

Let's Celebrate *Eid Al-Fitr*

with Thermomix®



Preface

During Ramadan, millions of Muslims around the world focus on inner reflection and fast from dawn till dusk. When one fasts during Ramadan, the eating and sleeping patterns change, the body's biological clock also undergoes a series of changes both physically and mentally. Dehydrated and hungry due to fasting, the body slows down metabolism to conserve energy. During Ramadan, to meet the amount of energy and nutrients the body needs during the day, one should eat foods rich in protein, carbohydrates, vitamins, and minerals, and drink plenty of water, while taking care not to overeat during Sahur and Iftar, as the body may not be able to utilize the surge in food intake and cause unwanted weight gains.

Ramadan is a time of spiritual reflection. Enduring hunger and thirst from dawn to sunset, allows the appreciation of compassion, patience and gratitude for life.

The breaking of the fast is always a time of great joy, with everyone rushing to get home early to eat together as a family. Mothers take extra care in planning meals, preparing special dishes, drinks, and sweet treats. People take time to go balik kampung (going back to home town) to visit their parents and have buka puasa (breaking the fast) together.

And as the new moon is sighted, signalling the end of Ramadan, families get ready to celebrate Eid al-Fitr with sumptuous spreads of traditional celebratory food such as rendang, ketupat, cookies and kuehs.



Okra Lamb Stew



**Indonesian Vegetable Stew
in Coconut Milk**



Prawn Sambal



**Glutinous Rice Balls
with Savoury Coconut Topping**



**Braised Chicken
with Hot Creamy Coconut Milk**



**Perak Beef Rendang
with Yellow Glutinous Rice**



Sweet Corn Porridge



Coconut Jelly



Stir Fried Spicy Beef



Stir Fried Chicken with Turmeric



Kelantan Flat Rice Noodles
in Fish Gravy



Katira Drink



Terengganu Savoury Cake



Arab Shortbread Cookies

Nutrition (per 1 portion)

Energy: 1986 kJ/474 kcal | **Protein:** 30 g

Carbohydrates: 23 g | **Fat:** 31 g

Sodium: 784 mg | **Saturated Fat:** 7 g | **Dietary fibre:** 7 g



Okra Lamb Stew



Easy



10 min



1 hr 50 min



4 portions

Ingredients

- 1 tsp** black peppercorns
- 1 tsp** cumin seeds
- 1 tsp** coriander seeds
- 1** cinnamon stick
- 1 tsp** cloves
- 200 g** yellow onions, cut in quarters
- 3** garlic cloves
- 3 sprigs** fresh coriander, roots and leaves separated, chopped
- 450 g** tomatoes (approx. 4 tomatoes), cut in cubes (1 cm)
- 60 g** cooking oil
- 600 g** lamb shoulder, cut in cubes (5 cm)
- 100 g** tomato purée
- 200 g** hot water
- 1 tsp** salt
- 1** lemon, juice only
- 300 g** baby okra, frozen or 300 g ladies' fingers, stems trimmed off

Notes



Preparation

1. Place black peppercorns, cumin seeds, coriander seeds, cinnamon stick and cloves in clean and dry mixing bowl, dry roast without measuring cup **5 min/120°C/speed 1**. Let cool for 5 minutes.
2. Grind **2 min/speed 9**. Transfer to a bowl and set aside.
3. Place yellow onions, garlic cloves and coriander roots in mixing bowl, chop **5 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
4. Add tomatoes and cooking oil, sauté **8 min/120°C/speed 1**.
5. Add lamb shoulder cubes, tomato purée, hot water and reserved spice mixture, start **Slow Cook/1 h/98°C**.
6. Add salt, lemon juice and chopped coriander leaves, cook **8 min/Varoma/Reverse/Spoon speed**.
7. Add baby okra, cook **3 min/Varoma/Reverse/Spoon speed**. Let it stand for 5 minutes. Serve warm.

