



Saugus TV What's Cookin with Mona

Ramadan Delights (4 items - 21 ingredients)

Chicken Keema Puffs

- 1 1/2 pounds **ground chicken** (you can also use chicken breast chunks and shred when cooked or ground beef)
- 12 ready to use **frozen puff pastry shells** (you may also use frozen puff pastry sheets, but you will need to let the filling cook first, then cool down before you place on puff sheet and form into shape)
- 1 medium sized **onion** (peeled, washed, and chop onion into 1/2 inch pieces)
- 1 teaspoon **coriander** powder
- 1 teaspoon ground fresh **ginger** (can also use 1/2 teaspoon ginger powder)
- 1 teaspoon ground fresh **garlic** (can also use 1/2 teaspoon garlic powder)
- 2 ozs **oil** (we used canola, you can use any, like olive, corn, vegetable, etc. Also, use as much as desired)
- 3/4 cups **water**
- 1 teaspoon **salt** (use as much as desired)

- 1/2 teaspoon **turmeric**
- 1/4 teaspoon **red chili** powder (use less if don't want too much heat)

Pre-heat oven to 425 degrees F, or as instructed on the frozen puffs box. Pour oil and 1/2 of the chopped onions into pot and cook on medium to high heat until caramelized and golden brown, this step takes about 10 minutes. Then add chicken, coriander, salt, turmeric, chili powder, ginger, garlic, remaining chopped onion, and water. Mix everything, cover pot and let it cook until the water evaporates, stir occasionally. While the chicken is cooking, place puffs in the oven, typically they bake for about 20 minutes or until golden brown, they taste best when warm. When the water evaporates from the chicken, stir for two minutes and turn off the stove. If puffs are ready, remove from oven and then add chicken filling inside puffs, you may need to remove the top part of the puff to add filling. Once all puffs are stuffed, plate and enjoy. You may enjoy it with a dipping sauce or chutney, we pre-made a cilantro and mint yogurt chutney (recipe found in pakora episode). Enjoy!

Fruit Chaat (you may use any fruit combination for this fruit salad)

- 2 **oranges** (peeled and chopped to bite size pieces)
- 1 **nectarine** (chopped to bite size pieces)
- 1 **pomegranate** (peeled so that only have arils)
- 2 **bananas** (peeled and sliced, wait until end to slice so that bananas do not get brown)
- 1 large **apple** (core and cut into bite size pieces, wait until end to cut so that do not get brown)
- 3 teaspoons **sugar** (use as much as desired)
- 1 small **lemon** (squeeze juice and remove seeds)
- 1/2 teaspoon ground **black pepper**

In a large bowl, add all the cut fruit, then add sugar, lemon juice, and sprinkle black pepper. Mix salad gently and enjoy this sweet, tart, and peppery dish!

Mango Milkshake

2 cups **milk** (we used almond milk to make a dairy free version, you may use any milk you would like)

2 cups **mango puree** (we used mango puree from a can, if you use fresh ripe mangoes peel and puree enough pulp to make 2 cups)

2 tablespoons **sugar** (you may not add if you feel mangoes are sweet enough)

In a blender, add all ingredients and blend. You may also add ice. This recipe typically makes 2 cups of milkshake, adjust recipe according to the servings of milkshake you need and enjoy!

Dates

10 **dates** (we used the Medjool type of dates which had pits. You can use any variety and can find them with pits and without. Wash dates prior to eating)

Hope you enjoyed watching this Ramadan Delights episode to get a glimpse into what some of the items my family enjoys when opening our fast at iftar during Ramadan.

If you have any questions on these recipes or methods, please reach out! Ramadan Mubarak to everyone who observes and for all those who do not observe, hope you still get a chance to try these delights, Enjoy!