



DE'LISH 1 RECIPES EPISODE 9 - TIMBUKTU

STARTER: MASALA MAASA WITH DAHI

MAIN: JOLLOF COUSCOUS BIRYANI

DESSERT: MENI-MENIYONG AND SEASONAL FRUIT

STARTER: MASALA MAASA WITH DAHI

Ingredients

Maasa:

40ml fresh milk
40ml water, cold
1 1/2 tsp yeast
1/2 tsp castor sugar
1 tsp masala/curry powder
1 cup millet flour
1 cup rice flour
1/2 tbsp baking powder
pinch salt
oil for deep frying

Dipping Sauce:

1/2 cup yoghurt
2 tbsp mint leaves, finely chopped
1/2 red chilli, crushed
1/4 tsp ground cumin
salt and pepper to taste

Method

- To make the maasa batter, gently heat the milk and water, mixing in the sugar to dissolve, and then stir in the yeast. Cover and allowed to stand to for 20 minutes to allow yeast to ferment. Mix in dry ingredients, cover, and set aside to rise for a further 30 to 40 minutes
- Mix dahi ingredients in a bowl, season to taste, and set aside.
- When the maasa batter has risen, heat the oil and prepare some paper towel or other absorbent paper to remove the deep fried maasa to.
- Stir the mixture gently and fry table-spoonfuls at a time. Fry for approximately 1 minute on each side until golden brown. Remove the maasa from the oil using a slotted spoon to the absorbent paper, and drain to remove the excess oil.
- Stack 3 or 5 maasa in the centre of a plate and garnish the plate with the dahi, sliced cherry tomatos and mint leaves.

MAIN: JOLLOF COUSCOUS BIRYANI

Ingredients:

1kg stewing mutton, lamb, beef or ostrich, cut into chunks	1/2 tsp ground elachi
30ml oil	4 ripe tomatos, chopped
2 tbsp butter	3 cups water
4 cloves garlic, sliced	2 large onions, chopped
1 tbsp ground cumin	1/2 tsp cinnamon
1 tsp fennel seeds	1 cup dates, pitted and pu-reed
1/2 tsp black pepper	1 cup mixed seasonal veg, diced
1/2 tsp grated nutmeg	2 cups couscous
2 tbsp ginger, crushed	salt to taste
1 tbsp cayenne pepper	

Method

- In a large saucepan heat the oil and butter until very hot and fry the meat until it has browned. Reduce the heat to medium, adding the garlic, then the rest of the spices, except the cinnamon, and stir fry for approximately one minute. Add the tomatos, enough water to cover the meat, reduce the heat to very low and allow to simmer for about an hour, stirring regularly, until nearly all the liquid has evaporated.
- Then add the onions, mixed seasonal veg, dates and cinnamon, cover and allow to cook on very low heat for half an hour, adding small amounts of water as necessary to prevent catching.
- Finally, add the couscous, cover, switch off the heat, and allow to steam for fifteen minutes. Season to taste.

- To present, mould the biryani onto the plate and garnish with lettuce, a boiled egg half, sliced cherry tomatos and fresh parsley.

DESSERT: MENI-MENIYONG AND SEASONAL FRUIT

Ingredients

1/2 cup sesame seeds, toasted
1/2 cup honey
1/4 tsp elachi powder
2 tbsp unsalted butter

Method

- Heat the honey and butter in a small saucepan until the mixture bubbles and darkens slightly. Switch off the heat and stir in the sesame seeds
- Spread the mixture onto a buttered baking sheet, allow to cool to room temperature. Cut into desired shapes and coat with more sesame seeds if necessary (this wil depend on the honey you use).
- Plate with freshly cut seasonal fruit and garnish with a sprig of mint. For an extra twist, serve with plain vanilla or chocolate ice-cream.
- Pour into glasses and garnish with a lemongrass stalk and rose syrup. Serve with a dessert spoon.