

TASTES

FLAVORS

CUISINES

Neisha's Kitchen

Chowmein

Chinese

Provisions

African

Jerk

Chicken

Jamaican

Stew Fish

Roti

Dhal



Pepperpot

Amerindian

Curry

Dishes

Indian

Ginger Beer

English

Channa

Masala

Apple pie

RECIPES by NEISHA

Neisha's Kitchen: Recipes by Neisha
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Neisha's Kitchen

Recipes by Neisha

ETHNIC CUISINES



Nazmoon Neisha Ally

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FOREWORD



Nazmoon Neisha Ally

Neisha is commonly known as Naz. Her full name is Nazmoon Neisha Ally, and the correct pronunciation of her first name, Nazmoon, is Nasmun or Nasmin, as certain names are often misspelled and mispronounced in Guyana. Growing up in La Penitence, Georgetown, Guyana, South America, and having lived in many places across Guyana as her husband, Deen, had often relocate due to his job, Neisha was always busy cooking a variety of ethnic cuisines from Indian, Amerindian, African, Chinese, Portuguese and other dishes, as Guyana is a country developed by people of many ethnicities during the 1800s, and she had meet people from many ethnicities and appreciated the diverse cultures in Guyana. Her husband, Deen, had studied in Canada in 1966, and a few years later due to the political problems in Guyana, they had contemplated moving abroad, either to England, the United States, or Canada, and in 1972 they arrived in Edmonton, Alberta, Canada, and had also lived in Toronto. For many years while working fulltime jobs and a part time job at the same time, she still found time to make homemade dishes for her family, and when the Alberta Friends of Guyana Association began in 1978 very often she used to make dishes for the association, where one of the favorite desserts was pine tarts which is very popular in Guyana, and had also become popular during the Heritage Days Festival in Edmonton. Many enjoyed her cooking and decades later some still asks about her pine tarts.

Over the past few years, I have been collecting Neisha's recipes to share with my relatives and friends, while getting hands on experience in Neisha's Kitchen. This first book is a collection of some of her cooking made simple yet versatile.

Using less salt, but gives you the option to add more salt and other spices

Today, many people are health conscious, yet many do not make homemade dishes as they did in the past; many prefer to eat out and indulge in fast foods or quick frozen dishes. Some people do not use salt or like their dishes hot or spicy, and thus this book brings a simple approach to Neisha's cooking where many of her recipes presented in this edition uses less salt and allows the user to add salt to taste along with other spices of their liking. Garlic and onions are often used in Neisha's recipes, however depending on your taste, Neisha welcomes you to add other spices such as ginger, curry leaves, cumin known as jeera, black pepper, hot peppers, sage, thyme and others, which she also uses in other cooking methods, as her cooking style is versatile and dynamic.



Pepperpot, an American Indian (Amerindian) dish



Roti, brought by the East Indian laborers to South America in 1838



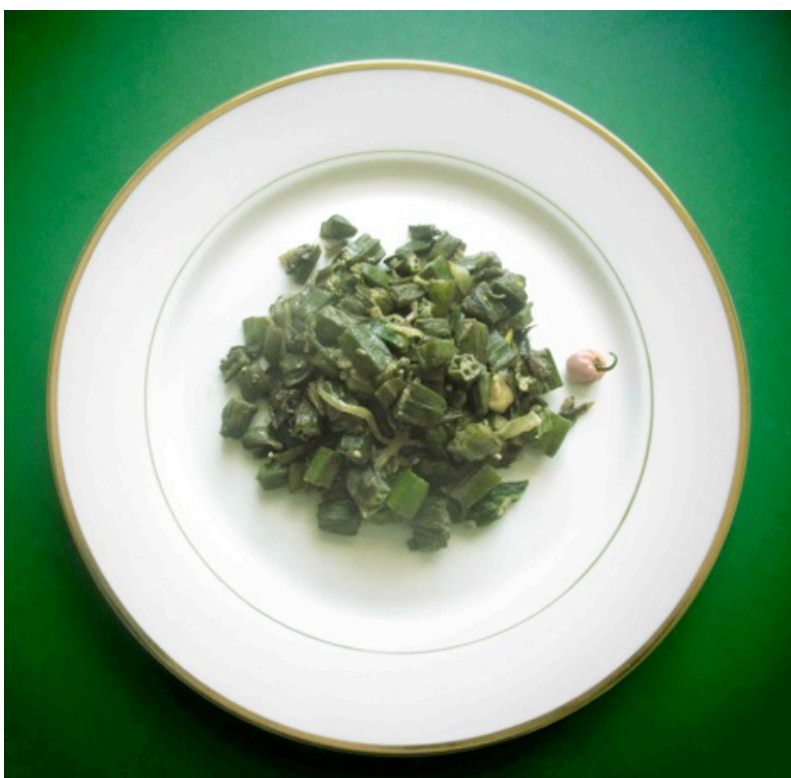
Provisions, a dish often made during slavery by the enslaved Africans

If you prefer spicy cuisines then add more black pepper, jeera, and even a red hot pepper while cooking, or if you prefer less salt then add some thyme, black pepper and sage for more taste. For example add a 1/2 tsp. of jeera seeds to a pot of dhal (chick pea soup) for a slightly more spicy taste, and to make it a bit hotter add a half of a hot red pepper. Neisha has a thyme plant at home and use the leaves from the plant in some of her cooking.

Picture on the right: Okra dish made by Neisha, often served with roti or rice

Roti and rice are often served with many of Neisha's dishes

The dishes in this book are often served with rice or roti by people that are familiar with them. For people who are new to these dishes and do not know how to make roti as yet or do not know where to purchase rotis from, then instead of roti, you can use pita bread as demonstrated with some of these dishes. Quinoa can be used instead of rice.



Demonstrating some dishes with dhal purri and pita bread

The pita bread and dhal purri in some of the pictures in this book were not made by Neisha, but are only used for demonstration purposes and for the readers to see that if they do not have roti, which is already time consuming to make, that they can still enjoy these dishes and use substitutions such as pita bread instead of roti, and quinoa instead of rice. This book includes Neisha's recipe for making roti. In the near future, Neisha will present her recipes for dhal purri and other types of rotis and bread.

Oil used

Neisha often uses canola oil, however other similar oil can be used for making these dishes.

Cooking time

The cooking times in this book and your own cooking may vary depending on the size of pots and pans used, the stove and oven temperatures, and thus the time given in this book are approximate times for users to have an idea as to how long the dishes will take to cook.

