

MINIDY CATERY AND EVENT PLANNER

CAKE AND SNACKS MAKING CLASS.

COURSE OUTLINE

PASTRIES AND CAKE:

- **How to bake cake**
- **Meat Pie**
- **How to bake cake without oven.**
- **Scotch egg**
- **Shortbread cookies**
- **ChinChin**
- **Doughnut**
- **Eggroll**
- **Sausage roll**
- **groundnut cookies**
- **groundnut butter.**
- **Plantain chips**
- **yam balls**
- **Samosa**
- **Spring roll**
- **Puff puff**

- **plantain Mosa**
- **Finger fish**
- **Gizdodo**
- **coconut candy**
- **How to start your own catering business perfectly.**
- **How to make ice cream without ice cream machine.**
- **Recipe for weight loss.**

HOW TO BAKE CAKE FROM SCRATCH

Ingredients

4 Cups of all purpose flour

10 Eggs

4 sticks of Butter (2 cups of Butter)

1 Tbs of Vanilla extract

2 cups of Sugar

1 Tbs Baking powder

1/2 Teaspoon Nutmeg

1/2 cup of Milk (or dissolve 4 Tbs of powdered Milk in 1/2 cup of Water)

procedure

Grease your baking Pan with some Butter and dust it with some flour then set it aside

Mix the Flour, Baking powder and nutmeg in a Bowl and set aside as well

Add 4 sticks of Butter (At room temperature) together with the Sugar in the mixing bowl and cream it together until it' s smooth fluffy and creamy

Add the Eggs one at a time mixing the Egg into the cream after each addition

Mix in the Vanilla as well

Start alternating the addition of flour and milk until it' s well combined

pour the batter inside the baking pan and bake for 1 hr 20 mins to 1hr 40 mins, till it' s golden and caramelized on the edges or when a toothpick inserted in the center of the cake comes out clean.

SAMOSAS

Ingredients for Nigerian Samosa

For the Samosa dough, you'll need:

- 120 gr All purpose flour (Plain white flour)
- 3 tablespoonful of vegetable oil or melted margarine
- Half teaspoon Dry parsley, Thyme or herb of choice(optional)
- Half levelled teaspoon of salt
- Warm water(as needed)

Ingredients for the The filling:

- 200 gr minced beef/chicken
- 2 medium Irish potatoes
- 2 medium carrots(optional)
- 2 handfuls of green peas
- 1 long stalk of spring onion OR minced onion
- 1 tiny garlic/a pinch of garlic powder
- 1 teaspoon of curry powder
- A pinch of black pepper (optional)
- 1 stock cube
- 2 cooking spoonfuls of vegetable oil

- chilli pepper(cayenne) (to taste)

- Salt (to taste)

-Vegetable oil for deep-frying the Samosas

Note: Samosas can also be baked so, skip the

vegetable oil for deep frying, if you opt for

PREPARATION:

To make the Nigerian Samosa filling

****Cut the spring onions into thin circles and set**

aside

****Wash and peel the Irish potatoes and carrots.**

Cut into very tiny bits and cook in salted water

for 5 minutes. If using fresh peas, Add it to the

carrots and potatoes and cook for 5 more

minutes until all the vegetables are soft.

Strain and set aside.

***Heat up the oil in a pot, add the spring onions**

garlic, curry, black pepper(if you're using it) and

stir-fry for few seconds

Tip: Frying the spices, releases their natural

flavors and oils.

*** Add the minced meat/chicken. Stir-fry the**

meat until the colour changes from pink to a

pale colour(if you're using chicken,the colour will be white).

Add the stock cubes,chilli pepper and salt to taste.

Then add the cooked vegetables.

Mix thoroughly, Set aside and leave.

To make the Nigerian Samosa dough:

*Pour the flour into a bowl, add salt and add the 3 tablespoonful of vegetable oil and warm water.Mix well until you get a stretchy dough.

*Then cover with an airtight plastic wrap or aluminium foil and leave to rest for about 15 minutes.

*After 15 minutes, knead the dough to make it more stretchy and elastic.

*Cut out a bit, roll out with a rolling pin .Make sure its not so thin, should be about 3-4 mm in thickness.

*Using a circular cutter, cut the rolled dough, and remove the excess dough at the corners, and then cut the circular shape into 2 diameters (2 half circles of equal sizes).

Rub water on the straight edges of one of the dough and shape it into a cone(the shape of a party hat);

*Now take a spoonful of the Samosa filling and scoop it into the cone shaped dough. Don't over fill it. Rub some water at the edges and seal tightly.Repeat this process for the remaining dough.

*Heat up some oil until moderately hot and fry the Samosas in it. Fry both sides of the Samosa until lightly brown and transfer into a sieve lined with paper towels and Enjoy!

TIP: If you'll rather bake the samosa, brush with oil or egg wash, set your oven to 180° C and bake for 15 minutes.

SPRING ROLL & SAMOSA WRAPPER

1/2 cup of plain flour

1/4 of corn flour

3/4 cup of water

1/4 teaspoon of salt

Pastry brush or non stick spoon

Non stick frying pan.

PROCEDURE:

1. Combine all the dry ingredient into a bowl
2. Add water to the bowl and mix until it is lump free. The bater should be smooth and very light.

