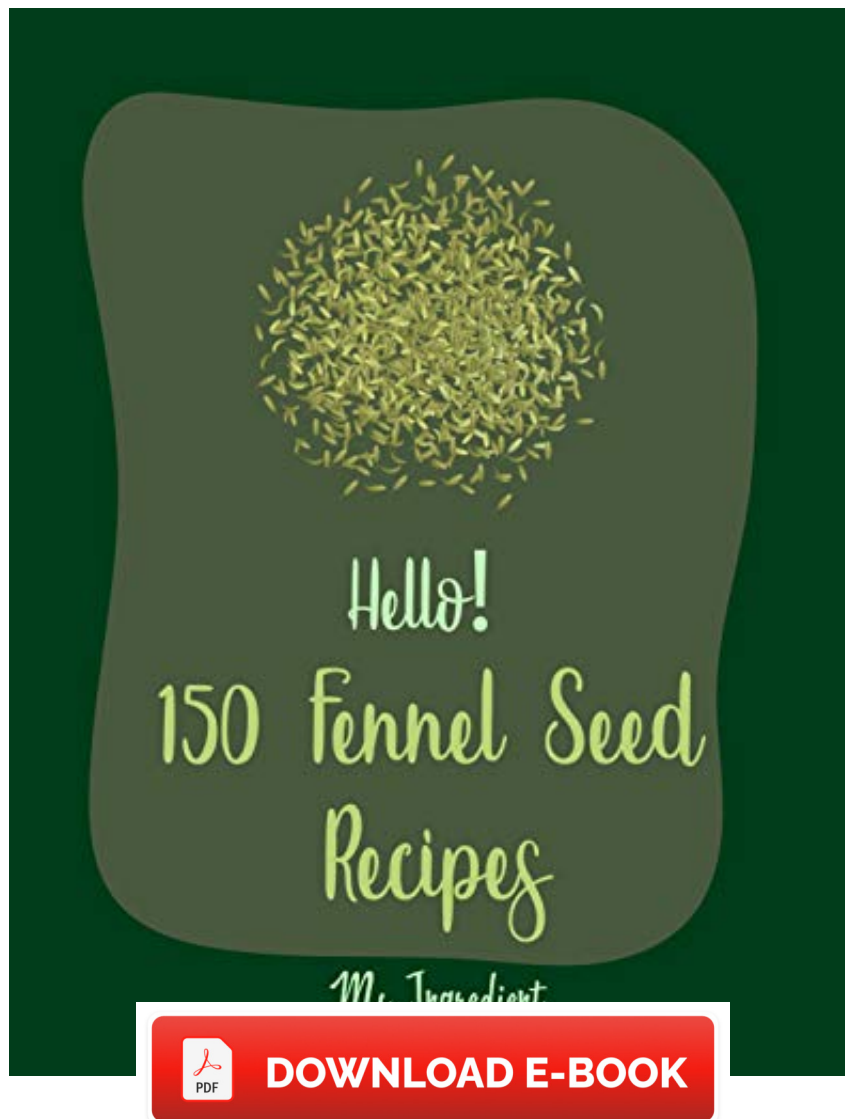


The book was found

Hello! 150 Fennel Seed Recipes: Best Fennel Seed Cookbook Ever For Beginners [Vegan Curry Cookbook, Flax Seed Cookbook, Chicken Parmesan Recipe, Beef Pot Roast Recipe, Japanese Curry Recipe] [Book 1]