Abbreviations

In this book, tablespoon is abbreviated as Tbsp. and teaspoon as tsp. The term 'curry paste' and 'curry sauce' are used interchangeably.

Safety comes first

You will be handling hot pans, hot pots, hot spoons, and you will be near hot stove burners and a hot oven, and thus you **MUST** always use protective hand gloves and oven hand mitts, other safety requirements, and also an apron to help prevent stains from getting on your clothes.

Neisha's recipes published in the Diverse City Magazine and Cariwave Magazine

Over the past few years, many of Neisha's recipes were published in the indie Diverse City Magazine and the Cariwave Magazine and shared with others. In this book many of the recipes were slightly modified in steps taken, time, or quantity of items used from the published version in the magazines.

Neisha has been cooking for most of her life

Neisha has been cooking for most of her life and her cooking is versatile. She also cooks her dishes using other methods and adding other spices. This book contains the original cooking methods of Nazmoon Neisha Ally and were not borrowed from any books nor from the Internet. Neisha was taught to cook at a young age by her mother, Hamidan Haniff, her grandmother Marium Rossamond and other family members back in Guyana and she has developed her own cooking style. Countless pictures are taken while Neisha prepares these dishes and while I record the steps and methods used for her book. In an upcoming edition more recipes will be presented with other techniques, flavors and tastes.

I hope you enjoy some of these recipes, while I continue to spend time in Neisha's kitchen writing down the methods she uses, taking pictures, and at the same time learning to make these delicious and tasty cuisines and beverages.

Foreword by Fisal Ally

VEGETARIAN



FRIED KARELA
FRIED BAIGAN (Eggplant)
BAJI (Spinach)
FRIED BORA (Yard Long Beans)
FRIED OKRA
PROVISIONS
RIPE PLANTAIN
DHAL
SHRIMP
CHOWMEIN

KARELA



BAIGAN (EGG PLANT)



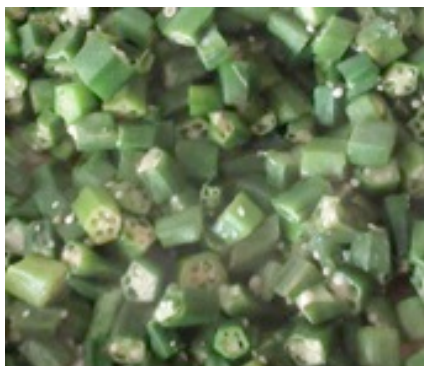
BAGI (SPINACH / CALLALOO)



BORA (YARD LONG BEANS)



OKRA



PROVISIONS



FRIED KARELA (BITTER MELON)



Karela served with rice



Karela served with dhal purri

Preparation time: 10 minutes

Cooking time: 20 to 30 minutes

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

4 to 6 fresh medium size karela, 3 cloves of garlic sliced, 1/4 onion thinly sliced, 1/2 tps. salt or to taste, 3 Tbsp. canola oil or a similar oil



Cooking instructions

Wash karela and cut down the middle with a knife, remove seeds and cut into slices

Set stove to Medium and add approx. 3 Tbsp. oil to frying pan

Add karela, garlic and onion to frying pan and let it cook (you can also add 1/2 sliced up tomato a few minutes later)

Add 1/2 tsp. salt to or to taste

As karela becomes slightly brown or slightly burned, turn over with a spoon and repeat



Remove cooked slices and place in bowl

Continue frying and removing the ones that are cooked until completed

FRIED BAIGAN (EGGPLANT)



Baigan served with pita bread

Preparation time: 10 minutes.

Cooking time: 20 to 30 minutes.

Serve with roti, rice, pita bread or other...

Serves 4 to 6

Ingredients

2 medium size eggplant (also called baigan / bolanje), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or to taste, 1 Tbsp. canola oil



Cooking instructions

Wash eggplant and cut into eggplant with a knife about 2 inches deep and six inches long, and then place two cloves of garlic into the cut

Place eggplant on a plate and place in microwave, and microwave for approx. 3 minutes. The plate and the baigan will be steaming hot. Wear gloves. Turn over baigan using a spoon and microwave again for another 3 minutes, and then carefully take out from microwave. Take a spoon and scoop out the inside of the baigan and place in a bowl. Discard the outside skin

Use a big spoon or a mashing tool to puree (mash) the eggplant

Set stove to Medium and add approx. 1 Tbsp. oil to frying pan

Add garlic and onion to pan and let it cook

Let onions and garlic fry for about 30 seconds and then add baigan to frying pan and mix

Add 1/2 tps. salt or to taste

Stir every couple of minutes for approx. 15 minutes

BAJI (SPINACH / CALLALOO)



Preparation time: 10 minutes

Cooking time: 20 to 30 minutes

Serve with rice, roti, pita bread or other...

Serves 4 to 6

Ingredients

2 bundles of spinach (baji is also known as callaloo), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or to taste, 1 Tbsp. canola oil



Cooking instructions

Cut spinach into pieces, wash and place in bowl

Add approx. 1 Tbsp. oil to pan and set stove to Hi

Add spinach to pan and stir

Add garlic and onion to pan, and cooking begins

Add 1/2 tps. salt or to taste

Continue cooking on Hi for approx. 5 minutes, as liquid slowly dries down (liquid comes from the baji as it cooks)

Cover and continue cooking on Medium for approx. 10 minutes so liquid boils down

Take cover off and cook on Hi for approx 5 minutes

BORA (YARD LONG BEANS)



Preparation time: 10 minutes

Cooking time: approximately 1 hour

Serve with rice, roti, pita bread or other...

Serves 4

Ingredients

1 bundle of yard long beans, 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 2 Tbsp. canola oil, 2 potatoes



Cooking instructions

Cut yard long beans into pieces

Peel and sliced up 2 potatoes and wash

Put yard long beans and potatoes into a pot and add approx. 2 cups of water

Set stove to Hi and add contents to the pot and let the contents boil in the pot

Add 1/2 tps. salt or salt to taste

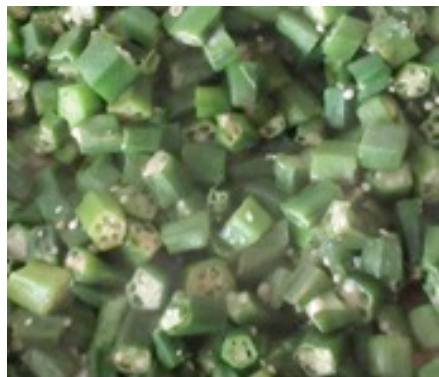
Approx. 1/2 hour later, water should dry down

Set stove to Hi and add approx. 2 Tbsp. oil to frying pan

Add yard long beans and potatoes to frying pan and fry for approx. 20 minutes, stirring and turning over once in a while to cook both sides and to help prevent sticking to pan



FRIED OKRA



Okra served with dhal purri and a hot red pepper

Preparation time: 10 minutes

Cooking time: approx. 50 minutes

Serve with roti, rice, pita bread, or other...