This is crucial

3. in a small cup, mix a little oil and water. You will soon know why you need this.
4. Get some kitchen paper towel, and dap it into the oil-water mixture
5. Rub it on a clean non stick frying pan. What this does is to coat the pan before you start, and to clean the pan between each wrapper. Another thing it does is to drop the temperature of the pan, so it is not too hot for the next wrapper
6. Take the brush and dip into the batter. Place the pan on very low heat. I used number 1 of my electric cooker. If the pan is too hot, the batter will start to set before you completely cover the pan, making the wrap uneven.
7. Brush the batter unto the frying pan in short strokes. Remember not to apply too much, what you want is just a light coating of the frying pan

dip the brush back into the batter and repeat
brushing on the frying pan in short strokes
until you cover the pan completely with no gaps.

When the pan was completely
covered, i turned the heat up to 2. Still very low
heat.

as the batter starts to cook, it will get dry and
begin to come off the edges of the pan

When it has cooked through, you should be
able to easily lift the edge of the pan. It should
come off cleanly, that is who you know it is
ready. If it doesn' t come off that easily, just give
it a little more time, don' t force it, it will come
off the pan easily.

Lift it off completely from the pan and place
on a damp kitchen cloth. It is important that the
napkin is damp, otherwise the wrapper will dry
out

then cover with the damp kitchen cloth,
protecting its integrity.

10. Once you take it off, turn the heat back down
to 1, or the lowest on your cooker, this is to

prevent the pan from over heating. Dip the tissue

into the oil-water mix again and rub the pan.

Repeat the process again.

COCONUT CANDY

Ingredients

1 head fresh coconut with the juice

200g icing sugar (powdered sugar)

Water

PROCEDURE

Before you make the Nigerian Coconut Candy Break the coconut, making sure to collect the coconut juice from it.

Remove the meat from the shells and grate the meat into small pieces. I use the smaller openings on this grater for this task. Make sure to grate along the meat of the coconut rather than across it. This is so that you'll have long

thin coconut pieces rather than a mass of

grated coconut.

Directions

1. Pour the coconut juice into the pot.
2. Add the icing sugar (powdered sugar). Stir.
3. Add the tiny coconut pieces and stir.
4. Add water to the same level as the coconut pieces.
5. Cover the pot and set to boil at high heat.
6. Once the contents start boiling, stir

continuously till all the water is just about evaporated.

7. Reduce to low heat and continue stirring.

8. At a time, you will notice that the contents have started sticking together. That is the sugar caramelising.

9. Keep stirring till the coconut pieces start turning slightly brown.

10. Turn off the heat and scoop the very hot coconut candy onto a flat plate and leave to cool down.

Notes:

1. The coconut candy should be sticky when cold. It should not be dry.

2. You can store it in the freezer for up to a month.

3. This is supposed to be a very sweet snack that is why all that sugar is used in the preparation but feel free to reduce the quantity of sugar.

4. The caramel from the sugar can be tough to wash off the pot when it has cooled down.

The best way to wash this off very hot water as soon as you are done with making the

snack.

SAUSAGE ROLL

For the dough

300g plain flour

Ingredients

1 to 2 teaspoons baking powder

150g margarine

½ teaspoon salt

Cold Water

For the sausage filling

300g of sausage (Satis® is a popular brand)

½ teaspoon ground nutmeg

1 big stock cube

Ornamental Ingredient

1 medium egg

1. Put the sausages in a bowl and use a blunt

object eg a pestle to mash them up .

2. Add the ground nutmeg.

3. Crush the stock cubes with your fingers and add to the mashed sausages. At this time,

feel free to add any other seasoning that

catches your fancy.

4. Stir well to mix the added ingredients with

the mashed sausages.

5. Use the hand blender to blend the sausages into a smooth paste.

6. Set this aside.

The Sausage Filling

The Sausage Roll dough

The dough for sausage roll

1. Put the flour in a sizeable bowl; add the

baking powder and salt. Mix these dry

ingredients very well. You really do not need

a lot of salt for the sausage roll dough. Most sausages contain a lot of salt already.

2. Use a tablespoon to scoop the margarine in

small bits into the bowl of flour. The smaller

you make the bits of margarine , the easier it will be for you to rub them into the flour.

3. Use finger tips to rub the margarine into the

flour till the mix becomes like crumbs.

4. Add cold water in bits and mix till a stiff ball of dough is formed. You only need a small quantity of water for this to Get other stuff ready

1. Set your oven to 170° C (~335° F) to preheat while you continue with the sausage roll.

2. Rub margarine on the insides of the oven

tray, spray flour on it, pour out the excess

flour and set aside. This is so that the

undersides of the sausage rolls do not burn or stick to the tray during baking.

3. Break the egg, beat it and set aside, you will need it later.

Roll, Cut, Fill, Fold and Close

1. Roll out the dough to a 3mm thickness.

2. Use a blunt knife to make a rectangular cut on the rolled out dough.

3. Remove the excess dough and rub the egg on the rectangular dough.

4. Scoop some sausage along the edge of the length of the rectangle. The thickness of the sausage should be such that you can comfortably fold the dough and still be left with an overlap.