by  
Ms. Ingredient



## Synopsis

Cooking is An Edible Form of Love!)& ') Read this book for FREE on the Kindle Unlimited NOW ~ DOWNLOAD FREE eBook (PDF) included ILLUSTRATIONS of 150 Fennel Seed Recipes right after conclusion! ')& ')Whomever you cook for - like for family, friends, or even yourself - you'll surely have fun doing it. It's satisfying to see how the combination of various spices, meat, and vegetables yield an awesome flavor. From cutting to cooking them, the whole process is nothing but pure joy. Cooking calls for creativity. The kitchen is your stage. Own it! Use your imagination with a twist to whip up a meal bursting with flavors! Right? Let's discover the book "Hello! 150 Fennel Seed Recipes: Best Fennel Seed Cookbook Ever For Beginners" with the following parts right now 150 Amazing Fennel Seed Recipes Cooking is not for everyone. But people who are passionate about cooking, including their families, are fortunate indeed. It spreads happiness around. Do you love cooking? Sustain your passion, it's the best feeling ever! When combined with love, cooking feeds the soul... There are more recipe types for other Ingredients in the series such as: Cheese Recipes Butter Recipes Red Wine Recipes Cajun Spice Recipes Mayonnaise Recipes Vegan Curry Cookbook Flax Seed Cookbook Chicken Breast Recipes Chicken Parmesan Recipe Chicken Wing Recipes Beef Pot Roast Recipe Japanese Curry Recipe...') Purchase the Print Edition & RECEIVE a digital copy FREE via Kindle MatchBook ') Thank you for your support and for choosing "Hello! 150 Fennel Seed Recipes: Best Fennel Seed Cookbook Ever For Beginners". Let this be an inspiration when preparing food in your kitchen with your love ones. It would be lovely to know your cooking story in the comments sections below.

## Look inside the book

About 22 Authors• Appetizer and Snack Recipes• BBQ & Grilling Recipes• Bread Recipes• Breakfast and Brunch Recipes• Dessert Recipes• Dinner Recipes• Drink Recipes• Everyday Cooking Recipes• Fruit and Vegetable Recipes• Healthy Recipes• Holiday Food Recipes• {Cooking by Ingredient Recipes}• Lunch Recipes• Main Dish Recipes• Meat and Poultry Recipes• Pasta and Noodles Recipes• Salad Recipes• Seafood Recipes• Side Dish Recipes• Soup and Stew Recipes• U.S.A Recipes• World Cuisine Recipes:Hello! 150 Fennel Seed Recipes(Fennel Seed Recipes - Volume 1)Best Fennel Seed Cookbook Ever For BeginnersMs. Ingredient Copyright: Published in the United States by Ms. Ingredient/ © MS. INGREDIENTPublished on October, 29 2019All rights reserved. No part of this publication may be reproduced, stored in retrieval system, copied in any form or by any means, electronic, mechanical, photocopying, recording or otherwise transmitted without written permission from the publisher. Please do not participate in or encourage piracy of this material in any way. You must not circulate this book in any format. MS. INGREDIENT does not control or direct users' actions and is not responsible for the information or content shared, harm and/or actions of the book readers.In accordance with the U.S. Copyright Act of 1976, the scanning, uploading and electronic sharing of any part of this book without the permission of the publisher constitute unlawful piracy and theft of the author's intellectual property. If you would like to use material from the book (other than just simply for reviewing the book), prior permission must be obtained by contacting the author at msingredient@mrandmscooking.com Thank you for your support of the author's rights. Get Started with 2 AWESOME GiftBONUS #1: Backyard Ideas For Fun And FrolicBackyard Ideas For Fun And Frolic (eBook – PDF) BONUS #2: FREE PDF - INCLUDING A FULL OF PHOTOS FOR EVERY RECIPES!Follow the instructions at the end to receive this eBook FREE! (eBook – PDF) Content Get Started with 2 AWESOME GiftBONUS #1: Backyard Ideas For Fun And FrolicBONUS #2: FREE PDF - INCLUDING A FULL OF PHOTOS FOR EVERY RECIPES! ContentIntroductionList of Abbreviations150 Amazing Fennel Seed Recipes1. Acorn Squash With Rice And Arugula Stuffing2. Amazingly Simple Tomato Sauce3. Ann's Christmas Eve Bouillabaisse4. Asparagus Soup 15. Azalina's Mint Chicken Curry6. Babel's Smoked Baby Back Pork Ribs7. Bacon-bison Chili8. Baked Cod With Tomatoes9. Banana Malpua (fried Indian Pancake For Diwali)10. Bandito Beans11. Barley And Wild Rice Stuffing12. Batata Nu Shak (potato Curry)13. Bengali 5-spice14. Bittersweet Pumpnickel Bread15. Bomba Calabrese (spicy Calabrian Pepper Spread)16. Brined Pork And Sauerkraut17. Broccoli, Leek, And Potato Soup18. Canadian Pork Loin Chops19. Caribbean Fish With Mango Salsa20. Carrot And Fennel21. Carrot Fennel Mystery Soup22. Chandra Chai Moon Tea23. Chef John's Baby Porchetta24. Chef John's Breakfast Sausage Patties25. Chef John's Porchetta26. Chef John's Pork And Beans And Greens27. Chettinad-style Chicken28. Chicken Sausage Heroes29. Chinese Roasted Chicken30. Chinese-style Five Spice Rub31. Creamed German Chicken32. Creamy Tomato Bisque33. Crispy Roasted Chicken34. Crispy Smoked Chicken Wings35. Dad's Ultimate Pizza Sauce36. Day After Thanksgiving Turkey Pho37. Easy Bbq Sauce38. Easy Chicken Phaal39. Easy Creamy Hummus40. Egg Kulambu41. Exotic Indian Cabbage42. Fantastic Fennel Bruschetta43. Fennel And Mustard Seed Chicken

