

The
(very first)
Cookswell Cookbook



Welcome to our very first Cookswell Cookbook! We are excited to share a collection of our favorite “go-to” recipes for you to practice and perfect in your Cookswell Oven.

It's time to tie on your apron and give of these recipes a try in your oven or on your hibachi grill. All have been tried and tested and very well sampled by the Cookswell Team!

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Quick Bread Rolls
Veggie Pies

MAINS

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Amaranth Mushroom Quiche
A Pizza Parade
Swahili Samaki

DESSERTS

Gooey Chocolate Brownies
Strawberry Tarts
Mum's Cinnamon Rolls



Our featured Chef is Mr. Vincent Masheti – a Cookswell Jiko oven specialist! Vincent comes from Kakamega County and is a self-trained chef. He lives in Nairobi where he prepares food for large parties and many guests. He is very familiar with many cuisines and loves cookbooks.

“The Cookswell Ovens are beyond my imagination as I didn't realize all the many ways that a chef can cook with them. And they are so economical, using very little charcoal for the duration of a heavy cooking day!”

STARTERS

A collection of easy to prep, quick and creative recipes that are a perfect match for any meal.

CHAPATI TREASURES

PREP TIME: 20 mins

COOK TIME: 10 mins

SERVES: 5

In the rare case that you might have left over chapatis, cut into quarters and sprinkle with cheese. Roast chapatis in the oven until very brown and crisp.

Optional kachumbari topping:

Finely dice 3 tomatoes, 1 onion, a few sprigs of dhania and spicy peppers to taste. Mix in a bowl with a healthy squeeze of lemon juice, salt and pepper to taste. Best served with a cold Tusker on a sunny afternoon.

QUICK BREAD ROLLS

PREP TIME: 2.5 hours

COOK TIME: 20 mins

SERVES: 10

INGREDIENTS

2½ cups flour

1/4 teaspoon yeast

Pinch of salt

Pinch of sugar

1¼ cups lukewarm water

METHOD

Mix flour and salt in a bowl.



Add yeast and sugar to lukewarm water and let sit for 2 minutes. Make a well in the flour and pour in water/ yeast mix, combining to form a wet dough. Place the dough in a warm spot and let this rise for 1-2 hours.

Separate mix into 6 equal portions and roll into round dough ball.

Place on a well-floured baking tray and cook in a hot Cookswell oven for 15-20 mins. Serve piping hot with a large pat of butter.

STARTERS

VEGGIE PIES

PREP TIME: 1.5 Hours

COOK TIME: 40 Mins

SERVES: 6

INGREDIENTS

3 grated carrots, medium sized
1 cup of chopped cabbage
1/2 small broccoli or cauliflower
6 spring onions, diced
1/2 cup cooked and drained beans
2 eggs for egg wash

Pastry:

3 tablespoons unsalted butter
1 egg
1/2 cup flour
1 teaspoon sugar
A splash of milk

Knead ingredients together until dough doesn't stick on hands or the bowl. Wrap, refrigerate for an hour.

METHOD

Knead the pastry until it is soft (after being in the fridge). Roll out into small circles, about 10cm diameter, and brush with a beaten egg. Place veggies in the middle, leaving space around the circle. Don't overfill! Fold in half and seal with a fork so it resembles a half moon. Brush the top with an egg and sprinkle with sesame seeds.

Bake on medium heat until brown on top and delicious-looking, about 40 minutes.



MAINS

Showstoppers and standard recipes for all occasions!

HONEY MUSTARD CHICKEN KEBABS

INGREDIENTS

Chicken and Marinade:

4 boneless skinless chicken breasts, diced
1/2 cup pineapple juice (orange juice may be substituted)
1/3 cup yellow mustard
1/4 cup honey
1 to 2 tablespoons olive oil, optional (keeps chicken from sticking to grill)
1/2 teaspoon cayenne pepper
1/2 teaspoon cumin
1/2 teaspoon salt, or to taste
1/2 teaspoon ground pepper, or to taste
3 cloves garlic, crushed

Veggies:

1 zucchini
2 large red bell peppers, seeded and diced into 1 inch pieces
1 large onion, chopped into 1 inch 'stacks' of a few pieces of onion

Special Equipment:

wooden skewers, soaked for at least 20 minutes prior to grilling, or metal oven-safe skewers (make sure they fit before stacking!)

METHOD

Cut chicken in small pieces, about 1.5 inch cubes.

In a medium bowl, whisk together all ingredients except chicken. Add the chicken to the bowl so marinade covers each piece of chicken. Cover (preferably with a beeswax food wrap) and place in fridge. Marinate for at least 2 hours.

Heat your Cookswell oven. Remove chicken from fridge and thread on wooden skewers. On each skewer add 2 pieces chicken, 2 pieces of zucchini, 1 stack of onion, use whatever ordering is desired.