5. Fold the dough as you would fold a mat.

6. Rest the folded roll on the excess dough to make a seal like you would with the flap of an envelope.

7. Cut the sausage roll to desired lengths.

8. Roll out more dough, cut, fill, fold, cut into desired lengths and place in the greased oven tray till all the dough is used.

9. Rub the egg on the sausage rolls. This gives

them a golden brown look when done.

10. Set the tray in the preheated oven and bake till the Sausage Rolls are golden brown. This should take approximately 40 minutes depending on the thickness of your dough.

PUFF-PUFF

: Ingredients

Makes about 40+ medium sized PuffPuff

- 500g of Plain Flour
- 100g Sugar
- 2 level teaspoons powdered yeast
- Half teaspoon of ground Nutmeg
- About 2 cups OR 300ml of Lukewarm water
- Half teaspoon of Salt
- Vegetable Oil (for frying)

: Directions for making Nigerian Puff Puff

1. Pour the flour into a big bowl, add the ground nutmeg, sugar, salt and the dry yeast and mix together.

3. Now add the water, bit by bit and mix thoroughly.

Puff puff is usually mixed by hand, but you can also mix with a flat wooden spoon

Mix for about 10 minutes or until there are no lumps in it, and the batter is smooth , but it should not be watery.

4. Cover the bowl (airtight) with a clean dry cloth or aluminum foil and leave the batter to rise for

about 45 to 50 minutes. To know if the batter is

ready for frying, you will notice some air bubbles on it and also that the batter has doubled in size and is little thicker and stretchy.

5. Now, heat up some oil in a deep pot, the oil

should be deep enough to cover an egg, so that when you drop the batter into the pot, you won't get a flat puff puff.

6. Now do an oil test. This is done by dropping a

little of the batter into the oil. The oil is ready when the puff puff rises to the top.

7. Scoop the batter into your palm and drop into the oil by pressing the batter between your thumb and your fore finger

To prevent spills, bring your hand closer to the pot.

8. Fry until brown. Then transfer onto a sieve

lined with paper towels(serviettes)

PLANTAIN MOSA

1 ripe plantain(usually over ripe ones)

1 raw egg(break egg and set aside)

2 tablespoonful Flour

Ground red chilli pepper (to taste)

Salt (to taste)

Vegetable oil for frying

: Plantain Mosa cooking Directions

*Cut and peel the plantain.

*Mash thoroughly , and add the egg, flour, salt

and pepper. Mix thoroughly until all ingredients are well combined.

*Heat up the oil on medium heat until hot.

Using a tablespoon, scoop the plantain mixture into hot oil and fry each side of the Mosa for 2 minutes or until both sides are brown.

*Transfer the Mosa to a sieve lined with paper

towels , to absorb the excess oil

*Now Plantain Mosa is ready .

Plantain Mosa can be eating alone as a snack or

taken with Ogi (pap).

MEAT PIE

: Ingredients

Nigerian Meat Pie Filling :

- 300g of minced meat (ground beef)
- 1 medium-sized onion
- 1 little garlic/garlic powder(optional)
- 3 medium-sized carrots
- 2 medium-sized Irish potatoes
- 1 cooking spoonful of Vegetable Oil
- Seasoning of choice (but preferably)- bouillon

cubes(Maggi / Knorr cubes),a teaspoon of thyme,a teaspoon of curry

- 2 tablespoons of plain flour(to make a binder)
- Cool water -- 200ml (more or less)
- Salt -- to taste

Nigerian Meat Pie Dough:

- 500 grams Plain Flour
- 250grams Margarine
- 1 teaspoon Baking Powder (leveled)
- 3\4 teaspoon(a big pinch) of Salt
- about 75 ml Cool Water (or as needed to get a

stiff dough)

Preparing ingredients for the Nigerian Meatpie

**Grind or mince the meat, if you haven' t done that yet.

**Chop or mince the onions and set aside

**Wash and Scrape the carrots,Peel the Irish

potatoes, rinse these vegetables

(carrot&potatoes)and cut into very tiny cubes.

Directions for making Nigerian Meat Pie

1. First step is to prepare the Meat Pie Filling:

Heat up the oil on medium heat.Then add the chopped onions and garlic (garlic is optional), stir

fry a bit; add the minced meat to the pot and stir well till the minced meat loses its pink color.

Now, Add 1 cup of water to the pot, add the stock cube, thyme and curry. Cover the pot and leave to boil for about 10 minutes.

After 10 minutes, add the diced potatoes, carrots, salt to taste and leave to cook until the vegetables are done.

Then, dissolve 2 tablespoonful of the plain flour in half cup of cold water .

Mix thoroughly and add the mixture to the meat pie filling in the pot, stir well to get until well incorporated, put off the heat and leave to cool .

Tip: This flour mixture helps to bind the filling together and retain the moisture of the meat pie filling when baking.

The second Step is to prepare the dough

2. Break an egg, beat it and set aside for later use

3. Grease the oven tray that you'll be using; Do this by rubbing a little margarine inside the tray.

This helps to prevent the meat pies from burning. You can also make use of baking sheets.

