



Afia Recipes

The recipes are also available
in Arabic and Ethiopian

AFIA RECIPE BOOKLET

With Afia, every moment is an opportunity to discover something new, and today, Afia is rediscovering itself!

Through the recipes, we invite you to embark on a journey that inspires you with passion for discovery and going beyond the ordinary, making your kitchen experience unique and full of discoveries.

Afia aims to provide you with a cooking experience that enhances your confidence and creativity by offering a variety of recipes filled with flavors that blend traditional and modern fusions from different cultures, offering you dishes that bring back childhood memories and the taste of "Mom's" cooking with a renewed twist.

With Afia, every recipe is an invitation to discover a new taste, and every meal is an unforgettable tasting journey.

#Live_Wholeheartedly_Live_with_Afia

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MAINS

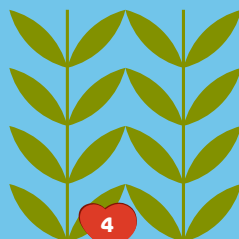
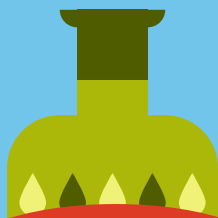
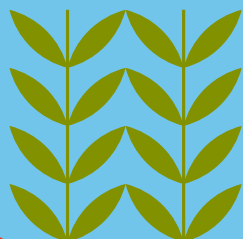
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KITCHEN HACKS

1. To prevent boiling water from overflowing while cooking, rub a thin layer of cooking oil on the edge of the pot.
2. To prevent cheese from sticking while grating, wipe the grater with a light layer of cooking oil.
3. For perfectly seared steak, use a very hot pan. Test its readiness by sprinkling a little water on it—if it evaporates and moves quickly, it's ready for cooking.
4. To prepare egg salad quickly and easily, use a wire rack to evenly slice the boiled eggs.
5. To get the strongest color from saffron, soak it in ice water instead of hot water.
6. To speed up defrosting meat, place it in a sealed bag, then soak it in lukewarm water with one or two tablespoons of vinegar.
7. To prevent the cutting board from slipping, place a damp towel underneath to stabilize it.
8. For a crispy pizza crust, sprinkle semolina on the baking tray before placing the dough.
9. To test the oil temperature, place a wooden spoon in it. If bubbles form around it, the oil is ready for frying.
10. To easily peel tomatoes, make an "X" on the bottom, boil them for 5 seconds, then transfer them to a bowl of ice water before peeling.
11. To shred cooked chicken quickly, use an electric blender to break it into small pieces with ease.
12. To soften hardened brown sugar, microwave it with a damp paper towel for 30 seconds, and repeat if necessary until it returns to its soft texture.
13. To make slicing meat into thin strips easier, freeze it for 15 minutes before cutting.
14. To prevent wooden skewers from burning, soak them in water before using them.





Soups

Warmth in Every Spoon.
More than just a meal, soup
comforts the soul, soothes
in sickness, and brings the
nostalgia of home with
every steaming bowl.

CHILI LENTIL & SWEET POTATOE SOUP



1 hour



Mediterranean



Medium



6 person

INGREDIENTS:

3 tablespoons **AFIA PURE CORN OIL**
 1 cup **AFIA RED LENTILS**, washed
 1 teaspoon **AFIA BLACK PEPPER POWDER**
 1 teaspoon **AFIA TURMERIC POWDER**
 1 teaspoon **AFIA CUMIN POWDER**
 1 teaspoon **AFIA CHILI CRUSHED**
 1 1/2 teaspoons **AFIA SALT**
 3 tablespoons lemon juice
 1 red onion, chopped
 3 teaspoons garlic, minced
 1 cup carrots, chopped
 1 1/3 cups sweet potatoes, chopped
 2 1/2 cups chicken broth
 2 cups water
 1/2 cup cooking cream

GARNISH:

Fried bread, squares
 Parsley, chopped
 Lemon, slices

METHOD:

1. In a pot over medium heat, add the oil and onion and cook until softened. Add the garlic and sweet potatoes and cook for 6 to 7 minutes until browned.
2. Add the lentils and cook for another 2 to 3 minutes.
3. Add the chicken broth and water, bring the mixture to a boil, then reduce the heat, cover and simmer for 45 to 50 minutes until everything is tender.
4. Use a hand blender to blend until smooth.
5. Add the cooking cream and lemon and season with chili crushed pepper, black pepper, turmeric, cumin and salt.
6. Serve with lemon slices, parsley and fried bread.

TURKISH EZGOLIN SOUP



40 min



Turkish



Medium



4 person

INGREDIENTS:

1 tablespoon **AFIA PURE CORN OIL**

1/2 cup **AFIA RED LENTILS**

1/4 cup **AFIA BULGUR**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

1/2 teaspoon

AFIA TURMERIC POWDER

1/2 teaspoon

AFIA PAPRIKA POWDER

1 teaspoon **AFIA SALT**

1/2 tablespoon dried mint

1/8 cup short-grain rice

1/2 tablespoon butter

1/2 tablespoon flour

1 tablespoon tomato paste

1/2 teaspoon red pepper paste

1 small onion, chopped

2 cloves garlic, minced

METHOD:

1. In a large pot, heat the oil and cook the onion until softened and translucent. Add the garlic, rice, lentils, and bulgur. Then add the salt and mix well for 3 minutes.
2. Add 1 liter of boiling water and let it cook over medium-low heat.
3. In a separate pot, melt the butter, then add the flour and continue mixing until you get a creamy consistency. Add the tomato paste and red pepper paste, and stir.
4. Add 3 tablespoons of water to thin it out and make a creamy paste. Season with spices and salt.
5. Add the tomato mixture to the lentil mixture after it has cooked, mix them together, and let them boil for 5 minutes over medium-low heat. Then serve.

Salads

Fresh and Nutritious.

A perfect blend of flavor and health, packed with vitamins, fiber, and wholesome ingredients for overall well-being.

TAHINI CAESAR SALAD WITH ROASTED CHICKEN



15 min



Mediterranean



Easy



2 person

INGREDIENTS:

SAUCE:

3 tablespoons

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 teaspoon **AFIA SALT**

1/4 teaspoon cayenne pepper

1/4 cup tahini

1/4 cup fresh lemon juice

1 clove garlic, minced

1 tablespoon yogurt

1 teaspoon dijon mustard

1/2 cup grated parmesan cheese, divided

1/4 cup cold water

SALAD:

2 chicken breasts, grilled

1/4 cup **AFIA CHICKPEAS, COOKED**

1/4 cup **AFIA JUMBO WALNUTS, CHOPPED**

2 cups purslane

3 cups romaine lettuce

1 cup croutons

METHOD:

1. For the Dressing, In a medium bowl, add all the dressing ingredients except the Parmesan, and whisk until well combined and creamy. Add the Parmesan cheese and mix, then set aside.
2. For the Salad, Combine all the salad ingredients with the dressing, except the chicken, croutons, and walnuts.
3. Add the chicken on top and garnish the salad with croutons, walnuts, and grated Parmesan cheese and Serve.

DRIED RAMEN CABBAGE SALAD



10 min



Asian



Easy



2 person

INGREDIENTS: SALAD:

- 1 cup **AFIA ROASTED ALMONDS**
- 1 packet instant ramen noodles, any flavor
- 2 1/4 cups green cabbage, thinly sliced
- 1 cup red cabbage, thinly sliced
- 1 bunch green onions, thinly sliced
- 1 tablespoon toasted sesame seeds

SAUCE:

- 1 cup **AFIA EXTRA VIRGIN OLIVE OIL**
- AFIA SALT**, to taste
- AFIA BLACK PEPPER POWDER**, to taste
- 1 cup white vinegar
- 1/2 cup sugar
- 1 tablespoon sriracha sauce

METHOD:

1. Start by removing the seasoning packet from the ramen noodles and set it aside.
2. Break the ramen noodles by hand or with a rolling pin until you get pieces the size of peanuts to walnuts.
3. Mix the vinegar with the oil, sugar, Sriracha, and ramen seasoning in a small bowl until the sugar dissolves.
4. Season the dressing with salt and pepper.
5. To serve, mix the green and red cabbage, green onions, half of the ramen noodles, half of the almonds, sesame seeds, and half of the dressing in a large bowl and toss.
6. Garnish the salad with the remaining ramen, sesame seeds, and almonds, and serve.

SOUTHERN CHIPOTLE SALAD



15 min



Mexican



Easy



4 person

INGREDIENTS:

SALAD:

- 2 tablespoons **AFIA PECAN NUTS**, chopped
- 1 cup grilled corn
- 2 1/4 cups lettuce
- 1 cup black beans, cooked
- 1 cup quinoa, cooked
- 2 cups tomatoes, diced
- 1 cup orange bell pepper, diced
- 1 avocado, diced
- 1/4 cup pickled onions, sliced
- 1/2 cup fresh cilantro, chopped
- Toasted corn tortilla chip

SAUCE:

- 2 tablespoons
- AFIA EXTRA VIRGIN OLIVE OIL**
- 1 teaspoon **AFIA CUMIN POWDER**
- Pinch of **AFIA SALT**
- 1/3 cup sour cream

- 1 teaspoon maple syrup
- 1 tablespoon chipotle in adobo, minced
- 1 tablespoon fresh lemon juice
- 1 tablespoon cilantro, chopped
- 1 tablespoon sriracha sauce

METHOD:

1. Begin by preparing the dressing. Combine the sour cream, cilantro, maple syrup, chipotle in adobo, lemon juice, cumin, and salt.
2. In a large salad bowl, combine the lettuce, black beans, corn, quinoa, tomatoes, bell pepper, avocado, pickled onions, cilantro, and pecan nuts.
3. When ready to serve, drizzle with the chipotle dressing, add salt to taste, and garnish with tortilla chips and serve.

LENTIL SALAD



25 min



Mediterranean



Medium



4 person

INGREDIENTS:

- 1 cup **AFIA BLACK LENTILS**
- 1/4 cup **AFIA ROASTED ALMONDS**
- 2 cucumbers, diced
- 1 red bell pepper, diced
- 1/2 red onion, finely diced
- 1/2 cup feta cheese, crumbled
- 1 bunch parsley, chopped
- 2 tablespoons pomegranate seeds

SAUCE:

- 1 tablespoon
- AFIA EXTRA VIRGIN OLIVE OIL**
- AFIA BLACK PEPPER POWDER**, to taste
- AFIA SALT**, to taste
- 3 tablespoons tahini
- 1/4 cup white vinegar
- 1 tablespoon dijon mustard
- 1 clove garlic, minced

1 tablespoon lemon juice

2 teaspoons honey

METHOD:

1. Place the lentils in a medium pot and cover with cold water.
2. Bring the mixture to a boil, then reduce the heat to very low and cook for 20-25 minutes.
3. Drain the lentils and rinse with cold water so you can add them directly to the salad without wilting the ingredients. Set aside.
4. While the lentils are cooking, prepare the dressing by combining the tahini with the vinegar, mustard, minced garlic, honey, olive oil, salt, and pepper until smooth.
5. Add the drained lentils to a large bowl with the other vegetables, feta cheese, almonds, and pomegranate seeds. Pour the tahini dressing over and toss everything together. Serve immediately.

