

# Community Recipe Book

*Recipes by residents, for sharing*





# Tropical Salad

*Rajani, Emirates Living*



## Ingredients

Raw papaya	Soy sauce
Carrots	Olive oil
Apples	Worcester sauce
Beetroot	Organic coconut sugar
Beans	
Red chilies	
Handful of peanuts	
Coriander leaves	
Lemon juice	

## Preparation

1. Make julienne slices of all the vegetables and mix them up to make a rainbow of raw papaya, carrots, apples, beet, beans, fiery red chilies, peanuts.
2. Add some coriander drizzled with a lemon, soy and olive oil.
3. The final touch is the Worcester sauce dressing and sprinkle it with some organic coconut sugar

*Tip: For this flavorful spring salad, use only the very freshest ingredients.*

# Tropical Quinoa Salad

*Cherika Singh, Al Reem 3, Arabian Ranches*



## Ingredients

Quinoa ( Boiled & rinsed )	Mango
Mango purée	Feta cheese
Bell peppers ( red, yellow, orange )	Salt
Vinaigrette ( lemon, olive oil, vinegar )	Mixed berries
Sweet chili sauce	Pomegranate
	Avocado
	Arugula

## Preparation

1. In a bowl, combine quinoa, mango purée , sweet chili sauce, bell peppers, vinaigrette, mango & feta cheese.
2. Season it with some salt.
3. Garnish with mixed berries, pomegranate, avocado & arugula.
4. Serve chilled.

*Tip: For this flavorful spring salad, use only the very freshest ingredients.*



# Homemade Pizza

*Dilan, The Springs, Emirates Living*



## Ingredients

2 cups all-purpose flour  
1 packet instant yeast  
1 teaspoon sugar  
3/4 teaspoon salt  
2 tablespoons olive oil  
3/4 cup warm water

## Preparation

1. Mix the dough ingredients together by hand. Knead by hand or beat the dough with your mixer.
2. Place dough into a greased mixing bowl, cover tightly, and set aside to rise for about 90 minutes or overnight in the refrigerator.
3. Punch down risen dough to release air bubbles. Divide in 2.
4. Roll dough out into a 12-inch circle. Cover and rest as you prep the pizza toppings.
5. Top with favorite pizza toppings.
6. Bake pizza at a very high temperature for only about 15 minutes.



# Homemade Pizza

*Alyssia Greenhough, Vida Residences The Hills*



## Ingredients

500g flour  
Pinch of salt  
7 grams of yeast  
325ml lukewarm water  
Semolina

*It's super easy. Alyssia loves kneading the dough for "her" pizza. 2 hours later - in the Dubai sunshine - the dough is ready.*

## Preparation

1. Add yeast to the water, mix together, then pour into the flour.
2. Mix it all together.
3. Knead the dough, rolling it backwards and forwards, using your hands to stretch, pull and push the dough. Keep kneading for 10 minutes
4. Cut the dough in 4 pieces (these will later become 4 delicious pizzas!)
5. Place the dough, covered with clingfilm, in a warm place to "proof", for 2 hours.
6. Roll each piece into a rough circle – then add your favourite ingredients!
7. Sprinkle a bit of semolina, on the tray before baking, this helps to stop the pizza from sticking to the tray.
8. Bake for about 7 mins at 180 degrees Celsius.



# Veggie Flatbread Pizza

*Amari, The Greens and Views*



## Ingredients

*For the flatbread dough*

1 cup wholemeal flour  
1 cup plain flour  
 $\frac{3}{4}$  cup warm water  
 $\frac{1}{2}$  tbsp olive oil  
Olive oil  
Pinch of salt

*For the tomato sauce*

6 tomatoes, peeled and chopped  
1 onion, finely chopped

1 clove garlic crushed

$\frac{1}{2}$  tsp oregano  
Salt and pepper

*For the topping*

1  $\frac{1}{2}$  cups shredded mozzarella cheese  
 $\frac{1}{2}$  carrot, sliced  
 $\frac{1}{2}$  cup mushrooms, sliced  
 $\frac{1}{2}$  cup greens beans  
6 cherry tomatoes, sliced  
Freshly ground black pepper