Serves 3 to 4

Ingredients

2 packs frozen okra (1 pk is 300 grams) or use equivalent fresh okra, 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or to taste, approx. 5 and 1/2 Tbsp. canola oil

Cooking instructions

If okra not already sliced up, then slice up okras

Add approx. 3 Tbsp. oil to frying pan and turn on stove to Hi

Add okra to pan and mix in, and cook on hi for approx. 5 minutes

Add 1/2 tps. salt or to taste

After approx. 2 minutes add garlic and onion and set stove to Medium



Add another 1 Tbsp. oil and mix

After approx. 2 minutes add another Tbsp. oil and mix

If okra gets a bit slimy, after about 15 minutes add another 1/2 to 1 Tbsp. oil and mix

After another 10 minutes turn stove to Low and let okra cook for 2 to 3 minutes

PROVISIONS



Root vegetables used are: plantain, dasheen, yam, Jicama and Rutabaga

Preparation time: approx. 20 minutes

Boiling time: approx. 40 minutes

Frying time: approx. 20 minutes

Total cooking time: approx. 1 hr 30 minutes

Can serve with dumplings instead of perogies

Serves 4 to 6

Vegetarians can leave out the salt fish/cod fish

Ingredients

*Approx. 12 pieces of frozen cheese perogies and 12 onion perogies, a bag of codfish or salt fish (Neisha used cod fish), 4 ripe plantains, 1 Jicama, approx. 10 dashdeen (also called eddo), 1 yam, 1 Rutabaga, 1/2 onion, 6 cloves garlic, 1/2 hot red pepper (other kind of hot pepper can be used or if you do not like it hot then omit the hot pepper), 1/2 tps. salt or salt to taste, 6 Tbsp. oil
(other root vegetables can also be used)*

Cooking instructions

*Peel and cut rutabaga, yam, dashdeen, Jicama and plantain into pieces and wash
Wash cod or salt fish to remove some of the salt because it's already very salty.*

BOILING PROVISIONS

Fill 2 or 3 pots with approx. 6 cups of water in each pot, depending on how many pots are required and set stove to Hi

Boil perogies on Hi for approx. 20 minutes, dashdeen (eddo) for approx. 25 minutes, plantain for approx. 30 minutes, yam for approx. 40 minutes. You can boil in different pots. If using the same pot to boil for example 3 root vegetables, then start with the harder vegetable, which is that takes 40 minutes to boil, and after ten minutes add the plantain which takes 30 minutes to boil, and after another five minutes add the dashdeen and continue boiling these 3 root vegetables for another 25 minutes.

Add 1/2 tps. salt or salt to taste in each pot

While boiling, for example after approx. 15 minutes, lower stove a notch or two to avoid liquid from spilling over

Test root vegetables for softness

If water gets low from boiling, add more water

FRYING PROVISIONS

Use another pot and add 4Tbsp. oil and set stove to Hi

Place root vegetables, including plantain together in the pot. If everything cannot fit in one pot, then use more than one pot. For example, place dashdeen and yam in the same pot.

Add about 3/4 of the spices to the pot (you will use the rest when frying the cod fish). Mix everything together. Cover and cook (fry) on Hi for about 5 to 10 minutes. Stir once in while to prevent sticking and burning

FRYING PEROGIES

Add approx. 1 and 1/2 Tbsp. oil to a frying pan and set stove to Medium

Fry perogies for approx. 3 to 5 minutes and then place in bowl



FRYING COD OR SALT FISH

Vegetarians can omit this step

Add approx. 4 Tbsp. oil to a pot and set stove to Hi. Add fish and mix. Let it fry for about 5 minutes and then add the rest of the garlic and onion (see above) to the fish, and continue frying for another minute

Serve by placing some of each item into the plates

RIPE PLANTAIN



Preparation time: approx. 10 minutes

Cooking time: 30 minutes

Serves 4 to 6



Ingredients

5 ripe plantains, 4 to 6 Tbsp. oil

Cooking instructions

Peel plantains, cut into slices and wash

Add approx. 2 Tbsp. oil to the frying pan, and set stove to Hi

All of the plantain will not fit into the pan. Placing slices of plantain in pan and let one side fry for a few minutes so it turns a bit brown and then turn over and do the other side. Be careful not to burn plantain. As the oil gets low, add more as needed. Add another batch of plantain that fits into the frying pan and repeat the process. Repeat until all slices of plantains are fried.

DHAL



Dhal served with okra, smelt and rice



Preparation time: 10 minutes

Cooking time: approx. 50 minutes

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

2 cups chickpeas (for example purchase a 1.8 kg bag of chick peas and measure 2 cups, 6 cloves garlic sliced up, 1/2 tps. salt or salt to taste, 1 Tbsp. curry powder

Cooking instructions

Add approx.. 10 cups of water to pot and set stove to Hi

Bring water to boil

Wash 2 cups chickpeas and add to the boiling water

Add 1/2 tps. salt or salt to taste

Add garlic

Add 1 Tbsp. curry powder

Boil for 1 hour

Serve dhal in a bowl or serve dhal with other dishes such as rice, roti, okra, bora etc...For example you can pour a 1/2 bowl of dhal on top a plate of rice

SHRIMP



Preparation time: 10 minutes

Cooking time: approx. 10 minutes

Serve with other dishes

Serves 3 to 4

Vegetarians can skip this recipe. Shrimp is often served with dishes such as baji, okra, dhal, chowmein etc...

