



CHEF  
Mazila

UP *the*  
FLAVOUR   
with Mazila



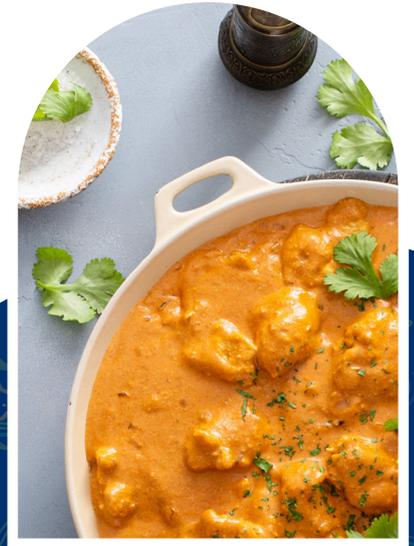
MAZILA DELIGHTS - COOKBOOK

FIRST EDITION

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SECTION 1

**SWEET**

*Delicacies*



# MASALA COOKIES

## *Ingredients*

- 150g of Ilara Mazila
- 6 tablespoons of softened butter
- 150g of sugar
- 225g plain flour
- ½ teaspoon of bicarbonate of soda
- 2 teaspoons of mixed spices

## *Preparation*

- Preheat your oven to 200°C and lightly grease a baking tray.
- Cream the butter and sugar together until light and fluffy.
- Add in Ilara Mazila.
- Sift flour, bicarbonate of soda and mixed spices together.
- Beat everything together to a creamy mixture.
- Drop rounded tablespoons of the dough onto the tray, spacing well between each.
- Bake until golden brown (about 15 – 20 minutes).
- Cool them on the tray for a few minutes and then transfer

them onto a wire rack to cool completely.

**Your ideal cooking companion**





# MAGIC MANDAZIS

## *Ingredients*

- 130g of Ilara Mazila
- 500g all purpose flour
- 100g butter.
- 50g sugar (adjust accordingly)
- 2 eggs

## *Preparation*

- Sieve all the dry ingredients together.
- Add in butter and mix well to form bread like crumbs.
- Then add in eggs and mix evenly.
- Start to add the room temperature Ilara Mazila.
- Knead and allow to rest for 20 minutes. The dough will rise and soften.
- On a flat surface, roll out the dough and cut into pieces of about half an inch.
- Your cooking oil should be on medium heat.
- Add the pieces of dough into the oil carefully.
- Fry until golden brown and flip them to cook for a few minutes on the other side.

**Your ideal cooking companion**





# BERRY BLISS CAKE

## *Ingredients*

- 120g of Ilara Mazila
- 8 tablespoons of unsalted butter at room temperature
- Zest from 1 large lemon
- 214g of sugar (set aside 1 tablespoon for sprinkling)
- 1 egg, room temperature
- 1 teaspoon of vanilla
- 256g all-purpose flour (set aside ¼ cup of this to toss with the blueberries)
- 2 teaspoons of baking powder
- 1¼ teaspoons of salt
  
- 2 cups fresh blueberries, picked over

## *Preparation*

- Preheat the oven to 175°C.
- Using a mixer, cream the butter, lemon zest and sugar until light and fluffy.
- Add the vanilla and mix until combined.
- In a separate bowl, toss the berries in the ¼ cup of flour,
- Mix together the remaining flour, baking powder and salt.
- Add half the flour mixture to the batter and stir with a spatula to incorporate.
- Add Ilara Mazila and stir.
- Add the remaining flour and mix until the flour is absorbed.
- Dust off the excess flour and fold in the berries.
- Grease a baking tray and spread the batter into the pan.
- Sprinkle the remaining tablespoon of sugar on top.
- Bake for 35 – 45 minutes and check with a toothpick for doneness.
- Let the cake cool for at least 15 minutes before serving.

**Your ideal cooking companion**





# BEETROOT BLAST

## Ingredients

- 250g of Ilara Mazila
- 65g of peeled and cubed beetroot
- ½ a teaspoon of cayenne powder or green chilies
- 250g of water
  
- ½ teaspoon of salt

## Preparation

- In a sauce pan, boil the beetroot using half of the water until it softens.
- Set aside to cool.
- In a blender add the beetroot, Ilara Mazila, water, salt and cayenne.
- Blend into a smooth pulp.
- Strain to remove any solids.
- Serve chilled.