## Preparation

1. Preheat oven to 220C/200C fan/gas 7. Put a large baking sheet in the oven to heat.
2. To make the flat bread base, combine all the dough ingredients and knead for 2 minutes on a floured surface. Wrap dough in cling film and set aside.
3. Next make the tomato sauce. Heat olive oil in a pan, add onion and garlic until soft, then add tomatoes and seasoning and simmer for 15 minutes.
4. Dust bench top with flour, cut flat bread dough into 2 pieces, roll into balls, then roll out into 0.3cm thick rounds.
5. Heat  $\frac{1}{2}$  tbsp olive oil in a non-stick pan over medium heat. Place one flatbread in the pan, cook for around 1- 1  $\frac{1}{2}$  minutes - it should bubble up - then flip and cook the other side, pressing down if it puffs up. There should be a smallish golden-brown spots on both sides. Allow to cool.
6. Spread the tomato sauce over the base, followed by mozzarella cheese, mushrooms, carrots, greens beans and cherry tomatoes. Finally top with a little more mozzarella, freshly ground black pepper and a drizzle of olive oil.
7. Slide the pizza onto the hot baking sheet and cook on the top shelf for 12-15 mins or until crisp and charred at the edges.

# Vanilla Frosted Cupcakes

*Alyssia Greenhough, Vida Residences The Hills*

*Makes 12 cupcakes*



## Ingredients

115g/4 oz unsalted butter, softened  
115g/4 oz golden caster sugar  
2 eggs, lightly beaten  
115g/4 oz self-raising flour  
1 tbsp milk

## Frosting:

175g/6 oz unsalted butter, softened  
2 tsp vanilla extract  
2 tbsp milk  
300g icing sugar

## Preparation

1. These are very easy to make with the little ones fully participating in each step and of course being rewarded to “lick the bowl” afterwards.
2. Alyssia also tried to add chocolate to it as well, and some frozen berries (that makes it muffins!).

*5-year Alyssia was helping her mum with these cupcakes whilst at home, self-isolating during the nation-wide lockdown.*



# Chocolate Brownies

*Revankita Dalvi, The Greens and Views*

35 minutes, makes 16 slices



## Ingredients

1 cup butter, melted & cooled  
2 tablespoons vegetable oil  
1 1/4 cups white sugar  
1 cup packed light brown sugar  
4 large eggs, at room temperature  
1 tablespoon pure vanilla extract  
3/4 teaspoon salt  
1 cup all purpose flour  
1 cup unsweetened cocoa powder

200g roughly chopped chocolate/chocolate chips

*I love brownies and so do my parents. So, this is the recipe that I had tried earlier and hence felt comfortable baking all by myself.*

## Preparation

1. Preheat oven to 175°C | 350°F. Lightly grease an 8x12-inch square baking pan\* with cooking oil spray. Line with parchment paper (or baking paper); set aside.
2. Combine melted butter, oil and sugars together in a medium-sized bowl. Whisk well to combine. Add the eggs and vanilla; beat until lighter in colour (another minute).
3. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat as doing so well affect the texture of your brownies).
4. Fold in 3/4 of the chocolate pieces.
5. Pour batter into prepared pan, smoothing the top out evenly, and top with remaining chocolate pieces.
6. Bake for 25-30 minutes or until the centre of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.
7. After 10 minutes, carefully remove them out of the pan and allow to cool to room temperature before slicing into 16 brownies.



# Chocolate Lava Cake

*Arush, Meadows, Emirates Living*



## Ingredients

Chocolate 150 gms  
Unsalted Butter 100 gms  
All purpose flour 20 gms  
Sugar 60 gms  
Salt a pinch  
Eggs 2 + 2 yolks

## Preparation

1. Spray ramekins with butter and dust with cocoa powder.
2. Preheat oven to 220.
3. Melt chocolate over double boiler along with butter.
4. Whisk flour, sugar and salt together.
5. Whisk eggs. Add flour mix and then add chocolate.
6. Pour in ramekins and bake for 10 min.