A top-down view of a rustic, light-colored ceramic bowl filled with creamy hummus. The hummus is garnished with a generous amount of olive oil, fresh green herbs (likely parsley), and a mix of roasted cherry tomatoes in red and yellow-orange hues. Several whole, roasted almonds are scattered on top. The bowl sits on a green textured surface, possibly a tablecloth, with a piece of burlap fabric visible at the top left.

Appetizers

*The Special Touch That
Elevates the Table and
Brings People Together.*

WITH US

NDFUL COOKING TO RY MEASUREMENTS

ZAATAR & SUMAC CHEESE PUFFS



50 min



Arabic



Medium



6 person

INGREDIENTS:

1 teaspoon

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 teaspoon AFIA SALT

2 cups flour, sifted

2 teaspoons baking powder

2 cups yogurt

FILLING:

1 1/4 cups low-salt white cheese

1/2 teaspoon sumac

1/2 teaspoon thyme

COATING:

2 tablespoons

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1 teaspoon thyme

METHOD:

1. In a bowl, combine the dry ingredients. Add the yogurt and knead with your hands until a smooth dough forms. Place it in a bowl, cover with a little olive oil, and set aside to rise for 30 minutes.
2. To prepare the filling, combine all the filling ingredients in a bowl.
3. Divide the dough into 4 portions and shape them into balls. Roll each ball out thinly into a circle. Fill with cheese and seal the edges to form a flat, round pastry.
4. In a wide, non-stick skillet, brush with oil and cook the pastries over medium-low heat until golden brown on both sides and cooked through.
5. Once cooked, brush with a mixture of olive oil and thyme, and serve

BATATA HARRA



30 min



Lebanese



Easy



4 person

INGREDIENTS:

2 cups

AFIA PURE CORN OIL, for frying

1 tablespoon

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 teaspoon **AFIA SALT**

2 teaspoons **AFIA PAPRIKA**

4 medium potatoes,

peeled and cut into medium cubes

4 cloves garlic, minced

1 cup cilantro, chopped and divided

2 tablespoons green and red chili peppers
sliced

METHOD:

1. In a skillet, heat the corn oil and fry the potatoes until golden brown and crispy.
2. Transfer them to a plate lined with paper towels and set aside. Meanwhile, in another skillet, heat the olive oil over medium-low heat and cook the garlic and chili peppers for 30 seconds. Add half of the cilantro and cook until wilted.
3. Add the potatoes, salt, paprika, and stir until all ingredients are combined. Add the remaining cilantro and serve.

KEBAB ROLLS WITH YOGURT



1 hour



Mediterranean



Medium



6 person

INGREDIENTS:

MEAT:

500g ground lamb

3 tablespoons **AFIA CORN OIL PLUS**

1/2 teaspoon **AFIA SEVEN SPICES**

1 teaspoon **AFIA SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

1 small red onion, minced

1/4 bunch parsley, chopped

Package puff pastry, rolled out

YOGURT SAUCE:

1/2 teaspoon **AFIA SALT**

2 cups yogurt

2 tablespoons tahini

1 clove garlic, minced

2 tablespoons lemon Juice

GARNISH:

AFIA PINE NUTS, toasted

Parsley, chopped

Sumac

METHOD:

1. For the Meat, combine all the meat ingredients together until well mixed and refrigerate.
2. Roll out the puff pastry into a thin rectangle. Spread a thin layer of the meat mixture over the pastry. Roll it up tightly and seal the edge. Cut into small rolls and place them on a baking sheet.
3. Brush the rolls with corn oil and bake in a hot oven at 180°C until golden brown and the meat is cooked through.
4. For the Yogurt Sauce, combine all the yogurt sauce ingredients and whisk until creamy and lump-free.
5. Arrange the rolls on yogurt sauce and garnish with toasted pine nuts, parsley, and sumac.

WHIPPED FETA CHEESE ROASTED TOMATOS



15 min



Mediterranean



Easy



4 person

INGREDIENTS:

2 tablespoons

AFIA EXTRA VIRGIN OLIVE OIL

AFIA BLACK PEPPER POWDER, to taste

2 cups feta cheese

4 tablespoons heavy cream

2 tablespoons parsley, chopped

1 teaspoon lemon zest

1 clove garlic, minced

ROASTED TOMATOES:

2 tablespoons **AFIA COOKING OLIVE OIL**

AFIA SALT, to taste

1 teaspoon italian seasoning

2 cups cherry tomatoes

1 tablespoon balsamic vinegar

2 whole cloves garlic, peeled

METHOD:

1. Preheat oven to 220°C .
2. Place the tomatoes in a medium bowl. Add the garlic, olive oil, vinegar, salt, pepper, and Italian herbs. Toss to combine.
3. Transfer the tomatoes to a small baking dish.
4. Roast the tomatoes for approximately 20 minutes, or until softened. Let the tomatoes cool for 5-10 minutes.
5. Meanwhile, prepare the feta mixture. Using a food processor, blend the feta cheese with the heavy cream, olive oil, lemon zest, garlic, and black pepper until creamy and well combined.
6. Place the feta mixture in a serving dish, top with the roasted tomatoes, garnish with parsley, and serve with your favorite toasted bread.

ASIAN OMLET



15 min



Asian



Easy



4 person

INGREDIENTS:

6 eggs
 2 teaspoons **AFIA CORN OIL PLUS**
 1/2 teaspoon **AFIA SALT**
 1/4 teaspoon white pepper
 3 cloves garlic minced
 1 green onion, chopped
 5-6 tomatoes, quarters
 3 tablespoons water
 2 tablespoons ketchup
 1/2 tablespoon oyster sauce
 1/2 tablespoon soy sauce
 2 tablespoons brown sugar

CORNSTARCH SLURRY:

1/2 tablespoon cornstarch
 1 tablespoon water

Continuation of the recipe on the next page



ASIAN OMELET

METHOD:

1. In a small bowl, add the eggs, salt, and black pepper. Whisk until combined and set aside.
2. Over medium heat, heat 1 tablespoon of oil in a skillet. Add the eggs and lightly scramble using a flat spatula until almost cooked. The eggs should still be slightly runny and glossy. Remove from the skillet and set aside.
3. In a small bowl, add the ketchup, oyster sauce, soy sauce, sugar, and water. Mix until combined and set aside.
4. Over medium heat, heat 1 tablespoon of oil in the skillet. Add the garlic and green onion and cook for about 30 seconds or until fragrant.
5. Add the tomatoes and cook for about 30 seconds to release their juices.
6. Add the sauce and mix until combined. Cook the tomatoes for about 2-3 minutes, until cooked through and simmering.
7. In a small bowl, add the cornstarch and 1 tablespoon of water and mix until combined. Once the tomatoes are simmering, add the cornstarch slurry and stir.
8. Add the eggs back into the skillet and mix until combined.
9. Garnish with green onions and serve.

CRISPY FRIED CORN



10 Min



Asian



Easy



4 person

INGREDIENTS:

AFIA SUNFLOWER OIL, for frying

1/2 teaspoon **AFIA PAPRIKA**

1/2 teaspoon **AFIA SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

2 cups sweet corn kernels

3 tablespoons cornstarch

1 green chili pepper, sliced

METHOD:

1. Start by heating the oil in a skillet over medium heat. Drain the sweet corn kernels well. In a separate bowl, add the corn, cornstarch, and salt, ensuring each kernel is fully coated.
2. Fry in batches for 10-15 minutes, stirring occasionally. The sweet corn will stick together, so make sure to separate them with a spoon while frying.
3. Remove excess oil and place on a paper towel.
4. Transfer to a bowl and add paprika, salt, and black pepper. Mix well.
5. For garnish, add the chopped chili pepper and squeeze lemon juice over it. Serve immediately.

HONEY CHILI OIL RANCH



10 Min



Asian



Easy



4 person

INGREDIENTS:

- 1 cup **AFIA COOKING OLIVE OIL**
- 2 tablespoons **AFIA CHILI CRUSHED**
- 2 teaspoons **AFIA SALT**
- 1 tablespoon sesame seeds
- 2 cloves garlic, minced
- 3/4 cup greek yogurt
- 2 tablespoons fresh dill, chopped
- 1/3 cup honey
- Homemade ranch seasoning

RANCH SEASONING:

- 2 teaspoons **AFIA GARLIC POWDER**
- 1 teaspoon **AFIA ONION POWDER**
- 1/2 teaspoon **AFIA DRIED PARESLY**
- AFIA SALT**, to taste

METHOD:

1. Heat the oil in a deep skillet.
2. In a bowl, add the chili crushed , sesame seeds, garlic cloves, and salt. Pour the hot oil over the ingredients and mix.
3. Let the chili oil cool. Meanwhile, in a small bowl, combine all the ranch seasoning ingredients.
4. Once the chili oil has cooled, add all the remaining ingredients: Greek yogurt, ranch seasoning, honey, and dill. Whisk until well combined.

BEEF QUESO DIP



40 Min



Mexican



Medium



6 person

INGREDIENTS:

BEEF MIX:

400g ground beef

1 1/2 tablespoons **AFIA CUMIN POWDER**

1 tablespoon **AFIA GARLIC POWDER**

1 tablespoon **AFIA ONION POWDER**

1 tablespoon **AFIA OREGANO**

1 tablespoon **AFIA PAPRIKA**

1 teaspoon **AFIA CORIANDER POWDER**

1 tablespoon chili powder

1 onion, diced

1 tablespoon garlic, minced

QUESO DIP:

2 tablespoons **AFIA CORN OIL**

3/4 cup white creamy cheese

1 3/4 cups american cheese

1 tomato, diced

1 pickled jalapeno, chopped

1 tablespoon lemon Juice

2 tablespoons cilantro, chopped

1/2 cup feta cheese, crumbled

METHOD:

1. Preheat oven to 190 c.
2. In a cast iron skillet/oven safe pan, add ground beef. Break up any clumps and cook over medium heat.
3. Once it's halfway cooked, add all the seasonings, onion and garlic. Stir and once it's cooked turn off heat.
4. To the same skillet, add everything else except the lime juice and feta cheese. Place the skillet/pan into the oven and let it cook for 30-35 minutes.
5. Stir until everything is well combined and add lime juice.
6. Garnish with cilantro and feta cheese.
7. Serve with tortilla chips.