Nutrition (per 1 portion)

Energy: 2736 kJ/654 kcal **Protein:** 18 g

Carbohydrates: 33 g **Fat:** 54 g

Sodium: 1210 mg | **Saturated Fat:** 28 g | **Dietary fibre:** 5 g



Indonesian Vegetable Stew with Coconut Milk



Easy



10 min



45 min



4 portions

Ingredients

20 g garlic cloves

30 g shallots

100 g yellow onion

1 tsp cumin seeds

50 g dried shrimp,
soaked to soften

2 stalks fresh lemongrass,
white parts only

80 g cooking oil

500 g water

50 g carrot, cut in thin strips
(0.5 cm x 4 cm)

100 g jicama (sengkuang),
cut in thin strips (0.5 cm x 4 cm)

2 tsp salt

500 g fresh coconut milk

100 g long beans, cut in
4 cm length

50 g glass noodles,
soaked to soften and drained

100 g dried bean curd sticks (fuchuk),
soaked to soften

100 g tempeh

200 g firm tofu, cut in cubes (2 cm)

2 fresh red chillies, cut in slices

2 fresh green chillies, cut in slices

1 dried tamarind piece (asam keping)

1 tsp ground turmeric

Notes



Preparation

1. Place garlic cloves, shallots, yellow onion, cumin seeds and dried shrimp, chop **5 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
2. Chop **5 sec/speed 5** again. Scrape down sides of mixing bowl with spatula.
3. Add lemongrass, chop **4 sec/Reverse/speed 5**. Scrape down sides of mixing bowl with spatula.
4. Add cooking oil, sauté **5 min/120°C/speed 1**.
5. Add water, carrot strips, jimaca strips and salt, boil **10 min/100°C/Reverse/Spoon speed**.
6. Add coconut milk, long beans, glass noodles, bean curd sticks, tempeh, tofu cubes, red chillies, green chillies, tamarind piece and ground turmeric, heat **10 min/95°C/Reverse/Spoon speed**. Let it stand in mixing bowl for 5 minutes before serving.

Tip

- You may pan-fry tempeh and firm tofu before adding in step 6.

Prawn Sambal

Nutrition (per 1 portion)

Energy: 1889 kJ/452 kcal | **Protein:** 24 g

Carbohydrates: 19 g | **Fat:** 32 g

Sodium: 1344 mg | **Saturated Fat:** 5 g | **Dietary fibre:** 3 g

Prawn Sambal



Easy



5 min



30 min



4 portions

Ingredients

500 g medium-sized prawns, whiskers removed, cleaned and deveined, patted dry with paper towel

100 g cooking oil

30 g dried chillies, deseeded, soaked to soften

100 g shallots

4 garlic cloves

20 g shrimp paste (belacan)

50 g water

20 g palm sugar (gula melaka)

1/2 tsp salt, adjust to taste

10 g tamarind extract

Preparation

1. Place prawns and 20 g cooking oil in mixing bowl, cook **6 min/120°C/Reverse/Spoon speed**. Transfer to a bowl and set aside.
2. Place dried chillies, shallots, garlic cloves, shrimp paste and water, grind **30 sec/speed 10**. Scrape down sides of mixing bowl with spatula.
3. Grind **30 sec/speed 10** again. Scrape down sides of mixing bowl with spatula.
4. Add 80 g cooking oil, sauté **8 min/120°C/speed 1**.
5. Add palm sugar, salt, tamarind extract and reserved prawns, cook **4 min/Varoma/Reverse/Spoon speed**. Let it stand for 5 minutes before serving. Transfer to a serving bowl. Serve hot.