Ingredients

1 pack of shrimp (300 grams), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or to taste, 1 Tbsp. oil

Cooking instructions

Remove shell from shrimp and wash (you can also cut shrimp in halves)

Set stove to Medium and add 1 Tbsp. coconut oil (or canola or other oil) to frying pan

Add onion and garlic to pan and fry for 30 seconds to a minute, and then add shrimp and cook on Medium for approx. 5 minutes, and as one side of the shrimp becomes cooked, turn over to prevent sticking to pan. Repeat process a few times

CHOWMEIN



Preparation time: 10 minutes

Cooking time: approx. 50 minutes

Serves 8 to 12

Shrimp is optional. Vegetarians can leave out the steps for making and adding shrimps; it's placed here incase you want to add shrimp for the chowmein dish

Ingredients

3 packs of noodle for making chowmein (e.g 1 pack of Flour Sticks Pancit Kanton is 227 g)
other kinds of noodles for making chowmein are also used, 1/2 cup mixed vegetables, 2 Tbsp. butter, 1 pack of shrimp (300 grams), 1/2 tps. salt or salt to taste, 1 Tbsp. oil

Cooking instructions

Fill a pot with 1/3 water, add chowmein noodles and boil for approx. 20 minutes and then strain to remove water

Add approx. 2 Tbsp. butter to chowmein noodles and mix

Boil 1/2 cup of mixed vegetables in 4 cups of water for 10 minutes
Strain water from vegetables

Remove shell from shrimp and wash

Add 1 Tbsp. oil to frying pan and set stove to Hi

Add shrimp to frying pan and fry for approx. 5 minutes

Add vegetables and shrimp to pot with chowmein and mix. Vegetarians can leave out the shrimps.

VEGETARIAN



CURRY DISHES

PREPARE CURRY PASTE

PREPARE POTATOES

PREPARE RICE

CURRY BORA (Yard Long Beans)

CURRY BAIGAN (Eggplant)

CURRY OKRA

CHANNA MASALA

CURRY POTATO

CURRY PASTE

STEPS FOR PREPARING THE CURRY PASTE (CURRY SAUCE) WITH SPICES THAT'S USED FOR COOKING THE CURRY DISHES

Ingredients

3 cloves of garlic 1/4 onion thinly sliced, 1 Tbsp. oil, 1 Tbsp. curry powder

Cooking instructions

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot and mix



Add onion and garlic to pot and stir

Curry paste completed

STEPS FOR PREPARING POTATOES and RICE

PREPARE POTATOES

Peel 2 potatoes, cut into pieces and wash

Fill 1/3 of a pot with water

Set stove to Hi and boil for approx. 20 minutes

PREPARE RICE

Set stove on Hi and bring 1/2 pot water to a boil

Add 2 cups rice to water and continue boiling

Approx. 30 minutes later, turn stove to Medium

5 minutes later, turn stove to Low

Boil for another 7 minutes

CURRY BORA (Yard long beans)



Curry bora served with rice

Preparation time: 20 minutes

Cooking time: approx. 40 minutes

Serve with rice, roti, pita bread or other...

Serves 4 to 6

Ingredients

1 bundle of yard long beans as seen below in picture, 3 cloves of garlic, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 1 Tbsp. canola oil, 1 Tbsp. curry powder

Cooking instructions



Peel 2 potatoes, cut up and wash

Wash and cut up yard long beans

Add 1 Tbsp. oil to a pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot and mix

Add garlic and onion to pot and stir

Add half of the yard long beans to the pot and stir, cooking on Hi

Add the rest of the yard long beans and stir

Add 1/2 tps. salt or salt to taste and stir

Add potatoes and stir

Approx. 5 minutes later, add 1 and 1/4 cup of water and stir

Cover and let it cook on Hi

Stir once in a while

Approx. 25 minutes later, use a spoon to crush garlic inside the pot

Approx. 10 minutes later, water should dry down, and cooking completed

CURRY BAIGAN



Curry baigan served with rice

Preparation time: 20 minutes.

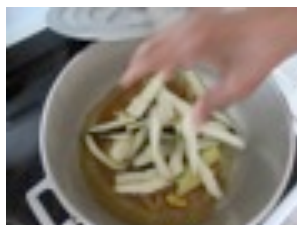
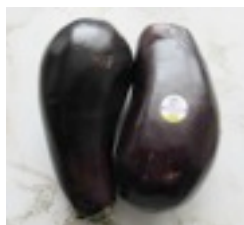
Cooking time: 20 to 30 minutes.

Can serve with roti, rice, pita bread or other...

Serves 4 to 6

Ingredients

2 eggplants (baigan also called bolanje), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 2 potatoes, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder



Cooking instructions

Cut off stem from eggplants and cut in half and wash

Peel skin off eggplants and cut into slices

Peel 2 potatoes, cut into small pieces and wash

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot and mix

Add onion and garlic to pot and stir

Add 1/4 cup water and mix

Set stove on Hi

Add eggplant to pot with curry paste and mix

Approx. 5 minutes later, add 1/2 tps. salt or salt to taste

Cover and let it cook

Approx. 20 minutes later, add another 1/4 cup water and stir

Add potatoes and mix

Cover and keep cooking on Hi

Stir once in a while

15 minutes later turn stove to Medium

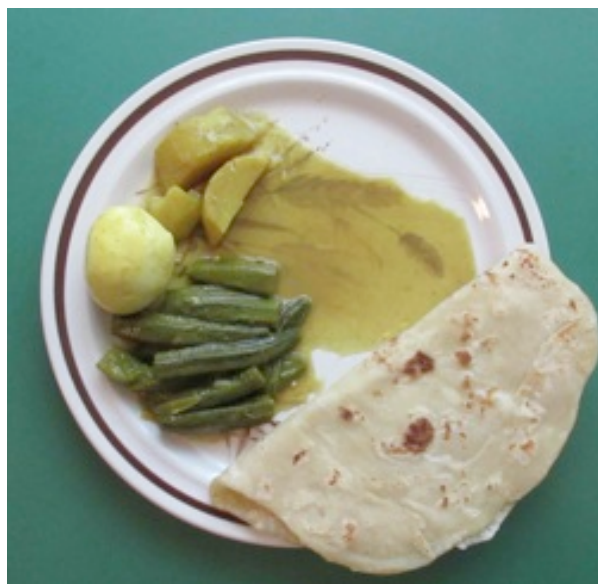
Keep covered and let contents cook, drying down the liquid

Cook for another 20 minutes, and once liquid dries down cooking completed

CURRY OKRA



Curry okra with potatoes and boiled egg



Curry okra served with roti

Preparation time: 20 minutes

Cooking time: approx. 1 hr

Serve with roti, rice, pita bread, or other...