***Arush bakes for fundraising and helps the community staff members with the funds he is able to raise.***



# Apple Pie

Camille, The Lakes, Emirates Living



## Ingredients

1 shortcrust pastry  
6 apples  
Vanilla sugar  
Cinnamon  
30 g butter

*You can add a little vanilla sugar on the pie while it is cooked to caramelize a little.*

## Preparation

1. Peel and cut into pieces 4 apples
2. Prepare the apple compote (purée): put the apple in a saucepan with a little water (1 glass or 2). Stir well. When the apples start to soften, add the vanilla sugar.
3. The compote is ready once the apples are no longer hard at all.
4. While the compote is cooking, peel and quarter the last two apples, then cut the quarters into thin strips (they will be used to lay on the compote).
5. Preheat the oven to 210°C.
6. Let the compote cool and spread the shortcrust pastry in a mold and prick it with a fork.
7. Pour the compote over the dough and place the apple strips in a spiral or several circles.
8. Place strips of butter on top. Add some cinnamon. Put in the oven and cook for 30 minutes max.
9. You can add a little vanilla sugar on the pie while it is cooked to caramelize a little.



# Lelyas Cookie Bars

*Leyla Kakos, Meadows, Emirates Living*



## Ingredients

1 cup unsalted butter, softened  
1 cup sugar  
1 egg  
1/4 cup oil  
1 teaspoon vanilla extract  
1 ½ cups flour  
½ teaspoon salt  
½ teaspoon baking soda  
1/4 cup milk

2 to 4 tablespoons decorative sprinkles or  
sparkling sugar of your choice  
8x8" pan

## Preparation

1. Heat the oven to 160 F.
2. Grease a 8 × 8-inch baking pan.
3. Combine the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and cream on high until homogenous, about 3 minutes.
4. Add the eggs, oil, and vanilla and mix until just combined, about 1 minute.
5. Add the flour, salt, and baking soda, mixing until just combined, about 30 seconds. Mix in the milk until just combined, about 30 seconds.
6. Spread the dough in an even layer in the prepared pan. Mix together anything you wish - pretzels, sprinkles, chocolate chips, etc. and sprinkle evenly over the cookie dough.
7. Bake for 20 to 25 minutes. Cool completely in the pan before cutting.

*You may substitute a combination of 1 tablespoon sugar and 1 teaspoon ground cinnamon for the sprinkles.*



# Heart Surprise Cake

*Clara Bencini-Doxsey, Springs 3, Emirates Living*



## Ingredients

Sponge cake - 2

Eggs

Flour

Butter

Edible hearts

Blue butter cream

## Preparation

1. I cooked 2 sponge cakes to get 4 layers.
2. For the blue butter cream, use blue food colouring and keep it in between the layers
3. The surprise: I cut some middle bits out of the cake and hid marshmallows, M&Ms and marzipan pieces. You can see the surprise when you cut the cake!

# Harry Potter cookies

*Paul Jones, The Lakes, Emirates Living*



## Ingredients

100g sugar  
200g butter  
370 g plain flour  
1 egg  
A pinch of salt  
A teaspoon of vanilla extract

## Preparation

1. Mix all ingredients/ shape them and cook them at 180 d for 10-12 min.
2. For decoration with icing( icing sugar and white egg and food coloring) wait for the cookies to be cold.



# Italian Olive Oil Chocolate Cake

*Arpita Khanna, The Meadows, Emirates Living*



## Ingredients

150ml extra virgin olive oil  
50g unsweetened cocoa powder  
125ml boiling water  
2 tsp vanilla extract  
150g ground almonds  
1/4 tsp bicarbonate of soda  
Pinch salt  
200g caster sugar  
3 eggs