Your ideal cooking companion





# FROZEN FANTASY

## Ingredients

- 480g of heavy cream
- 240g of Ilara Mazila
- 60g of granulated sugar
- 1 teaspoon of vanilla extract
  
- 1 pinch of salt

## Preparation

- In a mixing bowl, combine the heavy cream and sugar.
- Whisk until the sugar dissolves completely.
- Add the Ilara Mazila, vanilla extract and pinch of salt to the mixture.
- Using an electrical mixer on low speed, mix until well combined for about 20 minutes.
- Once churned, transfer into a re-sealable container.
- Cover the surface with plastic wrap and seal.
- Freeze for at least 6 hours or until firm.

Your ideal cooking companion





# FLIPPING FANTASTIC PANCAKES

## *Ingredients*

- 240g of Ilara Mazila
- 2 eggs
- 1 teaspoon of vanilla essence
- 240g of all purpose flour
- 2 teaspoons of baking powder
- ¼ teaspoon of baking soda
- A pinch of salt
- 50g of sugar

## *Preparation*

- In a large bowl, add the eggs and vanilla essence to Ilara Mazila.
- Whisk to combine.
- In a separate bowl, mix in the dry ingredients (flour, baking powder, baking soda, sugar and salt.).
- Make a well in the center and gradually whisk as you add the wet ingredients.
- In a large pan, add about 2 tablespoons of cooking oil and heat it up to medium low heat.
- Using a ladle, pour in the batter, depending on how big you would like the pancakes.
- Once bubbles appear, flip over the pancake.
- Serve with a knob of butter and a drizzle of honey.

**Your ideal cooking companion**





# MOIST MUFFINS

## *Ingredients*

- 120g of Ilara Mazila
- 60g all purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 120g of sugar
- 240g vegetable oil
- 1 egg
- 60g of room temperature margarine
- 1 teaspoon vanilla extract

## *Preparation*

- Preheat oven to 175°C.
- In a large bowl, sift in flour, baking soda and salt.
- In a separate bowl, beat the sugar and margarine till light.
- Add in the egg.
- Add in the oil, vanilla extract and Ilara Mazila and mix until well combined.
- Gradually add in dry ingredients and fold in completely.
- Scoop into greased baking tray or cupcake liners until ¾ of each section so they don't overflow.
- Bake for 20 minutes.
- Let them cool.

**Your ideal cooking companion**



**Moziwa Lala**  
Sweetened Whole Milk  
True Taste



# PIE PERFECTION

## *Ingredients*

### For the crust:

- 90 - 125g of Ilara Mazila
- 600g of all purpose flour
- 1 teaspoon of salt
  
- 240g of cold unsalted cubed butter

### For the filling:

- 180g of Ilara Mazila
- 120g salted melted butter
- 360g of granulated sugar
- 3 large eggs + 1 yolk
- 3 tablespoons of flour
- 1 tablespoon of fresh lemon juice
- 1 tablespoon of fresh lemon zest
- 1 teaspoon of vanilla extract
- 1 pinch of salt
- 1/8 teaspoon of nutmeg (optional)

Your ideal cooking companion





# PIE PERFECTION *(Continued)*

## *Preparation*

- Preheat the oven to 190°C.
- To make the crust, mix the Ilara Mazila, salt, flour and cubed butter.
- Once it's able to stick to itself, roll it out on a slightly floured surface.
- Transfer it onto a pie plate or dish, tuck the edges and crimp as desired.
- Freeze for 20 minutes.
- Prick the bottom of the crust with a fork.
- Line the frozen pie crust with parchment paper and fill it with weights or uncooked legumes and bake it until the edges of the crust are dry for 10 -12 minutes.
- Carefully remove the paper with weights or legumes.
- Return to the oven for 3 to 5 minutes until the bottom of the crust is dry and the edges just start to turn light brown.
- Lower heat to 175°C.
- Let cool slightly.
- Carefully pour the filling into the crust. Bake until the edges and center of the pie are set completely, 45 - 50 minutes.

