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CANADA

EntreprenHERship Tea

THE JOURNEY OF AN ENTREPRENEUR

RECIPE BOOK

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CHAI SHIRIN (PERSIAN SWEET TEA)

Ingredients (4 servings)

- 1 tbsp loose black tea leaves (Ceylon or Darjeeling preferred)
- 4 cups of water
- Sugar cubes

Method

Place loose tea leaves into a small teapot. Add 2 cups of boiling water over leaves.

Let tea steep for 10-15 minutes in covered teapot.

Pour half a cup of brewed tea into each teacup. Use a strainer to catch any loose leaves.

Boil another 2 cups of water and add to teacups to reach desired colour.

Serve with sugar cubes and pastries.

SHEER CHAI (AFGHAN CARDAMOM TEA)

Ingredients (4 servings)

- 2 tbsp loose black tea leaves or 4 black tea bags
- 3 cups of water
- 1 cup of milk or ½ cup of evaporated milk
- 1 tsp cardamom powder
- Sugar to taste

Method

Bring water to boil in saucepan, then add black tea leaves (or bags) and cardamom powder.

Let boil for a few minutes, and then add milk gradually to prevent boiling over.

Once milk comes to a boil, reduce heat and simmer for a few minutes.

Add sugar to taste and strain into cups.

SHAI MA YANSOON (SYRIAN ANISE TEA)

Ingredients (4 servings)

- 1 tsp of Chinese gunpowder green tea or 1 green teabag
- Handful of fresh mint leaves
- Sugar to taste (rock sugar is best)
- 2 cups of water

Method

Put tea and sugar in a teapot and cover with hot (not boiling) water.

Add in fresh mint and swirl around.

Put teapot on stove and heat on low for a few minutes to allow flavours to develop and sugar to caramelize.

Pour and garnish with more fresh mint.

ATAY BI NANA (MOROCCAN MINT TEA)

Ingredients (2 servings)

- 1 tsp of Chinese gunpowder green tea or 1 green teabag
- Handful of fresh mint leaves
- Sugar to taste (rock sugar is best)
- 2 cups of water

Method

Put tea and sugar in a teapot and cover with hot (not boiling) water.

Add in fresh mint and swirl around.

Put teapot on stove and heat on low for a few minutes to allow flavours to develop and sugar to caramelize.

Pour and garnish with more fresh mint.

MASALA CHAI (INDIAN SPICED TEA)

Ingredients (4 servings)

4 black tea bags	4 green cardamom pods
2 cups of water	1 star anise
2 cups of milk	A couple of slices of fresh ginger (optional)
2 whole cloves	Sugar to taste
½ inch piece of cinnamon	

Method

Bring water to boil in saucepan, then reduce heat to a low boil. Add tea bags and whole spices.

Let boil for a few minutes, and then add milk gradually to prevent boiling over.

Once milk comes to a boil, reduce heat and simmer for a few minutes.

Add sugar to taste and strain into cups.

MEAT PIE

Ingredients

Oil	1 tbsp ginger-garlic paste
1/2 lb ground beef	Salt and pepper to taste
1 chopped onion	3 puff pastry sheets, thawed
1/2 bunch chopped cilantro	1 egg, beaten
Dry spices (1 tsp chili powder, 1 tsp coriander powder, 1/2 tsp garam masala, 1/2 tsp ground cumin)	

Method

Sauté onions in some oil over medium heat until translucent. Add ginger-garlic paste and cook until the onions turn golden.

Add ground beef, break up any lumps and cook until meat is cooked through.

Add dry spices, salt and pepper. Combine well and cook until meat has slightly browned and all liquid has evaporated.

Add cilantro and mix through. Turn off heat and let filling cool down.

Cut each pastry sheet into 6 equal rectangles. Place 2 tbsp of filling onto the center of one rectangle, and fold another piece over the filling.

Wet fingers with water and paste the edges together.

Using a fork, crimp all edges of the pastry to seal in filling. Dip pastry brush into beaten egg and brush tops of pies.

Place on baking sheet lined with parchment paper and bake at 400F for 20-25 minutes until pastry is golden.

ALOO TIKKI WITH MINT CHUTNEY

Ingredients

3 medium potatoes, boiled and grated (<i>yellow or white is best</i>)	2 tbsp corn flour
1 green chili, finely chopped	Salt to taste
1 tsp ginger-garlic paste	Oil, for frying
Dry spices (<i>¼ tsp turmeric, ½ tsp red chili powder, ½ tsp cumin powder, ½ tsp chaat masala</i>)	1 tbsp ginger-garlic paste
¼ cup chopped mint and cilantro, combined	Salt and pepper to taste
	3 puff pastry sheets, thawed
	1 egg, beaten

Method

In a large mixing bowl, put in grated potatoes, chopped chili, ginger-garlic paste, dry spices and some salt. Combine.

Mix in mint and cilantro. Then add corn flour and mix well to form a soft dough.