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Conclusion  
Get Started with 2 AWESOME GiftBONUS #1: Backyard Ideas For Fun And FrolicBONUS #2: FREE PDF - INCLUDING A FULL OF PHOTOS FOR EVERY RECIPES! Introduction\*\*\*Why I Love Cooking

Hi all,Welcome to MrandMsCooking.com—a website created by a community of cooking enthusiasts with the goal of providing books for novice cooks featuring the best recipes, at the most affordable prices, and valuable gifts.Before we go to the recipes in the book “Hello! 150 Fennel Seed Recipes”, I have an interesting story to share with you the reason for loving cooking.My mom would always tell me:Cooking is an edible form of love...As a young kid, I helped my mom cook. She would always cook any dish I liked. Observing how she cooked motivated me to try cooking. Ten years later, I'm sharing with you my cooking inspiration as well as the reasons why I love it.

1. Trying something differentVarious cuisines of the world use different kinds of ingredients. You can download and share a lot of recipes on the internet. Even so, you can add your own unique twists to recipes and experiment with various versions and styles.Trying out new recipes and ingredients isn't bad when cooking, as long as you produce something edible...
2. EnjoymentWhomever you cook for— family, friends, or even yourself—you'll surely have fun doing it. It's satisfying to see how the combination of various spices, meat, and vegetables yield an awesome flavor. From cutting to cooking them, the whole process is nothing but pure joy.
3. Receiving wonderful feedbackDon't you get a sense of pride, joy, and accomplishment when people love the dish you've cooked and let you know their thoughts? You'll definitely savor the moment when you hear someone praise your cooking skills.Each time someone tells me, “This has a great flavor” or “This is insanely delicious!” I get more motivated to become a better cook...
4. Healthy eatingRather than consuming processed food, using fresh ingredients for your dishes makes them good for the body. Cook your own meals so that you can add more fresh vegetables and fruits to your diet. Cooking also allows you to discover more about the different nutrients in your meals.Because you prepare your meals yourself, having digestive problems will be the least of your worries...
5. Therapeutic activityBased on my experience, cooking calms the mind. Finding food in the fridge, gathering the ingredients, getting them ready, and assembling everything together to create a yummy dish are more relaxing than just spending idle time on the couch watching TV. Cooking never makes me stressed.My mother would always tell me: Cooking is an edible way to make your loved ones feel loved...Keeping Up Your Passion for

Cooking is not for everyone. But people who are passionate about cooking and their families are fortunate indeed. It spreads happiness around. Do you love cooking? Sustain your passion—it's the best feeling ever! When combined with love, cooking feeds the soul... From my unending love for cooking, I'm creating this book series and hoping to share my passion with all of you. With my many experiences of failures, I have created this book series and hopefully it helps you. This Ingredient Recipes Series covers these subjects: • Cheese Recipes • Butter Recipes • Red Wine Recipes • Cajun Spice Recipes • Mayonnaise Recipes • ... I really appreciate that you have selected "Hello! 150 Fennel Seed Recipes" and for reading to the end. I anticipate that this book shall give you the source of strength during the times that you are really exhausted, as well as be your best friend in the comforts of your own home. Please also give me some love by sharing your own exciting cooking time in the comments segment below.