Photo credits: Fifi Leong

Glutinous Rice Balls with Savoury Coconut Topping



Nutrition (per 1 portion)

Energy: 5304 kJ/1269 kcal | **Protein:** 17 g

Carbohydrates: 95 g | **Fat:** 97 g

Sodium: 1045 mg | **Saturated Fat:** 72 g | **Dietary fibre:** 19 g

Glutinous Rice Balls with Savoury Coconut Topping



Easy



5 min



4 hr 40 min



6 portions

Ingredients

Pulut susu

300 g glutinous rice
(pulut susu)

900 g water

500 g fresh coconut
milk

1 tsp salt

2 pandan leaves,
tied into knots

Serunding udang

4 fresh red chillies,
deseeded

2 red bird's eye chillies
(cili padi), deseeded (optional)

50 g dried shrimp, soaked
to soften

1 stalk fresh lemongrass,
white part only

50 g shallots

2 garlic cloves

1/2 tsp ground coriander

1/4 tsp ground cumin

1/4 tsp ground fennel

1/2 tsp salt

300 g fresh grated coconut

70 g cooking oil

Notes



Preparation

Tip

• To serve pulut pagi, you can also coat the glutinous rice balls with serunding udang.

Pulut susu

1. Place a bowl on mixing bowl lid, weigh in glutinous rice and 600 g water. Soak for 4 hours or overnight. Drain through simmering basket. Set aside.
2. Place coconut milk, 300 g water, salt and pandan leaves in mixing bowl, insert simmering basket with soaked glutinous rice, cook **20 min/100°C/speed 3**. Let it stand for 5 minutes. Remove simmering basket with spatula.
3. To shape glutinous rice ball, cut a cling film into 10 cm x 10 cm square sheet and line on the measuring cup. Scoop 2 tablespoon of glutinous rice and place on cling film. Wrap up glutinous rice and twist end of cling film to form a ball shape. Repeat for remaining glutinous rice until finished. Clean mixing bowl.

Serunding udang

4. Place red chillies, bird's eyes chillies, dried shrimp, lemongrass, shallots, garlic cloves, ground coriander, ground cumin, ground fennel and salt in mixing bowl, chop **4 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
5. Chop **4 sec/speed 6** again. Scrape down sides of mixing bowl with spatula.
6. Add grated coconut and oil, sauté without measuring cup **6 min/120°C/speed 1**, prolong cooking time if necessary until golden brown. Transfer to a bowl. Unwrap reserved glutinous rice balls and top with a tablespoon of serunding udang. Serve immediately.



Nutrition (per 1 portion)

Energy: 2119 kJ/507 kcal | **Protein:** 48 g

Carbohydrates: 41 g | **Fat:** 18 g

Sodium: 763 mg | **Saturated Fat:** 12 g | **Dietary fibre:** 7 g

Braised Chicken
with Hot Creamy Coconut Milk

Photo credits: Fifi Leong

Braised Chicken with Hot Creamy Coconut Milk



Easy



5 min



35 min



4 portions

Ingredients

12 bird's eye chillies
(cili padi), deseeded

4 garlic cloves

50 g shallots

30 g fresh tumeric

2 stalks fresh lemongrass,
white part only

200 g fresh coconut milk

200 g water

1 tsp salt

800 g chicken, with skin
and bones, cut in pieces (5 cm)

1 dried tamarind piece (asam keping)

300 g baby potatoes, cut in
quarters or **300 g** Russet potatoes,
cut in chunks (3 cm)

50 g fresh basil leaves

Notes





Preparation

1. Place bird's eyes chillies, garlic cloves, shallots and turmeric in mixing bowl, chop **4 sec/speed 8**. Scrape down sides of mixing bowl with spatula.
2. Chop **4 sec/speed 8** again. Scrape down sides of mixing bowl with spatula.
3. Add lemongrass, chop **5 sec/Reverse/speed 4**. Scrape down sides of mixing bowl with spatula.
4. Add coconut milk, water, salt and chicken, cook **10 min/98°C/Reverse/Spoon speed**.
5. Add tamarind piece, potatoes and basil leaves, **10 min/98°C/Reverse/Spoon speed**. Let it stand for 5 minutes. Transfer to a serving bowl. Serve hot

Tip

• For less spicy version, reduce bird's eye chillies to 6 pieces and add 6 fresh red chillies in step 1.