SHRIMP & VEGETABLES RICE PAPER



10 Min



Asian



Easy



1 person

INGREDIENTS: FOR SHRIMP:

200g medium shrimp
1/2 teaspoon **AFIA SALT**
2 lemon slices
1 bay leaf

FOR THE ROLL:

2 tablespoons **AFIA CORN OIL PLUS**
3 sheets rice paper
1 cucumber, thinly sliced lengthwise
1 carrot, thinly sliced lengthwise
3 cilantro leaves
3 nori sheets

FOR THE SAUCE:

1/4 cup peanut butter
1 tablespoon rice vinegar
1/4 cup water
1/2 cup hoisin sauce
1/2 teaspoon sesame oil

GARNISH:

Fresh cilantro

1 tablespoon **AFIA ROASTED PEANUTS**, crushed

METHOD:

1. Start by boiling the shrimp in boiling water with bay leaves, lemon slices, and salt until pink. Remove from water and drain.
2. To prepare the sauce, mix peanut butter, vinegar, water, and hoisin sauce together until creamy.
3. To assemble the rolls, place rice paper in a plate of water for 10-15 seconds.
4. On a clean surface, place the rice paper and add a nori sheet in the center, vegetables, cilantro leaves, and shrimp next to the vegetables. Roll tightly and set aside, adding oil to the plate to prevent sticking.
5. In a hot skillet, add a small amount of corn oil and fry the shrimp rolls until crispy and golden brown. Remove and place on a serving plate.
6. Garnish with crushed peanuts and fresh cilantro. Serve with peanut sauce

SAUDI FOUL



15 Min



Saudi



Easy



2 person

INGREDIENTS:

2 tablespoons

AFIA EXTRA VIRGIN OLIVE OIL1 teaspoon **AFIA CUMIN POWDER****AFIA SALT**, to taste**AFIA BLACK PEPPER POWDER**, to taste

1/4 cup red onion, chopped

1 teaspoon garlic, minced

1/4 cup tomato, chopped

1 tablespoon tomato paste

1 tablespoon lemon juice

1 can foul mudammas (fava beans)

Water

FOR STEAMING:**AFIA EXTRA VIRGIN OLIVE OIL**

Natural charcoal

FOR SERVING:**AFIA EXTRA VIRGIN OLIVE OIL**

Tahini sauce

Parsley, chopped

METHOD:

1. In a skillet, heat the olive oil and cook the onion until wilted, followed by the garlic. Stir for 30 seconds. Add the tomato and stir, followed by the tomato paste and spices. Cover and let it simmer for 5 minutes.
2. Add the fava beans to the tomato mixture, add lemon juice and water, and let it simmer for 5 minutes covered on low heat. Then, mash the fava bean mixture until you get a smooth, creamy consistency.
3. Before serving, place a piece of foil in the center of the foul and add extra virgin olive oil over a lit charcoal, then cover the foul to smoke.
4. Serve with tahini, olive oil, and garnish with chopped parsley.

DECONSTRUCTED RATATOUILLE



30 min



French



Medium



6 person

INGREDIENTS:

6 tablespoons

AFIA CORN OIL PLUS, (divided)

$\frac{3}{4}$ teaspoon **AFIA SALT**

$\frac{1}{4}$ teaspoon

AFIA BLACK PEPPER POWDER, to taste

$\frac{1}{4}$ teaspoon **AFIA CHILI CRUSHED**

2 cups eggplant, round slices

1 green zucchini, round slices

1 yellow zucchini, round slices

1 red onion, chopped

4 cloves garlic, minced

1 red bell pepper, diced

3 tablespoons tomato paste

$1\frac{1}{2}$ cups whole cherry tomatoes

$\frac{1}{2}$ cup water

$\frac{1}{4}$ teaspoon dried thyme

$\frac{1}{4}$ cup fresh basil, chopped

METHOD:

1. In a skillet over medium heat, heat 3 tablespoons of oil and cook the eggplant for about 10 minutes until half-cooked and browned on all sides. Place the eggplant in a bowl. Add the zucchini to the same skillet with an extra tablespoon of oil, cook until browned and half-cooked, then place in the eggplant bowl.
2. In the same skillet, add the remaining oil and cook the onion until wilted, followed by the garlic. Cook for 30 seconds.
3. Add the bell pepper and cook until wilted. Add the cherry tomatoes and stir, followed by the tomato paste and continue stirring.
4. Add the water, zucchini, eggplant, spices, and thyme. Cover and let it cook over low heat for 10 minutes.
5. When ready, garnish with basil and serve with toasted bread.

CRISPY BAKED PARMESAN TOTS



30 min



French



Medium



6 person

INGREDIENTS:

1 tablespoon **AFIA SUNFLOWER OIL**
(plus extra for coating)

1 teaspoon **AFIA GARLIC POWDER**

1 teaspoon **AFIA ONION POWDER**

1/2 teaspoon **AFIA SALT**

1 3/4 cups frozen french fries

1/2 cup + 1 tablespoon parmesan
cheese, grated

2 tablespoons flour

1 teaspoon dried thyme

1 clove garlic, minced

METHOD:

1. Preheat oven to 220°C. Grease a baking sheet with oil.
2. Defrost the French fries. In a food processor, pulse the fries until finely chopped. Transfer to a large bowl. Add oil, 1 cup of Parmesan cheese, flour, onion powder, garlic powder, thyme, and a pinch of salt. Mix until combined and slightly moist.
3. Scoop a tablespoon of the potato mixture, gather it into a ball, then shape it into a cylinder.
4. Place on the prepared baking sheet. Brush each piece generously with oil.
5. Bake for 10-12 minutes, then flip and bake for another 10-12 minutes, until golden brown and crispy.
6. In a small bowl, combine 1-2 tablespoons of Parmesan cheese, garlic, and thyme.
7. Sprinkle the Parmesan mixture over the potatoes and serve.

EGGPLANT PARMESAN WITH COTTAGE CHEESE



1 hour



Italian



Easy



6 person

INGREDIENTS:

EGGPLANT:

- 1/4 cup **AFIA CORN OIL PLUS**
- 2 eggplants, round slices
- 1/2 cup flour
- 3 eggs

FOR BREADCRUMBS:

- 1/2 teaspoon **AFIA GARLIC POWDER**
- 1/2 teaspoon **AFIA SALT**
- 1/2 teaspoon
- AFIA BLACK PEPPER POWDER**, to taste
- 1/2 cup breadcrumbs
- 1/2 cup parmesan cheese, grated
- 2 teaspoons italian herbs

TOPPINGS:

- 2 cups prepared marinara sauce
- 1/2 cup mozzarella cheese
- 1/2 cup cottage cheese
- 1/2 cup parmesan cheese, grated
- 1/2 tablespoon fresh basil, chopped
- 1/2 teaspoon fresh thyme, chopped
- 1/2 teaspoon fresh oregano, chopped

Continuation of the recipe on the next page



EGGPLANT PARMESAN WITH COTTAGE CHEESE

METHOD:

1. Arrange the eggplant slices in a colander and sprinkle with a little salt on both sides. Let them sit for 10 minutes to drain excess moisture. Pat the eggplant dry with paper towels.
2. Prepare three bowls containing the beaten egg mixture, flour, and breadcrumbs. Coat the eggplant with flour on both sides, then dip in the egg, then in the breadcrumbs. Repeat and set aside on a wire rack.
3. In a skillet, add 2 tablespoons of oil and cook the eggplant for 2-3 minutes on each side until golden brown. Place on paper towels to absorb excess oil.
4. To assemble the dish, preheat the oven to 200°C. In a large casserole dish, spread a generous layer of marinara sauce on the bottom. Then layer the eggplant slices, cottage cheese, mozzarella, a spoonful of marinara sauce, and grated Parmesan. Repeat for an additional layer.
5. Bake uncovered for 30 minutes until the cheese is browned and melted.
6. Garnish with fresh chopped basil and thyme, and serve.

GREEK SPANAKOPITA PIES



35 min



Greek



Medium



6 person

INGREDIENTS:

- 1/2 cup **AFIA CORN OIL PLUS**
- 2 teaspoons **AFIA GARLIC POWDER**
- 1 teaspoon **AFIA SALT**
- 1 1/4 cups onion, chopped
- 2 1/2 cups frozen spinach, thawed and drained
- 1/4 teaspoon nutmeg
- 1/2 teaspoon lemon zest
- 1 egg
- 2 tablespoons parsley, chopped
- 2 tablespoons green onions, chopped
- 3/4 cup feta cheese
- 1 package phyllo dough
- Sesame seeds for garnish
- Black seeds for garnish

METHOD:

1. In a medium skillet, heat the oil over low heat. Add the onion and cook until wilted. Add the spinach, green onions, and parsley, and cook until wilted and the water has evaporated. Season and set aside in a strainer to cool.
2. In a separate bowl, add the feta cheese, egg, lemon zest, garlic powder, and mix well. Add the drained and cooled spinach to the cheese mixture and mix well until combined.
3. To assemble the dish, place 4 layers of phyllo dough, brushing each layer with oil, and cut them lengthwise to form triangles, like forming samosas.
4. Place them on a baking sheet, brush them with oil, and sprinkle with sesame seeds and black seeds.
5. Bake in a preheated oven at 180C for 15 minutes, until golden brown. Serve.

CREAMY PUMPKIN HUMMOS



10 min



Fusion



Easy



2 person

INGREDIENTS:

2 tablespoons **AFIA EXTRA VIRGIN OLIVE OIL**, + 2 teaspoons for garnish

1 teaspoon **AFIA CUMIN POWDER**

1/4 teaspoon

AFIA CINNAMON POWDER

1/4 teaspoon **AFIA SALT**

1/8 teaspoon

AFIA BLACK PEPPER POWDER

1 1/2 cups chickpeas, drained and rinsed

1 cup pumpkin puree

4 fresh sage leaves, chopped

2 cloves garlic, chopped

3 tablespoons tahini

2 tablespoons lemon juice

3 ice cubes

GARNISH:

Pumpkin seeds

Sage leaves

METHOD:

1. In a food processor, combine the chickpeas, pumpkin puree, sage, garlic, tahini, lemon juice, olive oil, cumin, cinnamon, salt, and pepper.
2. Blend until smooth and creamy, scraping down the sides of the bowl as needed.
3. If the hummus is too thick, you can add a little more olive oil or a little water.
4. Add the ice cubes and blend until you get a smooth, creamy consistency.
5. In a serving dish, drizzle a little olive oil over the hummus.
6. Garnish with some whole sage leaves and roasted pumpkin seeds.



MAINS

The main course is the heart of the meal, bringing rich flavors and satisfaction.

As the highlight of the table, it ties everything together, making every dining experience complete and memorable.

TAHINI KOFTA



40 min



Arabic



Medium



4 person

INGREDIENTS:**MEAT MIX:**

500g ground lamb

1 teaspoon **AFIA SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER1/2 teaspoon **AFIA SEVEN SPICES**

1/3 Bunch parsley, chopped

1 Red onion, finely chopped

TAHINI MIX:1/2 teaspoon **AFIA SALT**

1/4 teaspoon

AFIA BLACK PEPPER POWDER

1 1/2 cups tahini

2 1/2 cups water

1/2 cup lemon juice

FOR ASSEMBLY:3 tablespoons **AFIA SUNFLOWER OIL**2 tablespoons **AFIA TOASTED PINE NUTS**

2 large potatoes, sliced and fried

1 tablespoon parsley, chopped

METHOD

1. In a large bowl, mix meat with onion, parsley and spices. Mix with your hands until all spices and ingredients are well combined.
2. Start shaping the kofta into oval shape and saute in a wide skillet over medium high heat until all sides are browned, then transfer to oven safe dish with the meat juices.
3. For tahini sauce, in a bowl whisk all ingredients until creamy and well combined.
4. Arrange the fried potatoes with the kofta. Pour the tahini sauce on top.
5. Bake at 200c for about 15-20 minutes or until the sauce is bubbly and slightly reduced.
6. Remove the kofta and garnish with parsley and pinenuts.