### List of Abbreviations

### 150 Amazing Fennel Seed Recipes\*\*\*

#### Acorn Squash With Rice And Arugula Stuffing

This vegetarian is phenomenal with its seasonal flavors." "Serving: 3 | Prep: 20m | Ready in: 1h10m

**Ingredients** • 1/2 cup black (forbidden) rice • 2 medium acorn squash • 3 tablespoons walnut or extra virgin olive oil, divided • Sea salt to taste • 1/2 yellow onion, finely chopped • 2 ribs celery, finely chopped • 1 teaspoon fennel seeds • 3/4 cup chopped toasted walnuts, divided • 1/3 cup golden raisins • 1 teaspoon maple syrup • 1 tablespoon white wine vinegar • 2 cups baby arugula, or as needed • Salt and pepper to taste • Shaved Parmesan cheese, for garnish

**Reynolds Wrap® Aluminum Foil**

**Direction** • Set oven to 400°F to preheat. Use Reynolds Wrap® aluminum foil to line a rimmed baking sheet. Rinse the black rice. Put rice and one and a half cups of water in a pan. Bring the pan to boil and reduce the heat to simmer. Put a lid on and cook until the rice is cooked through, about 45 minutes. Remove the cover, use a fork to fluff then leave the lid ajar to let cool. • Roast the squash while waiting for the rice to be cooked. Use a sharp knife to cut the squash into quarters. Get rid of seeds and rub olive oil on both the flesh and skin and sprinkle with a pinch of sea salt. Lay quarters of squash on the foil-lined baking sheet, lay cut side up and roast till the squash is tender and brown spots appear, about 40 minutes. • To prepare the stuffing: Put 2 teaspoons of the oil in a pan and heat on medium heat, sauté the celery and onion for about 4 minutes until they are soft. Put the sautéed onion and celery in a mixing bowl, use a sharp knife to chop the fennel seed well or grind them. Add in raisins, half a cup of the walnuts and fennel, pour in drizzles of vinegar, maple syrup and the remaining oil. Toss to coat. You can prepare the stuffing a day before serving day and bring the stuffing to room temperature before serving. • Before serving, lay the squash wedges on a platter. Put the arugula in the bowl containing the rice stuffing. Add some pinches of salt and pepper. Toss well to mix. Fill the insides of the squash with the stuffing; don't worry if a bit of stuffing spills over. Garnish with fresh shaved Parmesan and the rest of walnuts then serve.

**Nutrition Information** • Calories: 633 calories; • Total Carbohydrate: 79.5 g • Cholesterol: 1 mg • Total Fat: 34.5 g • Protein: 11.5 g • Sodium: 239 mg

#### Amazingly Simple Tomato Sauce

This sauce is great with spaghetti, meatballs, eggplant parmesan and lasagna." "Serving: 10 | Prep: 10m | Ready in: 1h15m

**Ingredients** • 2 teaspoons olive oil • 1/2 cup minced onion • 2 cloves garlic, crushed • 1 (28 ounce) can crushed tomatoes • 2 (6.5 ounce) cans canned tomato sauce • 2 (6 ounce) cans tomato paste • 1/2 cup water • 2 tablespoons white sugar • 2 tablespoons chopped fresh parsley • 1 1/2 teaspoons dried basil • 1 tablespoon salt • 1 teaspoon Italian seasoning • 1/2 teaspoon fennel seeds • 1/4 teaspoon ground black pepper

**Direction** • In a big heavy pot, heat olive oil over medium heat. Cook and mix garlic and onion in the hot oil for 5 to 7 minutes until tender. • Mix water, tomato paste, tomato paste and crushed tomatoes with the onion mixture until smooth. Put in pepper, fennel, Italian seasoning, salt, basil, parsley and sugar then stir. Allow it to simmer then turn the heat to low. Cook for 1 to