Nutrition (per 1 portion)

Energy: 5041 kJ/1206 kcal | **Protein:** 47 g

Carbohydrates: 103 g | **Fat:** 72 g

Sodium: 1209 mg | **Saturated Fat:** 57 g | **Dietary fibre:** 11 g



**Perak Beef Rendang
with Yellow Glutinous Rice**

Perak Beef Rendang with Yellow Glutinous Rice



Easy



15 min



2 hr 45 min



6 portions

Ingredients

Pulut kunyit

500 g glutinous rice
(rinsed)

1000 g water

1 tsp ground tumeric

Rendang Tok

1250 g fresh coconut milk

2½ tsp salt

1 tbsp sugar

2 tbsp coriander seeds

1 tsp cumin seeds

1 tsp fennel seeds

1 tsp black peppercorns

4 cloves

1 star anise

15 dried chillies, deseeded,
soaked to soften

100 g shallots

2 garlic cloves

15 g fresh ginger

2 dried tamarind pieces
(asam keping)

2 tsp salt

2 pandan leaves,
tied into knots

20 g fresh turmeric

20 g fresh galangal

3 stalks fresh lemongrass,
white part only

50 g water

100 g toasted coconut paste
(kerisik) (see tips)

2 dried bay leaves

5 kaffir lime leaves

30 g virgin coconut oil

1000 g beef chuck,
cut in 5 cm cubes

1 sprig fresh coriander,
chopped, to garnish

Notes



Preparation

Tip

• To make your own coconut paste, toast 300 g of grated coconut (fresh or frozen) in a preheated oven (160°C) for 30 minutes until golden brown. Scrape at interval of 15 minutes. Transfer to mixing bowl, grind **30 sec/speed 10** to release oil and become moist. Scrape down sides of mixing bowl with spatula. Repeat milling step for 3 times.

Pulut kunyit

1. Place a bowl mixing bowl lid, weigh in glutinous rice and water. Add ground turmeric, tamarind pieces, salt and pandan leaves to the bowl. Mix and set aside to soak for at least 1 hour or overnight. Drain through Varoma dish and place pandan leaves on top of soaked glutinous rice, making sure that some holes are remain unobstructed. Close Varoma lid and set aside.

Rendang Tok

2. Place a bowl on mixing bowl lid, weigh in 250 g coconut milk. Add 1 tsp salt and sugar to the bowl. Mix and set aside. Place coriander seeds, cumin seeds, fennel seeds, black peppercorns, cloves and star anise in mixing bowl, dry roast without measuring cup **5 min/120°C/speed 1**. Let it cool for 5 minutes.

3. Grind **1 min 30 sec/speed 9**. Scrape down sides of mixing bowl with spatula.

4. Add dried chillies, shallots, garlic cloves, ginger, turmeric, galangal, lemongrass and water, blend **30 sec/speed 10**. Scrape down sides of mixing bowl with spatula.

5. Add coconut paste, 500 g coconut milk, bay leaves, kaffir lime leaves, 1½ tsp salt and coconut oil, set prepared Varoma into position, cook **20 min/Varoma/speed 1**. Remove Varoma and set aside. **Carefully open Varoma lid**, transfer steamed rice to the bowl with coconut milk mixture.

6. Add 500 g coconut milk and beef chucks to mixing bowl, set Varoma dish in position, insert the bowl with rice. Close Varoma lid and cook **45 min/Varoma/Reverse/Spoon speed**. Remove Varoma and set aside.

7. Cook **10 min/Varoma/Reverse/Spoon speed** until the beef is soft and tender. Let it stand for 5 minutes. Transfer to a serving bowl. Garnish with chopped coriander. Serve hot with steamed glutinous rice.



