



Falafel Wraps

Ingredients	Quantity	Method of Cooking
Falafel Patties		
Dried chickpeas	300 g	<ol style="list-style-type: none"> 1. Soak the chickpeas for at least 12 hours in cold water. 2. Mix the ingredients to make the Tahini sauce. 3. To make the onion salad mix the onions, parsley and lemon juice in a bowl and set aside. 4. Drain the soaked chickpeas and combine with onion, garlic, coriander, parsley and green chili season with salt and pass the mixture through a food processor. 5. Mix the remaining ingredients except the white sesame in to the chickpea mixture. 6. Refrigerate for an hour before frying. 7. Use the falafel mold or shape with wet hands. 8. Garnish each falafel with sesame (optional) and deep fry at 180 °C in hot oil, until golden and crisp. 9. Heat a sauté pan on medium heat and lay the bread on a flat surface. 10. Spread Tahini sauce and add the falafel, onion salad, tomato, radish and mint leaves over it and roll; making sure that the sides are closed. 11. Place the wrap on the pan and press down with another pan. (this ensures the roll gets crispy) 12. Toast for a minute and flip over and repeat process. 13. Serve with a side sauce of Tahini.
Onion (cut into quarter)	1 medium	
Garlic (minced) 3 cloves		
Coriander (chopped)	2 tbsp	
Parsley (chopped)	1/4 cup	
Green chili (finely chopped)	1/2 small	
Chickpea flour	2 tbsp	
Baking soda	1/4 tsp	
Coriander powder	1 tsp	
Cumin powder	1 tsp	
Sea salt	as required	
White sesame seeds	1/4 cup	
Tahini Sauce		
Tahini	1/3 cup	
Lemon juice	1 tbsp	
Parsley (chopped)	2 tbsp	
Salt	as required	
Onion Salad		
Onion (thinly sliced)	2 large	
Parsley (chopped)	1 bunch	
Lemon (juice)	2 tbsp	
For Filling		
Radish (sliced)	as required	
Tomato (sliced)	as required	
Cucumber pickles (sliced)	as required	
Mint leaves (chopped)	as required	
Saj/ Pita bread	8 pieces	

Open Croque Monsieur

Ingredients

French rolls/ hamburger buns	4 pieces
Dijon mustard	1 tbsp
Butter	as required
Chicken mortadella (thinly sliced)	8 pieces
Beef bacon	8 pieces

For the Sauce

Butter	2 tbsp
Flour	2 tbsp
Milk	1 ½ cups
Ground nutmeg	1/8 tsp
Salt & pepper	as required
Gruyere cheese (grated)	1 ¼ cups
Parsley (chopped)	1 tsp

Method of Cooking

1. Preheat oven to 180°C/ 350°F.
2. In a small sauce pan, melt butter over medium to low heat. Stir in flour until it forms a roux. Cook for 1 minute without coloring, then whisk in the milk a little at a time. Continue stirring until sauce thickens, for about 5 minutes. Season with salt, pepper, nutmeg and the gruyere cheese. Set aside.
3. Slice the buns in half and toast in a pan until slightly golden, take out a set aside. In the same pan, fry the bacon until lightly crisp.
4. Slice rolls in half and spread Dijon mustard over each half. Place in to a baking dish. Top each with 2 slices of chicken mortadella and 1 slice beef bacon.
5. Pour cheese sauce over top and sprinkle with remaining gruyere cheese. Bake for 10-15 minutes until hot and golden brown on top. Sprinkle with parsley and serve.

Classic Beef Burger

Ingredients	Quantity	Method of Cooking
For Beef Burger		
Lean minced beef	500 g	<ol style="list-style-type: none"> 1. In a bowl, mix ground beef, egg, onion, bread crumbs, Worcestershire sauce, garlic, sea salt, and pepper until well combined. Divide mixture into four equal portions and shape each into a patty about 4 inches wide. 2. In a grill pan over high heat add olive oil (let it heat) and lay the burgers. Grill burgers, turning once until browned on both sides, about 3-4 minutes on each side. Remove from grill. 3. Lay buns, cut side down on grill and cook until lightly toasted, 30 seconds to 1 minute. 4. Spread mayonnaise and ketchup on different sides of the buns. Add lettuce, tomato, burger and onion. Cover with the other half of bun. 5. Serve with French fries.
Egg	1 large	
Onion (minced)	1/2 cup	
Bread crumbs	1/4 cup	
Worcestershire sauce	2 tbsp	
Garlic (minced)	2 cloves	
Sea salt	1/2 tsp	
Black Pepper	1/4 tsp	
Parsley	1 tbsp	
Olive oil	2 bsp	
To Serve		
Burger buns	4 pieces	
Mayonnaise	1/4 cup	
Ketchup	1/4 cup	
Iceberg lettuce leaves	4 pieces	
Ripe tomato (thinly sliced)	1 piece	
Red onion (thinly sliced)	1 piece	
French fries	as required	