Serves 3

Vegetarians can leave out the eggs



Ingredients

1 pack frozen okra (1 pk. is 300 grams) thaw out or use equivalent fresh okra, 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder, 3 large eggs, 2 potatoes

Cooking instructions

Cut off stems from the head of okra and wash

Set stove on Hi and boil 3 eggs in 1/3 pot of water for approx. 12 minutes

Peel shell from eggs; Peel 2 potatoes and cut into pieces and wash

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot with the oil and mix

Add onion and garlic to pot and stir

Add 1/2 cup water and mix

Add potatoes and mix

Add 1/4 cup water and mix (Potatoes boiling in the pot with curry paste)

Add 1/2 tps. salt or salt to taste and mix

Add 1/4 cup water and let potatoes cook

8 minutes later, add okra to pot and set stove 1 notch lower and continue cooking

7 minutes later, add 1/4 cup water and continue cooking for approx. 40 minutes

Now have a good amount of curry sauce

Add eggs and mix for a minute

CHANNA MASALA



Preparation time: 10 minutes

Cooking time: approx. 25 minutes

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

1 can chick peas (796 ml/28 fl oz.), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 3 Tbsp. oil, 2 Tbsp. curry powder

Cooking instructions

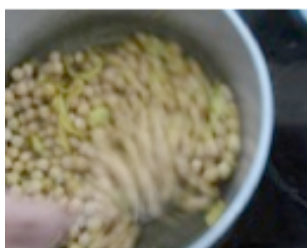
Make curry paste as follows:

Add 3 Tbsp. oil to pot and turn stove to Hi

Add 2 Tbsp. curry powder to pot and mix

Add garlic and onion

Stir and add 1/4 cup water



Open 1 can of chickpeas (796 ml) and strain to remove liquid, and wash

Add chick peas to pot with curry paste and mix

Set stove to Hi

Cover and let contents boil

After 10 minutes, add another 1/4 cup water and stir

Add 1/2 tps. salt or salt to taste

Cover and cook on Hi for approx. 15 minutes so the liquid dries down, or until the liquid dried down

CURRY POTATO



Preparation time: 10 minutes

Cooking time: approx. 30 minutes

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

3 cloves of garlic, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder, 2 potatoes

Cooking instructions

Peel 2 potatoes, cut into pieces and wash

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot with the oil and mix

Add garlic and onion to pot and stir

Add potatoes to curry paste



Add 1 cup water and let the potatoes cook in the curry paste

Add 1/2 tps. salt or salt to taste

Set stove to Medium and continue cooking for 20 minutes and then crush the garlic with a spoon or leave as is

Cook for another 20 minutes

NON-VEGETARIAN



CURRY DISHES

CURRY FISH

CURRY CHICKEN

CURRY SHRIMP

CURRY HASSA

CURRY CABBAGE WITH SHRIMP

CURRY CABBAGE WITH CHICKEN

CURRY SMELT

CURRY FISH



Preparation time: 10 minutes

Cooking time: approx. 1 hour

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

2 tilapia fish (other similar fish can be used), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 2 potatoes, 1 Tbsp. curry powder

Cooking instructions

Often frozen tilapia fish will already have the scales cleaned. If fish scales are not already removed, then scale fish and cut off fins and tail, and cut fish into 3 to 6 pieces. Make sure fish is not too soft, else it will become squishy and broken into pieces while cooking

Wash fish and season with spices such as black pepper, sage, ginger and thyme

Peel 2 potatoes, cut into pieces and wash

Add 1 Tbsp. oil to a pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot and mix

Add 1/2 tps. salt or salt to taste

Add 1 cup water to the pot and let the potatoes cook in the curry paste for approx. 20 minutes so the potatoes does not get too soft

Add fish, and let potatoes continue cooking with the fish for approx. another twenty minutes and stir a few times

Let the potatoes and fish cook for another twenty minutes

After approximately 1 hour cooking is completed

CURRY CHICKEN



Preparation time: 10 minutes

Cooking time: approx. 1 hr and 15 minutes

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

1 chicken, 5 cloves of garlic, 1/2 tps. salt or salt to taste, 3 Tbsp. oil, 1 Tbsp. curry powder

Cooking instructions

Cut up chicken and season with ginger, black pepper, sage, basilic, bay leaves, thyme -

Although Neisha didn't for this batch of curry chicken, you can add more spices such as curry leaves and even some hot peppers for a more spicy taste

First make the curry paste as shown below

Set stove to Hi and add 3 Tbsp. oil to a pot

Add 1 Tbsp. curry powder and mix

Add garlic

Add the seasoned chicken and mix into the curry paste

Add 1/2 tps. salt or salt to taste and stir

Cover and let it cook



20 minutes later, add approx. 1 cup water and stir and let the contents in the pot cook

5 minutes later, add potatoes and cover

15 minutes later, add 1/4 cup water and let contents cook

15 minutes later, add another 1/4 cup water

Now you have a good amount of curry sauce, stir and continue cooking for approx. 2 to 4 minutes



CURRY SHRIMP

Preparation time: 10 minutes

Cooking time: approx. 50 minutes

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

1 pack of shrimp (300 grams), 5 cloves of garlic sliced up, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder, 4 potatoes

Cooking instructions

Peel and wash shrimp. Cut shrimps in halves or leave as is

Peel and cut potatoes into pieces and wash

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 Tbsp. curry powder to the pot and mix

Add 1/2 tps. salt or salt to taste

Add 1 cup water to the curry paste, then add the potatoes and let the potatoes cook in the curry paste for approx. 25 minutes

During this time add 1/2 tps. salt or salt to taste

After the 25 minutes is up, then lower stove to Medium and cook for another 10 minutes so potatoes are almost finished cooking

Add shrimp to the pot and let the potatoes continue cooking with shrimp for approx. 8 minutes (since shrimps are much softer than fish, shrimp only has to be cooked in the curry paste for approx. 8 minutes)

CURRY HASSA

Preparation time: 10 minutes

Cooking time: approx. 1 hr

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

6 hassa (shellfish), 5 cloves of garlic up, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder, 4 potatoes

Cooking instructions

Wash 6 hassa (do not remove scales)

Peel, and cut potatoes into pieces and wash

Add 1 Tbsp. oil to the pot and set stove on Hi

Add 1 cup water to the curry paste and let the potatoes cook in the curry paste for approx. 25 minutes

During this time add 1/2 tps. salt or salt to taste

Lower stove to Medium and cook for another 10 minutes so potatoes almost finished cooking

Add the hassa fish to the pot and let the potatoes continue cooking with hassa for approx. 12 minutes (hassa takes longer to cook than shrimp)

CURRY CABBAGE WITH SHRIMP



Preparation time: 20 minutes

Cooking time: approx. 1 hour

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

1 pack of shrimp (300 grams), 3 cloves of garlic sliced up, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 1 Tbsp. curry powder

Cooking instructions

Wash 1 cabbage and cut up

Peel 2 potatoes, cut into pieces and wash

Set stove to Hi and add 1 Tbsp. oil to a pot

Add 1 Tbsp. curry powder and mix

Add 1/4 cup water to pot and stir

Add half of the cabbage to pot and mix

Add 1/2 tps. salt or salt to taste

Add another 1/2 cup of water and mix

Add the other half of the cabbage and mix

Cover pot and cook on Medium for 30 minutes

Add shrimp, cover pot and cook for 20 minutes



CURRY CABBAGE WITH CHICKEN

Preparation time: 20 minutes

Cooking time: approx. 1 and 1/2 hour

Serve with roti, rice, pita bread, or other...

