



DE'LISH 1 RECIPES

EPISODE 1 - FUSION 1

STARTER: PUMPKIN CURRY SAMOOSAS

MAIN: PUDINA LAMB

DESSERT: BANANA AND COCONUT ICE CREAM

STARTER: PUMPKIN CURRY SAMOOSAS

Ingredients

Dip:

1 red pepper, seeded and chopped
40ml rose syrup
30ml white wine vinegar
20g butter

1/2 a small pumpkin, peeled and cut into small pieces
3 cloves garlic, crushed
15ml turmeric powder
15ml dried red chili, finely chopped
1 green chilli, crushed

1/2 an onion, thinly sliced
15ml brown sugar
30ml mustard seeds
50ml oil, for frying
1 - 2 sheets phyllo pastry, defrosted and kept moist
30g unsalted butter, melted

Method

- Preheat the oven to 180 degrees Celsius.
- For the dip, fry the red pepper until soft. Place in a bowl and allow to cool.
- For the curry, fry the garlic, turmeric and half the mustard seeds. Add the onions and fry until they no longer smell raw. Add the chilli, brown sugar, then then the pumpkin. Cook on medium heat until the pumpkin is soft, for approximately 8 to 12 minutes. Add remaining mustard seeds, season to taste and allow to cool.
- Cut the phyllo pastry into 8cm wide strips.
- Place 2 tablespoons of the curry onto one end of a phyllo pastry strip and fold into a samosa. Seal with melted butter.
- Brush the samosas with melted butter and bake until golden brown and crispy, between 8 to 12 minutes.
- Blend the red pepper, rose syrup and vinegar. Pass the mixture through a sieve, season and pour into a small sauce bowl.
- Serve samosas with dip.

MAIN: PUDINA LAMB

Ingredients:

Crust:

2 cups peanuts
200g fresh mint
12 cloves garlic
4 green chillis
120g soft butter
oil for diluting

1 cup maize-meal (pap)
100ml cream
100g butter
1 tbsp poppy seeds

100g green beans, topped and tailed
juice and zest of 1 lemon
30ml oil

1 onion, finely chopped
1 tsp curry powder
4 small ripe tomatos, chopped
15g curry leaves
50ml oil

salt and pepper to taste

Method

- Preheat oven to 180 degrees Celsius.
- Prepare pap according to package instructions. Cover and allow to cook on low heat, checking and stirring regularly.
- Clean racks, removing sinew and undesired fat. Seal racks in a pan of hot oil to retain juices and to brown. Place on board.
- Blend all crust ingredients. Add oil to crust mixture to get desired pressing consistency. Press crust mixture onto racks and roast in the oven for between 15 and 25 minutes, depending on desired cooking.
- Blanch the green beans in boiling water and set aside for sauteing. Fry the onions and curry powder in the oil, then add the tomatos and curry leaves. Add water and reduce to a thick consistency. Season to taste.
- When pap is cooked, mix in cream, butter, poppy seeds and season. Cover and allow to steam until is of consistency that can be moulded.
- Saute the green beans in oil, adding the juice and zest of lemon. Season.
- When the pap and lamb is ready, place pap in a ring mould, off centre of plate, and place the green beans on top of the pap. Spoon the chutney onto the plate next to the pap and place the lamb onto chutney. Garnish with fresh mint and serve while hot.

DESSERT: BANANA AND COCONUT ICE CREAM

Ingredients

9 bananas, peeled and chopped
50ml lemon juice
180g castor sugar
50g dessicated coconut
500ml fresh cream, whipped

Method

- Blend bananas with lemon juice, castor sugar and coconut.
- Fold whipped cream into mixture, spoon into a freezer container and freeze. When the mixture is just about to freeze, approximately two hours depending on freezer, remove ice cream and re-mix/blend to remove the ice crystals. Refreeze. Continue mixing/blending after every two hours, at least two more times, until the ice cream is of a smooth consistency.
- To serve, use a hot ice cream scoop to scoop into chilled bowls. Garnish with berries and fresh mint.