Nutrition (per 1 portion)

Energy: 936 kJ/224 kcal | **Protein:** 2 g

Carbohydrates: 32 g | **Fat:** 12 g

Sodium: 280 mg | **Saturated Fat:** 9 g | **Dietary fibre:** 1 g

Sweet Corn Porridge



Easy



5 min



30 min



4 portions

Ingredients

250 g sweet corn kernels

50 g raw cane sugar

50 g palm sugar (gula melaka)

200 g coconut cream

300 g water

1 tbsp small sagos

1/4 tsp salt

2 pandan leaves, tied into knots

Tip

• You can also add 1 tbsp of rinsed small sago and 100 g water in step 2.

Preparation

1. Place 200 g sweet corn kernels in mixing bowl, grind **Turbo/1 sec/1 time**.

2. Add 50 g sweet corn kernels, cane sugar, palm sugar, coconut cream, water, sagos, salt and pandan leaves, cook **20 min/90°C/speed 1**. Serve hot.

Nutrition (per 1 portion)

Energy: 527 kJ/126 kcal | **Protein:** 1 g

Carbohydrates: 12 g | **Fat:** 9 g

Sodium: 35 mg | **Saturated Fat:** 8 g | **Dietary fibre:** 3 g



Coconut Jelly



Easy



5 min



3 hr 15 min



13 jars

Ingredients

2 fresh young coconuts

700-800 g water

1½-2 tsp agar-agar powder

100-200 g sugar

2 pandan leaves, tied into a knot

Tip

• The texture of coconut jelly should be soft and wobbly.

Preparation

1. Separate coconut water and coconut flesh.
2. Place coconut water in mixing bowl, without taring the weighing scale and top up with water to 1500 g.
3. Add agar-agar powder, sugar and pandan leaves, cook **10 min/98°C/speed 1**. Meanwhile, cut reserved coconut flesh in thin strips. Arrange coconut strips in 13 glass jars (120 g each). Discard pandan leaves. Transfer to prepared glass jars and let them cool completely. Refrigerate for at least 3 hours. Serve chilled.

Nutrition (per 1 portion)

Energy: 1321 kJ/316 kcal | **Protein:** 27 g

Carbohydrates: 5 g | **Fat:** 21 g

Sodium: 345 mg | **Saturated Fat:** 5 g | **Dietary fibre:** 1 g



Stir Fried Spicy Beef



Easy



5 min



20 min



4 portions

Ingredients

350 g beef tenderloin,
cut in thin slices

1/2 tsp salt

1 tsp ground turmeric

2 tsp coriander seeds

1/2 tsp cumin seeds

1/2 tsp fennel seeds

50 g cooking oil

2 garlic cloves, cut in
thin slices

150 g yellow onion, cut in
thin slices

Preparation

1. Place a bowl on mixing bowl lid, weigh in beef. Add salt and ground turmeric to the bowl. Mix and set aside.
2. Place coriander seeds, cumin seeds and fennel seeds in clean and dry mixing bowl, dry roast without measuring cup **5 min/120°C/speed 1**. Let it cool for 3 minutes.
3. Grind **1 min/speed 8**. Scrape down sides of mixing bowl with spatula.
4. Add oil, garlic slices and reserved beef, cook **5 min/Varoma/Reverse/Spoon speed**.
5. Add onion, cook **3 min/Varoma/Reverse/Spoon speed**. Transfer to a serving bowl. Serve hot.

