



SALFORD

POWERED BY UNITED EKTA GROUP



Tim  
&  
Tam



RECIPE BOOK



*Korean spicy ramen noodles with cheese*





CASSEROLE  
800 ML

## Ingredients

Ramen noodles (use the noodles from an instant noodle packet, just don't use the seasoning packets that comes with it. Sesame oil, Garlic, Gochujang, Soy sauce, Honey, Mozzarella.

## How To Make

Fry the garlic in sesame oil for a minute then add the gochujang and fry for another minute or so.

Add water to the gochujang and garlic.

To the water & gochujang, add the noodles. Keep flipping them and pushing them into the water until they soften. They should only take a few mins to cook.

Once the noodles are soft, season with the soy sauce and a squeeze of honey.

Then add the grated mozzarella and allow to melt.

Once all melty and delicious, top with a fried egg and spring onion - then serve!

*Beetroot Cutlet*





FRY PAN  
150 MM

## Ingredients

1 medium Beetroot, 2 Potatoes, 2 tbsp Green Peas boiled, 2 tbsp Maida/Cornflour, 2 tbsp Breadcrumbs, 2 tbsp Coriander leaves finely chopped, 1 tbsp Cumin Coriander Powder, 1-2 tsp Ginger Green Chili Paste, ¼ cup Semolina, ¼ cup Oil, Salt

## How To Make

Peel and wash beetroot. Grate beetroot and keep aside. Boil potatoes and mash them. In a bowl, add grated beetroot, boiled and mashed potatoes, boiled green peas. Then add finely chopped coriander, cumin coriander powder, all purpose flour, ginger chili paste, salt and mix. Now add breadcrumbs and combine well. Prepare all cutlets in same way and coat them with semolina. Heat little oil in a pan. Shallow fry tikkis from both sides and serve with ketchup or chutney as desired.

*Mini Pizza*





FRY PAN  
150 MM

### Ingredients : for the pizza dough

1/2 cup bread flour, 1/4 teaspoon kosher salt, 1/4 teaspoon instant yeast, 1/4 cup warm water, 1/2 teaspoon olive oil for the pizza, 1/3 cup pizza sauce or tomato sauce, 1 cup shredded Mozzarella cheese , or use 4-ounces of cubed cheese, 6-8 slices pepperoni

### How To Make (Pizza Sauce)

Gently heat the olive oil in an oven proof frying pan / skillet. Add the onion and cook for 2-3 minutes until soft then stir in the garlic for a few seconds being careful not to burn. Add the chopped tomatoes, simmer until thickened for about 10-15 minutes then season the sauce with the salt and pepper. Remove the sauce to a bowl. Wipe the pan dry.

Pizza : Sieve the flour into a large bowl and mix in the olive oil. Gradually add the water to form a soft dough. Remove the dough from the bowl and knead it a little. Scatter a little flour over the work surface and using a rolling pin, roll out the pizza to the size of your oven proof frying pan / skillet. Place the rolled-out dough into the pan and gently dry fry over a medium heat for about 5 minutes until the bottom browns a little then turn over and cook for about another 5 minutes. Spread your tomato sauce\*\* over the base. Scatter the mozzarella over. Remove from pan onto a wooden board to slice and serve.

*Mediterranean  
Twist Omelette*





TAVA 150 MM

**Ingredients** : 2 large eggs, 1/4 cup fresh spinach (chopped)  
1 tbsp feta cheese (crumbled), 1 tbsp Kalamata olives (sliced),  
1 small tomato (diced), 1 tbsp red onion (finely chopped), 1 tsp olive oil  
or butter, 1/4 tsp dried oregano (optional), Salt and pepper to taste  
Fresh parsley (for garnish)

## How To Make

Slice the olives, dice the tomato, chop the spinach, and crumble the feta cheese. Set everything aside. In a small bowl, whisk together the 2 eggs, salt, pepper, and oregano (if using). Heat 1 tsp of olive oil or butter in a small skillet over medium heat. Add the chopped red onion and sauté for 1-2 minutes until softened. Add the chopped spinach and cook for another 1-2 minutes, until it wilts down. Pour the beaten eggs into the skillet, spreading them evenly over the veggies. Let it cook undisturbed for 2-3 minutes, allowing the eggs to set around the edges. Once the edges are set, sprinkle the crumbled feta cheese, diced tomato, and sliced olives on one half of the omelette.

Carefully fold the omelette in half, covering the filling, and let it cook for another minute or so until the eggs are fully set and the cheese is melted. Slide the omelette onto a plate. Garnish with fresh parsley and a squeeze of lemon if desired.

# *Rosti Potatoes*





**Ingredients** : 2 medium Potatoes, Sea Salt and Black Pepper to taste, 1/2 tsp Paprika, Olive Oil for frying



FRY PAN  
150 MM

## How To Make

**Prepare the Potatoes:** Peel and grate the potatoes.

Place the grated potatoes in a bowl of cold water and rinse thoroughly to remove excess starch.

**Drain and Dry:** Drain the potatoes in a colander. Transfer them to a clean tea towel and squeeze out as much moisture as possible. This step is crucial for crispiness.

**Season the Mixture:** In a mixing bowl, combine the grated potatoes with paprika, salt, and black pepper. Mix until evenly seasoned.