**Your ideal cooking companion**





# CHERRY MUFFINS

## *Ingredients*

- 90g Ilara Mazila
- 60g roughly chopped cherries
- 120g all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon of salt
- 6 tablespoons of softened butter
- 135g of granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- 50g of icing sugar

## *Preparation*

- Preheat oven to 175°C.
- Grease muffin tray or line with baking paper.
- Mix flour, baking powder, baking soda and salt in a bowl.
- In a separate bowl, cream together the butter and sugar.
- Add the egg and vanilla extract and beat for 1 minute.
- Stir in ¾ of the chopped cherries, Ilara Mazila and flour.
- Fill the tray two-thirds full.
- Bake 22-25 minutes and place aside for cooling.
- Mix icing sugar with water until desired consistency.
- Drizzle onto the muffins.
- Sprinkle remaining chopped cherries to garnish.

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SECTION 2

**SAVOURY**

*Dishes*



# CLUCKIN' FRIED CHICKEN

## *Ingredients*

- 250g of Ilara Mazila
- 6-8 pieces of chicken
- 125g of all purpose flour
- 250g of breadcrumbs
- 2 eggs
- 2 tablespoons of milk (for egg wash)
- 1½ teaspoons of black pepper
- 2 teaspoons of salt
- Cooking oil

## *Preparation*

- Cut and clean you chicken pieces.
- Add the chicken to a bowl with Ilara Mazila and the spices.
- Mix well and let sit for at least 1 hour. Overnight works best.
- Prep 3 plates: 1 for the flour, 1 for the egg wash and another for the breadcrumbs.
- Dust the chicken in flour, dip it into the egg wash and lastly into the breadcrumbs.
- Heat the cooking oil in a deep pan.
- Once oil is hot (not bubbling or spitting), carefully add the chicken in.
- Deep fry until golden brown, for about 8-10 minutes on each side.

**Your ideal cooking companion**





# GARLIC MASHED POTATOES

## Ingredients

- 250g Ilara Mazila
  - 6 large peeled and cubed potatoes
  - 1 garlic bulb
  - 120ml of hot whole milk
  - 120g of butter
  - Salt to taste
  - 1 teaspoon of black pepper
- 
- 3 tablespoons of fresh chopped coriander

## Preparation

- Preheat your oven to 200°C.
- Cut the top of the garlic to expose the cloves.
- Wrap in aluminum foil and bake for about 20 minutes, until the cloves get soft.
- Boil the potatoes in salted water until very tender.
- Remove the garlic from their peels and mash with a fork in a small bowl.
- Drain the potatoes completely.
- In a small saucepan, heat the butter and whole milk until it is hot, not boiling.
- Slowly mix in the Ilara Mazila until desired creaminess.
- Add this mixture to the potatoes.
- Start by stirring in ½ of the mashed roasted garlic, slowly increase the garlic quantity according to taste.
- Mash until smooth and most lumps are broken.
- Season with salt and pepper.

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# RISE OF THE MAZILA NAAN

## *Ingredients*

- 120g of Ilara Mazila,
- 240g all-purpose flour,
- 1 teaspoon baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of sugar
  
- Softened butter (as required)

## *Preparation*

- Add the dry ingredients and mix well.
- Add the Ilara Mazila gradually and knead the dough until soft.
- Divide the dough into 4.
- Roll out each ball into the desired size.
- Heat a non-stick pan and place the naan onto it until bubbles start to rise.
- As it turns golden brown, flip the naan and cook it for another 1 – 1 ½ minutes.
- Remove the naan and brush it with some melted butter.  
(Optional)

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# CREAMY MAZILA MALENGE SOUP

## *Ingredients*

- 100g of Ilara Mazila
  - 2 tablespoons of vegetable oil
  - 1½ tablespoons of salt
  - 1 tablespoon of black pepper
  - 500 ml of water
  - 1 roughly chopped onion
  - 2 roughly chopped garlic cloves
  - 600g peeled and chopped pumpkin
  - 1 large peeled and chopped potato
  - 2 medium chopped carrots
  - 1 tablespoon of toasted pumpkin seeds
- A handful of fresh finely chopped coriander

## *Preparation*

- Heat oil in a sauce pan over medium heat.
- Add the onion and cook for 2-3 minutes until soft.
- Add the garlic, pumpkin, potatoes and spices.
- Add the water and bring to a boil.
- Reduce heat to low, cover and cook for 25 minutes or until vegetable are tender.
- Add to a blender. Blend until smooth.
- Return to saucepan and stir in Ilara Mazila.
- Garnish with the coriander and pumpkin seeds.