Serves 3 to 4

Ingredients

1 chicken, 5 cloves of garlic sliced up, 1/2 tps. salt or salt to taste, 3 Tbsp. oil, 1 Tbsp. curry powder, 2 potatoes

Cooking instructions

Cut up chicken and season with ginger, black pepper, sage, bay leaves, and thyme. (Although Neisha didn't with this batch but depending on your taste, you can add more spices such as curry leaves, and even some hot peppers for a more spicy taste)

Peel 2 potatoes, cut into pieces and wash

Make the curry paste as shown below

Set stove to Hi and add 3 Tbsp. oil to pot

Add 1 Tbsp. curry powder and mix

Add 1/4 cup water to curry paste

Add the seasoned chicken and mix into the curry paste

Add garlic

Add 1/2 tps. salt or salt to taste and stir

Cover and let it cook for approx. 30 minutes

Add 1/4 cup water to curry paste

Add potatoes and continue cooking for 15 minutes

Add half of the cabbage and mix, then add the rest of the cabbage and mix

Cover and set stove to Medium and continue cooking for 25 minutes

Stir, cover and continue cooking between Medium and Low for another 40 minutes

CURRY SMELT



Curry smelt served with dhal and roti

Smelt preparation time: 15 minutes

Cooking time for smelt: approx. 50 minutes

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

1 lb smelt (use half of a 2 lb bag), 5 cloves of garlic sliced up, 1/2 tps. salt or salt to taste, approx. 5 Tbsp. oil, 1 Tbsp. curry powder

Cooking instructions

Put smelt in a bowl and add 1 Tbsp. curry powder to smelt and mix

Add approx. 2 Tbsp. flour to the smelt and mix - this will form a batter around each smelt

Add 1/2 tps. salt or salt to taste and mix

Set stove on Medium

Add approx. 4 Tbsp. oil to frying pan

Add smelt to pan (if only half of the smelt fits, then fry the other half after)

About 4 minutes later, turn over smelt and let this side cook

Add more oil if required for frying, for example another Tbsp.

1st batch completed approx. 25 minutes later

Place a paper towel inside a bowl and put smelt into bowl - the paper towel will soak up some of the oil from the smelt

If all of smelt was not fried during the first batch then repeat frying process



STEW



**STEW FISH
STEW BEEF
PEPPERPOT**

STEW FISH



Stew fish served with rice



Stew fish served with pita bread

Preparation time: 10 minutes

Frying fish time: 20 minutes

Complete cooking time: approx. 50 minutes

Serve with roti, rice, pita bread, or other...

Serves 4 to 6

Ingredients

2 tilapia fish (can use other similar fish), 5 cloves garlic, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 6 Tbsp. oil, 2 potatoes, Ragu sauce

Cooking instructions

Often frozen tilapia fish will already have the scales removed. If fish scales are not already removed, then scale fish and cut off fins and tail, and cut fish into 3 to 6 pieces. Make sure fish is not too soft, else it will become squishy and break into pieces while cooking

Wash fish and season with spices such as black pepper, sage, ginger, garlic and thyme

Add 1/2 tps. salt or salt to taste and mix

Roll each piece of fish in baking powder to prevent fish from sticking to the pan while frying

Add 4 to 6 Tbsp. oil to frying pan

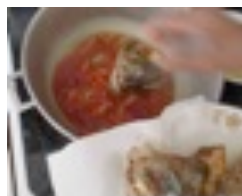
Set stove to Medium

Add fish to frying pan one at a time and fry on Medium

After a few minutes, turn fish over so the other side gets cooked

Continue cooking fish

Removed pieces as they are cooked and placed on paper towel to soak up some of the oil



Approx. 20 minutes later, fried fish completed

Keep the oil that was used for frying the fish. You will reuse this oil when cooking the stew

Making the Ragu sauce:

Use 1/2 cup ragu sauce

Add onion and garlic to ragu sauce

Add oil from the frying of the fish to a pot

Add ragu sauce with spices to the pot and mix

The pot with the ragu sauce is now ready

Peel 2 potatoes, cut into pieces and wash

Set stove to Hi and add potatoes to a pot and boil for approx. 15 minutes

Remove potatoes from the pot

Pour potato water into a cup and keep for later

Making the stew fish which will take approx. 30 minutes

Set stove on Hi

Add fried fish to the pot with the ragu sauce and stir

Add the water from boiling the potatoes to the pot

Add approx. another 1/2 cup water to the pot. Now there's a good amount of stew

Continue cooking on Hi

Ten minutes later, add potatoes to stew and stir and now cook on Medium

Test the stew by scooping some into a spoon and taste

*Cover pot and continue cooking for another 15 minutes on Medium to let the stew dry down
and thicken to half way so the gravy becomes thick*

Remove cover and crush the cloves of garlic in the pot using a big spoon

Continue cooking for 10 minutes with cover off and stir once in a while



STEW BEEF

Preparation time: 20 minutes

Cooking time: approx. 1 hour

Serve with roti, rice, pita bread, or other...

Serves 4

Ingredients

1 lb beef, 1/2 onion thinly sliced, 5 cloves of garlic sliced up, 1/2 tps. salt or salt to taste, 1 Tbsp. oil, 2 potatoes, 6 Tbsp., ragu sauce

Cooking instructions

Peel 2 potatoes, cut into pieces and wash

Set stove to Hi

Boil potatoes in a pot for approx. 20 minutes

Boil 2 cups of water in a pot and add beef to this pot, mix and cover

Cook for approx. 15 minutes

Add onion and garlic to the pot

Add 1/2 tps. salt or salt to taste

20 minutes later, add 6 Tbsp. of ragu sauce to pot

15 minutes after, add potatoes along with the water the potatoes had boiled in into pot with the beef and ragu sauce, and mix everything together

Now there's a goof amount of stew

1 minute later turn off stove

PEPPERPOT



Pepperpot is a national dish from Guyana located in South America. Origin is Amerindian (American Indian)

In Guyana, pepperpot is often made with cow heel and is served with fresh homemade bread, where pieces of bread is dipped into the stew and ate