1 1/2 hours, occasionally stirring, until thick and the seasonings have permeated the sauce. Nutrition Information • Calories: 86 calories; • Total Carbohydrate: 17.9 g • Cholesterol: 0 mg • Total Fat: 1.4 g • Protein: 3.5 g • Sodium: 1265 mg

### Ann's Christmas Eve Bouillabaisse

"A sure stand out dish! You need a good amount of fennel and only a little bit of saffron for this yummy recipe. Although seafood works best for this recipe, you may still use any ingredient you want to suit your taste buds." Serving: 10 | Prep: 45m | Ready in: 1h20m

**Ingredients** • 1/2 cup olive oil • 2 stalks celery, chopped • 2 cloves garlic, minced • 3 leeks, sliced • 1 teaspoon dried thyme leaves • 1 bay leaf (optional) • 1 (14.5 ounce) can diced tomatoes • 2 (8 ounce) bottles clam juice • 2 3/4 cups dry white wine • 2 teaspoons fennel seeds, crushed • salt and ground black pepper to taste • 3 tablespoons chopped fresh parsley • 1 pound red snapper fillets, cut into 2 inch pieces • 1 pinch saffron • 24 sea scallops • 30 small mussels, scrubbed and debearded • 1 pound cooked lobster meat, cut into bite-size pieces

**Direction** • In a big skillet, put in the olive oil and heat up over medium heat setting. Put in the leeks, celery, bay leaf, garlic and thyme and let the mixture cook in hot oil for about 5 minutes while stirring it until the vegetables are soft. • Add in the white wine, pepper and salt, diced tomatoes, parsley, fennel seed and clam juice to mix. Allow the mixture to simmer for 15 minutes. Put in the snapper and cook for 10 more minutes. • Put in the scallops, mussels and saffron and lightly mix everything together. Cook for about 5 minutes until the shells of the mussels started to open and scallops are not translucent anymore. Put in the lobster pieces and cook for about 1 minute until it is thoroughly heated. • Put the cooked bouillabaisse evenly into individual serving bowls; each bowl should contain fish, a piece of lobster, 5 pieces of mussels and 2-3 pieces of sea scallops.

**Nutrition Information** • Calories: 371 calories; • Total Carbohydrate: 10.1 g • Cholesterol: 92 mg • Total Fat: 13.7 g • Protein: 37.7 g • Sodium: 641 mg

### Asparagus Soup I

"An amazing recipe." Serving: 8 | Prep: 10m | Ready in: 35m

**Ingredients** • 4 large potatoes, peeled • 2 cubes chicken bouillon • 2 (10 ounce) cans asparagus • 1 tablespoon fennel seed • 1/2 teaspoon ground black pepper to taste • 1 tablespoon fennel greens for garnish

**Direction** • Boil then mash potatoes. In blender, puree; put aside. • Follow package directions to melt bouillon in water in big pot. • Add asparagus spears; mix till spears dissolve. Mix potatoes in; season to taste with pepper and fennel seeds. If desired, garnish with fennel greenery; serve hot.

**Nutrition Information** • Calories: 168 calories; • Total Carbohydrate: 36.8 g • Cholesterol: < mg • Total Fat: 0.5 g • Protein: 6.3 g • Sodium: 313 mg

### Azalina's Mint Chicken Curry

"This spicy mint curry brings back to the flavor of Penang and Mamak culture." Serving: 8 | Prep: 1h | Ready in: 3h45m

**Ingredients** • 1/2 cup dried red chile peppers, stems and seeds removed • 1/2 cup boiling water • 2 cups grated fresh coconut • 2 tablespoons ground coriander • 2 tablespoons ground cumin • 2 tablespoons fennel seeds • 1/4 cup peanut oil, divided • 1/3 cup sliced almonds • 5 stalks lemon grass, trimmed and thinly sliced • 1 whole head garlic, cloves peeled and crushed • 5 shallots, peeled and roughly chopped • 1/2 cup peeled and chopped fresh ginger root • 3 (1 1/2 inch) pieces fresh turmeric root, peeled and roughly chopped • water, or as needed • 3 tablespoons whole star anise pods • 2 (2 inch) sticks cinnamon • 2 tablespoons whole cloves • 2 tablespoons whole cardamom pods • 1/2 cup chopped fresh mint, stems reserved • 1/2 cup water • 2 pounds boneless, skinless chicken breast halves, cubed • 2 teaspoons kosher salt • 1 (14 ounce) can coconut milk • 1 lime, juiced • 1 pinch kosher salt to taste