CHIMICHURRI STEAK FRIES



15 min



Fusion



Medium



2 person

INGREDIENTS:

CHIMICHURRI SAUCE:

3/4 cup **AFIA EXTRA VIRGIN OLIVE OIL**

1 teaspoon **AFIA SALT**

1 teaspoon **AFIA BLACK PEPPER POWDER**

1/2 teaspoon **AFIA CHILI CRUSHED**

1/2 cup cilantro, chopped

1/2 cup parsley, chopped

1/2 cup onion, chopped

1 teaspoon garlic, minced

1/2 teaspoon italian seasoning

2 tablespoons apple cider vinegar

STEAK:

2 ribeye steaks

1 tablespoon **AFIA PURE CORN OIL**

1 teaspoon **AFIA SALT**

1 teaspoon **AFIA BLACK PEPPER POWDER**

FOR ASSEMBLY:

French fries

Provolone cheese slices

Continuation of the recipe on the next page

CHIMICHURRI STEAK FRIES

METHOD:

1. *Begin with the sauce by Combining all ingredients in a bowl and set aside.*
2. *For the Steak, Pat the steaks dry with paper towels, season the steaks with salt and pepper.*
3. *Heat a heavy skillet (preferably cast iron or stainless steel) over medium-high heat until very hot.*
4. *Add the oil to the skillet and heat until it moves smoothly in the pan.*
5. *Carefully place the steaks in the skillet, placing them away from you to avoid splattering oil. The oil should sizzle. The steaks need a few minutes undisturbed to form a golden crust. Avoid flipping frequently. Flip the steaks after approximately 3 minutes when they release easily and the underside is dark brown. Continue cooking the steaks for another 3 to 4 minutes on the second side (for medium, cook for 4 to 5 minutes on the second side; for well-done, cook for 5 to 6 minutes on the second side).*
6. *Transfer them to a cutting board and let them rest, covered with aluminum foil, for 5 to 10 minutes. Then, slice them thinly.*
7. *Place the French fries on a baking sheet, top with the cheese slices, and bake until the cheese melts.*
8. *Add the sliced steak to the French fries, top with the chimichurri sauce, and serve.*

MOJADARA



1 hour



Arabic



Medium



6 person

INGREDIENTS:1/2 cup **AFIA CORN OIL PLUS**

2 tablespoons

AFIA EXTRA VIRGIN OLIVE OIL1 teaspoon **AFIA SALT**2 teaspoons **AFIA CUMIN POWDER**1 1/2 cups **AFIA BROWN LENTILS**,
washed and drained

2 large red onions, thinly sliced

4 1/2 cups water

2 cups long-grain white rice or basmati
rice, washed**METHOD:**

1. Heat the corn oil in a large pot over high heat.
2. Add the onions and fry, stirring constantly, until the onions are browned and begin to hold their shape, about 20 minutes. Transfer to a plate lined with a paper towel and set aside. They will become crispy as they cool.
3. Add the lentils to another pot with the water and stir the ingredients until well combined. Bring to a boil, then reduce heat to medium-low, cover the pot, and simmer for 15 minutes.
4. Add the rice to the pot with the lentils, salt, and cumin. Stir once, then cover the pot and simmer for another 15 minutes.
5. Remove the pot from the heat and let it sit covered for 5 minutes.
6. Fluff the rice and lentils with a fork to combine. Drizzle with olive oil and top the mujadara with the crispy onions.
7. Serve warm with yogurt.

MIDDLE EASTERN ROASTED CHICKEN



50 min



Fusion



Easy



2 person

INGREDIENTS:

500g chicken thighs, bone-in and skin-on
 2 teaspoons **AFIA SUNFLOWER OIL**
 1 teaspoon **AFIA SHAWARMA SPICES**
 1 teaspoon **AFIA CORIANDER POWDER**
 1 teaspoon **AFIA ONION POWDER**
 1 teaspoon **AFIA GARLIC POWDER**
 1 teaspoon **AFIA SALT**
 1/2 teaspoon
AFIA BLACK PEPPER POWDER

GRAVY:

1/2 teaspoon
AFIA BLACK PEPPER POWDER
 4 tablespoons flour
 1 1/2 cups chicken broth

METHOD:

1. In a small bowl, mix the spices with the oil. Brush the chicken with the marinade.
2. Sear it on a hot skillet on both sides until golden and crispy, then set it aside.
3. To make the sauce, in the same skillet, whisk the flour with 1/2 cup of the broth until smooth. Add the remaining broth, black pepper, and whisk. Arrange the chicken back in the skillet.
4. Cover and let it cook over low heat for 40 minutes or until the chicken is fully cooked.
5. Remove the chicken and place it on a plate, mix the sauce well until smooth.
6. Place the mashed potatoes, followed by the chicken pieces, pour the sauce over it, and serve.

CHICKEN SAVORY BAKLAVA



1 hour



Arabic



Medium



6 person

INGREDIENTS:

500g ground chicken breast,
boneless and skinless
2 tablespoons **AFIA PURE CORN OIL**
(for brushing phyllo dough)
1/2 cup **AFIA PISTACHIOS KERNELS**,
for garnish
2 teaspoons **AFIA CUMIN POWDER**
1 teaspoon **AFIA PAPRIKA**
1/2 teaspoon **AFIA ONION POWDER**
1/2 teaspoon **AFIA GINGER POWDER**
1 teaspoon **AFIA SALT**
1/2 teaspoon **AFIA BLACK PEPPER POWDER**
1 tablespoon tomato paste
2 cloves garlic, minced
1/4 white onion, finely chopped
15 sheets phyllo dough, cut in half
1 cup shredded gruyere cheese
1/2 cup shredded parmesan cheese

Continuation of the recipe on the next page

CHICKEN SAVORY BAKLAVA

METHOD:

1. Preheat oven to 180c . Line a 9x13 inch baking dish with parchment paper and set aside.
2. Place a large skillet over medium heat and add 1 tablespoon of oil. Once the oil is hot, add the ground chicken and saute, breaking it up with a wooden spoon.
3. Add the tomato paste and 2 table-
spoons of water, cumin, onion powder, paprika, and ginger, and season with salt and black pepper.
4. Continue to stir until the tomato paste and spices are evenly incorporated and the chicken is browned. Transfer the mixture to a plate and return the skillet to medium heat.
5. Add the remaining oil to the skillet along with the garlic and onion.
6. Saute until the onion is slightly translucent, 6 to 7 minutes.
7. Add the chicken mixture back to the skillet and stir with the garlic and onion. Season with salt and black pepper, stir, and remove from heat.
8. Brush the parchment paper with oil and arrange 5 sheets of phyllo dough in the baking dish, brushing oil between each layer.
9. Sprinkle 1/4 cup of ground pistachios over the fifth layer of phyllo dough and cover with half of the shredded Gruyere cheese. Distribute half of the chicken mixture evenly over the shredded Gruyere cheese and cover with half of the shredded Parmesan cheese.
10. Cover the chicken and cheese mixture with 5 more sheets of phyllo dough, brushing each layer with oil. Repeat the steps with the remaining nuts, cheese, and chicken mixture, and finish the baklava with the remaining 5 sheets of phyllo dough.
11. Cut the baklava into 1-inch diagonal slices from both sides. Sprinkle some ground pistachios and shredded Parmesan on top and bake for about 30 to 35 minutes or until golden brown.
12. Remove the baklava from the oven and let it cool for 10 to 15 minutes. Serve.

CHICKEN PARMESAN & EGGPLANT SANDWICH



50 min



Fusion



Easy



2 person

INGREDIENTS:

FOR CHICKEN PARMESAN:

4 boneless, skinless chicken breast halves
 1/2 cup
AFIA COOKING OLIVE OIL, or as needed
AFIA SALT, to taste
AFIA BLACK PEPPER POWDER, to taste
 2 eggs
 1 cup breadcrumbs, or more as needed
 1/4 cup grated parmesan cheese, divided
 2 tablespoons all-purpose flour, or more if needed
 1/2 cup marinara sauce
 1/4 cup fresh mozzarella cheese, cut into small cubes
 1/4 cup fresh chopped basil
 1/2 cup shredded provolone cheese

MARINARA SAUCE:

3 tablespoons **AFIA COOKING OLIVE OIL**
 1 teaspoon **AFIA CHILI CRUSHED**
 1/2 teaspoon **AFIA OREGANO**
AFIA SALT, to taste
AFIA BLACK PEPPER POWDER, to taste
 1 1/2 cups tomato juice
 3 cloves garlic, minced
 5 basil leaves
 1/2 teaspoon sugar
 1/2 cup water

SANDWICH:

Baguette bread
 4 Slices grilled eggplant
 1 teaspoon pesto sauce
 Arugula

Continuation of the recipe on the next page



CHICKEN PARMESAN & EGGPLANT SANDWICH

METHOD:

1. Start by preparing the marinara sauce, heat the olive oil in a skillet over medium heat, add the garlic and let it cook for 30 seconds.
2. Add the tomato juice, add half a cup of water, add the basil and other spices, let it simmer for 15 minutes.
3. Meanwhile, preheat the oven to 230c.
4. Place the chicken breasts between two sheets of plastic wrap on a hard, flat surface, pound the chicken firmly using the smooth side of a meat mallet until it reaches 1/2 inch thickness.
5. Season the chicken well with salt and black pepper, sprinkle flour on the chicken breasts, covering both sides evenly.
6. Whisk the eggs in a bowl and set aside.
7. Mix the breadcrumbs and half a cup of Parmesan cheese in a separate bowl and set aside.
8. Dip the flour-coated chicken breast in the beaten eggs, transfer to the breadcrumb mixture, press the crumbs on both sides, repeat the steps for each piece, let the chicken rest for 10 to 15 minutes.
9. Heat the olive oil in a large skillet over medium-high heat, cook the chicken in the hot oil for 2 minutes per side until golden brown, the chicken will finish cooking in the oven.
10. Transfer the chicken to a baking dish, place two tablespoons of tomato sauce over each piece, place an equal amount of mozzarella cheese, fresh basil, and provolone cheese on each chicken breast. Sprinkle the remaining Parmesan over the chicken.
11. In a preheated oven, bake the chicken breasts for 15 to 20 minutes until they turn brown and bubbly, until the temperature in the middle of the chicken reaches at least 74c.
12. For the sandwich, cut the bread in half and toast it.
13. Spread the pesto sauce on both pieces of bread, add the chicken Parmesan with the grilled eggplant slices, top with arugula, and another slice of bread, then serve.