4. Put the 500g of flour into a big bowl; add 1 teaspoon of baking powder and a big pinch of salt. Mix well.

5. Add the margarine (you can melt the margarine, to make mixing easier) and mix

thoroughly until the mixture looks more like

bread crumbs.

6. Now, gradually add a little water and keep on

mixing until you get a stiff dough.

7. Knead the dough until smooth and leave to rest for 5 minutes, then place on a lightly floured surface. At this stage you can Preheat the oven at 335° F or 170° C and continue with the meatpies.

8. Using a rolling pin, roll the dough on the

table, it shouldn't be too flat or too thick.

9. With a circular shaped cutter, cut out some circles; You can make use of any clean object you

have, to get your desired size.

10. Remove the excess dough, and then scoop

some of the meat pie filling and place in the

center of the circular cut dough. Don't add a lot

of filling, so that your meat pie won't look bumpy at the top.

11. Now rub the whisked egg, on the edges of

the dough you are working with. In place of the egg, you can make use of flour & water mix. This

will prevent the meat pie from bursting open while in the oven.

12. The next step is to fold one side of the

circular dough to join the other part, to form a semicircle. Use a fork to press the edges tight and give the meat pie its unique design.

Now transfer unto the greased tray and

repeat this process for the remaining circles.

13. When all the meat pies are folded, rub the

whisked egg on the surface of the meat pies. The egg helps to give the meat pie a golden sheen, but this is optional.

14. Place the Meat pies in the preheated oven

and leave to bake for 35 minutes Or until the

meat pies are lightly browned. You can check it

from time to time, if you are not sure of the

temperature of your oven.

The Meat pies are ready when they

are lightly brown..Enjoy.

CHINCHIN

Ingredients for Soft Chin Chin

1kg plain flour (all purpose flour)

150ml evaporated milk (Peak Milk) / 150g

powdered milk

275g granulated sugar

250g margarine

2 medium nutmegs | 2 teaspoons ground nutmeg.

vegetable oil (for

frying)

1kg plain flour (all purpose flour)

75ml evaporated milk (Peak Milk) / 75g

powdered milk

200g granulated sugar

125g margarine

2 medium nutmegs | 2 teaspoons ground

nutmeg

Vegetable Oil

For crunchy chinchin

Directions

1. Mix the milk and sugar in a bowl and leave to soak.

Note: If you are using powdered milk,

mix the milk and sugar. Then add 150ml of water for soft chin chin

(75ml of water for crunchy chin chin),

mix and leave to soak.

2. In a separate bowl, mix the ground nutmeg

and flour, then rub the margarine into the

flour till it has mixed well with the flour,

leaving no lumps.

3. Add the sugar/milk mixture to the

margarine/flour mixture and mix by hand till a smooth dough is achieved.

4. Place the dough on a flat surface and start

kneading gently with a dough roller.

5. When the dough is flat, cut into desired sizes.

6. Deep-fry in hot vegetable oil.

7. While frying, continuously stir the chin chin till you get a golden brown color.

8. Scoop the fried pieces onto a flat tray to dry and cool down quickly.

9. When the chin chin had cooled down completely, store in a dry, airtight container.

Serve with a chilled drink.

PLANTAIN CHIPS

Plantain Chips Ingredients

*Ripe or and unripe plantain

*vegetable oil for frying

*Salt to taste

----Before frying the plantains--

*Peel the plantains using a vegetable slicer. On a grater, the vegetable slicer is that part that look like a razor blade.

For a sweet plantain chips, choose a yellow

plantain that is hard , so that it is easier to slice and also crunchier when fried.

--Directions for Frying Plantain Chips ---

*Peel and slice the plantains , rinse in saline water and spread out on a sieve or cheese cloth

to dry out.

*Heat up the vegetable oil until very hot..and add the sliced plantains, bit by bit and fry until they are hard.

* Transfer into a sieve and spread out on paper towels to absorb the excess oil.

*Leave to cool and enjoy.

EGG ROLL

Ingredients for making Egg Roll

2 Cups of Flour

1 beaten Egg

1 Tsp Baking powder

1/4 Tsp Salt

1/2 Tsp Nutmeg

2 Tbsp Margarine

8-9 Tbsp Water

5 Boiled Eggs

2 Tbsp Sugar

Directions

1. In a large bowl, mix together the

Flour, Baking powder, Salt, Sugar and

Nutmeg

2. Use your fingers to blend the

Margarine into the Flour until it's

crumbly.

3. Add the beaten Egg and mix till it's

combined – the dough should look dry

at this point.

4. Add water a little at a time and

work the dough till dough is soft and

sticky but still workable

5. work the dough for about a minute

then cover it and let it rest for about 15

to 20 minutes then work it again for a

couple of seconds to a minute

6. Divide the dough into 5 then wrap each of the dough around each Egg and make sure it is tightly wrapped.

7. Fry on a medium heat turning over

and over again until it's golden brown.

8. Serve your Egg Roll hot or warm.

DOUGHNUT

Ingredients

This makes about 15-20 donuts

- 480 g of plain flour
- 2.5 tablespoons of instant dry yeast/15g fresh yeast
- 5 tablespoons of warm water
- 25g of melted Butter or Margarine
- 1 large egg
- 180ml warm milk
- 50 g of sugar
- 1 teaspoon of salt

Tip: if you're using powdered milk, dissolve 2tablespoonful of the milk in 180ml of water.

