



**STARTER: SAFFRON CALAMARI SALAD**

**MAIN: CHILI 'N LIME BUTTERFISH**

**DESSERT: HAZELNUT NATILLAS WITH CARAMEL SAUCE**

## STARTER: SAFFRON CALAMARI SALAD

### Ingredients

<b>Dressing:</b> 200 ml orange juice juice of 1 lemon 2 tablespoons sugar 1 thread saffron, dried and crushed	4 slices white bread 1 clove garlic, crushed olive oil for drizzling
100g mixed herb lettuce/ leaves 1 small red onion 12 cherry tomatoes	2 large tubes or 4 small tubes fresh calamari 1 tsp paprika, or as desired 2 tablespoons cake flour 30 ml olive oil for frying
1 small tin tomato paste, to make mould	salt and pepper to taste  1 large carrot, washed and peeled oil for deep frying

### Method

- Place orange juice, lemon juice, sugar and saffron into a small saucepan and bring to low heat. Allow to simmer and reduce to syrupy consistency, checking regularly.
- Wash lettuce and tomatoes. Remove midribs of lettuce and place leaves in bowl. Thinly slice onion and slice tomatoes in half. Place in bowl with lettuce. Cover and refrigerate.
- To create mould, remove top of tomato paste tin with can opener. Remove tomato paste and store in container in refrigerator for later use. Rinse container and remove bottom with can opener to create ring mould.
- Take the saucepan containing the dressing off the stove and allow to cool.
- Put a non-stick frying pan on the stove and bring to medium heat. Cut discs out of bread slices with mould, smear with crushed garlic and drizzle both sides of discs with olive oil. Season with ground black pepper. Keep remaining parts of bread slices to make breadcrumbs for later use. Toast discs in frying pan until golden brown on both sides. Remove from pan and set aside. Pour olive oil into another pan and bring to high heat.
- Clean calamari tubes under cold running water, removing 'skin' and pen/cuttlebone (glass shard). Shake off excess water. Slice tubes width-wise into desired-size rings. Place rings on chopping board and sprinkle with paprika and flour. Fry calamari until golden brown. Remove from heat and set aside.
- Take veg salad out of fridge, pour in half the chilled dressing, and mix. Place ring mould in centre of plate. Stuff a quarter of the veg into the mould then lift the mould gently with one hand while holding the ingredients down with the other. Place the toast disc on top of the veg. Arrange the calamari rings from one tube, or half a tube depending on the size, on the toast disc. Decorate the plate, as desired, with the remaining dressing. Garnish with carrot spaghetti \*

\* Using the fine julienne cutter of a mandoline/multi slicer, cut (spaghetti) one large carrot. Deep fry in hot oil until crispy. Allow spaghetti to dry on paper towel. Leave in a dry area until use.

## MAIN: CHILI 'N LIME BUTTERFISH

### Ingredients:

4 Butterfish fillets 1 red chillis zest and juice of 2 limes 1 cup tablespoons dried breadcrumbs 30 ml oil for frying	100g mixed seasonal veg butter for frying
4 medium sized mashing potatoes 4 tablespoons flaked almonds 1 thread saffron, dried and crushed 120ml thick cream	120ml coconut cream 1 teaspoon poppy seeds  salt and pepper to taste
	<b>garnish:</b> lime/makrut leaves oil for deep frying red or pink edible flowers (nasturtiums)

### Method

- Set the oven to 180 degrees Celsius.
- Heat thick cream with saffron in a sauce pan. Remove from heat and allow to infuse.
- Place coconut cream in a saucepan on low heat, and allow to reduce.
- Peel potato, cut into chunks, cover with water in a saucepan, and bring to the boil. Allow to simmer; checking constantly with a knife or fork to make sure does not get too soft.
- Clean fish fillet, cover, and refrigerate. Chop chilli, zest lime, squeeze lime juice and mix all with breadcrumbs. Set aside.
- Bring a saucepan with water to the boil. Reduce heat. Place vegetables in boiled, but not boiling, water, until par-cooked, for approximately two minutes. Refresh veg by running under cold water and set aside in colander, ready for frying.
- Remove fish from refrigerator, heat oil in a frying pan, and seal all sides of fish fillets, until coloured golden brown, to retain juices. Remove fillets from the pan, place on an oiled oven tray, and press the tops with the crust mixture. Place in oven for between 5 to 10 minutes, until fully cooked.
- Drain water from the potatoes. Mash potatoes with a fork, add almonds and the thick cream that has been infused with the saffron. Mash until potato is of smooth texture and season to taste.
- Take coconut cream off heat once it has reduced to a thick consistency; add poppy seeds and season to taste.
- When crust of fish is almost ready, bring a frying pan to heat and add butter. Once butter is sizzling, add mixed veg and saute until cooked. Season to taste. Remove fish from oven.
- Plate mash with ring mould in centre of plate. Gently place fish fillet on top of mash. Arrange veg around fish. Pour sauce over one half of fish. Garnish with deep-fried lime leaves and a red or pink nasturtium.



# DE'LISH 1 RECIPES EPISODE 20 - SAFFRON

**STARTER: SAFFRON CALAMARI SALAD**

**MAIN: CHILI 'N LIME BUTTERFISH**

**DESSERT: HAZELNUT NATILLAS WITH CARAMEL SAUCE**

## **DESSERT: MANGO LASSI**

### **Ingredients**

2 large mangos, peeled and cut into chunks	40g castor sugar
2 cups thick plain yoghurt	1 thread saffron, dried and crushed
20ml lime juice	
60ml honey	4 strawberries
1/4 tsp nutmeg	4 large mint leaves
1 tray crushed iced cubes	
	oil/non-stick spray

### **Method**

- Prepare a tray with oil or non-stick spray.
- Mix castor sugar with saffron, place in a small saucepan and heat gently, without stirring.
- Finely dice strawberry, chop mint, mix and set aside.
- Puree mango, yoghurt, lime juice, honey, nutmeg and ice cubes in blender and until foamy/frothy.
- Once sugar has melted and turned a dark golden colour, switch off heat. Using a fork, test the sugar as it cools until it has reached a syrupy consistency and can be "drizzled". Over the oiled tray, use the fork to "spin" the sugar back and forth, creating fine threads.
- Pour the lassi into glasses, spoon the strawberry salsa onto the centre of the surface of the lassi and garnish with the spun sugar. Serve as soon as possible.