



DESSERT: PINEAPPLE SHERBET

Ingredients

2 pineapples
250g castor sugar
1 tsp salt
1 tbsp roasted and ground cumin seeds
2 tbsp fresh mint
2 cups cold still water

Method

- Peel pineapples and cut into chunks.
- Blend with sugar, salt, cumin seeds and mint.
- Mix in still water and serve.

DESSERT: ROSE, CARDAMOM AND MARSCAPONE PANNA COTTA

Ingredients

2 tsp agar agar or gelatine powder
2 tbsp warm milk
1 ½ cups heavy cream
½ cup milk
¼ cup sugar
½ cup marscapone cream
1 tsp elachi powder
1/2 cup rose petals/2 tbsp rose syrup

Method

- Dissolve the agar agar or gelatine in the warm milk.
- Heat the cream and milk together, adding the sugar, agar agar/ gelatine and elachi powder. Once the mixture is thoroughly dissolved and combined, allow to cool (but not set). Once cooled, mix in the cheese and rose petals. Pour into ramekins or mould cups. If you are using rose syrup instead of petals, swirl the syrup in at this point.
- Place in the fridge and allow to set.
- To serve, turn out of the ramekins/moulds (dip the bases into some hot water for a few seconds to help with this, or run a knife around the inside edge), and garnish with rose petals/ syrup and fresh mint leaves.

DESSERT: SOJI HALWA ICE CREAM AND FRESH FRUIT

Ingredients

SOJI HALWA:
1/2 cup semolina
2 1/2 cups milk
1 tsp ground elachi
1 tbsp sultanas
1 tin condensed milk
1/2 cup ghee
2 cups fresh cream
4 large eggs
1/2 cup flaked and toasted almonds
1/2 cup shelled pistachios

freshly cut seasonal fruit

GARNISH:
tuilles (wafer biscuits)
mint leaves
strawberries

Method

- Bring large saucepan to heat. Add ghee, then soji and sultanas. Keep stirring until sultanas are swollen.
- Whisk eggs in milk with elachi, while still stirring soji. Lower heat of soji and add egg and milk mixture, while stirring until thick. Add 1 cup of cream and the condensed milk. Cover with pot lid and leave on low heat. When cooked remove from heat and mix rest of cream and nuts. Allow to cool, mixing regularly, then transfer to freezer container. After every two hours of freezing, remove from freezer, and mix thoroughly to get rid of ice crystals, until it has set smoothly.
- Serve ice cream with freshly cut seasonal fruit and garnish as desired.

DESSERT: HAZELNUT NATILLAS WITH CARAMEL SAUCE

Ingredients

1/3 cup sugar
1 1/3 cups heavy cream
1/2 tsp vanilla essence, extract or paste
1/2 tsp elachi powder
1/4 tsp cinnamon powder
pinch nutmeg
2 eggs
3 tbsp sugar

Method

- Prepare 4 ramekins or moulds.
- Melt the 3 tablespoons of sugar and pour into the bottom of the ramekins.
- Heat the cream, spices and sugar, then beat the eggs and whisk in the heated cream.
- Pour the mixture into the ramekins and bake in a water bath for just under an hour.
- When ready, cool, refrigerate and unmould to serve. Garnish as desired.



DESSERT: LEMONGRASS FALOODA

Ingredients

1.2L coconut milk, chilled
 2 stalks lemongrass, outer leaves and bulb removed, chopped and steamed
 60g sugar
 60g falooda sev or chinese noodles, boiled in water for about 20 minutes and roughly chopped
 50ml rose water
 2 tbsp falooda or takmaria seeds, soaked in water for 1 hour

Method

- Puree half the coconut milk with the lemongrass and sugar in a blender.
- Pour into a jug, mixing in the rest of the coconut milk, and stir in the noodles, seeds and rose water.
- Pour into glasses and garnish with a lemongrass stalk and rose syrup. Serve with a dessert spoon.

DESSERT: KUMARA PUDDING AND HOKEY POKEY

Ingredients

Pudding
 4 sweet potatoes, steamed, peeled and mashed
 1 tsp elachi powder
 1/2 tsp cinnamon powder
 1/2 tsp nutmeg powder
 1/4 tsp clove powder
 1 cup fresh cream
 1/2 cup condensed milk
 1/4 cup brown sugar
 2 eggs, beaten
 2 tbsp melted butter

Hokey Pokey
 5 tbsp sugar
 2 tbsp golden syrup
 1 tsp bicarbonate of soda
 2 cups vanilla ice cream

Method

- Preheat the oven to 170 degrees Celsius
- Thoroughly combine all the pudding ingredients in a large mixing bowl. Pour the mixture into a shallow baking dish, preferably a pie dish. Cover the dish with aluminium foil and put it in the oven to bake for 40 to 50 minutes. Remove the foil and brown the surface of the pudding using the grill function of the oven.
- To make the Hokey Pokey, first grease a small baking tray or dish and keep it next to the stove. On low heat, melt the sugar with the golden syrup in a non-stick frying pan, until the mixture begins to bubble. Switch off the heat and quickly stir in the bicarbonate of soda using a wooden spoon. As the mixture sponges, pour it onto the greased baking tray or dish. Once the toffee has cooled and hardened, break it up into small pieces using a rolling pin, and then mix it into the vanilla ice cream.
- On each plate, serve a slice of the pudding topped with a scoop of Hokey Pokey and garnish the slices with fresh berries and mint leaves.

DESSERT: MA'AMOUL + MURABBA EL BALAH

Ingredients

Dough:
 3 tbsp melted butter
 1 1/2 tbsp sugar
 1 cup semolina
 1/4 cup hot milk

1/4 cup sugar
 1 cup water
 Zest and juice of 1 orange
 1 tsp cloves
 1 elachi pod
 1 cinnamon stick

Filling:
 1/2 cup ground mixed nuts
 2 tbsp sugar
 1/2 tsp melted butter
 1/2 tsp rose syrup
 1/2 tsp ground cinnamon
 1/2 tsp elachi powder

Garnish:
 Icing sugar
 Fresh mint leaves

Murabba:

1 cup fresh or dried whole dates
 1/4 cup whole nuts

Method

- To make the ma'amoul, thoroughly mix the dough ingredients in a bowl until combined. Do the same for the filling ingredients in a separate bowl. Shape, fill, shape and seal the biscuits. Bake for 30 to 40 minutes at 180 degrees Celsius. Cool and dust with icing sugar before serving.
- For the murabba, stuff the dates with the nuts and set aside. Simmer the rest of the ingredients until the liquid has reached that of syrup consistency. Switch off the heat and add the stuffed nuts. Allow to marinate in the hot mixture for at least an hour. Serve either hot or cold, with ice-cream.
- Plate and garnish as desired.