Preparation time: 15 minutes

Cooking time without a pressure cooker: approx. 1 hour and 45 minutes

Cooking time using a pressure cooker is approx. 1hour (Neisha did not use a pressure cooker)

Serves best with fresh home made bread, can also serve with rice

Serves 6 to 10

Ingredients

935 lb beef (.424kg), 1.615lb oxtail (.733 kg), 5 cloves of garlic, 1/2 onion thinly sliced, 5 Tbsp. casreep (this sauce is used for making the pepperpot stew), 1/2 tps. salt or salt to taste, 1 cinnamon stick, 3 Tbsp. brown sugar (Neisha used Demerara brown sugar)

Cooking instructions

Pour 1/2 cup of pure vinegar into a bowl and wash and rinse meat

Fill 1/4 of a pot with water and let the water boil on Hi

10 minutes later, as water boil, add meat to pot

Add 1 cinnamon stick, garlic and onion

Add 1/2 tps. salt or salt to taste

Cover pot and let meat boil in the water

Approx. 10 minutes later, add 2 Tbsp. sugar, stir, and then cover pot



10 minutes later, add approx. 4 Tbsp. of casreep

30 minutes later, remove cover and taste the pepperpot stew (this will indicate if you should add more sugar and casreep)

10 minutes later, add approx. one more tablespoon casreep, add another spoon sugar

Put cover back on and cook for another 15 minutes

Stir and two minutes later, turn off stove. Pepperpot is completed

FRIED



FRIED FISH

FRIED FISH



Preparation time: 10 minutes

Cooking time: 20 to 30 minutes

Serve with a salad and lemon slices...

Serves 3 to 4

Ingredients

2 two tilapia (or other similar fish), 4 Tbsp. oil

Cooking instructions

If fish not already scaled, then remove scales, and cut off fins and tail

Wash fish and season with spices such as black pepper, sage, ginger, garlic powder and thyme

Add 1/2 tps. salt or salt to taste

Roll fish in flour to help prevent fish from sticking to pan when frying

Add 4 Tbsp. oil to the frying pan

Set stove to Hi and add the two fish to the frying pan

Place a cover such as the one shown in the picture below to stop the oil from splashing around



Let fish fry on one side first and then turn over and fry the other side. If fish still looks a bit uncooked, then turn over again and continue frying until fish is fried

BAKE



JERK CHICKEN

JERK CHICKEN



Preparation time: 10 minutes

Cooking time: approx. 50 To 60 minutes

Serve with rice

Serves 4

Ingredients

1 chicken (approx. 7 pieces), use 1/2 bottle of Jamaican Jerk Seasoning (hot piquant) 312 g bottle, 1 Tbsp. oil

Safety: Use oven mitts when taking out and putting baking pan in oven. Also use a spatula with a long handle to prevent burning your skin

Cooking instructions

Brush on a light layer of oil to baking pan to help prevent sticking while baking

Cut up chicken, wash and place in a baking pan

Brush on jerk seasoning on pieces of chicken

The pan will also have jerk seasoning from spreading the sauce on the chicken

Turn oven to 220 degree Celsius and bake chicken for approx. 20 minutes

After this first 20 minutes, take pan out from oven and take a spatula and scoop the jerk sauce from pan and place on top the chicken

Put pan back in the oven and continue baking for another 20 minutes

Take pan out from oven again and turn chicken over, and scoop jerk sauce from pan onto chicken

Put pan back into the oven and continue baking for another 10 to 15 minutes

ROTI



PARATHA ROTI

ROTI (PARATHA)



Preparation time: 20 minutes

Cooking time: approx. 1 hr

Making approx. 15 rotis (8 inches to 9 inches in diameter)

Ingredients

1/2 bag of a 22 lb bag of white all-purpose flour (using approx. 11 lbs), baking powder, tawa (flat grid to cook on) or a big frying pan, belna (rolling pin), 2 Tbsp. baking powder, 6 Tbsp. oil

Cooking instructions

Put some flour in a bowl and keep on the side to use for rubbing flour on top of the flour balls so they do not stick to your hand and to the pan



Add 1/2 bag flour to big bowl

Add 2 Tbsp. baking powder to flour

Add approx. 4 cups of water slowly and mix flour into a paste (dough)

Add approx. 2 Tbsp. oil to flour and mix so the dough becomes softer

Add another Tbsp. oil and mix so the dough becomes a little softer

Take some flour from the side bowl into your palms to prevent the dough from sticking on your hand and continue mixing



*Break dough into small pieces and make into round balls about 4 to 5 inches in diameter
With your palms flatten dough ball a little and then dip into the side flour bowl so the dough balls does not stick*

Place on table and use a belna (rolling pin) to roll and flatten out dough

Fold ends of flattened dough into a big square shape

Rub some oil on square shape dough and then fold into a smaller square shape

Place on table and use belna to flatten out square to 8 to 9 inches in diameter

Set stove on Hi and place tawa or a big frying pan on stove burner, and then brush on a thin layer of oil on tawa or big frying pan

Place the 8 to 9 inches in diameter flat dough on tawa or pan; this will become your roti

Let it cook and be careful not to burn roti

As roti cooks on tawa or pan, after about 30 seconds, rub some oil on top roti

Use a spatula place under roti, and flip roti onto its other side, and after about 30 seconds rub some oil on top and flip again

Flip roti a few times



Roti completed

Safety: Use oven mitts when taking out and putting baking pan in oven. Also use a spatula with a long handle to prevent burning your skin

DESSERTS



SPONGE CAKE
BLACK CAKE
APPLE PIE WITH CRUST
APPLE PIE WITHOUT CRUST



SPONGE CAKE



Preparation time: 1 hour

Baking time: approx. 30 to 40 minutes

Serves 10 to 14

Making two sponge cakes, a ten inch and a six inch in diameter

Ingredients

9 large eggs, 1 lb. white sugar, 1 lb. flour, 1 lb. butter or margarine, 1 tsp. baking power, cherries, flour and butter

Will need a scale for weighing the sugar, an eggbeater for mixing or use a blender, 2 baking pans

Note that when adding cherries, they will sink into the cake mix. If you prefer to have some cherries at the top of the cake, then approx. 10 minutes into baking you will pull out the pans from the oven and then place cherries on top (use stove mitts)

Baking instructions

Use scale to weigh ingredients

In a bowl add sugar to butter

Use an eggbeater or blender to mix the butter and sugar for 5 to 10 minutes

Add eggs to mix and blend

Add 1 tsp. baking power and mix

Add flour and mix and blend for a few minutes; check mix to make sure it's not too soft; if too soft then add a little more flour and mix

Rub some flour on the inside of the pans to prevent wax paper from sticking to paper

Cut out non-sticky wax paper and place inside pan covering the sides also; add a layer of flour on wax paper to prevent cake sticking on wax paper

Add mix to the 2 pans

Turn stove to 200 degree Celsius and place the 2 pans inside oven and baking begins



Bake for approximately 30 to 40 minutes so the cake turns to a golden brownish color

Use tooth pic to test firmness of cake while baking

If you didn't add cherries already, add cherries after about 10 minutes

BLACK CAKE



Preparation time: 30 minutes

Baking time: approx. 1 and 1/2 hr.

