



# DE'LISH 1 RECIPES

## EPISODE 14 - MAORI

**STARTER: LEAF, CHANA DHAL & MUSSEL SALAD**

**MAIN: MASALA FISH BOIL UP**

**DESSERT: KUMARA PUDDING AND HOKEY POKEY**

### STARTER: LEAF, CHANA DHAL & MUSSEL SALAD

#### Ingredients

100g mixed salad leaves and herbs  
 1 cup smoked mussels  
 1 cup chana dhal, cooked and drained  
 1 small onion, finely chopped  
 1 clove garlic, crushed  
 1 green chilli, crushed  
 30ml olive oil  
 2 tbsp vinegar  
 coarse salt  
 cracked black pepper

#### Method

- Using the back of a teaspoon, smash the garlic and chilli together with the olive oil and vinegar to infuse the flavours.
- Combine the rest of the ingredients in a large bowl and toss with the dressing and salt. You can add more oil and vinegar to your liking.
- To plate, stuff a quarter of the salad mixture into a ring mould set in the centre of a large plate. Using one hand to hold the the salad in place, remove the mould with the other. Repeat for the other 3 plates. Push the ingredients that will have fallen back to the centre of the plates, keeping the shape of moulded salad, and neaten the plates using dry and wet paper towels. Garnish the salads with cracked black pepper, and something red - finely julienned red pepper, peppadews, cherry tomatos, etc.

### MAIN: MASALA FISH BOIL UP

#### Ingredients:

500-750g fresh fish, cleaned and sliced	2 elachi pods
1 onion, sliced	30ml lemon juice
1/4 tsp clove powder	30ml tamarind juice
1/2 tsp jeera powder	1 cup water
1 tsp dhania powder	2 tbsp oil
4 ripe tomatos, pureed	salt
6 cloves garlic, crushed	crushed black pepper
1 crushed green chilli	1 cup uncooked long grain white rice
1 crushed red chilli	
1 onion, finely chopped	
1/4 cup desiccated coconut	1/2 loaf fresh bread, preferably white

#### Method

- Fry the sliced onion and powdered spices in hot oil in a large pot until the onions have become translucent. Add the rest of the ingredients, except the fish, to the pot and bring to the boil. Reduce the heat, cover and allow to simmer and thicken, stirring occasionally.
- Cook the rice according to the package instructions.
- When the sauce has thickened, add the fish pieces, cover and simmer gently for 10 to 15 minutes, until the fish is cooked. Season

- Serve the boil-up in soup plates or bowls and garnish with green herbs. Accompany with the rice and chunks of fresh bread.

### DESSERT: KUMARA PUDDING AND HOKEY POKEY

#### Ingredients

##### pudding

4 sweet potatoes, steamed, peeled and mashed  
 1 tsp elachi powder  
 1/2 tsp cinnamon powder  
 1/2 tsp nutmeg powder  
 1/4 tsp clove powder  
 1 cup fresh cream  
 1/2 cup condensed milk  
 1/4 cup brown sugar  
 2 eggs, beaten  
 2 tbsp melted butter

##### Hokey Pokey

5 tbsp sugar  
 2 tbsp golden syrup  
 1 tsp bicarbonate of soda  
 2 cups vanilla ice cream

#### Method

- Preheat the oven to 170 degrees Celsius
- Thoroughly combine all the pudding ingredients in a large mixing bowl. Pour the mixture into a shallow baking dish, preferably a pie dish. Cover the dish with aluminium foil and put it in the oven to bake for 40 to 50 minutes. Remove the foil and brown the surface of the pudding using the grill function of the oven.
- To make the Hokey Pokey, first grease a small baking tray or dish and keep it next to the stove. On low heat, melt the sugar with the golden syrup in a non-stick frying pan, until the mixture begins to bubble. Switch off the heat and quickly stir in the bicarbonate of soda using a wooden spoon. As the mixture sponges, pour it onto the greased baking tray or dish. Once the toffee has cooled and hardened, break it up into small pieces using a rolling pin, and then mix it into the vanilla ice cream.
- On each plate, serve a slice of the pudding topped with a scoop of Hokey Pokey and garnish the slices with fresh berries and mint leaves.