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# BUTTER CHICKEN

## *Ingredients*

- 350g Ilara Mazila
- 500g cubed chicken breast
- 1 sliced onion
- 2 crushed cloves of garlic
- 2 tablespoons of curry powder
- 1 bunch of coriander leaves
- 1 juiced lime
- 1½ tablespoons of ground black peppercorns
- 10g of butter
- Salt to taste

## *Preparation*

- Mix the Ilara Mazila, curry powder, and lime juice in a bowl.
- Add in the chicken and marinate for at least 1 hour – overnight is best.
- When ready, heat butter in a pan.
- Sauté the onion and garlic.
- Add in the chicken into the pan, then salt and pepper.
- Let the chicken simmer for 30 minutes.
- Garnish with the coriander leaves.

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# CUCUMBER COOLER

## *Ingredients*

- 240g Ilara Mazila
- 2 cups of large diced cucumbers
- 1½ cups water
- 1-2 chopped green chilies (optional)
- 2 tablespoons of coriander leaves
- 2 sprigs of mint leaves
- 1 teaspoon of salt
- ½ a teaspoon of black pepper
- 6-8 ice cubes

## *Preparation*

- Leaving the peel on, dice your cucumbers.
- Blend the cucumber, coriander leaves, mint leaves and chilies until smooth.
- Add in the Ilara Mazila, salt, black pepper, ice cubes and water (adjust according to the desired thickness).
- Blend again until light and frothy.
- Add ice cubes to a glass, pour in the cooler and garnish with a sprig of mint.

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# GREEN GRAMS

## *Ingredients*

- 200g of Ilara Mazila
- 275g of pre-boiled ndengu
- Ghee or cooking oil
- 1 medium onion
- 1 medium tomato
- $\frac{3}{4}$  inch minced ginger root
- 2-3 cloves of minced garlic
- 1 green chili (optional)
- $\frac{1}{2}$  teaspoon of cumin seeds
- $\frac{3}{4}$  teaspoon garam masala
- $\frac{3}{4}$  teaspoon coriander powder
- $\frac{1}{4}$  teaspoon turmeric
- $\frac{3}{4}$  teaspoon salt (adjust to taste)
- Fresh coriander

## *Preparation*

- Heat  $1\frac{1}{2}$  tablespoon of ghee or oil in a sufuria.
- Add your cumin seeds which will begin to splutter.
- Add your onions and sauté until golden brown.
- Add in your ginger and garlic paste until aromatic.
- Add in the tomato, to be cooked in a closed pot to quicken the process.
- Add the rest of the ground spices until everything is well combined.
- Include the green grams into the pot and cook until slightly soft.
- Pour in Ilara Mazila and stir gently.
- Finish off the ndengu with freshly chopped coriander.

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# MEAT-TASTIC MUTTON CURRY

## *Ingredients*

### For the marinade:

- 250g of Ilara Mazila
- 2 bulbs of crushed garlic
- 2 sticks of chopped rosemary
- 2 tablespoons of toasted cumin seeds
- 1 tablespoon of toasted fennel seeds
- 3 zested lemons
- 2 tablespoons of black pepper
- 1½ tablespoons of salt (adjust to taste)

### For the mutton:

- 3½ kg bone-in mutton
- 3 tablespoons of oil
- 2 quartered onions
- ½ bulb of garlic

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# MEAT-TASTIC MUTTON CURRY *(Continued)*

## *Preparation*

- Make small, shallow slashes through the top of the meat, only scoring the fat.
- Massage the marinade of Ilara Mazila, garlic, rosemary, cumin seeds, fennel seeds, lemon zest, black pepper and salt into the meat and chill overnight.
- Preheat the oven to 180°C.
- Place the meat in a roasting pan, drizzle with oil and add the onions and garlic.
- Cover with 2 layers of foil and roast for 1 hour 45 minutes.
- Remove the foil and roast for a further 20–30 minutes depending on how you like your mutton.