Nutrition (per 1 portion)

Energy: 1036 kJ/247 kcal | **Protein:** 25 g

Carbohydrates: 6 g | **Fat:** 13 g

Sodium: 720 mg | **Saturated Fat:** 2 g | **Dietary fibre:** 1 g



Stir Fried Chicken with Turmeric



Easy



5 min



15 min



4 portions

Ingredients

350 g whole chicken legs,
boneless, cut in pieces (4 cm)

1 tsp salt

1/2 tsp ground turmeric

30 g cooking oil

4 garlic cloves, thinly sliced

1 fresh red chilli,
diagonally sliced

1 fresh green chilli,
diagonally sliced

100 g cauliflower florets

50 g carrot, cut in thin
strips

100 g long beans, cut in
3 cm length

Preparation

1. Place a bowl on mixing bowl lid, weigh in chicken. Add salt and ground turmeric to the bowl. Mix and set aside.

2. Place cooking oil, garlic slices, red chilli slices and green chilli slices in mixing bowl, sauté **3 min/120°C/Reverse/Spoon speed.**

3. Add reserved marinated chicken, stir fry **3 min/Varoma/Reverse/Spoon speed.**

4. Add cauliflower florets, carrot and long beans, stir fry **4 min/Varoma/Reverse/Spoon speed.** Serve hot.

Nutrition (per 1 portion)

Energy: 4080 kJ/975 kcal | **Protein:** 63 g

Carbohydrates: 125 g | **Fat:** 23 g

Sodium: 2768 mg | **Saturated Fat:** 15 g | **Dietary fibre:** 4 g

Kelantan Flat Rice Noodles in Fish Gravy



Kelantan Flat Rice Noodles in Fish Gravy



Easy



10 min



2 hr 25 min



4 portions

Ingredients

Rice rolls

oil, for greasing

500 g hot water

500 g white rice flour

80 g plain flour

1250 g water

1 tsp salt

Coconut gravy

700 g water

1000 g whole mackerel
(ikan kembong), gutted
and descaled

50 g shallots

4 garlic cloves

10 g fresh ginger

10 g shrimp paste (belacan)

3 dried tamarind pieces
(asam keping)

300 g coconut milk

2 tsp sugar, adjust to taste
(optional)

3 tsp salt, adjust to taste

1/2 tsp ground black pepper

40 g long beans, thinly sliced

50 g fresh mung bean sprouts

1 torch lily (bunga kantan),
bud only, shredded

Notes



Tip

• Best served with sambal chilli belacan or chopped bird's eye chillies (cili padi) with soy sauce.

• For a faster version, replace rice rolls with store-bought fresh thick rice noodles (laksa noodles) and continue with recipe from step 4.

Preparation

Rice rolls

1. Lightly grease 2 round steaming trays (Ø 20 cm). Place a bowl on mixing bowl lid, weigh in hot water, set aside.
2. Place white rice flour, plain flour, 450 g water and salt in mixing bowl, blend **1 min/speed 5**. Meanwhile, pour hot water slowly onto mixing bowl lid, let it drizzle around measuring cup in a thin stream onto rotating blades. Transfer to a pouring jug and set aside. Clean mixing bowl.
3. Place 800 g water in mixing bowl, boil **10 min/Varoma/speed 1**. Set Varoma dish into position, insert 1 prepared tray, weigh in 60 g reserved batter, close Varoma lid and steam **4 min/Varoma/speed 2**. Remove the tray with steamed rice pancake. Scrape out with spoon and roll into a log shape, transfer to a plate. Rotate another prepared tray and repeat the steps until all batter is finished. Let cool completely and cut into 2 cm pieces.

Coconut gravy

4. Place water and mackerel in mixing bowl, cook **8 min/100°C/Reverse/Spoon speed**. Transfer boiled mackerel to a bowl and set aside to cool. Keep boiled water in mixing bowl. Separate fish flesh from the bone.
5. Add fish bones to mixing bowl, blend **30 sec/speed 10**. Strain with a fine mesh strainer and set aside. Rinse mixing bowl.
6. Place shallots, garlic cloves, ginger and shrimp paste in mixing bowl, chop **10 sec/speed 8**. Scrape down sides of mixing bowl with spatula.
7. Add reserved fish flesh, tamarind pieces, coconut milk, sugar, salt and ground black pepper, cook **10 min/98°C/speed 2** until sauce has thickened. Transfer to a bowl and set aside. In a serving plate, place a portion of rice rolls, scoop a ladle of coconut gravy, top with thinly sliced long bean, mung bean sprouts and shredded lily bud. Serve hot.