SWEET & SPICY GRILLED CHICKEN



2 hours



Asian



Easy



4 person

INGREDIENTS:

CHICKEN MARINADE:

- 1 tablespoon **AFIA PURE CORN OIL**
- 2 lemongrass stalks, trimmed
- 1 red chili pepper
- 3 cloves garlic
- 1 piece ginger, peeled
- 1 teaspoon fish sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

FOR CHICKEN:

- 2 tablespoons **AFIA PURE CORN OIL**
- 500g boneless chicken breasts
- AFIA SALT**, to taste

FOR SAUCE:

- Remaining chicken marinade
- 2 tablespoons water
- 1 teaspoon cornstarch + 1 tablespoon water
- 1 tablespoon honey

GARNISH:

- Coriander leaves
- Sesame seeds
- Lemon slices

Continuation of the recipe on the next page



SWEET & SPICY GRILLED CHICKEN

METHOD:

1. To prepare the chicken marinade, in a food processor, blend the lemongrass, garlic, chili pepper, and ginger until finely chopped.
2. Add the fish sauce, sesame oil, and soy sauce and blend until a paste forms.
3. For the chicken, season the chicken breasts with salt and add them to a bowl with the marinade, ensuring they are well coated. Let them marinate for at least 10 minutes to 2 hours.
4. In a hot grill pan, add the corn oil and grill the chicken breasts over medium heat for 8 minutes on each side. When cooked through, set them aside.
5. To prepare the sauce, in a pan, add the marinade with water, cornstarch slurry, and honey and let it cook over medium-low heat until it thickens.
6. Add the chicken to the sauce and let it simmer for 5 minutes over low heat.
7. Transfer to a serving dish and garnish with sesame seeds, then serve.

BUFFALO GRILLED CHICKEN SANDWICH



2 hours



Asian



Easy



4 person

INGREDIENTS:

CHICKEN:

3 boneless chicken breasts

AFIA SUNFLOWER OIL for shallow frying

2 tablespoons

AFIA EXTRA VIRGIN OLIVE OIL

AFIA SALT, to taste

AFIA BLACK PEPPER POWDER, to taste

ONION RINGS:

2 large yellow onions rings

2 cups flour

1 teaspoon **AFIA PAPRIKA**

1 teaspoon **AFIA GARLIC POWDER**

1/2 teaspoon **AFIA SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

Malt beverage, as needed

2 cups breadcrumbs

SANDWICH:

3 burger buns

Cheddar cheese, slices

Tomato, slices

Pickle, slices

SAUCE:

1 teaspoon **AFIA ONION POWDER**

1 teaspoon **AFIA GARLIC POWDER**

1 teaspoon **AFIA PAPRIKA POWDER**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

1/4 teaspoon **AFIA SALT**

1 cup sour cream

2 tablespoons chopped parsley

1 tablespoon chopped dill

2 tablespoons buffalo sauce

1 tablespoon ranch dressing

1 tablespoon blue cheese

Continuation of the recipe on the next page



BUFFALO GRILLED CHICKEN SANDWICH

METHOD:

1. Start by preparing the sauce, mix the sour cream, buffalo sauce, ranch, and blue cheese until well blended and creamy. Add the other ingredients, mix, and set aside.
2. To prepare the onion rings, heat the oil in a wide skillet. Meanwhile, in a wide bowl, mix the flour, spices, and malt beverage together until a thick creamy consistency is obtained. In a separate wide bowl, add the breadcrumbs.
3. Dip each piece of onion ring in the flour and malt mixture, then in the breadcrumbs, and fry until golden brown and crispy.
4. For the chicken, heat the grill pan over medium-low heat.
5. Dry the chicken breast and pound it between two pieces of nylon until it is medium and thin. Season with salt and pepper and drizzle with olive oil.
6. Cook the chicken for 4 minutes over low heat on each side. When flipping to the other side, add the cheese and continue cooking until the chicken temperature reaches 165c, and set aside.
7. To assemble, put the sauce on the burger bun, then add the tomatoes, pickles, chicken breast, and finally the onion rings, and serve.

SAGANAKI SHRIMP



35 min



Greek



Easy



3 person

INGREDIENTS:

680g large shrimp, peeled
 1/4 cup **AFIA CORN OIL PLUS**
 1 teaspoon **AFIA SALT**
 1/4 teaspoon
AFIA BLACK PEPPER POWDER
 1 teaspoon **AFIA CUMIN POWDER**
 1/2 teaspoon **AFIA CHILI CRUSHED**
 3/4 teaspoon **AFIA OREGANO**
 3/4 cup finely chopped onion
 4 cloves coarsely chopped garlic
 2 1/2 cups canned diced tomatoes
 1 tablespoon honey
 3/4 cup feta cheese
 2 tablespoons coarsely chopped
 Fresh mint

METHOD:

1. Heat the corn oil in a wide skillet over medium-low heat. Add the onion and garlic and cook, stirring occasionally, for 5 to 7 minutes until softened.
2. Add the tomatoes with their juice, salt, pepper, cumin, chili crushed, and honey. Bring the mixture to a boil, then reduce heat and simmer uncovered for 15 to 20 minutes, stirring occasionally, until the sauce has thickened.
3. Arrange the shrimp evenly over the tomato sauce. Crumble the feta cheese over the shrimp, then sprinkle with oregano. Cover and cook for 3 minutes, until the shrimp are cooked through and pink.
4. Carefully transfer the skillet to the oven on the top rack and broil for 1 to 2 minutes, or until the feta cheese is golden brown.
5. Remove the skillet from the oven and let the shrimp rest for 5 minutes. Garnish with mint.

PESTO & JAM CROISSANT



10 min



Fusion



Easy



1 person

INGREDIENTS:

PESTO:

1/4 cup

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 cup AFIA PINE NUTS

1/4 teaspoon AFIA SALT

1/4 teaspoon

AFIA BLACK PEPPER POWDER

2 tablespoons lemon juice

1 clove garlic

2 cups basil leaves

1/4 cup grated Parmesan cheese

FOR ASSEMBLY:

2 slices smoked turkey

1 freshly baked croissant

2 slices Edam cheese

2 teaspoons homemade pesto

1 tablespoon strawberry jam

METHOD:

1. To prepare the pesto, in a food processor, combine the pine nuts, lemon juice, garlic, salt, and pepper and blend until finely chopped. Then, add the basil.
2. While the food processor is running, gradually add the olive oil until the ingredients are combined. Then, add the Parmesan cheese and continue blending until you reach the desired consistency, either coarse or smooth. For a smoother pesto, add more olive oil.
3. To assemble the dish, preheat the oven to 180 c, Make a slit in the side of the croissant to easily add the ingredients, spread it with jam, then pesto, and add the turkey slices and Edam cheese.
4. Bake in the oven for 5 minutes until the cheese melts, then serve.

HASHBROWN & EGG WRAPS



10 min



American



Easy



1 person

INGREDIENTS:

EGGS:

2 beaten eggs

1 tablespoon

AFIA EXTRA VIRGIN OLIVE OIL

1/4 teaspoon AFIA SALT

1/2 teaspoon AFIA PAPRIKA

SAUCE:

1/4 teaspoon AFIA SALT

1/2 teaspoon AFIA CAJUN SEASONING

2 tablespoons mayonnaise

1 teaspoon mustard

1/2 teaspoon lemon juice

1 teaspoon Sriracha

TO ASSEMBLE:

1 tablespoon AFIA PURE CORN OIL

1 large tortilla bread

2 slices cheddar cheese

2 frozen hash browns, fried

1/4 cup fresh baby spinach

2 pieces sun-dried tomatoes, chopped

METHOD:

1. To prepare the scrambled eggs, in a non-stick skillet, heat the olive oil over medium heat, add the beaten eggs, stirring every 20 seconds, then add the spices and set aside.
2. For the sauce, in a small bowl, mix all the ingredients until you get a smooth and creamy sauce.
3. To prepare the sandwich, place the sauce on the tortilla bread, followed by the cheese slices, hash browns, sun-dried tomatoes, spinach, and eggs. Roll it tightly from all sides, bottom and top.
4. In a hot skillet, put the corn oil and brown the wraps from all sides until the tortilla turns golden. Cut it in half and serve.

CHICKEN BURRITO BOWL



15 min



Mexican



Easy



1 person

INGREDIENTS:

FOR CHICKEN:

200g leftover shredded chicken

1 tablespoon **AFIA CORN OIL PLUS**

1/2 teaspoon **AFIA CUMIN POWDER**

1/2 teaspoon **AFIA PAPRIKA**

FOR THE RICE:

3/4 cup cooked American rice

2 tablespoons chopped cilantro

1 tablespoon lime juice

FOR THE BOWL:

1/4 cup black beans, drained

1/4 cup corn, drained

2 tablespoons avocado cream

2 tablespoons chopped lettuce

2 tablespoons diced tomatoes

2 tablespoons chopped onion

2 tablespoons shredded cheddar cheese

2 tablespoons sour cream

AVOCADO SALSA:

1/2 teaspoon **AFIA SALT**

1/4 teaspoon

AFIA BLACK PEPPER POWDER

1 avocado

1 lime, juice

1 tablespoon chopped cilantro

METHOD:

1. For the avocado salsa, use food processor to prepare it by adding all the ingredients and blend then set aside.
2. For the chicken, on a pan heat oil, add the shredded leftover chicken with the spices and cook for 5 minutes while stirring.
3. Mix the rice with the cilantro and lime.
4. To assemble: on a plate, add rice, corn, beans, lettuce, tomato onion, chicken and cheese, top with avocado cream, sour cream, garnish with jalapeno and serve.

VEGETABLE & MUSHROOM INSTANT NOODLES



10 min



Asian



Easy



1 person

INGREDIENTS:

- 1 tablespoon **AFIA PURE CORN OIL**
- 1/2 teaspoon **AFIA CHILI CRUSHED**
- 80g noodles
- 1/4 cup fresh brown mushrooms, sliced
- 2 tablespoons julienned carrots
- 1 green onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chicken broth

SAUCE:

- 1 tablespoon light soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sweet soy sauce

METHOD:

1. In a skillet, heat the oil and cook the mushrooms until wilted. Add the garlic and chili crushed pepper, stir for two minutes, and then set aside.
2. In a jar, add the carrots, mushrooms, green onion, noodles, and sauce. Then, pour the chicken broth over it until all the ingredients are covered and close the jar.
3. When serving, heat the jar for five minutes in the microwave and enjoy.

CAPRESE SANDWICH



10 min



Italian



Easy



1 person

INGREDIENTS:

2 tablespoon

AFIA EXTRA VIRGIN OLIVE OIL**1/4 AFIA BLACK PEPPER POWDER**

1 large heirloom tomato, sliced

Pinch of salt

1/2 teaspoon Italian herbs

1 garlic clove, minced

3 tablespoon balsamic vinegar

SANDWICH ASSEMBLY:

1 teaspoon

AFIA PISTACHIOS KERNELS, chopped

2 teaspoons pesto

2 Tomato slices

200 g fresh mozzarella cheese, sliced

1/2 cup arugula

2 slices sourdough bread

METHOD:

1. In a bowl whisk balsamic vinegar, olive oil, garlic, salt, black pepper, and Italian herbs until well combined.
2. Add the sliced tomato to the margination and leave for 5 minutes while preparing the rest of the sandwich.
3. On a hot pan on medium heat, spray bread slices with olive oil spray, and toast on both sides until golden and crispy.
4. On the sourdough bread, add pesto on both slices, add the sliced cheese, heirloom tomato slices and top with arugula and chopped pistachio, cover with the second layer and serve.