**Direction** • In a bowl, soak dried chilies in 1/2 cup of boiling water for half an hour. Drain; set aside. • In a heavy pan, toast coconut for about 5 minutes on low heat until it is dark golden brown. Prevent burning with frequent stirs. Pour it into a bowl; set aside. • In the pan, toast fennel seeds, cumin and coriander for about 1 minute until it is aromatic. Set aside. • In a food processor or blender, puree fennel seeds, cumin, coriander, toasted coconut and 2



tablespoons of peanut oil. Stir in turmeric, ginger, shallots, garlic, lemon grass, almonds and chilies; process so that it forms smooth curry paste. Create a smoother paste by adding 2 tablespoons of water if necessary. In the skillet, heat 2 tablespoons peanut oil; add in mint stems, cardamom pods, cloves, cinnamon sticks and star anise; stir well. Toast for 3 minutes with stirs on medium-low heat until it is aromatic. Discard spices; keep oil in the pan. In the same skillet, heat curry paste with flavored oil for 2-3 minutes until it is heated through over medium heat. Add 2 teaspoons of kosher salt, chicken and 1/2 cup of water; stir well. Cook for 10 minutes until the chicken is no longer pink and well-cooked. Add coconut milk and stir. Cook until it boils; lower the heat to low and let it simmer for 1 to 1 1/2 hours with occasional stirs until the sauce is thick and chicken is softened. Add lime juice and chopped mint leaves; stir. Use kosher salt to season. Continue cooking for 1-2 minutes until the mint begins to wilt. Take it off the heat; let it sit for 15 minutes before it is ready to serve.

**Nutrition Information**  
• Calories: 552 calories;  
• Total Carbohydrate: 28.9 g  
• Cholesterol: 59 mg  
• Total Fat: 38.4 g  
• Protein: 28.9 g  
• Sodium: 612 mg

**Babel's Smoked Baby Back Pork Ribs**"A delicious pork rib recipe!"  
Serving: 4 | Prep: 45m | Ready in: 3h50m  
**Ingredients**  
• 1 rack baby back pork ribs, fat trimmed and membrane removed  
• 1/4 cup pork rub  
• Mop:  
• 3/4 cup apple juice  
• 1/4 cup extra-virgin olive oil  
• Sauce:  
• 5 tablespoons ketchup  
• 1/2 cup extra-virgin olive oil  
• 3 tablespoons balsamic vinegar  
• 2 tablespoons soy sauce  
• 1 1/2 tablespoons honey  
• 1 1/2 tablespoons cracked black peppercorns  
• 1 1/2 tablespoons dried minced garlic  
• 2 teaspoons whole fennel seeds  
• 2 dashes hot pepper sauce (such as Tabasco®), or more to taste  
• 3 (1.5 fluid ounce) jiggers Tennessee whiskey, or as needed (optional)  
• apple wood chips, soaked

**Direction**  
• Let ribs reach room temperature then work rub in; stand for 30 more minutes.  
• Preheat outdoor grill to high heat; oil grate lightly.  
• Mix oil and apple juice in bowl to make basting liquid or mop.  
• To make sauce, mix hot sauce, fennel seeds, dried garlic, peppercorns, honey, soy sauce, vinegar, oil and ketchup.  
• Directly put ribs on grill; cook on high heat for 5-10 minutes per side till browned; do not burn meat.  
• Put ribs on wire racks; put racks in smoker. Follow manufacturer's directions to add wood chips; smoke ribs slow and low. Baste with mop mixture every 15-30 minutes for 2-2 1/2 hours till meat starts to pull from bone.  
• Liberally baste with sauce mixture. Use a double aluminum foil layer to wrap sauce-covered ribs; put back in the smoker on low to medium heat then cook for additional 45 minutes. Remove foil and cut ribs to portions; serve.