Nutrition (per 1 portion)

Energy: 972 kJ/232 kcal | **Protein:** 4 g

Carbohydrates: 50 g | **Fat:** 4 g

Sodium: 12 mg | **Dietary fibre:** 7 g

Katira Drink



Easy



5 min



10 min



6 glasses

Ingredients

50 g raisins

11 Medjool dates, pitted

50 g cashew nuts

50 g instant rolled oats

375 g full cream evaporated milk (approx. 1 can)

1 tbsp basil seeds, soaked for 1 hour

1 tbsp malva nuts (kembang semangkok), soaked for 1 hour

1 tbsp gond katira (tragacanth gum), soaked for 1 hour

1000 g filtered water, cold

100 g honey

Preparation

1. Place raisins and 5 medjool dates in mixing bowl, chop **4 sec/speed 6**. Transfer to a bowl and set aside.
2. Place cashew nuts, rolled oats, 6 medjool dates and evaporated milk, blend **1 min/speed 10**. Scrape down sides of mixing bowl with spatula.
3. Add soaked basil seeds, soaked malva nuts and soaked gond katira, reserved chopped raisin-date mixture, water and honey, mix **30 sec/speed 10**. Serve chilled.

Tip

• Gond katira is a natural gum obtained from the dried sap of several species of Middle Eastern legumes.

• Gond katira is a powerful antioxidant and serves for several health benefits, such as boost immunity and recovery, ease constipation, improve skin health condition etc.

Nutrition (per 1 portion)

Energy: 451 kJ/107 kcal | **Protein:** 3 g

Carbohydrates: 29 g | **Fat:** 15 g

Sodium: 1 mg | **Saturated Fat:** 9 g



Terengganu Savoury Cake



Easy



5 min



50 min



16 pieces

Ingredients

200 g plain flour

50 g sugar

1/2 tsp rock salt

1 tsp lye water

750 g water

100 g shallot oil, plus **2 tbsp** for greasing (see tips)

20 g ghee

Tip

• Refer to Cookidoo® for the Shallot Oil recipe.

Preparation

1. Place plain flour, sugar, salt, lye water and water in mixing bowl, cook without measuring cup **25 min/100°C/speed 3**. Meanwhile, grease a square tin (20 cm x 20 cm) with 2 tbsp shallot oil. Set aside.

2. Add 50 g shallot oil and ghee, mix **2 min/speed 4**. Transfer to prepared square tin. Flatten mixture surface with spatula and pour remaining shallot oil on top of mixture. Let it cool completely. Cut into pieces (5 cm x 5 cm) and serve.

Nutrition (per 1 portion)

Energy: 94 kJ/22 kcal | **Carbohydrates:** 2 g | **Fat:** 1 g



Arab Shortbread Cookies



Easy



5 min



30 min



190 pieces

Ingredients

500 g plain flour

90 g icing sugar

200 g ghee

50 g butter, softened at room temperature

Tip

• To get light and fluffy biscuits, bake plain flour in oven for 10 minutes (160°C). Let them cool completely before step 1.

Preparation

1. Place plain flour and icing sugar in mixing bowl, mix **Turbo/2 sec/2 times**. Scrape down sides of mixing bowl with spatula.
2. Add ghee and butter, knead **Dough Mode/1 min**. Transfer dough to a bowl.
3. Preheat oven to 150°C. Line a baking tray with parchment paper. Pinch together 1 tsp of dough and roll into a small ball (Ø 2 cm). Place ball-shaped doughs on prepared tray with a gap of 2.5 cm apart.
4. Bake on middle rack for 20 minutes (150 °C) until light golden. Let them cool completely before serving or store in an airtight jar.

Let's Celebrate *Eid Al-Fitr*

with **Thermomix®**



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