JAREESH



4 hours



Saudi



Hard



4 person

INGREDIENTS:

1/4 cup **AFIA PURE CORN OIL**
 1 teaspoon **AFIA SALT**
 1/2 teaspoon **AFIA CUMIN POWDER**
 2 red onions, chopped
 1 1/2 liters of water
 1 chicken bouillon cube
 2 liters of buttermilk
 1 cup of rice
 1 liter of milk
 2 cups of jareesh

FOR SERVING:

1/4 cup **AFIA PURE CORN OIL**
 1 1/2 teaspoons
AFIA GROUND BLACK LEMON DRIED
 1 teaspoon **AFIA CUMIN POWDER**
AFIA BLACK PEPPER POWDER, to taste
 2 red onions, roughly chopped

METHOD:

1. Wash the jareesh and rice well, and soak them in lukewarm water for two hours.
2. In a suitable pan, saute the onions with a little oil until golden.
3. Add the rice and jareesh to the onions, followed by the milk, stirring continuously until the ingredients are combined. Add salt and cumin to the mixture, stirring well until the mixture boils.
4. Add the buttermilk to the milk mixture, continuing to stir over low heat.
5. Add water and the chicken bouillon cube to the mixture as needed, and leave it to cook for two and a half hours until done, stirring occasionally.
6. In a pan over low heat, add the oil, onions, and salt, and stir continuously until golden. Add the spices and stir well for 3-4 minutes, then turn off the heat. Pour it over the jareesh and serve.

FRIED FISH WITH TAMARIND SAUCE



45 min



Saudi



Easy



3 person

INGREDIENTS:

500g fish fillet
(cut into medium-thick long slices)
500ml **AFIA SUNFLOWER OIL**

BREADCRUMBS:

2 teaspoons **AFIA PAPRIKA**
1/2 teaspoon **AFIA SALT**
1/2 teaspoon
AFIA BLACK PEPPER POWDER
1 1/2 cups breadcrumbs

WET BATTER:

1/4 teaspoon **AFIA SALT**
1/4 teaspoon
AFIA BLACK PEPPER POWDER
1 egg
1 tablespoon mayonnaise
2 tablespoons flour

TAMARIND SAUCE:

2 teaspoons **AFIA CUMIN POWDER**
1/2 teaspoon **AFIA PAPRIKA**
AFIA SALT, to taste
1/4 cup tamarind
1 1/2 cups boiling water
1 cup brown sugar

TAHINI SAUCE:

1/2 teaspoon **AFIA SALT**
1/4 teaspoon **AFIA CUMIN POWDER**
1/2 cup tahini
1/4 cup water
1/4 cup lemon juice
2 cloves minced garlic

Continuation of the recipe on the next page



FRIED FISH WITH TAMARIND SAUCE

METHOD:

1. Mix all the liquid ingredients in a bowl, dip the fish in the mixture, then coat it in the breadcrumbs from all sides, and set aside.
2. In a bowl, add the tamarind paste with half a cup of boiling water. Let it sit for 20 minutes, then strain the mixture through a sieve to remove any remaining pulp.
3. Transfer the strained tamarind juice to a small saucepan, then add the sugar, cumin, paprika, and salt. Cook over low heat for 10-12 minutes until it thickens, then transfer to a bowl and let it cool completely.
4. To prepare the tahini sauce, add all the ingredients to a food processor and blend until creamy.
5. In hot oil, fry the fish from all sides for 7 minutes or until golden brown. Serve immediately with lemon slices, tahini sauce, and tamarind sauce.

ROASTED POMEGRANATE CHICKEN



45 min



Mediterranean



Easy



4 person

INGREDIENTS:

1 kg whole chicken

1 tablespoon **AFIA PURE CORN OIL**

1 teaspoon **AFIA HIMALAYAN SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

2 teaspoons **AFIA GARLIC POWDER**

1 tablespoon honey

2/3 cup pomegranate juice

1/4 cup balsamic vinegar

1/2 cup soy sauce

2 teaspoons orange zest

2 cups brussels sprouts, halved

1/2 cup pomegranate seeds

METHOD:

1. Preheat oven to 218C. Place the baking tray inside the oven and let it heat while the oven preheats.
2. Place the chicken in a small bowl, mix the honey and oil, then brush the chicken and sprinkle with salt and black pepper.
3. Once the oven is hot, place the chicken in the baking tray and bake for 15 minutes.
4. While the chicken is roasting, halve the Brussels sprouts and brush them with the remaining oil and honey mixture, sprinkle with salt and black pepper.
5. After 15 minutes, remove the tray from the oven and reduce the temperature to 190 C.
6. Arrange the Brussels sprouts around the chicken and return to the oven.
7. Roast for 15-20 minutes or until the internal temperature of the chicken reaches 75 C and the Brussels sprouts are browned.
8. To prepare the sauce, in a small saucepan, heat the soy sauce, pomegranate juice, balsamic vinegar, garlic, and orange zest over medium-high heat. When the sauce starts to boil, reduce the heat to medium-low, continue stirring to prevent sticking, and leave it on the heat for 10-15 minutes or until it thickens.
9. Place the chicken and Brussels sprouts over rice, top with the sauce, and garnish with pomegranate seeds, then serve.

HASAWI RICE WITH SHRIMP



40 min



Saudi



Medium



4 person

INGREDIENTS:

250g large shrimp

2 tablespoons

AFIA CORN OIL PLUS

AFIA SALT, to taste

AFIA BLACK PEPPER POWDER, to taste

1/2 teaspoon

AFIA CUMIN POWDER

1/2 teaspoon

AFIA CORIANDER POWDER

3 **AFIA BLACK LIME DIRED**

1 teaspoon **AFIA SPICES**

1 tablespoon butter

1/2 cup chopped onion

2 cloves minced garlic

1 cup chopped tomatoes

3 tablespoons tomato paste

1/2 bunch chopped cilantro

1/2 bunch chopped parsley

1/2 bunch chopped mint

2 cups hasawi rice, soaked for one hour

2 bay leaves

Water

FOR DECORATION:

1 tablespoon chopped parsley

1 tablespoon chopped cilantro

METHOD:

1. In a pot over medium heat, add the oil and butter, saute the onion until wilted. Add the garlic and stir for 30 seconds.
2. Add the tomatoes and tomato paste and stir until wilted and the tomato liquids evaporate.
3. Add the cilantro and parsley and stir, then add all the spices and shrimp and mix for one minute, remove the shrimp to a separate pan.
4. Add the rice with the bay leaves and dried limes and stir, then add water until it completely covers the rice.
5. Let the rice cook over low heat for 15-20 minutes or until cooked and slightly moist.
6. Meanwhile, add a little corn oil to the shrimp and cook for 2-3 minutes over medium heat until lightly browned. Add the mint to the shrimp and set aside.
7. When the rice is cooked, serve it with the shrimp and garnish with fresh herbs.

MERO KEBAB



40 min



Saudi



Easy



4 person

INGREDIENTS:

1/2 kg minced camel meat

1/2 kg minced beef

AFIA SUNFLOWER OIL, for frying

AFIA SALT, to taste

AFIA BLACK PEPPER POWDER, to taste

1 teaspoon AFIA CUMIN POWDER

1 teaspoon AFIA CORIANDER POWDER

3 cloves minced garlic

1 cup millet

FOR THE TAHINI:

1/2 teaspoon AFIA CUMIN POWDER

AFIA SALT, to taste

AFIA BLACK PEPPER POWDER, to taste

3 tablespoons tahini

3 tablespoons yogurt

Water

1 tablespoon minced onion

TO SERVE:

Cucumber

Cherry tomatoes

Dill

Whole wheat bread

Black seeds

Sumac

Boiled quail eggs

AFIA COOKED CHICKPEAS

METHOD:

1. In a large bowl, add the meat with the spices, millet flour, and garlic, knead by hand until the ingredients are combined. Shape the meat into small balls.
2. In a pan over medium heat, add the oil and place the meat balls until browned.
3. In a small bowl, prepare the tahini sauce by adding all the ingredients and whisking, adding water as needed to reach a smooth, creamy consistency.
4. In a dish, place the tahini sauce and kebab pieces, add the tomatoes, cucumber, eggs, chickpeas, and dill, garnish with sumac and black seeds, and serve.

MUSHROOM BREAD PUDDING



1 hour



English



Easy



6 person

INGREDIENTS:

3 tablespoons **AFIA CORN OIL PLUS**
(more for greasing)

2 teaspoons **AFIA HIMALAYAN PINK SALT**

1/2 teaspoon

AFIA BLACK PEPPER POWDER

1/4 teaspoon **AFIA PAPRIKA**

1/4 cup dried porcini mushrooms, soaked
in hot water

2 cups fresh mushrooms, sliced

8 fresh sage leaves, thinly sliced

1 teaspoon dried thyme

2 small onions, thinly sliced

2 large leeks, white parts, thinly sliced

6 large eggs

1 1/2 cups heavy cream

1 1/2 cups whole milk

1/3 cup grated gruyere cheese

340g brioche bread, thick slices

1/8 cup grated parmesan cheese

Continuation of the recipe on the next page

MUSHROOM BREAD PUDDING

METHOD:

1. Strain the porcini mushrooms, reserving the liquid.
2. On a cutting board, finely chop the porcini mushrooms.
3. In a large skillet, heat the oil over high heat. Add the fresh mushrooms, leeks, dried mushrooms, onions, sage, salt, and black pepper. Saute until the onions are translucent and all the ingredients are cooked, about 5-8 minutes, then set aside.
4. In a bowl, add the eggs, cream, milk, mushroom liquid, paprika, and salt, then mix well to combine.
5. Add the Gruyere cheese and mix.
6. Grease the bottom and sides of a baking dish, then add half of the cooked mushroom and onion mixture and arrange in an even layer.
7. Arrange the bread cubes over the mixture. Add the remaining mushroom mixture over the bread.
8. Pour the custard mixture over it, and evenly distribute the grated Parmesan cheese on top.
9. Bake in a preheated oven at 180 C for 40-45 minutes until set in the center.
10. Leave it under the broiler for 2-3 minutes to brown the top, carefully watching the surface of the pudding.
11. Let it rest for 10 minutes, then serve warm.

PUMPKIN RISOTTO



45 min



Italian



Medium



3 person

INGREDIENTS:

2 tablespoon

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 teaspoon

AFIA TURMERIC POWDER

1/2 teaspoon

AFIA BLACK PEPPER POWDER

1/2 teaspoon **AFIA SALT**

2 white onions, finely sliced

2 garlic cloves, minced

1 cup arborio rice

1/2 cup non-sparkling white grape juice.