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# LIVE THE CREAM MAZILA SPINACH

## *Ingredients*

- 120ml of Ilara Mazila
- 900g of Spinach leaves
- 1 large red onion, finely diced
- 2 stems of spring onion, finely chopped
- ¼ teaspoon of ground nutmeg
- Salt to taste
- Vegetable oil

## *Preparation*

- Wash your spinach leaves, fold them into a roll then roughly chop them up.
- In a sufuria, heat your vegetable oil then add your red and spring onion and fry this until soft.
- Add your chopped spinach leaves into the sufuria until they further soften and slightly wilt.
- Thereafter, add your Ilara mazila, salt and nutmeg and mix it in until evenly distributed.
- Simmer it for 5 more minutes.

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# MAINI MCHUZI

## Ingredients

- 200g of Ilara Mazila
- ½ a kg cubed of liver
- 6 cloves of minced garlic
- ½ of thumb-sized of ginger
- 1 large finely diced red onion
- 1 large finely diced green bell pepper
- 2 blended tomatoes
- 1 tablespoon of tomato paste
- 1 tablespoon of coriander powder
- 1 tablespoon of black pepper
- 1 bunch of fresh coriander

## Preparation

- Rinse your liver in clean water 2- 3 times to get rid of any blood residue.
- Drain the water.
- Add Ilara Mazila to the liver and let it sit for 30 minutes.
- Add your garlic and ginger into a pestle and pound to a fine paste.
- Heat some oil in a pan, add onion and the paste.
- Sauté until fragrant.
- Add the tomatoes, tomato paste and remaining 100g of Mazila and let it simmer for 5 minutes.
- Add the liver and bell pepper and let them simmer for a further 8-10 minutes until tender.
- Garnish with coriander.

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# STIR FRIED MBUZI

## Ingredients

- 250g of Ilara Mazila
- 3 cloves of minced garlic
- ½ a teaspoon of dried thyme
- 1 lemon, freshly squeezed
- 1 tablespoon of dark soy sauce
- ½ kg of goat meat
- 3 diced tomatoes
- 1 finely chopped red onion
- 1 finely chopped green bell pepper
- 1 finely chopped red bell pepper
- ½ a tablespoon of black pepper
- ½ of a thumb sized piece of minced ginger
- 1 teaspoon of tomato paste
- Salt to taste

## Preparation

- Cube the meat.
- Add your minced garlic, Ilara Mazila, soy sauce, thyme and lemon juice. Let it marinate overnight.
- Add to a sufuria with 1 cup of water and allow to boil till tender.
- Set aside.
- In a separate pan, add oil and sauté the onion until tender.
- Add tomatoes, tomato paste and black pepper, cook for 5-7 minutes.
- Add the goat meat and cook for 7-10 minutes.
- Add the sliced bell pepper and let cook for 3 minutes.
- Garnish with fresh coriander.
- minutes until tender.
- Garnish with coriander.

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# MOUTH-WATERING MAZILA MBAVUS

## *Ingredients*

- 450g Ilara Mazila
- 2 kg of separated rib racks
- 3 tablespoons dark brown sugar
- 2 tablespoons apple cider vinegar
- 2 tablespoons of salt
  
- 1 tablespoon of black peppercorns

## *Preparation*

- Blend Ilara Mazila, brown sugar, cider vinegar, salt and peppercorns for about 1 minute.
- Pour the mixture over the ribs into a large bowl and cover or zip lock bags and seal.
- Let the meat marinate for anywhere from 1 – 12 hours, flipping every few hours.
- Preheat the oven to 175°C.
- Shake off the excess marinade (if desired).
- Place ribs on grilling tray.
- Cover with foil.
- Bake the ribs on low for 2½ - 3 ½ hours, or until tender.

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FLAVOUR  UR  
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