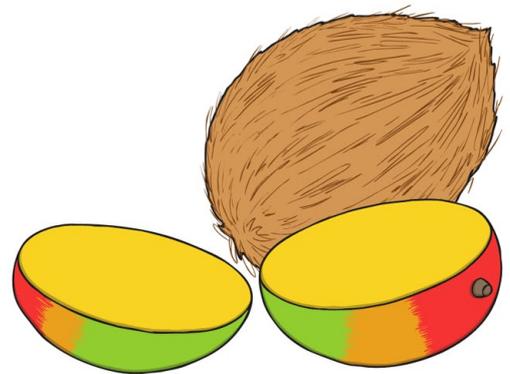
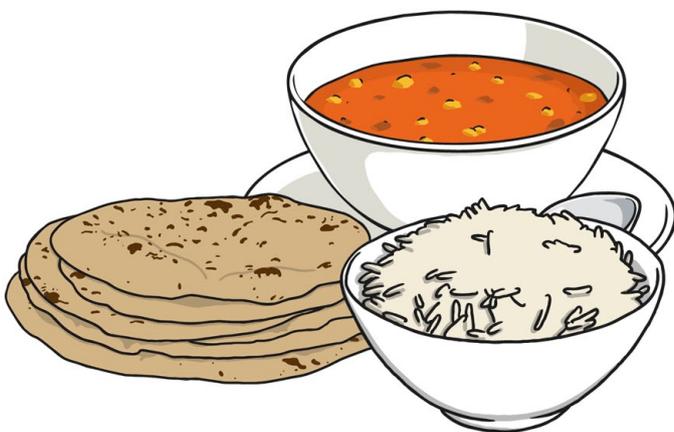


Recipes for Eid

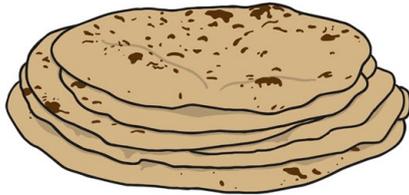


How to Make Chapattis for Eid

You will need...

Ingredients

- 100g whole wheat flour
- 4 tablespoons of cold water
- 1 tablespoon of vegetable oil



Equipment

- Mixing bowl
- Wooden spoon
- Fridge
- Rolling pin
- Frying pan
- Hob

What you do...

- 1 Put the flour in the mixing bowl and create a well in the centre.
- 2 Add the oil into the centre of the flour well.
- 3 Bit by bit, add the water and mix everything together until you have a soft dough. **Top tip: Add a little more water if it is too dry, and a bit more flour if it is too wet.**
- 4 Knead the mixture together for around 10 minutes and then pop the dough in the fridge for about 45 minutes.
- 5 Take the dough out of the fridge and divide into 6 equal balls.
- 6 Dust the table with a little bit of flour and roll each ball of dough out into a thin circle.
- 7 Heat a frying pan on the hob. Once hot carefully place a dough circle in the pan.
- 8 Once the chapatti starts to bubble, turn and cook the other side. The chapatti is cooked when the second side bubbles.
- 9 Repeat steps 7 and 8 until you have cooked all 6 circles.
- 10 Serve the chapattis warm.

How to Make Spicy Rice for Eid

You will need...

Ingredients

- 225g of basmati rice
- 2 tablespoons of vegetable oil
- 1 onion
- 2 cloves
- 3 cardamom pods
- 1 cinnamon stick
- Half a teaspoon of cumin seeds



Equipment

- Large pan
- Hob
- Wooden Spoon
- Measuring jug
- Bowl
- Sieve
- Chopping knife and board

What you do...

- 1 Wash the rice under cold running water and put to one side for later.
- 2 Cook the onions until they are soft and golden brown. Make sure you keep stirring so that the onions do not burn! Once cooked, tip the onions into a bowl and put to one side. **Top tip: If the onions are cooking too quickly and starting to burn, turn the heat down a little and add a teaspoon of cold water.**
- 3 Keep the pan on the hob and add the cloves, cardamom, cinnamon stick and cumin seeds and cook for 1 to 2 minutes.
- 4 After you have cooked off the spices, add the rinsed rice you put to one side earlier with 550 millilitres of water. Cover the pan with a lid and bring to the boil.
- 5 Once the pan is boiling, add the cooked onions back into the pan and turn the heat to low. Cook for a further 10 to 15 minutes until the rice is cooked. **Top tip: The rice should be soft and fluffy. If the rice is still a bit crunchy cook it through for a little longer.**
- 6 Remove the cinnamon stick once the rice has cooled a little and serve!

