

DEFENCE RAYA GOLF & COUNTRY CLUB

TURKISH COOKING CLASS

Lesson 12



KITCHEN FIRE

Sunday 23rd June 2019

Time 3:00pm to 4:30pm

Hi-Tea Included

Only **Rs. 1000** per Person

Inclusive of Tax

at



with

Chef Zaheer Hussain Shah

Live Demonstration

FOR INFO & SIGNUP CALL: 042-37338518

www.clubhouse.drgcc.com

Introduction

We are thrilled to see you as we progress into our 12th cooking class featuring tasty Turkish cuisine dishes that will ignite your taste buds. It is our goal that you enjoy our live cooking demonstration as well as having the opportunity to learn new culinary skills from some of our leading participating chefs, whom we are pleased to say are here to serve you at Defence Raya Golf and Country Club.

During the course of our exciting monthly cooking program, our goal is to cover many areas within the exciting field, from traditional Pakistani dishes to exotic creations, menu, planning, food preparation and knife skills are just some of the subjects we will include, but most importantly we hope you are entertained and have the opportunity to experience the art of preparing new cuisines from around the world. Please let us know what would be of interest for next month class by filling in our comment card or email us at suhaibkamal@drgccc.com.

Your Host

Executive Chef Zaheer Hussain Shah is an award winning chef, and an industry veteran with many years of international experience. He has managed kitchen operations with some of the world's finest hospitality companies including Grand Belmond, Kempinski, Movenpick, Ritz Carlton and Norwegian Cruise Lines.

Chef Shah's passion is developing tomorrow's talent, and he has taught at Woo Song Culinary University in Korea.

With expertise in many genres of food he excels in his craft. He now leads the kitchen brigade at Defence Raya and he looks forward to sharing with you, his love for food over the coming months.

Today's Sizzling Agenda

Cooking
3:00pm 4:30pm

Hi Tea
4:30pm

Hi Tea will be served in Level One
Menu will include the dishes prepared today.



TURKISH CHOPPED SALAD

Ingredients:

DRESSING

- | | |
|--|--------------|
| 1. A LARGE HANDFUL OF PARSLEY | |
| 2. FRESH LEMON JUICE | 1/4 CUP |
| 3. CRUSHED GARLIC | 1 CLOVE |
| 4. CUMIN | 1/4 TEASPOON |
| 5. PAPRIKA | 1/4 TEASPOON |
| 6. DRIED OREGANO | 1/4 TEASPOON |
| 7. SUMAC | 1/4 TEASPOON |
| 8. (Optional: it will still taste great if you don't have this somewhat unusual spice on hand) | |
| 9. EXTRA-VIRGIN OLIVE OIL | 1/3 TEASPOON |
| 10. SALT & PEPPER | TO TASTE |

Quantity

SALAD

Ingredients:

- | | |
|---------------------------|---------|
| 1. CUCUMBERS, PEELED | 2 NOS |
| 2. GREEN PEPPERS, CORED | 2 NOS |
| 3. TOMATOES, CORED | 3 NOS |
| 4. MEDIUM RED ONION | 1/2 |
| 5. RADISHES, TOPS REMOVED | 1 BUNCH |
| 6. BLACK OLIVES | 1 CAN |

Quantity

METHOD

1. Make the dressing. Chop the parsley and place in a medium bowl. Add the lemon juice, garlic, cumin, paprika, oregano, and sumac. Whisk until blended, then slowly drizzle in the oil, stirring the whole time. Season with salt and pepper, taste, then adjust seasonings.
2. Prep the vegetables. Dice all the vegetables into roughly the same size – a 1/4-inch dice works well – and toss them into a large mixing bowl. It's a rainbow! Think about how good it will taste going into your mouth –and then all those kickass vitamins and minerals and fiber making their way into your body. Slice the olives and add to the bowl. If you're not going to eat it right away, stop here.
3. Toss it! Pour the dressing over the salad and toss until the vegetables are coated. Taste and add salt and pepper as necessary.
4. Share with friends. It's easy to make this in big batches, so you can share... it's also a quick snack that you can eat like a veggie monster when you're super hungry and scrounging around the kitchen for something delicious and healthy



TURKISH CHICKEN THIGHS

Ingredients:

	<u>Quantity</u>
1. BONE-IN CHICKEN THIGHS, SKIN REMOVED, TRIMMED	3½ POUNDS TOTAL
2. LEMON JUICE	1 TABLESPOON
3. LOW-FAT PLAIN YOGURT	1 CUP
4. LUCERNE FAT FREE PLAIN YOGURT	32 OZ
5. GARLIC, MINCED	2 CLOVES
6. MINCED FRESH GINGER	1 TABLESPOON
7. HOT PAPRIKA	2 TEASPOONS
8. DRIED MINT	1½ TEASPOONS
9. SALT	½ TEASPOON

Method:

Preparation Active 10 m Ready In 1 h 40 m

1. Place chicken in a large bowl. Add lemon juice and toss to coat. Whisk yogurt, garlic, ginger, paprika, mint and salt in a separate bowl. Pour the yogurt mixture over the chicken and stir to coat. Cover with plastic wrap and refrigerate for at least 1 hour or up to 24 hours.
2. Position rack in upper third of oven; preheat broiler. Remove the chicken from the marinade (discard marinade). Place the chicken on a broiler rack and broil until browned on top, about 15 minutes. Reduce oven temperature to 400°F and bake until the chicken is juicy and just cooked through, about 15 minutes longer. (Thigh meat will appear dark pink, even when cooked through.) Serve immediately.
3. Chicken thighs are higher in fat than other cuts, but have the benefit of full-flavored, juicy meat. To minimize the fat, be sure to remove the skin and trim thighs thoroughly. For quick cooking, choose boneless, skinless thighs. When slow-cooking, such as braising, bone-in thighs work best because they will retain their moisture better. Two 2- to 3-ounce boneless thighs yield a 3-ounce cooked portion.



TURKISH SHISH KABAB

Ingredients:

	<u>Quantity</u>
1. EXTRA-VIRGIN OLIVE OIL, PLUS MORE FOR BRUSHING	3 TABLESPOONS
2. GARLIC CLOVES, CRUSHED	6 NOS
3. FRESH LEMON JUICE	3 TABLESPOONS
4. KOSHER SALT	1 TEASPOON
5. FRESHLY GROUND PEPPER	1 TEASPOON
6. DRIED MINT	1 TEASPOON
7. DRIED OREGANO	1 TEASPOON
8. TRIMMED BONELESS LEG OF LAMB, CUT INTO 1 1/2-INCH CUBES	1 1/2 POUNDS
9. FRESH MINT	1 SMALL BUNCH
10. LARGE RED ONION, CUT INTO 2-INCH PIECES	1 NOS
11. LARGE YELLOW BELL PEPPER, CUT INTO 2-INCH PIECES	1 NOS
12. LARGE GREEN BELL PEPPER, CUT INTO 2-INCH PIECES	1 NOS
13. VEGETABLE OIL, FOR THE GRILL	
14. GARLICKY TAHINI	
15. LEMON WEDGES AND PITA BREAD, FOR SERVING	

Method:

1. In a large bowl, combine the garlic with 3 tablespoons of olive oil, the lemon juice, salt, pepper, dried mint and oregano. Add the lamb, toss to coat and refrigerate for at least 1 hour or for up to 3 hours.
2. Thread the lamb onto skewers, placing 1 fresh mint leaf between the pieces of meat. Skewer alternate pieces of onion and bell pepper and brush lightly with olive oil.
3. Light a grill. Lightly brush the grate with vegetable oil and grill the lamb and vegetables over a medium-hot fire, turning frequently, until the lamb is medium, about 6 minutes, and the vegetables are tender and lightly charred, about 8 minutes. Let the kebabs stand for 2 minutes, then serve with the Garlicky Tahini, lemon wedges and pita bread.



TURKISH REVANI

Ingredients:

CAKE

1. EGGS
2. SUGAR
3. OIL
4. YOGURT
5. MILK
6. SEMOLINA FINE
7. VANILLA
8. B.P POWDER

Quantity

- 3 NOS
- HALF CUP
- HALF CUP
- HALF CUP
- HALF CUP
- 1 CUP
- 1 TEASPOON
- 2 TABLE SPOON

SYRUP

1. SUGAR
2. WATER
3. FRESH LEMON

- 3 CUP
- 3 CUP
- 4 SLICE

Method

SYRUP

1. Add the sugar and water to a pot. Place on the stove and cook to boil. Also add the half lemon into the pot (as it is just cut a lemon into half and add). Continue to simmer for about 5 minutes with lower heat after it comes to boil. Then take out the lemon and set aside.

Cake

1. Preheat the oven to 170 degrees. Lightly butter a baking dish including the sides.
2. In your mixing bowl break the eggs and use a mixer to mix well with sugar.
3. Then add the yogurt and mix again.
4. Then add the liquid oil and mix again.
5. Then add the flour, semolina, the baking powder and a lemon's grated zest.
6. Mix until you obtain a smooth, cake like texture.
7. Pour the mixture into the baking dish. Put into the oven.
8. Cook as if you are cooking a cake. Check the cake's readiness by sticking in a thin knife or a tooth pick if it comes out clean, it is a sign that the cake is ready.
9. Wait until both the syrup and the cake have come to luke warm state. Cut the cake to serving size squares. Pour all the syrup all around the cake evenly. Wait until the syrup is quickly soaked up by the cake.
10. Garnish with ground pistachio and/or coconut flakes.
11. Serve warm or cold. Keep in fridge later.

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