Icing sugar for decoration

**“If your family doesn’t eat Christmas pudding, then this is an awesome alternative.”**

## Preparation

1. Preheat oven to 170 degrees C. Grease a 23 cm cake tin with a little oil and line with baking paper.
2. Sift the cocoa powder into a bowl and whisk in boiling water until it forms a smooth paste. Stir in the vanilla extract and salt, then leave to the side.
3. In a new bowl, whisk sugar, olive oil and eggs for 3 mins until it forms a pale, airy cream.
4. Slowly add cocoa paste to the mix, until fully incorporated. Combine the ground almonds and bicarbonate of soda to the mixture, whisk until nicely blended.
5. Pour batter into prepared cake tin and bake for 40-45 mins or until the sides are set and the top-centre still looks slightly damp. Use a slim knife to poke into the cake to test if it's baked (it should come out clean or with a few crumbs).
6. Cool for ten minutes on a wire rack (whilst still inside the tin), then remove the cake from the tin.
7. Sift a little icing sugar over if desired (for that festive snowy feel) and serve with vanilla ice cream or single cream.
8. Serve immediately, and dig in!

# Bread Butter Pudding

*Maha Pour, Arabian Ranches*



## Ingredients

4 eggs  
¼ cup caster sugar  
2 cups milk  
300ml pure cream  
1 loaf of brioche bun  
500 gm dried pitted prunes  
1 tspn. vanilla extract

One of the oldest feel-good recipes!  
It's warm, but you can scoop some  
vanilla ice cream on top of it and  
give it an extra edge.

## Preparation

1. Pre-heat oven to 180 degrees C and cut brioche bun into eight thick slices.
2. Butter both sides, then cut once more diagonally and lay on a pre-buttered pan.
3. Sprinkle prunes over the buns to complete the layer. Stack more layers until you reach the top of the pan.
4. Whisk the rest of the ingredients (eggs, caster sugar, milk, pure cream and vanilla extract) for a minute or until well-mixed.
5. Pour mixture over the layered buns and bake for 30-35 minutes or until golden brown.
6. Your bread-butter pudding is ready!



# Tasty & homemade pancakes

*Aria Arenja, Meadows, Emirates Living*



## Ingredients

1 ripe banana  
1 egg  
1 cup oats  
1/2 cup milk  
1 teaspoon honey

## Decorations:

blueberries (for eyes and nose)  
strawberries (for hands)  
Clementine slices (for ears)  
Raisins (for mouth)  
Smarties (for buttons)  
Clementine slices and carrot sticks (for sun)  
Cucumber sticks (for grass)

## Preparation

1. Blend all the ingredients together and keep ready in a measuring cup.
2. Preheat non-stick pan for 1-2 minutes on medium heat, then lightly grease the pan with butter.
3. Reduce flame to low-heat and pour some pancake mix into the pan in a circular motion to get a nice round shape.
4. Let the pancake cook. Once the batter on the top side starts to bubble, gently use a spatula to flip the pancake over.
5. Let the other side cook for a few mins until a nice golden brown. Then remove and place on a plate to cool.
6. Repeat, making larger circular pancakes for face and body, and smaller ones for ears, hands, and feet.
7. Decorate the pancakes per the photo

*Aria encourages you to use creativity to add your own special touch!)*

# A Pancake Party

*Clara Bencini-Doxsey, The Springs, Emirates Living*



## Ingredients

1 egg  
110g (3¾ oz) self-raising flour  
1tsp bicarbonate of soda  
150ml (5f) oz) milk  
Sunflower oil for frying  
200g (7oz) fresh  
Strawberries  
4tbsp plain yoghurt

## Equipment

Mixing bowl  
Measuring jug  
Whisk  
Frying pan  
Tablespoon  
Flipper

## Preparation

1. Put the egg, flour, bicarbonate of soda, and milk into a bowl. Whisk up the mixture until it's smooth.
2. Heat a tablespoon of sunflower oil in a frying pan. Use a large spoon to carefully pour the pancake mixture into the pan. Fry the pancake until golden brown on the bottom.
3. Flip the pancake and fry the other side. Put any topping you like.



# Nutella berry pancakes

*Benjamin Panicker, Umm al Quwain Marina Mistral*



## Ingredients

3 eggs  
1 cup of milk  
1 tbs of vanilla extract  
1 tbs oil or butter  
2 cups of flour

## Preparation

1. Mix it all and pour a thin layer into a pan.
2. Add some Nutella, fresh berries, and homemade whipping cream (cream and vanilla).
3. Enjoy it with your friends and family!





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