Preparations

1. In a small bowl, add the yeast, 3tablespoonful of flour, 5 tablespoons of warm

water and mix together. Cover and leave in a warm place to rise and double and begin to form small bubbles in it. Then set aside

Tip: this mixture is called a "starter" '. It shows you how active the yeast is and also kick-starts the leavening(rising) process of the dough.

2. Into another large bowl, add the remaining flour, sugar and salt. Mix well.

3. Now add the egg, warm milk, melted butter and the yeast batter(starter). Mix thoroughly for

about 10 minutes, then fold the sticky dough into

a rough ball & place in a greased bowl.

Cover with a clean napkin or nylon, tilt to one side and leave for about 1 hour until the dough doubles in size.

4. When the dough has risen, place on a floured table; flatten with your palms and rub a little flour on the sticky flattened dough.

You can also flatten with a rolling pin, but the first method yields fluffier donuts.

If the dough is too sticky for your liking, you can add a little flour and fold it into the dough.

5. Now using a biscuit cutter or the wide top of a glass cup, cut the flattened dough into doughnuts rounds.

If you like you can use a syringe(without the needle) to fill the donuts with jam, you can also do this after frying the donuts.

6. If you want very large donuts, you can leave the donuts to rise for another 20 minutes before frying.

7. Heat up the oil until very hot- about 180° C

(you can do an oil test by dropping a little of the dough in the oil, to see how fast it will fry)

Now fry the donuts in the oil for 1 minutes on

each side. Transfer into a sieve, lined with paper towels, to absorb excess oil.

8. If you desire, roll the donuts in sugar or any

glaze of choice and Enjoy.

HOW TO VENTURE INTO YOUR OWN CATERING BUSINESS

Many people look at cooking as an art or a form of expression; while getting true joy from the creation process and the smiles of satisfaction they receive from those they are serving.

If leveraging that skill and passion to create a business opportunity seems like a dream for you, starting a catering business from home might be a way to turn the dream into a reality.

Lovvyvicky online catering service offer you the keypoint to make it bloom.....

1. Determine your market niche and product/service mix. You will need to define who you will be selling to and what they will be buying regularly. For instance, if you are close to a medical complex or business park, you might target this market and provide pre-ordered lunches or cater business meetings.

Be sure that the market you settle on is large enough to generate your sales goals and allow for growth over time.

2. Secure the equipment and vendor contacts you will need to supply and support your catering business. If you are starting very small, this might be a simple trip to the local grocer.

However, if you are attempting something more elaborate or exotic, such as some international dishes, you may need special cooking equipment or ingredients not found at your local supermarket. Be sure you thoroughly investigate everything you'll need to provide food services before you take your first order.

3. Check with the local office of the department of health to confirm that your cooking and food preparation area is in compliance with all regulations. You may have to acquire permits, licenses or schedule inspections; and you will likely have to pay fees associated with each of these items.

4. Define your menu. It is often a good idea when starting a small catering business to focus your menu to a specific market; focusing on only a few, well prepared offerings so that quality is ensured and you can achieve cost economies by buying supplies in bulk. Your menu should have three to seven items or meals that are the most popular within your market. This strategy also simplifies the ordering process for the customer, and the planning and preparation process for you.

5. Formalize your business concept by selecting a business name, writing a business plan and producing marketing materials, such as business cards, menus, brochures and fliers.

HOW TO BAKE CAKE IN A PRESSURE COOKER.

1. Prepare the batter and set aside.

2. Use a pressure cooker that's at least 3

litres, but 5 litres is a good size and what I

would recommend.

3. Remove the gasket (the rubber insulation

thing) on the lid of your pressure cooker. This

is an important step. You also do NOT need

the whistle. You also don't need to add any

water to the pressure cooker.

4. Most pressure cooker came with this stand that goes at the bottom of the cooker pan. It distributes heat more evenly and is especially useful when baking cake in a pressure cooker.

If you don't have this same thing, try to find a substitute. Maybe a small, thick steel plate

would do the job as well.

It's better not to have the cake pan touch the

bottom of the pressure cooker directly since

that may cause the bottom of the cake to

cook more rapidly. Another option is to place the pressure cooker on a flat griddle

and cook the cake. It's just an insulation

between the flame and the bottom of the

cooker to protect the cake.

5. Another important thing to remember is, do not add any water to the pressure cooker instead we use sand inside d pressure pot below our cake. The heat generated in the pressure cooker will be enough to bake the cake.

6. Before starting to bake the cake, you need to pre-heat the pressure cooker. For this, just place the lid (without gasket) on the pressure cooker (which should contain no water but sand) and

cook on high heat for 2 mins.

7. Now you can put the cake batter in. Make

sure to use a cake pan that fits comfortably

inside your pressure cooker without the sides touching. Use a pot-holder since the cooker will be hot because of the pre-heating.

After placing the batter in, close the lid and

cook on medium heat for 5 minutes and then

lower the flame to just a simmer. The cake,

depending on the size of your cake pan and

pressure cooker, will take anywhere between 45 minutes to 1 hour to bake.