Continue threading the skewers until all chicken and vegetables have been used. Save leftover marinade for basting.

Place chicken skewers on grill and turn every couple of minutes or so while brushing on some marinade. Grill until chicken is cooked through, about 15-20 minutes. Garnish with cilantro and serve. Cook with soul. Eat with pleasure!



AMARANTH MUSHROOM QUICHE

PREP TIME: 1.5 Hours

COOK TIME: 40 Mins

SERVES: 8

INGREDIENTS

Crust:

3/4 cup flour
3 tablespoons butter
1 egg, beaten
A pinch of salt
A splash of milk

Filling:

1 medium onion, chopped finely
2 cloves garlic, chopped finely
1 punnet of mushrooms, diced
1 large bunch of chopped amaranth
(or leafy greens of your choice)
4 large eggs
1/2 cup milk

METHOD

Prepare the veggie filling: fry onion and garlic in butter until soft and slightly caramelized. Sauté mushrooms well, until moisture is mostly gone. Sauté greens in olive oil until well-cooked and tender.

Mix all the crust ingredients together, roll out to about 1cm thick, and put in a medium pie dish. Sprinkle in veggie mix. Beat together eggs and milk until well mixed, then pour over veggies. Sprinkle with parmesan (or other cheese) and bake in oven on medium heat for about 40 minutes until cooked, but not too dry, in the middle.



MAINS

A PIZZA PARADE

PREP TIME: 1.5 Hours

COOK TIME: 8 Mins

SERVES: 12

INGREDIENTS

Crust: (makes 4 pizzas):

4 cups all purpose flour

1 teaspoon sugar

1 tablespoon instant dry yeast

1 tablespoon canola oil

Pizza Sauce:

1 ½ kg fresh tomatoes, peeled and chopped

1 medium onion, chopped

3 cloves garlic

Toppings:

We highly encourage you to get creative here. Use any assortment of diced vegetables or your favorite meat treats. Some inspiration: cheese, mushrooms, zucchini, cauliflower, peppers, black olives, pepperoni, ground beef...!

METHOD

Prepare the crust: mix flour, sugar and yeast until mixture binds and doesn't stick to bowl. Knead in oil until well mixed. Form a ball, sprinkle with a little flour. Cover and let rise for about an hour.

Prepare the sauce: fry garlic and onion together until soft. Add tomatoes. Cook on high heat mixing constantly about 5 minutes. Reduce heat to very low and cook until all ingredients are reduced and a thick sauce remains.

Roll out the dough and place on oiled baking sheets or sufuria lids and pre-cook in oven at medium heat about 8 minutes until firm (if oven is really hot, less time). Watch carefully so crust doesn't burn.

Add charcoal until the oven is very hot. Apply a thin even layer of pizza sauce to the pre-cooked crust, then scatter toppings evenly across the pizzas.



MAINS

SWAHILI SAMAKI

PREP TIME: 1.5 Hours

COOK TIME: 35 Mins

SERVES: 4

INGREDIENTS

6 large banana leaves
1 kilo firm white fish fillets, washed and deboned
6 spring onions, finely diced
4 tablespoons dill
4 tablespoons rosemary
4 tablespoons dhania
1 cup of heavy cream, (or mix half & half with sour cream)
Slight pinch of salt and pepper
Chili powder to taste

METHOD

Cut banana leaves into rectangles approximately 20cm x 30 cm. Layer in a pot of boiling water, and gently boil for about 6 minutes to soften and increase flexibility.

Combine onions, spices and cream in a medium sized bowl. Dip each piece of fish into this mix, and use any remaining to baste the fish before wrapping in the leaf.

Place pieces of fish in the center of each banana leaf rectangle. Wrap up firmly like a gift and tie with 'string' strips torn from the leaves or bark.

Bake in medium oven for 30 minutes in lightly oiled pan. Fish is done when flaky but still moist. Service piping hot, still enveloped in the leaf packet.



DESSERTS

Round out your jiko repertoire with some tasty sweets!

CHOCOLATE BROWNIES

PREP TIME: 1.5 hours

COOK TIME: 30 mins

SERVES: 10

INGREDIENTS

1 & 1/4 cups all-purpose flour

1 teaspoon salt

2 tablespoons cocoa powder

(we use cadbury cocoa)

300g dark chocolate, coarsely chopped.

1 cup (225 g) unsalted butter, cut into 1-inch pieces

1 teaspoon instant coffee powder*

*optional- it brings out the chocolatey taste

2 teaspoons vanilla extract

1 & 1/2 cups granulated sugar

1/2 cup packed light brown sugar

4 eggs

8 Manji NICE biscuits, (or any tennis biscuit) crushed to form a fine crumb

METHOD

Preheat your Cookswell oven. Grease a 22x30cm glass or tin baking pan. Line the pan with parchment paper.

In a medium bowl, whisk the flour, salt, and cocoa powder together.

