



SORGHUM & MORINGA ARABIC-STYLE PATTIES

Nutrition Meets Tradition

Chef Girish brings sorghum, zucchini and moringa together with Arabic-style seasoning and a crisp millet coating.

Your Sorghum & Moringa Arabic-Style Patties

with Kafta Seasoning & Millet Flake Crumb

INGREDIENTS

Patty Base:

- 200 g (70g dry) cooked sorghum grain
- 15 g fresh moringa leaves (or 15 g moringa powder)
- 50 g grated zucchini (moisture squeezed out)
- 70 g red onion, finely chopped
- 2 garlic cloves, minced
- 15 g Custom Culinary® Arabic Kafta Seasoning
- 2 gm chopped parsley
- 1 gm chopped mint
- 15 g tahini
- 16 g chickpea flour

For Crumbling:

- 50 g Millet flakes
- Custom Culinary® Creative Batter
- Custom Culinary® Creative Pre dust

For Frying:

- 50 ml olive oil for shallow frying

METHOD OF PREPARATION:

Cook Sorghum:

- Rinse 70g dry sorghum
- Boil with 250ml water & pinch of salt.
- Simmer covered for 40-45 minutes or until soft.
- Drain & cool

Mix the Patty Base:

(In a large bowl, combine)

- Cooked sorghum
- Grated and squeeze zucchini
- Chopped onion, garlic, moringa leaves
- Tahini, parsley & mint
- Custom Culinary® Arabic Kafta seasoning
- Chickpea flour

Mix thoroughly until well combined. The mixture should be moist but hold its shape when pressed.

Shape Patties:

- Wet your hands lightly and shape into small round patties (about 70–80 g each, 1.5 cm thick).
- Chill for 15 minutes to firm up.

Crumb with Millet Flakes:

- Individually dredge the patty with Custom Culinary® creative pre-dust. Shake away the excess.
- Mix 1 parts of the Custom Culinary® creative batter Mix 1.2 part of chilled water (4-5°C). Individually dip in the pre-dusted patty in the batter. Drip off the excess batter.
- Drop the battered patty in to the millet flake tray. Dab evenly, making sure it sticks well & evenly.

Shallow Fry the Patties:

- Heat 3–4 tbsp oil in a non-stick or cast-iron pan over medium heat.
- Fry patties in batches, 3–4 minutes per side, until golden brown and crisp.
- Drain on paper towels.



*Bring **Nutrition Meets** **Tradition** to Your Menu*