4 cups chicken stock

1 tablespoon fresh sage, chopped

1/2 teaspoon nutmeg

1 cup pumpkin puree

1/2 cup parmesan cheese

METHOD:

1. In a large skillet over medium heat, add the olive oil, onions, garlic, and sage, and saute until the onions are translucent and golden, about 15 minutes.
2. Add the white grape juice and stir until all the flavors in the skillet dissolve.
3. In a medium saucepan, heat the chicken broth over medium heat until it boils.
4. Add the rice to the onions and toast it lightly, then season with salt, black pepper, and nutmeg, stirring continuously for two minutes.
5. Add 1/2 cup of the heated broth and stir the risotto until it absorbs the broth completely, then add another 1/2 cup and repeat.
6. Continue adding the broth 1/2 cup at a time until everything is absorbed and the rice has an "al dente" texture (cooked but still slightly firm).
7. Add the pumpkin puree and Parmesan cheese with a ladle of broth and stir until fully blended and creamy, then serve.

ROASTED LEG OF LAMB



4 hours



Fusion



Easy



8 person

INGREDIENTS:

2 kg leg of lamb

1/2 cup **AFIA PURE CORN OIL**

1 teaspoon

AFIA BLACK PEPPER POWDER

1 teaspoon

AFIA PINK HIMALAYAN SALT

1 tablespoon **AFIA PAPRIKA**

2 tablespoons dijon mustard

8 cloves of garlic, halved

METHOD:

1. In a small bowl, mix the Black pepper, salt, paprika, Dijon mustard and corn oil until well combined.
2. Make several small cuts all over the leg of lamb and add a slice of garlic inside each cut.
3. Pour in the marinade on the leg of lamb and spread evenly from all sides, back and front.
4. Transfer to a baking pan, and broil for 30 minutes.
5. Remove from oven and cover with aluminum foil tightly.
6. Reduce the oven heat to 170c and cook for 3 hours.
7. After 3 hours check the lamb tenderness, it should be fall of the bone tender.
8. Let it rest for 10 minutes then serve with sauteed mushrooms and roasted potatoes.

CHICKEN COCONUT CURRY



30 min



Asian



Easy



4 person

INGREDIENTS:

500g boneless skinless chicken breast, medium diced
 3 tablespoon **AFIA SUNFLOWER OIL**
 3 tablespoon **AFIA CURRY POWDER**
 1 onion, diced small
 3 cloves garlic, minced
 2 teaspoon ground ginger
 2 teaspoon ground coriander
 400ml coconut milk
 1 cup carrots, shredded
 1 teaspoon salt
 1/2 teaspoon black pepper
 1/2 cup fresh spinach leaves
 1 tablespoon lime juice
 2 tablespoon brown sugar
 1/4 cup fresh cilantro, finely chopped

METHOD:

1. In a large skillet over medium-high heat, add the oil and onion, saute for about 5 minutes until the onion begins to soften.
2. Add the chicken and cook for about 5 minutes, or until cooked through, turning and stirring frequently to ensure even cooking.
3. Add the garlic, ginger, and coriander and cook for one minute, or until fragrant, stirring occasionally.
4. Add the coconut milk, carrots, curry powder, salt, brown sugar, and pepper, stir the ingredients to combine.
5. Reduce heat to medium and let the mixture simmer gently for 5 minutes, or until the liquid has reduced to the desired amount and thickened slightly.
6. Add the spinach, lemon juice, and stir to combine. Cook until the spinach wilts and softens, about 1-2 minutes.
7. Sprinkle with cilantro and serve immediately with sticky rice.

CARAMELIZED ONION PASTA



40 min



Fusion



Easy



2 person

INGREDIENTS:

2 tablespoons

AFIA ORGANIC EXTRA VIRGIN OLIVE OIL

1/2 teaspoon **AFIA SALT**

1/4 teaspoon

AFIA BLACK PEPPER POWDER

1 teaspoon **AFIA PAPRIKA**

250g cooked farfalle pasta

3 white onions, sliced

1 teaspoon fresh thyme

1/2 cup pasta water

3 tablespoons lemon juice

1/2 teaspoon lemon zest

3/4 cup cooking cream

1/3 cup grated parmesan cheese

METHOD:

1. Heat the oil in a skillet over medium heat. Add the onions and saute for 5 minutes, or until they begin to soften.
2. Add the salt, reduce the heat to medium-low, and cook, stirring every few minutes, until the onions are very soft and caramelized to a golden brown color.
3. Once the onions are caramelized, add the spices and continue to cook.
4. When cooked, add the pasta water, lemon juice, and cooking cream with the cooked pasta, and simmer for 2-3 minutes until the flavors are combined.
5. Add the Parmesan cheese, mix well, and serve.



DESSERTS

The Perfect Finale

*Sweet, satisfying, & irresistible,
they complete every meal and
make every bite a delight.*

CARAMELIZED ALMOND LOAF WITH CARDAMOM



1 hour



Fusion



Easy



6 person

INGREDIENTS:

1/3 cup **AFIA CORN OIL PLUS**
 1 teaspoon **AFIA CARDAMOM POWDER**
 1 1/2 cups self-rising flour
 1 cup almond flour
 1/2 teaspoon baking powder
 1/2 cup maple syrup
 2/3 cup milk
 1 teaspoon vanilla essence
 1 teaspoon almond essence
 1 egg

ALMOND SWIRL:

1/2 cup almond butter
 2 teaspoon almond essence
 4 tablespoon maple syrup
 Dash of milk (if needed)

TOPPING:

1/3 cup **AFIA ALMOND FLAKES**
 2 tablespoon honey

METHOD:

1. For Almond swirl, mix all ingredients together to form a paste. add a dash of milk if it's too thick, set aside.
2. For topping, in a small saucepan over medium heat, heat honey. As it starts to bubble, turn off heat and stir through almonds. once coated, set aside.
3. For the cake, pre heat oven to 170°C + grease & line loaf tin with parchment paper.
4. Combine dry ingredients in one bowl & wet ingredients in another. Add wet mixture to the dry.
5. Add 1/2 your almond swirl paste to the cake batter and lightly mix it through to create a marble effect.
6. Pour half the batter into your lined tin. Repeat the step and cover the top with honey almonds.
7. Place in the oven and bake for approx 40- 45 minutes, use a skewer to determine when it is done and remove Allow to cool before removing from the tin, dust with icing sugar & serve.

SESAME CHIFFON CAKE



50 min



Mediterranean



Medium



10 person

INGREDIENTS:

CAKE:

2 tablespoons **AFIA SUNFLOWER OIL**
(for greasing the pan)

3/4 cup **AFIA SUNFLOWER OIL**

1 teaspoon **AFIA SALT**

195g sesame seeds

230g flour

3 teaspoons baking powder

6 large egg yolks, at room temperature

105g tahini + 2 1/4 teaspoons

300g sugar

MERINGUE:

9 large egg whites, at room temperature

1/4 teaspoon vinegar

9 tablespoons water

75g sugar

GLAZE:

1 cup powdered sugar

1/2 teaspoon vanilla extract

1 tablespoon tahini

2 tablespoons milk

Continuation of the recipe on the next page

SESAME CHIFFON CAKE

METHOD:

1. For cake, preheat oven to 180c. Lightly brush cake pan with oil.
2. Pour sesame seeds into pan and gently shake and tilt cake pan to coat bottom and sides, pat out any excess.
3. Sift flour, baking powder, and salt into a medium bowl.
4. In separate bowl whisk egg yolks, tahini, oil, sugar, and 9 Tbsp room-temperature water to combine. Add dry ingredients and whisk well; set batter aside.
5. Whisk egg whites and vinegar in the bowl of stand mixer on medium speed just until foamy bubbles appear, about 15 seconds.
6. With the motor running, sprinkle in remaining sugar gradually, beating 15–20 seconds after each addition to incorporate before adding more. Beat until meringue is glossy and stiff peaks form.
7. Using a rubber spatula, add 1/3 of meringue to reserved batter and fold until just streaky, taking care not to deflate meringue. Repeat two more times until no streaks remain.
8. Immediately scrape batter into prepared pan and lightly tap pan on counter to evenly distribute and even out size of bubbles.
9. Bake until a tester inserted into the center comes out clean and top is puffed and bounces back when gently pressed, 30–35 minutes.
10. For tahini glaze in a small bowl whisk all ingredient until creamy and glossy.
11. When cake is baked Immediately invert cake onto a wire rack, round, and turn right side up.
12. Invert cake onto a cake or other large plate so sesame crust is on top. Drizzle with tahini glaze and serve.

CORNFLAKES BASBOSA



30 min



Arabic



Easy



6 person

INGREDIENTS:

3/4 cups of **AFIA SUNFLOWER OIL**
 1/2 cup **AFIA HARD SEMOLINA**
 1/2 teaspoon **AFIA CINNAMON POWDER**
 2 cups of cornflakes, roughly ground
 1 teaspoon baking powder
 1 cup powdered milk
 1 cup cream
 1 teaspoon vanilla extract
 1 egg
 3/4 cup sugar
 2 tablespoon milk
 Cornflakes for garnish

FILLING:

1 cup qaymer qeshta

SYRUP:

200ml sweetened condensed milk
 170ml evaporated milk

METHOD:

1. In a bowl, add the dry ingredients first, corn flakes, baking powder, semolina, powdered milk, and sugar. Mix, then add the liquid ingredients, egg, oil, vanilla, and cream. Mix well.
2. In a baking dish, spread half of the mixture, then add the thick qaymer Qeshta as a thin to semi-thick layer. Sprinkle a little cinnamon powder.
3. Add 2 tablespoons of milk to the remaining mixture to thin it slightly.
4. Pour the remaining mixture over the cream layer, garnish with corn flakes, then bake in a preheated oven at 180°C for 25 minutes or until golden brown on the bottom, then broil until golden brown on top.
5. When ready, pour 3/4 of the syrup over it, and save the rest for serving.

BANANA KATSU WITH WHIPPED RICOTTA



15 min



Asian



Easy



2 person

INGREDIENTS:

BANANA:

- 1 cup **AFIA CORN OIL PLUS**, for frying
- 2 bananas, quartered lengthwise
- 1 cup flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs

WHIPPED RICOTTA:

- 150g heavy cream
- 250g ricotta cheese
- 50g powdered sugar
- 1/2 teaspoon vanilla extract

FOR SERVING:

- Caramel sauce
- Powdered sugar

METHOD:

1. Start by preparing the bananas. In 3 separate dishes, add the flour, beaten eggs, and panko breadcrumbs.
2. Dip a slice of banana in the flour, then the eggs, and coat it with panko breadcrumbs. Transfer it to a plate or wire rack while preparing the rest.
3. Heat about 1 inch of oil to 180°C. Gently place 3-4 slices of banana in the oil and fry for 2-3 minutes until golden brown on both sides. (It is preferable to maintain the oil temperature between 170-180°C). Transfer them to a wire rack to drain excess oil.
4. To prepare the ricotta cream, start by straining the ricotta cheese in a sieve and try to remove as much water as possible. In a bowl, whisk the ricotta, sugar, and vanilla until smooth.
5. In a separate bowl whisk whipping cream until fluffy and creamy, fold the ricotta mix into the whipping cream until well incorporated.
6. To serve, on a plate layer the banana and top with ricotta mix, Garnish with caramel and powdered sugar and serve.

