



**STARTER: VEGETABLE MOUSSE WITH CORIANDER REDUCTION**

**MAIN: CURRIED CHICKEN AND & CASHEW NUT TERRINE**

**DESSERT: TARTE TATIN WITH SPICED CREME ANGLAISE**

### **STARTER: VEGETABLE MOUSSE WITH CORIANDER REDUCTION**

#### **Ingredients**

2 cups carrots, diced and steamed	Coriander Reduction:
1 tsp jeera seeds	¼ cup sugar
½ cup almonds, ground	4 tsp water
2 cups cauliflower, chopped and steamed	1 cup fresh dhania, chopped
1 tsp mustard seeds	¼ cup olive oil
½ cup desiccated coconut	salt and pepper
2 cups broccoli, chopped and steamed	
1 tsp lemon juice	
1/2 cup fresh dhania, finely chopped	
1 cup cream cheese	
3 egg yolks	
3 eggs whites	

#### **Method**

- Preheat the oven to 170 degrees Celsius. Butter the inside of four small ramekins or moulds.
- Lay out 3 bowls for each of the 3 layers. Puree the carrots with the jeera seeds, almonds and 1 egg yolk in a blender. Pour and set aside in one of the three laid out bowls. Rinse the blender between each mixture. Do the same for the cauliflower with the mustard seeds and coconut, and then the broccoli with lemon juice and dhania, adding an egg yolk to each of the mixtures. Season each mixture with salt and pepper.
- Mix a third each of the cream cheese into each mixture.
- Whisk the egg whites to stiff peak and gently fold a third each into each mixture.
- Pour a quarter each of the broccoli mixture into each ramekin, followed by the cauliflower and carrot mixtures. Adjust the quantities/levels to get equal layers depending on the ramekins you are using.
- Bake the mousses for 20 to 30 minutes.
- For the reduction, melt the sugar in the water and then blend with the dhania and olive oil. Strain the mixture through a sieve.
- To serve, turn a mousse out onto a plate - run a knife around the inside of the ramekin to help loosen. Garnish the plate with the coriander reduction, deep fried carrot spaghetti and fresh chives.

### **MAIN: CURRIED CHICKEN AND & CASHEW NUT TERRINE**

#### **Ingredients:**

750g chicken breasts, chopped	<b>Chutney:</b>
1 bunch leeks, blanched	4 tbsp oil
1/2 cup cashew nuts, chopped	1 onion, sliced and fried
4 egg yolks	1 tbsp garlic, crushed
500ml cream	1 tsp ginger, crushed
1 tsp mixed spice	1/2 tsp turmeric powder
1 tsp masala	1 tsp chilli powder
8 egg whites, whisked to stiff peak	1/2 tsp jeera powder
2 cups green peas	1/2 tsp dhania powder
	1 tsp garam masala
	1 green chilli, crushed
	2 tomatoes, chopped
	1 sprig fresh curry leaves
1 cup basmati rice water for boiling	
1 tbsp poppy seeds	
100g mixed seasonal veg butter for sauteing	
salt and pepper	

#### **Method**

- Preheat the oven to 180 degrees Celsius
- Grease the inside of a terrine mould or loaf tin and line with the blanched leek leaves.
- Combine the chicken, cashew nuts, egg yolks, cream, mixed spice and masala in a large bowl. Season. Fold in the egg whites. Fill the mould or tin halfway with the mixture, layer with the green peas, then top up with the remainder of the mixture. Cover with foil and bake for one hour.
- Cook the chutney in the sequence of ingredients. Season. Simmer and add water if necessary to obtain a sauce consistency,
- Prepare the rice according to the package instructions and mix in the poppy seeds when cooked.
- Saute the vegetables in butter just before service.
- To present, arrange stacked slices of the terrine on a plate, with spoonfuls of the chutney on the the top slice. Plate the rice and veg as desired. Garnish with finely-stripped deep-fried leeks and fresh herbs.



# DE'LISH 1 RECIPES

## EPISODE 17 - FRENCH

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**DESSERT: TARTE TATIN WITH SPICED CREME ANGLAISE**

### **DESSERT: TARTE TATIN WITH SPICED CREME ANGLAISE**

#### **Ingredients**

1/2 cup castor sugar  
4 tbsp butter  
6 small apples peeled, cored  
and quartered  
1 tsp elachi powder  
1/2 roll puff pastry

**Crème anglaise:**  
1 cup cream  
1 vanilla pod  
1/2 tsp elachi powder  
1/4 tsp cinnamon powder  
Pinch clove powder  
Pinch jeera powder  
4 eggs yolks  
1/3 cup sugar

#### **Method**

- Preheat the oven to 180 degrees Celsius.
- Cook the apples with the butter and elachi powder on low heat. Add the sugar and allow to melt. Divide and pour the mixture into the moulds of a greased muffin tray. Cut discs out of the puff pastry and cover the moulds, pressing down on the top and sides. Bake until the puff pastry has “puffed” and turned golden brown, for about half an hour.
- For the creme anglaise, heat the cream with the vanilla pod and spices. Beat the egg yolks with the sugar in a medium-sized bowl. While vigorously whisking the egg yolks and sugar, pour in a ladle-full of the heated cream, to temper the egg yolks (raising the temperature without allowing the eggs to split/curdle/scramble). Continue tempering until the temperature of the egg yolks and sugar mixture is that of the heated cream. While still whisking, pour the egg yolk and sugar mixture back into the pot. Cook on low heat, while whisking inside the pot, until the creme anglaise thickens, and has the consistency that would coat the back of a spoon.
- Plate the tarte tatins (apple-side up) with the creme anglaise as desired. Garnish with dusted icing sugar, fresh strawberries and mint.