For baking on coal pot

Follow the same step for stove

For baking on firewood

Only expert bakes on firewood,because it might eventually get burnt.

So if baking on firewood, you need to be vigilant.

After making your firewood set up.

Place your pot fill with sand on top

Put in d cake

Cover and bake on low heat.

Stay close to avoid a burnt cake.

Note: when you want to bake on stove

First pour the sand inside pot, use sea sand

Then on your stove

Place the pot sand is inside in top

Now place your prepared cake dough inside baking pan on top

Then cover tightly

Bake on medium heat

Stay near to avoid burnt cake.

YAM BALLS

Ingredients

1kg of yam

1 large onion (finely minced)

3 fresh tomatoes (peeled and finely diced)

1 teaspoon chilli pepper powder

2 cups of Vegetable Oil

2 seasoning cubes

¼ teaspoon of dried thyme

Salt to taste

2 eggs (Beaten)

2-3 tablespoons of plain flour.

Method

Step 1

Peel, cut, and cook yam until it's very soft.

Mash cooked yam until it's smooth (no lumps).

Step 2

Pour 1 cooking spoon of Vegetable Oil in a frying pan, heat on medium heat. Add half of the tomatoes and half of the onions. Add chilli pepper. Fry for 5 mins while stirring continuously.

Step 3

Season with thyme, seasoning cubes, and salt.

Step 4

Take a small portion of mashed yam and Flatten on your palm and put in the ingredients.(optional d way I do my own yam balls though, you may fry your yams ordinary without putting anything inside)

Fold or wrap like buns

Put inside your whisked egg

Dip in flour to mold for it to maintain its round shape

Step 5

Note: incase mashed yam mixture turns out watery you can add flour.

Step 6

Heat remaining oil and deep-fry yam balls until

golden brown

Step 7

Place fried yam balls on a plate/bowl lined

with paper towels to drain excess oil.

SPRING ROLL

Spring Rolls ingredients:

- 300 grams minced chicken breast
- 250g cabbage, finely shredded/grated
- 4 medium sized carrots, peeled, grated
- 100ml Chicken stock
- 1 finely cut green bell pepper
- A handful of green peas
- 1 small onion, minced or finely sliced
- Spices(stock cubes, curry, black pepper)

- Vegetable oil for frying

- 15 Spring roll wrappers.

For the "binder"(flour mix):

- 1 tablespoonful all purpose flour

- 3 tablespoonful of cool water.

Preparation for Spring Rolls

1. Place the grated cabbage into a pot, add the chicken stock and salt to taste and boil until the cabbage is tender. In the absence of chicken

stock, you can make use of 2 stock cubes, salt and a little water.

2. Add the grated carrots and the green peas and simmer until the carrots are tender. Then pour into a strainer and strain out the liquid from the vegetables.

3. In a pan, heat up a cooking spoonful of

vegetable oil, add the minced onions and garlic powder and fry a bit. Then add the minced chicken.

4. Stir fry the minced chicken until the color

changes from pink to white. Then add the stock cube(stock powder), curry powder, black pepper and mix thoroughly.

5. Now add the strained vegetables and mix well

into the chicken. Add the chopped green peppers and stir fry the mixture for just 2 minutes

(remember that the veggies are already cooked).

Put off the heat and leave to cool completely.

6. In a small bowl, add a tablespoon of flour and a little water. Mix thoroughly and set aside. This

would be used to bind the spring roll wrappers.

7. Spread out the spring roll wrappers and add the filling. Fold together and seal the edges with the "binder".

8. Heat up the oil until very hot and fry the

spring rolls until crusty and brown. Place a paper towel to drain out excess oil .

You can also bake in Preheated oven at 200° C, for 10-15mins , to do this, place the spring rolls on a

baking tray, brush with a little oil and bake.

spring rolls are served with other small chops at parties, but you can also enjoy it at home with stew or pepper sauce.

FINGER FISH

Ingredients

1. Fish Fillets 200-250 gm

2. Chilli Powder 1/2 tsp

3. Fresh Ground Pepper to taste

4. Ginger 1/4" piece

5. Garlic 1 clove

6. Salt to taste

7. All Purpose Flour 1/4 cup

8. Egg 1 no.(beaten)

9. Homemade Breadcrumbs

1/2-3/4 cup

10. Oil to deep fry or to coat baking tray

Method

Cut fillets into 1" wide lengthy piece or you can cut into small pieces like nuggets.

grind together ginger,garlic without water and keep ready.

In a wide bowl or plate, add fish fillet, ground ginger-garlic mix,

chilli powder, salt and pepper and mix everything well and let it rest for 20-30 minutes.

Meanwhile, take one egg in a small bowl and add 1-2 tsp water and beat it well and keep aside.

Then in an another bowl, add flour season it with some pepper.

And in another bowl add bread crumbs and keep ready.

If deep frying, heat oil in a pan to deep fry.

Toss each strip in flour and shake off excess

flour.

Next, dip the strip into the egg mixture and allow extra egg liquid to drip back into the bowl.

Then coat the strip with the breadcrumb.

Slightly press the strip into the crumbs to make sure it is well coated.

