

# QUICHE

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## INGREDIENTS

- 1 unbaked Flaky Pie Crust
- 4 large eggs
- 1/2 cup whole milk
- 1/2 cup heavy cream
- 1/4 teaspoon each salt & pepper
- 1 cup shredded cheese
- 2 cups add-ins: cubed ham, goat cheese, mushroom, parsley
- optional toppings for serving: extra cheese, chopped herbs, hollandaise sauce, & freshly ground pepper to taste



## PROCEDURE

1. Preheat oven to 375°F (190°C). Partially blind bake your pie crust. Crust can still be warm when you pour in the filling.
2. Reduce oven temperature to 350°F (177°C).
3. In a large bowl with a stand mixer fitted with a whisk attachment, beat the eggs, whole milk, heavy cream, salt, and pepper together on high speed until completely combined, about 1 minute. Whisk in add-ins.
4. Bake the quiche until the center is just about set, about 45-55 minutes. Allow to cool for 15 minutes. Top with optional toppings before slicing and serving, if desired.

# THE “HEALTHY” BLUEBERRY CRUMBLE

## INGREDIENTS

### Blueberries

- 2 cups of blueberries
- ½ cup of sugar
- 2 teaspoon lime
- 1 teaspoon baking powder

### Crumble

- 3 cups of oats
- 2 eggs
- 1 cup butter (melted)
- 3 tablespoon chia seeds  
(optional)
- 4 tablespoon crushed  
walnuts
- ½ teaspoon baking  
powder

## PROCEDURE

1. Preheat the oven to 350°F.
2. In a bowl, mix together blueberries, sugar, lime and baking powder. Set aside.
3. To make the crumble mixture, combine oats, eggs, butter and baking powder in a bowl.
4. Crush walnuts (or any nuts) and add to the crumble mixture.
5. Add chia seeds.
6. On a baking pan, layer the blueberries mixture, followed by the crumble mixture on top.
7. Bake for 30-45 minutes.
8. Let blueberry crumble cool for 5-10 minutes.
9. Serve with vanilla bean ice cream and enjoy!



# BELGIAN WAFFLES

## INGREDIENTS

- 2 ¼ Cups All-Purpose Flour
- 1 Tablespoon Baking Powder
- 3 Tablespoons Sugar
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 2 Large Eggs Separated
- ½ Cup Vegetable Oil
- 2 Cups Milk
- 1 Teaspoon Vanilla Extract



## PROCEDURE

1. Preheat your waffle iron, spray with non-stick cooking spray and set aside.
2. In a large bowl whisk together the flour, baking powder, sugar, salt, and cinnamon.
3. In a medium bowl beat the egg whites with a hand mixer until stiff peaks form. Set aside.
4. In a separate medium bowl mix together the egg yolks, vegetable oil, milk, and vanilla extract.
5. Add the egg yolk mixture to the dry ingredients and mix well.
6. Fold in the egg whites.
7. Pour the batter onto your hot waffle iron and cook according to manufacturer's directions\*\*
8. Serve immediately with butter, syrup, powdered sugar or any other favourite toppings.
9. Enjoy your homemade Belgian Waffles

Sharujan Janarthanan “

# BUTTER CHICKEN

## PROCEDURE

1. In a large bowl, mix together the chicken, plain yogurt, lime juice, and mustard oil. Add in  $\frac{1}{2}$  teaspoon of the garlic paste,  $\frac{1}{2}$  teaspoon of the ginger paste, 1 teaspoon of the chilli powder, and salt accordingly. Mix them together well and let the chicken marinate for 15-20 minutes.
2. After the chicken is done marinating, add the cooking oil and 2 tablespoons of the butter to a hot pan. After the butter melts, add the chicken. Let the chicken cook until it turns brown then, remove it from the pan and set it aside on a plate.
3. In the same pan add in the diced onion and saute it until it turns golden brown. Then add the rest of the ginger and garlic pastes and salt to taste. Add in the diced tomatoes, the rest of the red chilli powder, the water, and cashews. Cover the pan and let that simmer on low heat for about 15 minutes, gently stirring.

## INGREDIENTS

- Boneless chicken (500 gm.)
- Cashews (50 gm. → about 12)
  - Diced onion (1 cup)
- Diced tomatoes (3 medium-sized)
  - Garlic paste (1  $\frac{1}{2}$  tsp.)
  - Ginger paste (1  $\frac{1}{2}$  tsp.)
  - Lime juice (1 tsp.)
  - Mustard oil (1 tbsp.)
  - Cooking oil (1 tbsp.)



# BUTTER CHICKEN

(continued)

## PROCEDURE

4. Once 15 minutes passes, remove the lid and add the sugar then mix until the sugar dissolves. Then pour the contents of the pan into a blender and blend until it becomes smooth.
5. Strain the mixture through a sieve into a clean and hot pan. Make sure there are no clumps. Add in the remaining butter. Turn the heat of the stove down to low. Once the butter has melted, add in the garam masala and whipping/whole cream.
6. Once they have been fully incorporated, add in the previously cooked chicken. Allow the sauce to completely cover the chicken then, add the dried fenugreek and give it one last stir. Finally, remove from the heat and enjoy this delicious dish!

Butter chicken is a spicy, sweet, and creamy dish that everyone can enjoy. Serve it with some warm rice, or some crispy roti or naan!

## INGREDIENTS

- Butter (4 tbsp.)
- Plain Yogurt (2 tbsp.)
- Whipping cream/Whole cream (¼ cup)
- Water (¼ cup)
- Salt
- Sugar (2 tsp.)
- Red chili powder (2 tsp.)
- Garam masala (½ tsp.)
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- Dried fenugreek (1 ½ tsp)



Onsia Chowdhury “

# CHURROS

## INGREDIENTS

### For the DOUGH:

- 1 cup water
- 2 ½ tablespoons white sugar
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 2 quarts oil for frying

### For the COATING:

- ½ cup white sugar, or to taste
- 1 teaspoon ground cinnamon

## PROCEDURE

1. In a small saucepan over medium heat, combine water, sugar, salt and vegetable oil.
2. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.
3. Heat oil for frying in a deep fryer or deep pot to 375°F (190°C).
4. Pipe 5 to 6-inch strips of dough into the hot oil using a sturdy pastry bag fitted with a medium star tip. Do not overcrowd the oil. Fry until golden; drain on paper towels.
5. Combine sugar and cinnamon. Roll drained churros in cinnamon and sugar coating.

