

Cook with us RECIPES FakeAway

Session 6: Healthy Fake- Away 27/01/22

Cook
With
Us



CHICKEN SHAWARMA

- 2.5 kg of chicken thighs (skin was removed and we used free range halal chicken thighs).
- Sour cream (or a pot of natural yoghurt).
- 1 Tsp of tomato puree and pepper puree.
- Garlic and onion powder.
- Paprika and smoked paprika.
- Mixed spices for shawarma (We used Turkish type with more herbs in the mix).
- Sea salt and pepper.
- Tabasco and 1 Tsp of pomegranate molasse



Method >>>>>>>>>



METHOD

- Pre heat the oven on a high setting above 200 degrees.
- Combine all spices and seasoning with Sour cream and marinate the chicken for at least 2 hours in the fridge.
- On a wide cling film, place the filets next to each other and on top to make a sausage roll wrapped in the cling film.
- Place your sausage in the freezer, when about to slice your shawarma, take it out for at least an hour so that you can thinly slice the chicken.
- Place thin slices on a layered baking parchment oven and cook until grilled like charcoal.
- In the meantime have all your condiments ready and salad, pickles with lavash bread.
- Ideally, lavash bread or wraps should be coated in the chicken juices so that they are moist when placing the slices of chicken topped with garnish and rolled in sandwiches.



- 1 kg of mixed lamb beef mince (lean meat was used).
- 3 tomatoes.
- 2 red onions.
- 3 cloves of garlic.
- 1 kg of green long Turkish peppers.
- 2 red bells peppers.
- Kebab mixed spices (again Dolmaci Turkish blend).
- Turmeric.
- Ground ginger.
- Ground cumin.
- Sea salt and pepper.
- Pomegranate molasse.
- Olive oil.
- A whole bunch of parsley.
- A whole bunch of coriander.
- Mint.
- Ground cinnamon.
- Paprika.

KEBAB ADANA MINCE MEAT



Method >>>>>>>>>>

METHOD

- Pre heat the oven at 200 degrees
- Combine in food processor all peppers, onions and fresh herbs to make like a Pesto mixture.
- Combine the preparation with mince meat and add all spices, mix thoroughly.
- Shape kebabs with the help of cold water to avoid mixture to be sticky.
- Place kebabs on a baking parchment tray.
- Brush the kebabs with olive oil and cook until brown.
- Repeat same process as chicken shawarma sandwiches and add condiments that you prefer.
- For the salad, we used cucumbers, tomatoes, parsley, mint in season and added pomegranate flakes and molasses to the salad dressing with olive oil, cider vinegar, sea salt and pepper.
- The choice is yours and the principle is to use sauces that you can make as spicy as you like. We used sour cream with some Tabasco and a bit a harissa ketchup with ground garlic to make a better alternative than mayo and the taste is much better.
- Experiment as much as you like with fakeaways by using the best ingredients, involving other family members to make the wraps and the taste will be much better as well as saving money.



VEGETABLES SAMOSAS



- Garam masala spice blend.
- Salt and pepper for seasoning.
- 1 onion and 2 cloves of garlic.
- 3 potatoes peeled and cut in cubes.
- 300g of frozen peas.
- Spring rolls frozen sheets (cut into stripes).
- 1Tsp of flour and water paste to glue the samosas triangles.
- Rapeseed oil for frying.

METHOD

- Cook the potatoes cubes in boiling water until firm
Sizzle the onions, garlic, spices and seasoning until soft
Add the frozen peas until caramelised, this will remove the water from the peas and intensify the flavour.
- Add the potatoes to the mix.
- Prepare stripes of spring rolls pastry to make triangles pockets. (there are lots of videos on You tube to follow to help you make the pockets)
- Seal the edges with the flour paste glue so that they do not open while frying and to preserve the crunch.
- Cook on a shallow frying pan at 170 degrees and fry for about 3 minutes until nicely golden.
- A good samosa should be crunchy on the outside and soft in the middle with bursting flavours, yum!
- Drain the excess oil on a kitchen tissue over an open rack as you don't want to get them soggy on a plate.
- If preparing a big batch, you can freeze some before frying them, which will save you time next time you want to cook them.
- You can also eat them with a chilli chutney or condiment of your choice.



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