CINNAMON ROLL FRENCH TOAST



15 min



American



Medium



8 person

INGREDIENTS:

CINNAMON BUTTER:

1 tablespoon **AFIA CASHEWS JUMBO**, crushed
 1 tablespoon **AFIA CINNAMON POWDER**
 70g unsalted butter
 50g light brown sugar

FRENCH TOAST:

2 tablespoons **AFIA SUNFLOWER OIL**
 8 slices toast bread
 2 large eggs
 60ml milk

1 teaspoon vanilla extract

SUGAR COATING:

1 teaspoon **AFIA CINNAMON POWDER**
 50g white sugar

CREAM CHEESE ICING:

20g unsalted butter, softened
 60g cream cheese, at room temperature
 25g powdered sugar

METHOD:

1. For the Cinnamon Butter, In a small bowl, combine the softened butter, brown sugar, and cinnamon. Set aside.
2. For the Cream Cheese Frosting, Beat the cream cheese, powdered sugar, and butter until smooth and creamy. Refrigerate until ready to use.
3. For the Milk Mixture, In a medium bowl, whisk together the eggs, milk, and vanilla extract.
4. For the Toast Rolls, Trim the crusts from the toast slices and flatten them with a rolling pin until thin. Spread the cinnamon butter mixture evenly over each slice, sprinkle with crushed cashews, and roll up tightly.
5. Dip each toast roll into the milk mixture for about 20 seconds, turning to coat all sides.
6. In a non-stick skillet, heat a small amount of oil and pan-fry the toast rolls until golden brown on all sides.
7. While still warm, roll the cooked toast rolls in the cinnamon sugar mixture to coat evenly. Garnish with a dollop of cream cheese frosting and serve.

AL-MAQSHOUSH AL-HAILI



2 hours



Saudi



Hard



8 person

INGREDIENTS:

3 tablespoons **AFIA PURE CORN OIL**
 1/2 teaspoon **AFIA TURMERIC POWDER**
 1/2 teaspoon **AFIA SALT**
 1 1/2 cups whole wheat flour
 1 1/2 cups white flour
 1 cup buttermilk
 1/2 cup warm water
 1 tablespoon instant yeast
 1 tablespoon sugar
 1 teaspoon baking powder
 1 egg

SYRUP:

1/4 teaspoon
AFIA TURMERIC POWDER
 1/2 teaspoon
AFIA CARDAMOM POWDER
 1/2 teaspoon
AFIA BLACK LEMON DRIED, ground
 1 cup white sugar
 2 1/2 cups water
 25g butter

Continuation of the recipe on the next page

AL-MAQSHOUSH AL-HAILI

METHOD:

1. For the Dough, In a bowl, combine the dry ingredients. In another bowl, combine the liquid ingredients except the egg.
2. Add the dry ingredients to the liquid ingredients and knead well. Let it rest in a warm place for one hour or until it doubles in size.
3. Add the egg to the dough and knead again. Let it rest for another 10 minutes until it doubles in size again.
4. Heat a non-stick griddle over the stove. Meanwhile, preheat the oven broiler. Shape the dough into small balls using a small spoon or your hands, similar to making Luqaimat. Place them on the griddle, ensuring the heat is low to prevent burning. Once the bottom turns golden, transfer the griddle to the oven to brown the top.
5. For the Syrup, In a small saucepan over medium heat, combine the sugar and water. Cook until the mixture thickens. Turn off the heat and add the butter and spices. Mix well until the butter and syrup are fully combined.
6. Remove the Magshush from the oven after it browns. Place it in a bowl and coat it thoroughly with the syrup. Toss well and serve.

MILLET CAKE WITH YOGURT



40 min



Saudi



Easy



9 person

INGREDIENTS:

1/2 cup **AFIA CORN OIL PLUS**
 1 teaspoon **AFIA CINNAMON POWDER**
 1 teaspoon **AFIA CARDAMOM POWDER**
 1/2 cup ground millet flour
 1 cup flour
 1 tablespoon cocoa powder
 3/4 cup sugar
 1/2 teaspoon baking soda
 1 teaspoon baking powder
 1 cup yogurt
 1/4 cup milk

FOR DECORATION:

AFIA JUMBO WALNUTS, chopped
 Chocolate chips
 Caramel sauce

METHOD:

1. Preheat oven to 190°C and grease a baking pan with oil.
2. In a bowl, combine the dry ingredients.
3. In another bowl, add the yogurt, oil, milk, and sugar. Whisk the mixture well until the sugar dissolves.
4. Add the dry ingredients to the yogurt mixture, stir well, then pour the batter evenly into the pan.
5. Add the walnuts and chocolate chips, then place the pan in the oven for 20-25 minutes or until cooked through. Let it cool, then garnish with caramel sauce and serve.

APPLE FRITTER



20 min



English



Easy



6 person

INGREDIENTS:

AFIA SUNFLOWER OIL, for frying

1 red apple, peeled and diced

1 green apple, peeled and diced

DRY INGREDIENTS:

1 teaspoon **AFIA CINNAMON POWDER**

1/4 teaspoon **AFIA SALT**

1/2 cup flour

1/4 cup sugar

2 teaspoon baking powder

1/4 teaspoon ginger powder

1/4 teaspoon grated nutmeg

WET INGREDIENTS:

2 cups powdered sugar

3-4 tablespoons milk

GLAZE RECIPE:

2 cups powdered sugar

3-4 tablespoons milk

METHOD:

1. In one bowl, add and mix the dry ingredients. In another bowl, add and mix the wet ingredients.
2. Add the wet ingredients to the dry ingredients and mix until you get a thick consistency.
3. Add the apples and make sure they are well coated with the mixture.
4. Heat the oil in a heavy skillet.
5. Once the oil is hot, use two spoons to start adding the dough, making sure to keep them flat. Fry for two minutes on each side, then remove from heat and let them drain and cool completely.
6. Mix the glaze ingredients well in a bowl and dip each doughnut piece in the mixture until well coated. Let them sit for five minutes, then serve.

CINNAMON WAFFLES WITH CARAMELIZED BANANA



30 min



American



Easy



8 person

INGREDIENTS:

113ml **AFIA PURE CORN OIL**

1 tablespoon **AFIA PURE CORN OIL**

3/4 teaspoon **AFIA SALT**
to brush the waffle maker

2 3/4 cups flour

1/4 cup sugar

1 1/4 tablespoon baking powder

2 cups milk

2 large eggs

2 teaspoon vanilla extract

CARAMELIZED BANANA:

1 teaspoon **AFIA CINNAMON POWDER**

Large or 2 small unripe bananas,
halved lengthwise

Prepared caramel sauce

METHOD:

1. Preheat the waffle maker and grease it with corn oil.
2. In a large bowl mix the ingredients and in a separate bowl mix liquids.
3. Pour the milk mixture into the flour mixture and stir together until combined.
4. Add about 1/4 cup of batter for each waffle to the hot waffle iron. Cook until golden brown, Place on a wire rack until ready to serve.
5. For the caramelized bananas, place a non-stick skillet over medium heat. Add the caramel sauce and bring to a boil.
6. Then add the banana slices. Cook for approximately 2 minutes until one side of the banana is coated in caramel and has some grill marks.
7. Gently flip the bananas and add the cinnamon, ensuring it coats the other side of the bananas. Cook for about 1 minute, or until the caramel turns a darker color.
8. Gently stir to combine and cook until it boils and thickens. Just before the caramel burns, remove it from the heat.
9. Serve with waffles and drizzle with additional caramel sauce.

MAPLE PUDDING



1 hour



Canadian



Easy



6 person

INGREDIENTS:**FOR THE SAUCE:**1/2 teaspoon **AFIA SALT**

1 1/2 cups pure maple syrup

1 1/2 cups heavy whipping cream

FOR THE CAKE:1/3 cup **AFIA CORN OIL PLUS**1/2 teaspoon **AFIA SALT**

1 1/2 cups flour

1 1/2 teaspoons baking powder

1 cup sugar

2 eggs

3/4 cup milk

1 teaspoon vanilla extract

Vanilla ice cream, for serving

METHOD:

1. Preheat oven to 200°C. Grease a 23cm square baking dish with oil.
2. For the Sauce, In a saucepan, whisk together the maple syrup and heavy cream. Bring the mixture to a simmer, whisking occasionally.
3. Turn off the heat and pour the sauce into the prepared baking dish.
4. For the Cake, In a bowl, combine the flour, baking powder, and salt.
5. In another bowl, whisk together the oil and sugar until light. Add the eggs one at a time, whisking well after each addition. Whisk in the milk and vanilla extract.
6. Add the dry ingredients to the wet ingredients and whisk until just combined.
7. Pour the cake batter over the hot sauce. Place the baking dish on a baking sheet to prevent spills.
8. Bake for approximately 45 minutes, or until the top is golden brown and the sauce is bubbling. Serve with vanilla ice cream.

GLAZED WALNUTS MONKEY BREAD



2 hours



Hungarian



Medium



10 person

INGREDIENTS:

DOUGH:

57ml **AFIA PURE CORN OIL**

270ml warm milk

8g instant yeast

90g sugar

577g flour

87g yogurt

GLAZE:

1 tablespoon

AFIA CINNAMON POWDER

1 cup white sugar

SAUCE:

Prepared caramel sauce

TOPPING:

1 cup Walnut, chopped

COATING:

1 tablespoon

AFIA CINNAMON POWDER

1 cup white sugar

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GLAZED WALNUTS MONKEY BREAD

METHOD:

1. For the Dough, In the bowl of an electric mixer, combine the milk, oil, and yogurt. Add the flour, sugar, and yeast. Using the dough hook, knead until the dough comes together. Continue kneading until you have a smooth and elastic dough.
2. The dough is ready for proofing when it doesn't tear when stretched. Shape it into a ball and place it in an oiled bowl.
3. Cover and let it rise for one hour or until it doubles in size. Punch down the dough to release the gas. Transfer it to a floured surface and divide it into small, equal pieces. Shape them into small balls and set aside.
4. Grease a cup cake pan. Sprinkle half of the chopped walnuts on the bottom of the pan and set it aside.
5. In a large bowl, combine the white sugar and cinnamon.
6. Roll the dough balls in the sugar mixture, shaking to coat each piece completely.
7. Arrange the sugar-coated dough balls in the prepared pan and let them rise for 30 minutes. After 30 minutes, sprinkle the remaining half of the walnuts over the dough.
8. Carefully pour the caramel sauce over the dough balls in the cup cake pan. Shake the pan several times to ensure the walnuts are well coated.
9. Bake for 25 minutes, or until golden brown. Loosen the edges of the cake from the pan using a spatula.
10. Invert onto a serving plate and let it sit for 5 minutes before serving.



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