Club Sandwich

Ingredients

Toasted bread	6 slices
Iceberg Lettuce(washed & drained)	3-4 leaves
Chicken breast	2 piece
Tomato (sliced)	1 no.
Bacon	8 slices
Egg	2 no.
Vegetable oil	to drizzle
Thyme (fresh/dried, chopped)	a sprig
Rosemary (fresh/dried, chopped)	a sprig

For Spread

Mayonnaise/ butter	as required
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To Serve

French fries/ chips	as required
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Method of Cooking

1. Tenderize the 2 pieces of chicken. Marinate the chicken with the chopped thyme and rosemary, season with salt & pepper on each side.
2. In a grill pan, drizzle with olive oil and grill the chicken for 2 minutes on each side; once done set aside.
3. Using the same grill pan, on low heat add the bacon and cook until crispy.
4. Lightly butter the slices of bread on both sides and toast in a sauté pan or toaster until golden brown; set aside.
5. Crack an egg into a bowl, being careful not to break the yolk. In the same sauté pan heat 2 tsp of oil, add the egg into the pan and season with salt & pepper.
6. Fry until the egg white is firm and golden brown at the bottom. Flip the egg and cook for less than a minute until just set, take off the heat and set aside.
(Repeat process for second egg)
7. Apply the spread on the slices of bread.
8. Place washed and drained lettuce leaf on the toast. Add slices of tomato and a chicken, and place another slice of the toast on top.
9. Place the grilled bacon rashers and the fried egg on top of the second slice of toast. Cover with the third slice of toast.
10. Press well and trim off the crusts, cut into 2 or 4 triangles then insert two to four toothpicks to hold the sandwich together.
11. Serve upright on a plate or platter with French fries & side salad as an accompaniment.

Sharwarma Sandwich

Ingredients	Quantity	Method of Cooking
For Meat		
Wagyu flank steak	1.2 kg	<p>To make the Onion salad:</p> <ol style="list-style-type: none"> 1. Mix the onions and parsley in a bowl. Season with salt a pepper and set in the fridge until required. <p>To make the Beef:</p> <ol style="list-style-type: none"> 2. In pot bring to boil half the quantity of water with the ll the spices, salt and sugar, then Chill brine to below 4°C. 3. In a blender combine the onions, parsley, yogurt and remaining water and process into a smooth puree. Transfer to a large bowl; add the remaining ingredients and stir well. 4. Submerge flank stake in brine for 48 hours. Keep the brine and meat refrigerated. 5. Prep the grill for medium high heat 6. Remove the flank steak from the brine 30 minutes before and grill over medium to high heat for 10 minutes on each side. Make sure the meat is well rested before slicing. 7. Thinly slice the meat and set aside. <p>To make the Garlic sauce:</p> <ol style="list-style-type: none"> 8. Blend garlic, salt, lemon juice, egg whites to a fine paste in a blender. 9. While blending, add olive oil in a steady stream, emulsion will happen and you will get a rich creamy sauce garlic sauce. <p>Assembling the Shawarma:</p> <ol style="list-style-type: none"> 10. Heat a sauté pan on medium heat and lay the bread on a flat surface . 11. Spread garlic sauce and add the beef strips, onion salad and fries over it and roll; making sure that the sides have been closed. 12. Place the wrap on the pan and press down with another pan. (This ensures the roll gets crispy) 13. Cook for a minute and flip over and repeat the process. 14. Serve with sauce and fries.
Paprika	2 1/2 tbsp	
Cardamom	1 tsp	
Coriander powder	1 tsp	
Ginger powder	1 tsp	
Cumin powder	1 tsp	
Black pepper powder	1 tsp	
Cinnamon powder	1 tsp	
Cloves	3 pieces	
Fresh bay leaf	5 pieces	
Kosher salt	5 tbsp	
Brown sugar	7 tbsp	
White onions (cut into chunks)	2 pieces	
Parsley (chopped)	1 bunch	
Greek yogurt	1 kg	
Olive oil	7 tbsp	
Garlic sauce		
Garlic	1 pod	
Egg white	1 no	
Corn oil	110 ml	
Lemon (juice)	1 tbsp	
Salt	as required	
Onion Salad		
Onion (thinly sliced)	1 large	
Parsley (chopped)	1 bunch	
For Filling		
French fries	as required	
Cucumber pickles (sliced)	as required	
Saj/ Pita bread	4-6 pieces	