

Virtual Cooking Demo

11/07/2020

Time: 11AM- 12 PM

Sakila:

Recipe: Chickpea Salad

Preparation time: 10 minutes the night before, 5 minutes the day of

Cooking time: 20 minutes

Ingredients:

- ½ cup kabuli chana (chickpeas)
- ½ cup cala chuna
- ½ cup brown chuna
- ½ cup green peas
- 1 tomato
- ¼ cup red onions
- ½ cup of cucumber
- ½ cup coriander leaf
- 2 tablespoon mustard oil
- 2 teaspoon hot and sour maggi sauce
- 1 teaspoon olive oil
- 2-3 green chili
- ½ cup quinoa
- pinch of salt
- pinch of turmeric powder



Instructions:

1. Wash and soak chana the night before
2. 2nd wash of chana then boil it with pinch of turmeric powder and salt until tender (1 hour on stove top). Drain it.
3. In separate pot, boil water then add green peas (2-3 minutes). Put the green peas to the side.
4. Boil water, add pinch of salt, one teaspoon olive oil and add quinoa, drain it (10-15 minutes).
5. Chop the tomato, coriander leaves, cucumber, red onions, and green chilis.
6. Add all chanas, green peas, quinoa and all other ingredient together. Mix until evenly distributed. Place it in a serving dish and it is ready to eat.
7. Can be eaten hot or cold.

Zohra:

Recipe: Hot & Sour Vegetable and Chicken Soup

Preparation time: 1 hour

Cooking time: 40 minutes

Ingredients:

- 2 plump breast chickens
- 3 cups of chicken broth
- 1 package of tofu (firm)
- 4 eggs
- 2 cups rainbow veggies: mushroom, cauliflower, corn, cabbage, bell pepper
- 2 teaspoon soy sauce
- 4-5 green chili (as needed)
- 2 tablespoon vinegar
- 2 tablespoon hot and sour sauce
- 4-5 sticks of lemon grass
- 2-3 tablespoon cornstarch
- Lemon skin (optional)
- Salt to taste
- ½ teaspoon black pepper
- 2 cloves of garlic, crushed
- Green onion (optional)



Instructions:

1. Combine the tofu, mushrooms, cauliflower, corn, cabbage, bell pepper, crushed garlic into a saucepan with chicken broth. Bring to a boil, and then reduce to a simmer.
2. Wash chicken cut into slices. Boil with two liters of water, salt and black paper.
3. Combine vinegar , soya sauce, lemon skin, Lemon grass, hot and sour sauce, green chili, and corn starch into a bowl and stir until mixed evenly.
4. Combine the cooked chicken into the first saucepan. Add eggs slowly, slowly and stir it with fork.
5. Add the rest of the ingredients from Step 3. The saucepan should be at medium heat, stirring occasionally making sure that the soup is starting to thicken some. No more than 5 minutes
6. Once the chicken is fully cooked the soup is ready to eat. Add lemon skin or green onion for taste.
7. Serve hot with any spring roll or healthy chips .