



# DE'LISH 1 RECIPES

## EPISODE 7 - INDIAN-MEXICAN

**STARTER: REFRIED BEAN AND GUACAMOLE SALAD**

**MAIN: TURKEY/CHICKEN MOLE ENCHILADA WITH GAZPACHO SALSA**

**DESSERT: PRICKLY PEAR AND WHITE CHOCOLATE CHAMPURRO**

### STARTER: REFRIED BEAN AND GUACAMOLE SALAD

#### Ingredients

##### REFRIED BEANS

250g beans, cooked  
2 onions, chopped  
8 cloves of garlic, crushed  
2 bay leaves  
2 chillis, crushed  
1 tomato, diced  
oil for frying  
salt and pepper, to taste

##### GUACAMOLE:

2 avocados  
2 tbsp sour cream  
2 tbs onion, finely chopped  
1 tomato, seeded & finely chopped  
1 tbsp lime juice  
2 tbsp lemon juice  
1 red chilli, finely chopped  
salt and pepper, to taste

200g gemsquash, boiled & mashed  
1/2 cup peanuts, crushed

6 baby corn, halved and deepfried

6 cherry tomatos

#### Method

- Bring a frying pan to medium heat with oil.
- In a mixing bowl, mash avocados thoroughly.
- To pan add garlic, bay leaves, onions and chillis and fry for approximately one minute.
- Add tomato, then beans and allow to cook.
- For guacamole, mash avocado with rest of ingredients.
- Season to taste.
- In another bowl, mix squash with peanuts and season.
- Frying beans until dry and crisp.
- Switch off heat, smash with back of spoon, and season.
- Place oiled ring mould in centre of plate. Press mash, then beans, then guacamole into mould.
- Remove mould and garnish with deep fried baby corn and cherry tomato halves.

### MAIN: TURKEY/CHICKEN MOLE ENCHILADA WITH GAZPACHO SALSA

#### Ingredients:

4 large tortillas

##### TURKEY MOLE

6 turkey or chicken breasts, covered and simmered in water until tender, then cut into strips  
stock from cooked turkey or chicken breasts  
8 dried chillis  
100ml oil  
1 cup water  
1/2 large onion, chopped  
1 clove garlic, crushed  
1 medium tomato, chopped  
2 slices bread, toasted and cubed  
3 tbsp raisins  
3 tbsp peanuts  
1/2 tsp ground cinnamon  
1/4 tsp ground cloves  
3 tbsp cocoa  
1 tbsp sugar  
salt and pepper to taste

##### GAZPACHO SALSA

1 large tomato, finely chopped  
1 small cucumber, peeled and finely chopped  
1 clove garlic, crushed  
1 small green pepper, seeded and finely chopped  
1 tbsp tabasco sauce  
1 lime, zest and juice  
dash vinegar  
1 tbsp olive oil  
sugar, salt and pepper to taste

fresh coriander for garnish

#### Method

- Bring saucepan to heat with half oil. Break chillis up and fry in for a few minutes.
- Put in blender with water and puree. Pass through sieve for smooth paste. Pour out into bowl.
- Rinse blender and dry outside.
- Bring saucepan back to heat with rest of oil. Puree onion, garlic, tomato, bread, raisins, peanuts and spices in blender.
- Pour onion mixture into saucepan and cook over medium heat for a few minutes. Add chilli paste and cook further, Add turkey stock, then cocoa, sugar and salt. Cover and then gently simmer for half an hour, stirring regularly.
- Mix all salsa ingredients in a bowl. Cover and refrigerate.
- Five minutes before taking mole sauce off of stove, stir in turkey/chicken strips. Spoon mole mixture onto a tortilla and fold into a parcel. Garnish plate with with salsa, dhania and mole sauce.



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#### **Ingredients**

4 ripe prickly pears, peeled and mashed

3 cups evaporated milk

2 cups water

60ml flour

100g white chocolate, chopped

50ml sugar

pinch salt

#### **GARNISH:**

ground nutmeg

rose syrup

fresh mint leaves

#### **Method**

- Heat milk and water to fast boil in a saucepan.
- Blend flour, chocolate, salt and sugar with half a cup of water.
- Add chocolate mixture to hot milk and stir well. Stir over medium heat until thick. Allow to come to boil then mix in prickly pears.
- Serve in mugs and garnish with rose syrup, nutmeg and mint leaf.