How to Make Chicken Curry for Eid

You will need...

Ingredients

- 2 onions
- 1 clove of garlic
- A handful of mushrooms
- 1 tablespoon of curry powder
- 1 apple
- 1 tablespoon of mango chutney
- 1 tin of tomatoes
- 2 chicken breasts
- 1 tablespoon of vegetable oil

Equipment

- Large pan
- Hob
- Wooden spoon
- Bowl
- Chopping knife and board



What you do...

- 1** Chop the apple, garlic, onions and mushrooms into thumbnail sized chunks.
- 2** Add the oil to the pan and heat. Once the oil is hot, carefully add the chopped garlic, onions and mushrooms. Keep the apple to one side for later.
- 3** Cook the vegetables until they are soft. Make sure you keep stirring so that they do not burn! Once cooked, tip the vegetables into a bowl and put to one side.
- 4** Chop the chicken into bite sized chunks and add to the hot pan.
- 5** Cook until the chicken is browned and cooked all the way through. To test chop a piece of chicken in half. If it is still pink in the middle it needs to be cooked for longer.
- 6** Add the cooked vegetables back into the pan along with the curry powder, apple, mango chutney and tomatoes. Stir all the ingredients together.
- 7** Serve the chicken curry warm. It is great eaten with spicy rice and chapattis!

How to Make Coconut Squares for Eid

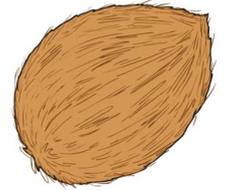
You will need...

Ingredients

- 250g sweetened condensed milk
- 250g icing sugar plus a little extra for dusting
- 200g desiccated coconut
- Pink edible food colouring

Equipment

- Wooden spoon
- Bowl
- Chopping board and knife
- Rolling pin
- Sieve



What you do...

- 1 In the bowl, mix the condensed milk and icing sugar together. The mixture will start to get very stiff but keep on going until it is completely combined.
- 2 Add in the coconut to the mixture. Use your hands to really blend the mixture together.
- 3 Split the mix into two equal halves. Put one half to one side and keep one half in the bowl.
- 4 Add two drops of pink food colouring to the half of the mixture in the bowl and work this into the mixture. **Top tip: Food colouring can be messy and stain your hands! Use the wooden spoon or put on some plastic gloves if you are mixing with your hands.**
- 5 Put a little icing sugar in the sieve and dust your chopping board. This stops the mixture sticking.
- 6 First roll out the half of the mixture without the food colouring into a smooth rectangle. Put this to one side and repeat with the pink half.
- 7 Place the half of the mixture without the food colouring on top of the pink half. Roll the two mixtures together until you have a rectangle of two tone coconut ice about 3 centimetres thick.
- 8 Leave the mixture uncovered for at least 3 hours to set. If you have time, leave the mixture over night.
- 9 Once set, cut the rectangle into bite sized squares. Serve and enjoy!

How to Make Mango Lassi for Eid

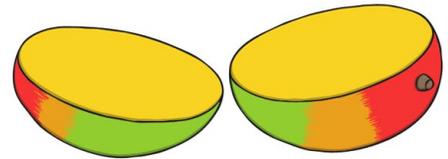
You will need...

Ingredients

- 255 millilitres of plain yoghurt
- 130 millilitres of semi-skimmed milk
- 3 ripe fresh mangoes
- 4 teaspoons of caster sugar

Equipment

- Chopping board and knife
- Blender
- Glasses



What you do...

- 1 Hold the mango on its side and slice downwards to remove one side of the mango. The knife should slide past the stone inside the mango. Turn the mango around and repeat on the other side.
- 2 Score along the length of the mango into the flesh, taking care not to cut through the skin.
- 3 Turn the mango 90 degrees and score along the flesh again to make a criss-cross pattern.
- 4 Turn the mango over and push the skin to pop the flesh out like a hedgehog.
- 5 Cut the mango flesh away from the skin and place in the blender with the yoghurt, milk and sugar.
- 6 Blend the ingredients until completely smooth.
- 7 Pour into individual glasses and serve!