



# DE'LISH 1 RECIPES EPISODE 4 - GRECO-INDIAN

**STARTER: SAGANAKI PATTA**

**MAIN: MADRAS MOUSSAKA**

**DESSERT: SPICED SYKA**

## STARTER: SAGANAKI PATTA

### Ingredients

#### CHEESE & LEAVES:

250g haloumi cheese, cut into equal-sized 12 strips  
3 large madumbi leaves, veins scraped clean, washed and dried

#### PASTE:

1/2 tsp ground dhania seeds  
1/2 tsp ground jeera seeds  
1 clove garlic, crushed  
1 green chilli, crushed  
1/4 onion, grated  
1/4 tomato, grated  
20 ml tamarind juice  
1 tbsp yoghurt  
1/2 tsp flour  
60 ml pea flour  
1/2 tsp maize flour/mealie meal  
a few pinches of salt

olive oil for frying

#### TZATZIKI SAUCE:

1/2 cup thick Greek yoghurt  
1 cucumber, skinned, grated and juice squeezed out - juice set aside  
2 cloves garlic, crushed  
salt and white pepper to taste

#### SPICED OLIVES:

1 small jar olives (Kalamata and/or black and/or green or mixed), drained of brine  
3 tbsp dried origanum  
1 1/2 tsp dried rosemary  
1 1/2 tsp dried thyme  
1 1/2 tsp orange zest  
olive oil

wedges of 1 small lemon

### Method

- Prepare spiced olives at least one day before by combing all ingredients and sealing in an airtight container.
- Grind all paste ingredients thoroughly, spoon in centre of madumbi leaves, fold leaves over paste and steam gently for 20 minutes until leaves are soft and paste is cooked.
- Mix all tzatziki ingredients, cover and store in refrigerator.
- Bring griddle pan with olive oil to medium heat.
- Lay out 1 steamed Madumbi leaf. Spread with paste. Cut into four quadrants. Set one quadrant aside for next serving (3 leaves divided by four quadrants equals 12 strips, 3 per person) Place each of three haloumi strips at length edge of each quadrant.
- Roll-wrap each cheese strip in a leaf quadrant. Seal with paste.
- Fry wrapped strips, turning each side of each strip to create griddle lines. Be careful not to burn leaves.
- Remove from pan with spatula once all sides have been marked, to cutting board.
- Neaten ends of wrapped cheese strips with sharp knife and cut diagonally. Arrange on plate and garnish with tzatziki, spiced olives and lemon wedges.

## MAIN: MADRAS MOUSSAKA

### Ingredients:

#### MOUSSAKA:

1 large brinjal OR 2 small to medium-sized brinjals (approx. 500g in weight), peeled, sliced and sprinkled with coarse salt to remove bitter juices  
salt and freshly ground black pepper  
olive oil

#### MINCE CURRY SAUCE:

30g ghee, unsalted  
1 onion, chopped  
2 cloves garlic, finely chopped  
1 tsp fresh ginger, grated  
1 tsp turmeric  
1 tsp chilli powder  
1 tsp cumin powder  
1 tsp coriander powder  
1 tsp brown mustard seeds  
250g lamb mince  
20ml tamarind juice  
2 tbsp vinegar  
1 tsp cinnamon powder  
1 tsp dried origanum  
2 medium-sized tomatos, peeled, seeded and chopped  
1 tbsp tomato paste  
1/4 cup water  
2 tbsp fresh parsley, finely chopped  
salt and freshly ground black pepper

#### CREAM SAUCE:

1 cup full cream milk  
30g butter, unsalted  
20g flour  
few pinches freshly grated nutmeg  
2 eggs, lightly beaten  
1/2 cup ricotta cheese/paneer  
  
25g Parmesan cheese, grated  
25g dried bread crumbs

#### MEDITERRANEAN VEG:

1 red pepper, washed, seeded and cut into triangles  
1 yellow pepper, washed, seeded and cut into strips  
1 green pepper, washed, seeded and cut into squares  
4 small baby marrows, washed, sliced into small cylinders, blanched, refreshed and ready for sauteing

#### ORIGANUM: [PRE-MADE]

8 sprigs fresh origanum  
oil for deep frying

### Method

- Preheat oven to 180 degrees Celsius
- Bring large sauce-pan to medium heat. Melt ghee. Fry onions, garlic and ginger until raw smell subsides. Add spices and fry for a few minutes. Add mince and brown. Add rest of ingredients and simmer until all the liquid is absorbed, approximately eight to ten minutes. Add parsley and season.
- For the cream sauce, in another sauce-pan fry the flour in the butter for about one minute. Do not brown. Whisk eggs with milk and slowly add to flour and butter mixture, stirring quickly to prevent lumps. Allow to cook on low heat, while stirring, until mixture coats the back of a spoon. Stir in cheese and nutmeg. Season.
- Mix breadcrumbs and cheese, oil a small casserole dish and sprinkle with the the bread and cheese mixture. Layer 1/3 of brinjal slices on bottom of dish, then pour half of mince curry sauce over and cover with bread and cheese mixture. Layer another third of brinjal slices and cover with the other half of the mince curry sauce. Cover with last layer of brinjal then pour cream sauce over. Bake for approximately 35 to 45 minutes, until the surface is golden-brown.
- Serve the moussaka with sauted mediterranean veg and garnish with deep fried and fresh origanum



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MAIN: MADRAS MOUSSAKA

DESSERT: SPICED SYKA

### **DESSERT: SPICED SYKA**

#### **Ingredients**

##### **FIGS:**

12 small ripe figs, fresh or preserved  
45g fragrant honey  
65ml orange juice  
30ml pineapple juice  
2 small bay leaves  
1/2 tsp elachi/cardamom powder  
1/2 tsp cinnamon powder  
1/4 tsp nutmeg powder  
1/4 tsp clove powder

1 cup thick Greek yoghurt

20ml rose syrup, for drizzling

##### **MIXED NUTS BRITTLE:**

1/4 cup mixed nuts, chopped  
1/2 cup sugar  
2 tbsp water

1 sheet of phyllo pastry  
30g melted butter

#### **Method**

- Preheat oven to 180 degrees Celsius.
- Prick figs with a fork. Place with stalks upright in a small but deep baking dish. Mix rest of ingredients in measuring jug. Pour mixture over figs. Cover dish with lid and bake, basting occasionally, for 25 to 30 minutes, until the figs are soft.
- For phyllo pastry baskets, cut squares out of phyllo pastry sheet, brush with melted butter and layer a few squares on top of and at angles to each other. Bake baskets in a muffin tray lined with butter, until golden brown, for approximately 6 to 8 minutes.
- For walnut brittle, melt sugar, with water, to caramel (golden brown). Mix in nuts and spread on an oiled tray to cool and harden.
- Serve figs in phyllo pastry baskets, with a dollop of thick Greek yoghurt. Garnish with rose syrup and brittle.