Serve with roti, rice, pita bread, or other...

Serves 8 to 12

Ingredients

1 lb prunes, 1 lb raisins, 1 lb current, 1 lb butter or margarine, 1 lb flour, 1 dozen eggs, 2 Tbsp. brown sugar e.g Demerara brown sugar, browning

Will need an eggbeater for mixing or use a blender, 2 baking pans, mill for grinding, scale for weighing

Baking instructions

Cut prunes into quarters

Use a mill for grinding

Add prunes to mill and grind, then add raisins and grind, and then add current and grind

Mix butter in 1 cup of water



Blend eggs using blender, and mix eggs with butter

Add grinded up prunes, raisin and current to the mix

Add 2 Tbsp. brown sugar to mix

Add 1 lb. flour and mix

Check mix to make sure it's not too soft; if too soft then add a little more flour and mix

Rub some flour on the inside of the pans to prevent wax paper from sticking to paper

Cut out non-sticky wax paper and place inside pan covering the sides also; add a layer of flour on the wax paper to prevent cake from sticking on the wax paper

Add browning to give it a darker brown color

Add mix to the two pans and place inside oven

Turn oven to 205 degree Celsius and baking begins

After 40 minutes check cake (use oven mitts)

Cake should now have a nice brown color, but still too soft

Lower stove temperature to 175 degrees Celsius and continue baking for approx. 20 minutes

Lower to 115 degrees Celsius and continue baking for another 35 minutes

Note: If you prefer the cake to be darker, then instead of adding browning to give the cake a darker color, you can burn brown sugar and then add it to the mix and this will give the cake a darker / blackish color. Molasses can also be added to make the cake darker / black. These steps were not carried out and thus the cakes does not have a darker / blackish color, but more of a dark brown color.



APPLE PIE WITH CRUST



Preparation time: 1 and 1/2 hour

Baking time: approx. 40 minutes

Serve with ice cream

Serves 8 to 14

Making 3 apple pies

Ingredients

15 apples (average of 5 per pies), 3 lbs of white flour, 1/2 to 1 Tbsp. cinnamon, 6 packs of margarine or butter, 4 to 5 spoons brown sugar e.g Demerara brown sugar used

Rolling pin

Baking instructions

Peel apples, cut into slices and wash

Mix apple slices with approx. 1/2 to 1 Tbsp. cinnamon

Make dough, which will be used for making the crust

Add white flour to butter and mix for approx. 10 minutes by hand

Add 1 cup of water and mix

Add some flour to pan to prevent sticking



Take a part of the dough and use a rolling pin to flatten out dough into a round shape and place inside of pan and then clean off the edges

Add some of the apple mix to the crusts

Take a part of the dough, and use the rolling pin to flatten out dough in a round shape, and place on top of apple mix to make the top of the crust, and then clean of the edges

Bake at approx. 210 degree Celsius for 40 to 50 minutes until have a light brown color





APPLE PIE WITHOUT CRUST



Preparation time: 10 minutes

Baking time: approx. 40 to 50 minutes

Serves 4 to 6

Making 3 pies

Ingredients

15 apples (average of 5 apples per pie), 1 Tbsp. brown sugar (Neisha uses Demerara brown sugar), 1/2 to 1 Tbsp. cinnamon

Need oven mitts

Baking instructions

Peel apples, cut into slices and wash

Sprinkle approx. 1 Tbsp. brown sugar on apple slices and mix

Sprinkle approx. 1/2 to 1 Tbsp. cinnamon on apple slices and mix

Place apple slices in 3 pans or perplex bowls



Bake at approx. 210 degree Celsius for 40 to 50 minutes

Note: You can also sprinkling a layer of topping made with oat meal on top the apple slices in the perplex bowls or pans and then bake (Neisha did not add this step)

BEVERAGES



GINGER BEER

GINGER BEER



Preparation time: 10 minutes

Brewing time: approx. 20 minutes

Making 3 jugs of finger beer Guyanese style, an English drink



Ingredients

7 ginger sticks, 10 Tbsp. brown sugar e.g Demerara brown sugar

Need a greater to grate ginger

Cooking instructions

Grate 7 ginger sticks using a greater

Boil water for approximately 5 minutes on Hi

Add the grated ginger to the pot

Add approx. 7 Tbsp. of brown sugar

Lower heat to Medium and let it boil for approximately 10 minutes

Taste for a gingery taste

If it's too strong then add more sugar; for example add 3 more Tbsp. of sugar if it's too bitter

Cover pot again and let it boil

Taste and add more sugar if required

Boil for another 5 minutes

Let pots of ginger beer sit outside for a day

The following day strain ginger beer using a strainer

Pour ginger beer into bottles and place in fridge

When serving, if you find that the ginger beer is too strong for someone, you can dilute by adding water, or add some sugar to sweeten



Jugs of ginger beer to enjoy

Neisha's Kitchen
Recipes by Neisha
Nazmoon Neisha Ally

Neisha's Kitchen: Recipes by Neisha
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A note from the publisher concerning plagiarism, fraud, and framing innocent individuals

With the digital age upon us, wide spread plagiarism and corruption are taking place. Since the year 2011, I have become weary and tired of the thefts and plagiarism taking place with my own work and the work of others, where hard working and dedicated individuals like myself are being set up and framed by some. These scammers and fraudsters are not always someone that's hidden in a room and is working alone, but there are groups of people that network to carry out unlawful acts against individuals that works hard and creates their work. It's important for everyone to stand up against such unlawful people and their illegal exploits, as they often gets away with their corruption and crimes.

As I type in cafes and in the mall there are cameras everywhere looking at us. It's pointless for me to say that we're all being track in everything we do, as many are already aware that this is happening. For example shoppers are tracked and identified and annoying and intrusive messages are sent to them. This is harassment. The real concern is who have access to these cameras and our work and information, and what they are doing with our information and our unique and original work? ...Faisal (Fizal) Ally

Neisha's Kitchen



***Recipes
by Neisha***