Let it stand for 5-10 minutes.

Do repeat the same for all the pieces and arrange it in a plate before deep frying.

When the oil is hot, drop 1 or 2 pieces at a time and fry it in medium hot oil till turns golden brown on both sides.

Then remove from the oil and drain it in paper towel. Serve with ketchup or any desired dipping sauce.

For Baked Fish Finger

Preheat oven to 200 C / 350 F.

Line baking sheet with foil paper, and brush it with oil or cooking spray.

Then arrange the breadcrumb coated pieces and brush top with oil.

And bake it for 6-8 minutes. Turn halfway through. Baking time varies

based on the fish strip thickness. I baked only the thin piece.

Notes:

You can also flavor the breadcrumbs by adding some dried parsley, Parmesan cheese, garlic powder etc.

If you don't like ginger, then skip it and add garlic powder, fennel powder alone.

GIZ DODO

Ingredients

3 Giant sized ripe plantain

Chicken or Turkey Gizzard (500g)

4 cups of sliced tomatoes

Half cup of sliced pepper (scotch bonnet)

1 cup of sliced onions

One cup of sliced green pepper

2 cubes of knorr or maggi

Salt to taste

Ground nut/vegetable oil (800ml)

You would need that much oil because you

would be frying the plantain. You fry the

plantain and then fry the gizzards. That way, you get a really delicious gizdodo at the end of the day.

Start by peeling off the back of the plantain and chopping to smaller bits with a kitchen knife.

Slice the tomatoes, peppers and Onions.

Wash the gizzards with hot water and precook for 20 minutes. Use a cube of knorr or maggi, half teaspoon of salt and half cup of sliced onions. Check to see that the gizzard is soft and chop to smaller bits.

then sliced tomato, onions and green beans in the plate at the left corner.

Fry the plantain with 600ml of vegetable oil until it turn golden, scoop into a sieve and allow it to sit for a while. Reduce the oil to 250ml and fry the chopped gizzard.

The gizzard would be somewhat dark-brown when it is properly fried. Remove and pour in the remaining half cup Start by peeling off the back of the plantain and chopping to smaller bits with a kitchen knife. Slice the tomatoes, peppers and Onions as seen here.

Wash the gizzards with hot water and precook for 20 minutes. Use a cube of knorr or maggi, half teaspoon of salt and half cup of sliced onions. Check to see that the gizzard is soft and chop to smaller bits.

These are some of the needed ingredients.

What you find at top-right is the chopped ripe plantain. Chopped gizzards at the bottom-right, then sliced tomato, onions and green pepper in the plate at the left corner.

Fry the plantain with 600ml of vegetable oil until it turn golden, scoop into a sieve and allow it to sit for a while. Reduce the oil to 250ml and fry the chopped gizzard.

The gizzard would be somewhat dark-brown when it is properly fried. Remove and pour in the remaining half cup of onions, stir and add the tomatoes. Add the sliced pepper and allow to fry for 10-15 minutes. Remember to stir occasionally so it doesn' t get burnt.

Once the tomato is properly fried, you are almost done with making gizzdodo. Add one cube of maggi to it and salt to taste.

Transfer the fried gizzards, plantain and sliced green peppers. Stir all together, cover and allow to simmer for 3 minutes.

RECIPES ON WEIGHT LOSS

1. Cut Back on Sugars and Starches
2. Eat Protein, Fat .
3. Lift Weights 3 Times Per Week
4. Drink water a half hour before meals
5. Drink coffee or tea often.
6. Eat your food slowly. Fast eaters gain more weight over time.

BANANA CREAMY ICE CREAM

Ingredients for Creamy Banana Ice Cream

- 2 ripe but firm bananas
- 1 tin of Peak Milk
- ½ small party cup of whole milk
- 3 drops of vanilla extract

Notes about the ingredients

1. For best results, the bananas must be very ripe but still firm.
2. Peak Milk is what makes this ice cream super creamy. It also adds its unique flavour to this ice cream.
3. By small party cup, small cup that is used for drinks at parties.
4. Whole milk is 100 percent full fat milk. If you do not have whole milk, use soya milk. The exact quantity of whole milk you will need depends on the size of your bananas.
5. Vanilla extract can be purchased from any shop that sells bakery ingredients.

Directions

1. Peel, cut up the bananas and put in a blender.
2. Add the Peak Milk.
3. Add the vanilla extract.
4. Add the whole milk.
5. Start the blender.
6. When the mix is well blended, continue to run the blender for 2 minutes more. This is to ensure that everything is well churned and creamy

7. Pour the mix into your container.

8. Place the bowl in the freezer and leave it there overnight.

9. The next day, remove the ice cream from the molds and enjoy! If you used a bowl, bring it out from the freezer and leave the bowl on a table for 5 minutes, then scoop the ice cream into cups and enjoy.

ICE CREAM

Ingredients

For 5 big scoops of vanilla ice cream, you will need:

500mls fresh milk (not evaporated milk)

250mls whipping cream

6 egg yolks

60g sugar

2 tablespoons vanilla extract or 1 vanilla extract

All these ingredients can be purchased from supermarkets all over the world. If you are in Nigeria, look for them in big department stores like Shoprite.