**Shape the Pancakes:** Divide the mixture into 2 portions and shape each into a 10cm circle.

**Fry the Pancakes:** Heat 25ml of olive oil in a frying pan over medium heat. Fry each pancake for 3-4 minutes per side, or until golden and crisp. Adjust the heat to avoid burning.

**Serve Hot:** Serve immediately with your favorite toppings, such as sour cream, applesauce, or a fried egg for a more complete meal.



*Mini Grilled Cheese Pesto Sandwich*





FRY PAN  
150 MM

**Ingredients** : 1 French baguette, sliced into thin rounds  
1 cup sharp white cheddar cheese, grated, 1/2 cup pesto,  
homemade or store-bought, Butter, softened, for spreading  
Optional add-ins: tomato slices, caramelized onions

## How To Make

**Prep the Baguette:** Slice the French baguette into thin rounds, about 1/4 inch thick. **Assemble:** Spread a thin layer of pesto on one slice of baguette, add a generous sprinkle of white cheddar, and top with another baguette slice. If using add-ins, layer them between the pesto and cheese.

**Butter:** Lightly butter the outside of each baguette round.

**Grill:** Heat a skillet over low to medium heat. Grill each sandwich until golden brown on both sides and the cheese has melted, about 2-3 minutes per side.

**Serve:** Enjoy the mini grilled cheese sandwiches warm, as is or with tomato soup for dipping.

# Shakshuka





WOK 150 MM

**Ingredients** : 1 tbsp olive oil, 1/4 small onion, finely chopped, 1 garlic clove, minced, 1/4 small red bell pepper, diced, 1/2 cup canned crushed tomatoes (or fresh, if preferred), 1/4 tsp paprika, 1/4 tsp cumin, Pinch of red chili flakes (optional), Salt and pepper to taste, 1 egg, 1-2 tbsp crumbled feta cheese (optional) Fresh parsley or cilantro, chopped, for garnish, 1 slice of bread or pita, for serving

## How To Make

**Sauté Aromatics:** Heat olive oil in a small skillet over medium heat. Add onion and sauté until softened, about 2-3 minutes. Stir in garlic and cook for another 30 seconds.

**Cook Veggies:** Add the diced red bell pepper and cook for 3-4 minutes until softened.

**Make the Sauce:** Pour in crushed tomatoes and stir in paprika, cumin, red chili flakes (if using), salt, and pepper. Let the sauce simmer gently for 5-7 minutes until slightly thickened.

**Add the Egg:** Make a small well in the sauce and crack the egg into it. Cover the skillet with a lid and cook for 3-4 minutes, or until the egg white is set but the yolk remains runny (cook longer for a firmer yolk).

Sprinkle with crumbled feta (if using) and garnish with fresh parsley or cilantro. Serve warm with a slice of bread or pita for scooping up the sauce.

*Vanilla Oatmeal Pancakes*





TAVA 150 MM

## Ingredients :

Oats, Eggs, Yogurt, Coconut Sugar, Vanilla Essense

## How To Make

Beat the yogurt with baking soda for 2-3 minutes. The yogurt will become bubbly and very fluffy almost like a cloud. Then add in the egg – this will make the mixture more liquid.

Next add in the coconut sugar, vanilla, ground oats, and a pinch of salt, and mix well together. In a greased nonstick pan with coconut oil begin making pancakes, each the size of the palm of your hand. If your pan is bigger and you're making multiple at the same time, leave space in between to allow easier flipping. When bubbles start coming up or the edges look ready, flip them swiftly with a spatula.

Serve right away plain or with some butter on top, they're very good on their own. If you want to add toppings you can also go for fresh fruit, jam, honey or even chocolate.

## Toppings And Options


add in fresh fruit – like blueberries, small apple chunks, strawberry chunks throw in some chocolate chips if you're a fan of chocolate maybe even some nuts or seeds

*Quick Veggie Stir Fry*





WOK 150 MM



**Ingredients** : 1/2 cup mixed veggies (bell peppers, broccoli, carrots, snap peas), 1 tbsp soy sauce, 1/2 tsp sesame oil, 1/4 tsp garlic, minced, 1/4 tsp ginger, minced, 1/4 tsp chili flakes (optional), 1 tsp vegetable oil

## How To Make

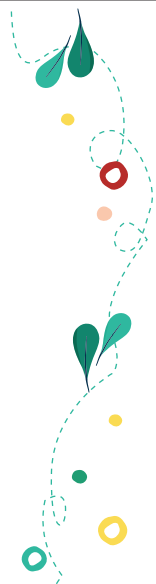
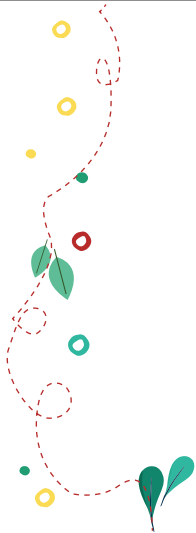
Heat oil in the mini wok over medium-high heat. Add garlic and ginger, stir-frying for 30 seconds until fragrant.

Toss in the mixed veggies and stir-fry for 3-4 minutes until crisp-tender.

Add soy sauce, sesame oil, and chili flakes. Stir to coat the veggies evenly.

Serve hot as a side dish or over rice.





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