

Christmas 2017

# Sugar n' Spice

Moroccan table

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*Thank you for giving Reuben and I the opportunity to serve you*

*Warm Christmas holiday wishes from us*

**Cape Town pink lady G & T**

**Tamarind and honey tiger prawns, lavender flatbread, harissa spread  
and black dukkah**

**Slow roasted lamb leg with Persian pesto**

**Butternut hummus with za'atar**

**Jewelled Tabbouleh**

**Beetroot, bean and goats cheese salad, toasted pine nuts, beetroot salt**

**White chocolate, cream cheese and rose mousse**

**Pink peppercorn and cardamom meringues**

## **PINK LADY G & T**

1-2 tots Cape town pink lady gin

Tonic water or ginger ale

1 drop Angostura bitters or Ginifer bitters of your choice

(Star anise, chilli, grapefruit, cinnamon or orange vanilla)

Garnish with rose Petals, pink grapefruit slices, pomegranate rubies, mint or lemon

Combine and serve on ice

Order gin on [takealot.com](http://takealot.com)

Order Ginifer bitters on [ahbev.com](http://ahbev.com)

## **TAMARIND AND HONEY PRAWNS, FLATBREAD, HARISSA SPREAD, BLACK SESAME SEED DUKKAH**

### **Prawns (8)**

2 tiger or 3 langoustine prawns per person, de-veined, shelled and cleaned/rinsed

### **Marinade**

50g seedless tamarind puree/paste

3 tablespoons honey

2 tablespoons brown sugar

1 tablespoon olive oil

- Soften the tamarind in a pot with about a cup of water, bring to boil and whisk until “dissolved”.
- Combine remaining ingredients and marinate the prawns for 15 -30 minutes
- Remove prawns from marinade and fry in a hot pan for 1-2 minutes a side or until cooked
- Remove prawns, add remaining marinade to the pan to reduce and drizzle over the prawns

### **FLATBREAD (24 starter size)**

500g self-raising flour

1 teaspoons salt

1 tablespoon baking powder

½ teaspoon cinnamon or all spice

1 tablespoon of lavender flowers

500g full fat plain yoghurt

- Place the ingredients in a food processor and whizz until a dough ball forms
- Place the dough on a floured surface and knead to bring it together and roll into 2 sausage shapes
- Divide each sausage into 12 pieces and roll each piece out.
- Fry dry on a hot non-stick pan for just under 2 minutes a side or until browned on each side

### **HARISSA SPREAD**

1 tub plain full fat cream cheese

3-4 heaped dessert spoons full fat yoghurt

½ -1 teaspoon of Harissa spice

Squeeze of lemon juice

½ teaspoon Maldon Salt

Combine by hand, adding enough yoghurt just to soften the cheese to a spreadable texture

### **BLACK SESAME DUKKAH**

2 teaspoons black sea salt

3 tablespoons black sesame seeds, toasted

2 teaspoons Nigella seeds

¼ cup Pistachios, almonds or hazelnuts toasted and chopped or blitzed and toasted

1 teaspoon ground cumin

Combine and keep in a jar until needed

### **TO SERVE**

Fresh coriander or mint and micro herbs

## **BUTTERNUT HUMMUS (6-8) This can be served with flatbread or as part of a meze platter**

500g of butternut cubes, steamed or roasted until soft  
2 tablespoons tahini  
2 tablespoons homemade Za'atar  
2 tablespoons good quality extra virgin olive oil  
A squeeze of lemon juice and Maldon salt to taste

- Blend butternut until smooth, adding the oil and tahini. Add the za'atar and salt to taste

## **LEMON THYME ZA'ATAR**

4 tablespoons white sesame seeds  
Zest of 1 lemon  
2 tablespoons thyme leaves (lemon thyme if you have in your garden) all stalks removed  
2 tablespoons ground sumac  
1 teaspoon Maldon salt  
2 teaspoons ground cumin

- Toast sesame seeds, remove pan from heat, add remaining ingredients

## **TOPPINGS/GARNISHINGS**

Chopped pistachios, dried rose petals, homemade za'atar, spiced seeds, olive oil

## **TABBOULEH (12)**

1 cup Woolworth's pre-cooked bulgur wheat  
1 tub mint, stalks removed, finely and gently sliced  
2 punnets Italian parsley, large stalks removed, finely sliced  
Zest and juice of 2 lemons  
1 packet of purple spring onions (red onion salad), finely sliced  
1 punnet snacking/mini/gherkin cucumbers, finely chopped  
1 tablespoon pomegranate molasses (Delft)  
2 tablespoons olive oil  
2 teaspoons Maldon salt or 1 tablespoon of homemade za'atar

