsp cinnamon  
1 tsp ground ginger  
1/4 tsp mace (jawaatri)  
1/2 tsp salt  
1 cup butter or margarine, softened to room temperature

Preheat Oven to 350 F.

Toss and arrange apples in an un-greased pie pan, and sprinkle with lemon juice and sugar. The less sugar, the sourer, and the better the taste

Mix topping ingredients, crumble and lightly pat on top of apples

Bake, uncovered for about 45 minutes until lightly browned and bubbly

Cool and serve as is, or top with whipped cream or vanilla ice-cream

Eat it while it is fresh out of the oven!





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