**Nutrition Information**  
• Calories: 838 calories;  
• Total Carbohydrate: 26.2 g  
• Cholesterol: 88 mg  
• Total Fat: 64.6 g  
• Protein: 20.1 g  
• Sodium: 3498 mg

**Bacon-bison Chili**"One fine afternoon, my father and I came up with this recipe as we discovered that we're not happy with all the other chilli recipes that we have already tested out in the past. Yes, this does require a lot of time to make. However, it tastes amazing and there will always be some leftovers as it cooks a whole lot at once!"  
Serving: 12 | Prep: 30m | Ready in: 2h2m  
**Ingredients**  
• 2 pounds thick-cut bacon, chopped into small pieces  
• 2 tablespoons olive oil  
• 1 pound ground buffalo, or more to taste  
• 3 tablespoons white vinegar  
• 3 onions, finely sliced  
• 2 (28 ounce) cans crushed tomatoes  
• 4 (10 ounce) cans diced tomatoes with green chile peppers  
• 3 cloves garlic, or more to taste  
• 5 (15 ounce) cans pinto beans, drained and rinsed  
• 2 tablespoons red pepper flakes  
• 1 tablespoon salt  
• 1 tablespoon dried sage  
• 1 1/2 teaspoons fennel seeds  
• 1 teaspoon ground cumin

**Direction**  
• Insert the bacon into the big skillet, cooking for around 7 minutes at a medium to high heat until it turns crisp. During the process, turn it around from time to time. Move the bacon slices onto paper towels. Drain, but keep the grease inside of skillet.  
• Pour the olive oil into a big pot then heat it at medium heat. Insert the vinegar and ground buffalo, cooking and stirring for 5-7 minutes until they brown. Insert bacon.  
• Insert the onions into the skillet with the leftover bacon grease, cooking for

20-30 minutes at medium to low heat until completely, richly brown. Add garlic cloves, diced tomatoes and crushed tomatoes, stirring. Insert cumin, fennel seeds, sage, salt, red pepper flakes, pinto beans and browned onions, stirring frequently for around 1 hour at low heat until the flavors combine. Serve this with Greek yogurt on top or over a baked potato.

**Nutrition Information**• Calories: 424 calories;• Total Carbohydrate: 47 g• Cholesterol: 42 mg• Total Fat: 15.4 g• Protein: 27.9 g• Sodium: 2241 mg

**Baked Cod With Tomatoes**"Use any type of white fish for this recipe is still good."Serving: 6 | Prep: 10m | Ready in: 40m

**Ingredients**• 3 pounds cod - scaled, gutted, and head removed• 3 sprigs fresh rosemary, divided• salt and freshly ground black pepper to taste• 5 large beefsteak tomatoes• 2 tablespoons black olives• 2 tablespoons green olives• 3 cloves garlic, minced, or more to taste• 1 teaspoon fennel seeds, or to taste• 2 tablespoons olive oil, or to taste• 2 teaspoons balsamic vinegar, or to taste

**Direction**• Preheat the oven to 220 degrees C (425S degrees F). Grease 1 casserole dish. Rinse the cod and pat dry using paper towels. In the cod's belly, add 2 rosemary sprigs. Use pepper and salt to season outside and inside of the cod; add into the prepared casserole dish. Boil a pot of water. Trim an 'X' into the bottom of 4 of the tomatoes and immerse in boiling water for 20 seconds. Take out of the hot water and remove the skin. Halves them horizontally and add tomato halves around the cod. Dice leftover tomato and scatter between tomato halves and the cod. Use pepper and salt to season. On top of tomatoes and cod, drizzle fennel seeds, garlic, green olives, black olives and leftover rosemary. Sprinkle olive oil over. In the preheated oven, bake cod in the middle rack for roughly 25 minutes till cod can be flaked easily using a fork. Sprinkle balsamic vinegar on top of tomatoes prior to serving.