- Place 2 cups of boiling water in a pot, add the cup of bulgur wheat, cover and cook for 8-10 minutes or until fluffy
- Combine lemon juice, oil and molasses and toss through remaining ingredients
- Garnish or serve with spiced seeds or tahini seeds from Woolworths

## **SPICED SEEDS**

1 cup mixed seeds (sunflower, pumpkin, sesame etc)  
1 teaspoon Ras El Hanout or Harissa spice  
Pinch of allspice  
1 tablespoon olive oil  
½-1 teaspoon Maldon salt  
½ teaspoon castor sugar

- Toast seeds in a pan until pumpkin seeds are popping and the seeds change colour. Remove from heat, add remaining ingredients to the pan, mix and cool. As the seeds cool so the oil will dry. Replace salt and spice with sugar and cinnamon for a breakfast seed (perfect on oats and yoghurt).

## **BEEETROOT, BEAN AND GOATS CHEESE SALAD, TOASTED PINE NUTS (8-10)**

1 packet fine or plain beans, topped, tailed and steamed for 6-7 minutes  
1 punnet/packet cooked beetroot wedges  
1 tub Chavroux goats cheese (Woolworths)  
¼ cup pine nuts toasted  
Beetroot salt (Delft)

### **Dressing**

60ml (1/4 cup) olive oil  
2 tablespoons white wine or white balsamic vinegar  
1 tablespoon honey  
1 teaspoon nigella seeds

- Place the beans on a platter and top with cooked beetroot. Spoon the goats cheese all over and scatter with the toasted pine nuts and beetroot salt. Serve the dressing on the side.

## **LAMB (8-10)**

1 leg of lamb, deboned (about 2 kg)  
2 teaspoons NoMu lamb fond  
500ml water  
1 teaspoon Ras El Hanout or Harissa spice  
60 ml / ¼ cup pomegranate molasses (Delft)

- Place the stock and water in a casserole dish
- Place the lamb on top and drizzle over the molasses
- Sprinkle the spices over the lamb
- Cover and roast for 5 -6 hours on 160 °C, checking on the liquid.
- Carve gently and drizzle the bit of juice from the pan over the lamb

COOK'S Notes: If making 2 or 3 lamb legs, do not increase the water and take note of packing them close together as this may increase the cooking time, so allow an extra hour if needed.

## **“PERSIAN” PESTO**

100g whole shelled pistachio nuts, toasted  
1 teaspoon Ras El Hanout or Harissa spice  
¼ cup freshly grated parmesan (or about ½ tub of the Woolworth's ready grated parmesan)  
¼ cup roughly chopped parmesan (or about a tub of the parmesan shavings)  
200-250ml olive oil  
30g (1 punnet) Italian parsley  
30g (1 punnet) basil, Italian parsley, rocket or baby spinach  
1 pack of Woolworths garlic, chilli, ginger  
Juice of 1 lemon (about ¼ cup or 60ml)

- Blend all ingredients lightly except for parmesan pieces. Add by hand and add more oil if necessary

## **WHITE CHOCOLATE, CREAM CHEESE AND ROSE MOUSSE (8 or 12 small)**

100g Swiss white Lindt chocolate (plain not filled), broken into squares  
½ cup cream

- Heat the cream, remove from heat, add the chocolate and stir until melted

1 tub of cream (organic cream from Woolworth's delicious and very "white")  
2 blocks (500g) of full fat cream cheese (like Lancewood, Woolies, P n' P or Philadelphia)  
200g icing sugar sifted  
2 teaspoons dry pink peppercorns, crushed lightly (Delft)  
¼ teaspoon Nielsen Massey rose water (Thrupps, Yuppiechef)

- Whip the cream and place in a separate bowl
- Beat the 2 tubs of cream cheese until smooth
- Add the icing sugar, beat until smooth, add the melted chocolate and beat until smooth
- Add the peppercorns and rose essence
- Fold the cream with the mixture and pour into 8 glasses/ pots to chill

### **COOK'S Notes:**

Optional garnishes and decorations: Garnish with crushed pink peppercorns, Nicoletta's gold star confetti (West Pack and Party Spot) Ginger Ray gold star cupcake toppers (Party Spot), fresh raspberries, Woolworth's rose, ginger and raspberry grind or shards of white Lindt Les Grandes (white chocolate and almonds).

Dip mini (Woolworths) or large sugar cones in melted white chocolate and sprinkle with small gold edible cupcake decorations to make snow-capped Christmas trees. Place on top of mousse when serving.