Grease hands with some oil and make tikki “balls” and flatten to make small discs.

Shallow fry in hot oil. Can also be baked at 350F or air fried until golden brown.

Serve with mint chutney (*Blend ½ cup yogurt, 3 tbsp fresh lemon juice, 1 bunch cilantro, 1 cup mint leaves, 1 jalapeno, 2 garlic cloves and ½ tsp salt. Add 1-2 tbsp of water as needed*)

NAKHOD E SHOR - AFGHAN CRUNCHY CHICKPEAS

Ingredients

- 2 tbsp olive oil
- 1 tbsp ground paprika
- 1 tbsp ground chili powder
- 2 tsp Kosher salt
- 1 lb unsalted, dry roasted chickpeas (skin removed)

Method

Heat large sauté pan over medium-high heat. Add oil, paprika, chili powder and salt, and quickly stir to make a paste.

Immediately add chickpeas and stir-fry for 1 minute, tossing chickpeas around the pan to coat with spices.

Pour into bowl and let cool. Serve, or store in an airtight jar.

MANDAZI

Ingredients

3 cups all-purpose flour	1 tbsp vegetable oil
½ cup coconut milk	½ tsp salt
½ cup sugar	1 tsp cardamom powder
1 egg	Oil, for frying
1 tsp active dry yeast	
½ cup warm water	

Method

In a small bowl, mix the yeast and warm water. Let sit for a few minutes until yeast dissolves.

In the bowl of an electric mixer, add flour, salt, cardamom, and mix through with a fork or wooden spoon. Then add in 1 tbsp oil, egg, coconut milk, sugar, and yeast mixture.

Using the hook attachment, mix until the dough no longer sticks to the side of the bowl. Add extra flour as needed.

Place dough in an oiled bowl and cover with plastic wrap. Rest for an hour.

Cut dough in about 6 pieces to make it easier to handle. Roll out each piece to about 1cm thickness. Cut into triangles.

Heat oil in a wok or frying pan. Fry triangles on both sides until deep brown. Let rest on paper towels.

BARAZEK – SYRIAN SESAME COOKIES WITH PISTACHIO

Ingredients

½ cup unsalted butter, room temperature	1 tsp white vinegar
½ cup powdered sugar	Pinch of salt
½ tsp baking powder	½ tsp vanilla extract
1 egg	1 cup of roasted sesame seeds
1 ½ cup all-purpose flour	1 cup unsalted pistachios, coarsely chopped

Method

In a mixer, cream the butter and sugar together. Mix in the egg, vanilla and vinegar until well incorporated.

Add the flour, baking powder and salt, and mix. Let dough rest in fridge for 30 minutes.

Form flattened discs with pieces of dough. Leave discs thick for chewy cookies, or thin for crunchy cookies.

Press one side of cookie into a bowl of roasted sesame seeds to coat. Press other side in a bowl of chopped pistachios to coat. If cookies do not coat properly, brush some honey on dough before pressing into seeds/nuts.

Bake in a 350F preheated oven for about 20 minutes until sesame-coated bottoms are golden brown.

PERSIAN HALVA

Ingredients

- 1 cup white sugar
- ½ cup water
- ¼ cup rose water
- 3 saffron threads
- 1 cup unsalted butter
- 1 ½ cups all-purpose flour
- Chopped nuts, to garnish (optional)

Method

Bring sugar and water to a boil in a saucepan. Stir constantly until sugar is dissolved, about 5 minutes.

Stir rose water and saffron into the sugar mixture. Remove pan from heat, and cover.

Melt butter in a large saucepan over low heat. Stir flour into the melted butter until mixture is a smooth paste. Continue to cook, stirring often, until paste turns golden, about 5 to 10 minutes.

Slowly whisk sugar mixture into paste until smooth. Remove saucepan from heat and spread halva evenly onto a plate or platter. Make a pattern on the top of halva using the back of a spoon or a knife. Cover with plastic wrap and refrigerate until set, at least 1 hour.

Garnish with chopped nuts and serve.

KALAKAND – INDIAN MILK MITHAI

Ingredients

- 1 can sweetened condensed milk (approx. 14 oz)
- 400g ricotta cheese
- ½ tsp cardamom powder
- 2 tbsp chopped nuts
- 1 tsp rose water

Method

Grease a small tray and line with parchment paper. Keep aside.

Pour condensed milk into a non-stick heavy bottomed pan. Add in ricotta, cardamom, and rose water, and cook over medium, stirring constantly.

The mixture will initially thin out but thicken as it cooks. Keep stirring until mixture thickens. Reduce heat to low and cook until the mixture becomes almost oatmeal-like in consistency.

Once the mixture is leaving the sides of the pan, and is no longer runny, but still has some moisture, transfer immediately to prepared pan. Sprinkle nuts on top and push down to about 1 inch thickness.

Refrigerate for at least 2 hours. It should set to a crumbly cake-like texture.

Remove from fridge 30 minutes before serving. Cut into small cubes and serve.