



DE'LISH 1 RECIPES

EPISODE 6 - BUDDHA'S BIRTHDAY

STARTER: BHAJIAS WITH DIPPING CHUTNEY SERVED ON A VARIETY SAVOURY PLATTER

MAIN: DECONSTRUCTED VEG BIRYANI AND PANEER CHUTNEY

DESSERT: SOJI HALWA ICE CREAM AND FRESH FRUIT

STARTER: BHAJIAS WITH DIPPING CHUTNEY SERVED ON A VARIETY SAVOURY PLATTER

Ingredients

BHAJIAS/CHILLI BITES:

1 cup pea or chickpea flour
 1 tbsp cake flour
 1 tsp baking powder
 1 medium potato, grated
 1 medium onion, grated
 1 tsp ground coriander
 1 tsp ground cumin
 2 chillis, crushed
 1 bunch chopped coriander leaves
 salt
 water, for diluting
 oil for deep frying

DIPPING CHUTNEY:

1 tbsp tamarind,
 1 tbsp brown sugar
 4 tbsp water
 1 tsp ground coriander
 1 tsp ground cumin
 1 tsp ground aniseed
 1 tsp chilli powder
 1/2 tsp salt
 fruit juice or water, to dilute

Method

- Heat oil for deep frying in a large saucepan. Place another small saucepan onto stove and bring to low heat, adding sugar and water for chutney.
- Sieve dry ingredients into a large bowl then add rest of bhajia ingredients and dilute with water until the consistency becomes that of a thick pancake batter.
- Remove small saucepan from heat and mix in other chutney ingredients.
- Prepare a dish with paper towel. Taking spoonfuls at a time, drop batter gently into hot oil, leaving space between bhajias to allow for turning. Turn over when golden brown, fry other side, and remove when both sides are golden brown, into dish with paper towel.
- Serve hot bhajias with dipping chutney.

MAIN: DECONSTRUCTED VEG BIRYANI AND PANEER CHUTNEY

Ingredients:

RICE:

1 litre water, for boiling
 1 cup basmati rice, washed
 1 cinnamon stick
 1 elachi pod

1/2 cup red split lentils, washed

1/4 tsp saffron, dried, crushed and steeped in a tablespoon of hot water

CHEESE:

2 large blocks of paneer/ha-loumi cheese

ONIONS:

1 large onion, sliced
 1/4 tsp ginger, crushed
 1/4 tsp turmeric powder

TOMATOS:

2 cloves garlic, crushed
 1/4 tsp red chilli, crushed
 12 cherry tomatos, halved

VEG:

1/4 cup double beans, boiled and drained
 1/4 cup baby carrots, peeled and blanched and drained
 1/4 cup mange tout, topped and tailed, blanched and drained

3 potatos, peeled, sliced and dried

SPICED YOGHURT DRESSING (DAHI):

2 cups plain yoghurt
 1/2 bunch coriander leaves
 1 green chilli
 1 clove garlic
 1 tbsp lemon juice
 1/2 tsp cumin

oil for frying
 salt and pepper to taste

fresh coriander leaves, for garnish

Method

- Bring two pots of water to the boil, and two frying pans to heat with oil. Add rice ingredients to one pot, lentils to the other, onion ingredients to one frying pan, and potato slices to the other. Add salt to to all and stir regularly. Cook rice and lentils according to package instructions, onions until lightly browned and potatos until browned.
- Add all dahi ingredients to blender and blend until smooth. Cover and store in fridge.
- Slice paneer blocks horizontally and cut into discs with ring mould. Cover and store fridge.
- Mix steeped saffron into cooked rice. Keep rice, lentils, onions and potatos warm in stove.
- Bring another two frying pans to heat with oil. Add veg to one and tomato ingredients to the other - saute and season.
- Swirl dahi on plate and place oiled ring mould in centre. Spoon rice into bottom of mould. Then lentils. Then potatos. Then paneer disc. Repeat layering. Remove mould and place individual type veg at three points around biryani. Spread onions over top paneer disc. Arrange tomatos on onions in centre and garnish with dhania.



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DESSERT: SOJI HALWA ICE CREAM AND FRESH FRUIT

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Ingredients

SOJI HALWA:

1/2 cup semolina
2 1/2 cups milk
1 tsp ground elachi
1 tbsp sultanas
1 tin condensed milk
1/2 cup ghee
2 cups fresh cream
4 large eggs
1/2 cup flaked and toasted almonds
1/2 cup shelled pistachios
freshly cut seasonal fruit

GARNISH:

tuilles (wafer biscuits)
mint leaves
strawberries

Method

- Bring large saucepan to heat. Add ghee, then soji and sultanas. Keep stirring until sultanas are swollen.
- Whisk eggs in milk with elachi, while still stirring soji. Lower heat of soji and add egg and milk mixture, while stirring until thick. Add 1 cup of cream and the condensed milk. Cover with pot lid and leave on low heat. When cooked remove from heat and mix rest of cream and nuts. Allow to cool, mixing regularly, then transfer to freezer container. After every two hours of freezing, remove from freezer, and mix thoroughly to get rid of ice crystals, until it has set smoothly.
- Serve ice cream with freshly cut seasonal fruit and garnish as desired.