**Nutrition Information**• Calories: 265 calories;• Total Carbohydrate: 7.2 g• Cholesterol: 83 mg• Total Fat: 7 g• Protein: 42.2 g• Sodium: 300 mg

**Banana Malpua (fried Indian Pancake For Diwali)**"This Indian pancake-like dessert that is fried in oodles of ghee with sugar syrup, names Malpua."Serving: 8 | Prep: 10m | Ready in: 1h25m

**Ingredients**• 1 cup milk• 2 cups white sugar, divided• 1 1/2 cups water• 5 pods green cardamom, crushed, or more to taste• 7 saffron strands, or more to taste• 2 ripe bananas• 1 cup all-purpose flour• 1/2 cup semolina flour (suji)• 7 tablespoons sweetened condensed milk• 2 teaspoons ground fennel seeds (saunf)• 1 pinch salt• 1 pinch baking soda (optional)• 3/4 cup sunflower oil• 4 tablespoons ghee (clarified butter)• 8 slivered almonds, or more to taste• 8 raisins, or more to taste

**Direction**• In a small-sized saucepan, heat milk on medium heat till it starts to bubble. Take out of the heat and keep warm. In a separate saucepan, boil water and one and a half cups of sugar. Put in saffron and cardamom. Boil for 4-7 minutes or till syrup becomes thick and sticky. Add syrup into a bowl and position it over warm water to keep warm. In a food processor, blend baking soda, salt, fennel, condensed milk, semolina, flour, bananas, leftover half cup of sugar and warmed milk till becoming smooth, not be too runny or too thick. Keep it covered and allow resting for no less than half an hour to no more than 4 hours. In a nonstick pan on medium high heat, heat ghee and oil. Lower heat to low. Drop 1 large spoonful of batter into the middle to have a 2-in. pancake. Cook for roughly 2 minutes or till the edges become golden brown in color. Turn and fry for 1-2 minutes longer till both sides turn golden in color. Take out using a slotted spoon and allow cooling down. Repeat with the leftover batter. Dip the cooled pancakes into the syrup, one at a time. Use raisins and almonds to decorate.

**Nutrition Information**• Calories: 429 calories;• Total Carbohydrate: 80 g• Cholesterol: 24 mg• Total Fat: 11.3 g• Protein: 4.6 g• Sodium: 90 mg

**Bandito Beans**"An easy and tasty recipe."Serving: 24 | Prep: 15m | Ready in: 5h15m

**Ingredients**• 1 pound mild pork sausage• 1 (15 ounce) can wax beans, drained• 1 (15 ounce) can cut green beans, drained• 1 (15 ounce) can lima beans, drained• 1 (15 ounce) can black beans, drained• 1/2 (28 ounce) can barbeque baked beans, with liquid• 1 (15 ounce) can

chili beans, with liquid• 1 (6 ounce) can tomato paste• 1 cup packed light brown sugar• 1/4 cup barbeque sauce• 1 small green bell pepper, diced• 1 small yellow onion, diced• 1 teaspoon fennel seedDirection• Cook sausage till evenly brown in skillet on medium heat; drain grease. Put sausage in slow cooker. Mix black beans, lima beans, green beans and wax beans into slow cooker with sausage; mix chili beans with liquid and baked beans with liquid in. Mix fennel seed, onion, green bell pepper, barbeque sauce, brown sugar and tomato paste in. Cover slow cooker; cook for a minimum of 5 hours on Low.Nutrition Information• Calories: 169 calories;• Total Carbohydrate: 26.5 g• Cholesterol: 11 mg• Total Fat: 4.4 g• Protein: 7.1 g• Sodium: 591 mgBarley And Wild Rice Stuffing"Imagine having turkey but with no stuffing. This is what I made to compensate for that from ingredients you can find in your own home."Serving: 6 | Prep: 15m | Ready in: 1h20mIngredients• 4 1/3 cups chicken stock• 3/4 cup barley• 3/4 cup brown and wild rice mix• 1/4 teaspoon fennel seed• 1/2 teaspoon salt• 1 tablespoon butter• 1 onion, chopped• 1/2 teaspoon salt• 1 apple, peeled and chopped• 2 cloves garlic, minced• 1/2 teaspoon dried sage• 1 teaspoon dried rosemary

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