For decorating the ice cream

Honey

Caramel

Fruits

Utensils and Equipment

Freezer

2 Bowls: 1 should be big enough to accommodate the ice cream mixture, the other should be big enough to accommodate the first bowl.

Spatula

Pot

Ice cream spoon (optional)

Before you make the Vanilla Ice Cream

1. Make a large quantity of ice cubes. This will be used in cooling down the ice cream mixture in Step 8 below.

usually make at least 30 ice cubes for this.

2. If you will be using a vanilla pod, cut it open by slicing along it to expose the seeds.

3. Break the eggs and separate the yolk from the egg whites. For ice cream, we need only the egg yolks.

Directions for Vanilla Ice Cream

1. Pour the fresh milk and the whipping cream into a sizeable pot.
2. Add the vanilla extract. If you are using a vanilla pod, add everything (seeds and fibre) to the milk and whipping cream in the pot.
3. Start cooking on medium heat.
4. While waiting for that to boil, whisk the egg yolks very well. Add the sugar and mix well.
5. Once the contents of the pot start to boil, reduce the heat to very low. If you added vanilla pods, remove the fibre from the milk at this time.
6. Once you see that the milk is no longer foaming so much (due to the reduced heat), slowly add the egg yolks to the milk, whipping cream and vanilla mixture. Stir till well incorporated.
7. Increase the heat to medium and stir continuously till you notice the solution thickening. This should take about 10 minutes.
8. Once you are happy, place the ice cubes into the big bowl and add some water to them. Pour the ice cream mixture into the smaller bowl and place this bowl into the ice water bath. Stir the ice cream mixture continuously (with a spatula) till it cools down completely. You may need to watch the video below to see how I did this.
9. Place the bowl containing the ice cream mixture in the freezer. After 30 minutes, bring it out, stir very well with a spatula and place it back for another half an hour. Then bring it out and stir again. Repeat the process till a creamy solid is formed. It is important to stir very often because this prevents ice from forming in the ice cream. Depending on your freezer, this process takes between 3 and 5 hours.
0. Once you are happy with the texture of the ice cream, serve and decorate with honey, caramel and/or fruits.
1. If you have any left overs, put in a container, cover and place in your freezer till whenever. When you take it out of the freezer, it may appear rock solid unlike the ice cream purchased in the shops. All you have to do is leave it on your kitchen counter for 5 to 7 minutes or till it softens to ice cream texture before serving.

PEANUT BUTTER

Ingredients:

500grams roasted Peanut or groundnut

-1 pinch of salt(optional)

2 teaspoons sugar(optional, but makes it sweeter)

2 teaspoons Peanut or vegetable oil(for lighter consistency)

PROCEDURE

1.roast your groundnut

2.pick the well roasted ones and select out well, then prepare your blender.

3.pour in your peanut and blend to fine paste but not too runny.

4 .at this stage if u want a natural peanut butter. U can scoop it out into a neat cover bowl.

But if you want a garnish peanut butter then you can add the sugar,oil ,and and salt at this stage.

You will notice it's more watery than before. Scoop into a container and leave to solidify.

Note: All you really need for making all-natural peanut butter is ONLY peanut (groundnut), but some people like it sweeter and of lighter consistency, that's why the other ingredient is being provided.

PEANUT COOKIES

1 Cup sugar

- 1 cup thick Peanut butter or ground nut butter.

- 1 Large egg

- A pinch of grated ginger (optional)

Preparation:

Preheat your oven for 5 minutes to 375° C and grease your baking tray.

In a large bowl, mix all the ingredients together until smooth.

Scoop out the dough with a spoon, to form a ball.

Place the ball on the baking tray and flatten with a fork or the back of the spoon

Finally Bake in the preheated oven for 10 minutes or until golden brown.

Leave to cool completely and enjoy.

SHORTBREAD

: Ingredients

150 grams Plain Flour or Fine Wheat flour

- 100 grams Butter (not margarine)

- 50 grams Icing sugar (powdered sugar)

Baking powder (optional)

- 2 tablespoonful Powdered Milk (optional, but makes it extra rich and creamy)

Tip: you can add about 3 tablespoonful of Corn

flour or rice flour if you want to get a grainy

texture.

Also Remember that the powdered milk in this recipe is optional, so feel free to leave it out if you want to.

If you don't have icing sugar, you can make use of finely ground granulated sugar.

. Mix the butter and icing sugar together until creamy.

2. Sieve the plain flour + powdered milk(or the

corn flour or rice flour) into the bowl and mix

thoroughly until well incorporated.

3. Form a ball with the dough and leave to rest in the fridge or in a cool place for 30 minutes.

4. Now, preheat the oven at 170° C /325° F for about 5 minutes.

Then Place the dough on a table and roll it out to 3/4 inch thick width, then cut into 2cm by 10cm shortbread fingers or shapes and gently

transfer unto a baking tray.

5. Using a toothpick, make indents on the

shortbread fingers.

. And finally, place the tray into the preheated oven and bake at 170° C /325° F for 10- 12 minutes or until firm, but not brown.

Tip: shortbread should not be browned but should have a cream color.

7. Leave to cool completely, Serve and Enjoy!