



**STARTER: GREEN PEA SOUP WITH JEERA CRISPREAD**

**MAIN: FISH KEBABS WITH SWEDE MASH AND LINGONBERRY CHUTNEY**

**DESSERT: CHOKLADBOLLS AND SAFFRON BUNS**

### STARTER: GREEN PEA SOUP WITH JEERA CRISPREAD

#### Ingredients

##### Soup:

2 tbsp ghee  
 1/2 tsp turmeric  
 1/2 tsp jeera/cumin powder  
 1 small onion, finely chopped (1/2 cup)  
 2 cloves garlic, crushed (1 tsp)  
 1 tsp crushed ginger  
 1 crushed green chilli (1/2 tsp)  
 2 cups raw green peas  
 1/4 cup yoghurt  
 1/4 cup fresh cream  
 2 cups water or vegetable stock  
 1/4 cup dhanias leaves  
 1/4 tsp elachi powder  
 1/2 tsp gharam masala  
 1/4 tsp cinnamon powder

##### Crispbread:

12g yeast  
 1/4 tsp sugar  
 1/2 cup warm water plus extra if necessary  
 1 cup rye flour plus extra for baking  
 1/3 cup cake flour  
 1/2 tsp salt  
 1 tsp crushed jeera/cumin seeds  
 oil for brushing

##### garnish:

fresh cream  
 red pepper curls  
 yellow pepper curls  
 dhanias leaves

#### Method

- Cook all the soup ingredients in sequence, and allow to simmer to the desired thickness. Puree the soup in a blender.
- For the bread, allow the yeast to dissolve and ferment with the sugar and hot water for a few minutes. Mix in the flour, adding more flour or water if necessary and knead until firm and elastic. Place the dough in an oiled bowl, cover and allow to rise in a warm place for half an hour. Knead for a further five minutes, return to the bowl, cover and let prove for another half an hour. Roll out to a thickness of about 1 cm, brush with oil, prick all over with a fork, and bake on a greased sheet or tray for 2 to 4 minutes on each side, or until lightly browned, at 200 degrees Celsius.
- Serve the soup either hot or cold, garnishing the bowls with fresh cream, pepper curls and fresh herbs. Serve with or without the crispbread.

### MAIN: FISH KEBABS WITH SWEDE MASH AND LINGONBERRY CHUTNEY

#### Ingredients:

500g white fish meat, steamed and flaked  
 1/2 tsp turmeric powder  
 2 cloves garlic, crushed (1 tsp)  
 1/2 onion, finely chopped  
 1 crushed green chilli (1/2 tsp)  
 zest of 1 small lime, finely chopped (1 tbsp)  
 1/4 cup mint, finely chopped  
 1 large egg  
 1 cup fresh breadcrumbs  
 oil for frying

8 swedes/yellow turnips  
 1 tbsp butter  
 1 tsp mustard seeds, fried in 1 tbsp oil  
 1/2 cup cashew nuts, chopped

##### chutney:

1 tbsp butter  
 1 tsp chilli powder  
 1 tsp crushed ginger  
 1 clove garlic, crushed  
 1 cup cranberries, fresh or dried  
 2 tomatos, pureed  
 1 tbsp sugar  
 1/2 cup water

100g mixed seasonal veg, blanched  
 olive oil for sauteing

salt and pepper

##### garnish:

lemon wedges  
 dhanias leaves

#### Method

- Thoroughly mix the kebab ingredients in a bowl, adding a bit of salt and pepper, shape and shallow or deep fry in hot oil until lightly browned. Dry on absorbent paper.
- Scrub the swedes to remove any soil. Boil either whole or in pieces until soft. Mash with the butter, fried mustard seeds and cashew nuts.
- Cook the chutney ingredients in sequence on medium heat until it reduces to a thick consistency and the tomatos have softened - add water during cooking if necessary. You will have to add more water and simmer for longer if using dried cranberries.
- Saute the pre-cooked veg in olive oil on high heat for a minute or two. Season all items!
- Plate as desired and garnish with fresh lemon and herbs.



**STARTER:** GREEN PEA SOUP WITH JEERA CRISP BREAD

**MAIN:** FISH KEBABS WITH SWEDE MASH AND LINGONBERRY CHUTNEY

**DESSERT:** CHOKLABOLLS AND SAFFRON BUNS

### **DESSERT: CHOKLABOLLS AND SAFFRON BUNS**

#### **Ingredients**

##### **choklabbolls:**

2 cups toasted oatmeal  
1/2 cup butter  
1/2 cup sugar  
1/2 cup cocoa  
1/4 cup coffee  
1 tsp elachi powder  
1/2 tsp cinnamon powder  
1/2 tsp nutmeg powder  
1 cup desiccated coconut

##### **buns:**

1 tbsp butter  
1/4 cup milk  
1/4 tsp saffron, dried and crushed  
3 tbsp sugar  
12g yeast  
2 cups cake flour  
1/4 cup raisins  
1 egg  
pinch salt

##### **garnish:**

mint leaves  
strawberries  
cranberries

#### **Method**

- Cook the oatmeal with the rest of the ingredients except the coconut, adding water during cooking, until it is thick and dry. Taste test to make sure the oatmeal is fully cooked - add more water and cook further if necessary. Shape while still warm, roll in coconut and allow to cool before serving.
- Melt the butter with the milk and saffron. Remove from the heat and allow the saffron to infuse the milk until coloured and fragrant. Add the yeast and sugar and set aside for a few minutes to allow the yeast to begin fermenting. Mix in the flour, adding either more water or flour if necessary to obtain a firm dough. Knead the dough until smooth and elastic, place in an oil lined bowl, cover, leave in a warm place and allow to prove for half an hour. Knock back and knead for 5 minutes, return to the bowl, cover and let prove for a further half an hour. Taking handful-sized pieces of the dough, roll out using your hands into sausages, then curl the ends inwards to create curly "S" shapes. Cover and allow to prove for a further half an hour. Brush with milk and bake at 200 degrees Celsius for 10 to 15 minutes until lightly golden brown.
- Serve the buns with butter, cheese, berry jam, tea and/or coffee