Put the chocolate, butter and instant espresso powder in a large heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally, until the chocolate and butter are completely melted and smooth. Add the vanilla and stir until combined.

Turn off the heat, but keep the bowl over the water and add the sugars, mixing until smooth. Remove and let the mixture cool to room temperature.

Add eggs to the chocolate mixture one at a time and whisk until combined.

Pour the flour combo over the chocolate mixture. Using a rubber spatula (not a beater) fold the flour mixture into the chocolate until just a bit of the flour mixture is visible. Then pour the biscuit crumbs into this and mix until all ingredients are just combined.

Pour the batter into the prepared pan and smooth the top.

Bake, rotating the pan halfway through baking (~15 mins). Remove when the mixture is no longer wobbly when shaken and has a crust on top, about 30 minutes. To ensure that the brownies stay gooey you don't want to overcook them! Let the brownies cool completely in the pan, then lift them out of the pan using the parchment paper. Cut into squares and serve.

STRAWBERRY TARTS

PREP TIME: 2 hours

COOK TIME: 40 mins

SERVES: 8

INGREDIENTS

1 punnet fresh strawberries
3 tablespoons sugar
1 teaspoon cinnamon

Pastry:

3 tablespoons unsalted butter
1 egg
1/2 cup flour
1 teaspoon sugar
A splash of milk

Knead ingredients together until dough doesn't stick on hands or the bowl. Wrap, refrigerate for an hour.

METHOD

Wash and de-stem strawberries, cut into halves, lengthwise. Mix with sugar and cinnamon in a bowl, stir well. Let sit for about an hour.

Preheat oven to around 140 degrees (medium heat). Grease and lightly flour the muffin tins. Roll out dough to about 1 cm thick rounds, place into muffin tin cups. Place strawberries into dough cups, very gently, filling to the top.

Bake about 40 minutes, turning occasionally, watching for the edges of pastry to be light brown. The dough should only be lightly browned, strawberries juicy and remaining moist.

Remove from oven, cool completely, - leave plain for delicious eating, or dress with whipping cream or ice cream.

Many kinds of fruit can be substituted for strawberries. Cut fruit into small or bite sized pieces and adjust cooking time as needed.



MUM'S CINNAMON ROLLS

PREP TIME: 3 hours

COOK TIME: 20 mins

SERVES: 8

INGREDIENTS

Dough

1/2 cup butter
1/2 cup granulated sugar
1 teaspoon salt
1/2 cup mashed potatoes (2 medium sized potatoes)
1 egg
1 envelope yeast (2 ¼ tsp)
1/2 cup lukewarm water
1/4 cup milk
4-6 cups all purpose flour

Sugar Filling

3/4 cup brown sugar
1 & 1/2 teaspoons of cinnamon powder
4 tablespoons melted butter
3/4 cups chopped dark chocolate (80g bar) optional – but tasty!

Cream Cheese Frosting

4 tablespoons softened butter
225grams cream cheese
3 cups icing sugar
1/3 cup milk
1 teaspoon vanilla extract

METHOD

Mix butter, salt and sugar in a large bowl. Add in eggs and beat until combined. Add mashed potato, yeast, milk and water to the mixture and combine. Stir in the flour, one cup at a time until dough can be handled.

Knead the dough until springy and soft, and let it rise in a warm place for approximately 1 hour.

Pre-heat your Cookswell oven to medium heat. Once dough has risen, punch down and roll out onto a floured surface into a 30x 45cm rectangle. Brush the top with melted butter and sprinkle the sugar and cinnamon evenly across the surface, leaving a ½ inch space on the edges. If using chocolate, add here.

Roll the dough (length wise) to form a long “sausage” shape. Cut into 5cm thick rolls and fit neatly into a baking tray. Place in Cookswell oven for 20 minutes until golden brown.

While the rolls are cooking, prepare the cream cheese frosting. Cream together butter and cream cheese until smooth. Add salt, milk and vanilla extract, then mix in the icing sugar one cup at a time until smooth frosting is formed. Drizzle across top of warm freshly cooked cinnamon rolls.



COOKSWELL OVEN COOKING TIPS

Begin cooking when the coals are lit. The charcoal should look grey and there is no smoking. Close small air inlet doors according to the amount of heat needed – (open for more heat, close for lower heat). The oven works convectionally, so ensure that you leave ample space around your dishes and that they don't touch the sides or top of the oven.

Be economical: don't overfill your pottery liners with charcoal. Slowly add more later if you need to.

If you are done cooking, leave the doors open to let the oven slowly cool down. When the doors and grill are warm to the touch, use our eco-friendly cleaning products in the Safi Set to keep your oven nice and clean. This reduces wear and tear, as well as keeps dishes from retaining a smoky flavor.

With practice, you'll develop a natural flair for cooking on your oven!



Visit us online to see the full range of available ovens, bbqs and accessories.

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