## **PINK PEPPERCORN MERINGUES (16-18)**

4 extra-large free range egg whites  
220g caster sugar  
2 teaspoons dried pink peppercorns, crushed  
¼ teaspoon cardamom spice

- Preheat oven 130 ° C.
- Whisk whites until stiff. Add sugar, a little at a time, whisk until glossy and stiff. Add peppercorn and spice.
- Using a dessert spoon and your finger, scoop 16-18 dollops of meringue onto a non-stick mat. A few flecks of crushed peppercorns can be sprinkled on top of meringues
- Bake for 50 minutes

### **COOK'S Notes:**

- If you are pressed for time on Christmas, purchase Megan's mini pomegranate meringues from selected Super Spars and Checkers outlets
- You can make 10-12 bigger meringues, crush and layer the mousse and meringues as an Eaton Mess.
- Make a dessert dust with left over meringues: Combine crushed meringues, honeycomb (West Pack), ginger biscuits and dried rose petals. Gift or sprinkle on ice-cream, Greek yoghurt or mousse.

## TABLE

- Marble & Copper "Eat drink & be merry" Placemats -Love Letters Stationery (for the home-table)
- Lanterns, star decorations, red napkins, gold candle Christmas trees, glitter birds, crackers & cutlery - Woolworths
- Moroccan glasses large -@Home
- Moroccan glasses small, blue and red wool tassels- Moroccan Café Lifestyle
- Gold covered wet wipes -Party Spot Northgate
- Moroccan tea boxes filled with candy and chocolates-Home Stuff, Hillfox
- Candy canes, red porcelain Christmas trees, Christmas lights and tea lights- CPS Warehouse Décor Park
- Reindeer ears in glasses-reindeer Alice bands CPS Warehouse, cut off and stuck on a skewer
- Christmas tree-dead Aloe branch filled with baubles from Woolworth's and CPS Warehouse Décor Park.
- Gift tags-Macaroon. I added red felt circles and Ginger Ray gold stars from Party Spot Northgate

## GIN

**Gift Gin Boxes:** Gin glasses (R50) -CRS ( Complete Restaurant Solutions) Randburg

Gin & Tonic wooden block- Vendange, Design Quarter

Mini Rose Musgrave gin and rose Fitch & Leedes tonic-bottle store

Also optional to add: A jar of home dried rose petals, pink peppercorns, Ginifer bitters or Symmetry floral tonic

**Gin accompaniments:** Boiled, cooled water into ice-trays, fill with dried or fresh rose petals and frozen

Lavender flowers into silicone ice-trays

**Gin bottle tags, marble printable** COOK website. Jar with marble lid @Home

## CRAFTS & GIFTS

- Dried rose petals (for bath salts, Maldon salt, dessert and hummus topping) -wash fresh roses petals, place on non-stick mat and bake at 60 °C for about an hour or until dried out
- All gift bottles West Pack
- Ribbon-Macaroon, Party Spot
- Twine -Variety Shop Rock Cottage
- Wrapping paper-gold, blue and red Party Spot Northgate
- Tags: Red & white spotted-Variety Shop, Rock Cottage, personalised-Macaroon online, the rest COOK website -[www.cookstudio.co.za/category/crafts](http://www.cookstudio.co.za/category/crafts)
- Coat hanger-red fabric tape Variety Shop, Rock Cottage, tag COOK website
- Bath salts -Himalayan salt -Delft Butchery, Rose and Jasmin oil-health shops or Dischem, dried rose petals
- Bird seed tin with clear lid Party Spot Woodmead. Filled with a bag of birdseed
- Tins from Variety Shop Rock Cottage: Batteries, super glue, safety pins, lip gloss, straw star confetti, little cloth bag for phones, glasses and iPads- Variety shop
- Star straw confetti wands-clear fat straws Party Spot Woodmead, snip end, seal with hot glue, fill with sparkling stars from the Variety shop, seal again
- Jar fillers: Popcorn-West Pack, white chocolate almonds Woolworths, Pink peppercorn meringues - homemade, small pink pomegranate meringues Checkers Rock Cottage, icing sugar, castor sugar and vanilla pod, flour
- Striped metal food boxes-Party Spot Northgate
- Christmas Cupcake papers for jar toppers -Jodees Bake and Pack, Plain red West Pack or Party Spot
- Beach towels-ribbon Macaroon, gift cards COOK website or Macaroon life's a beach or tropical range, polystyrene slops Party Spot Woodmead
- Sweetie pie cake-Red and Gold (or Green or pink) Sweetie pies, decorated with gold baubles- CPS