



STARTER: SHRIMP CARACHAMA WITH APPAM CAKES

MAIN: STUFFED & GRILLED SARDINES WITH TACACHO MASH

DESSERT: FRUIT AND NUT LAGAN

STARTER: SHRIMP CARACHAMA WITH APPAM CAKES

Ingredients

Carachama:

- 1 tbsp ghee
- 1/2 onion, finely chopped (1/2 cup)
- 2 cloves garlic, crushed (1 tsp)
- 1/2 tsp turmeric powder
- 1 red chilli, crushed (1/2 tsp)
- 1 tbsp tamarind paste
- 2 cups water
- 2 cups shrimp, shelled and deveined
- 1/2 cup dhania, finely chopped

Appam:

- 1 cup rice flour
- 1/2 cup cooked rice
- 1 cup grated coconut
- 1/2 tsp baking powder
- 1 tsp sugar
- oil, for greasing

garnish:

- fresh herbs

Method

- Cook the carachama on medium heat in the sequence of ingredients, and then allow to simmer on low heat for a few minutes. Stir in the dhania before serving.
- For the cakes, mix all the ingredients together in a large bowl, adding water to make a thin paste. Line the moulds of a muffin or cupcake tray with oil, pour small amounts of the mixture into the moulds and bake for 8 to 12 minutes at 170 degrees Celsius until firm and lightly browned on the top.
- Plate and garnish as desired.

MAIN: STUFFED & GRILLED SARDINES WITH TACACHO MASH

Ingredients:

- 12 small sardines, cleaned and gutted

Stuffing:

- 2 tbsp oil
- 1 finely chopped onion (1 cup)
- 4 cloves garlic, crushed (2 tsp)
- 1 tbsp crushed ginger
- 1/2 tsp turmeric powder
- 1/2 tsp jeera powder
- 1/2 tsp dhania powder
- 1 chilli, crushed (1/2 tsp)
- 1 finely chopped small red pepper (3/4 - 1 cup)
- 1/2 cup shredded mange tout
- 1 finely chopped small yellow pepper (3/4 - 1 cup)
- 1 cup mushrooms, finely chopped
- 1/2 cup mixed herbs, finely chopped
- 1/2 cup grated cheese
- juice of 2 lemons (1/4 cup)

Mash:

- 4 large green bananas
- water for boiling

- 1 tbsp oil
- 1 tsp mustard seeds

Banana Dahi:

- 1 large banana, finely chopped and mixed with lemon juice (1 cup)
- 1 cup yoghurt
- 1/2 tsp mustard seeds fried in oil
- 1/2 crushed green chilli (1/4 tsp)
- 1 tbsp grated coconut
- 1 tbsp finely chopped dhania leaves

salt and pepper

garnish:

- mixed fresh herbs

Method

- Saute the stuffing ingredients, except the cheese, on medium heat for a few minutes. Season, allow to cool, mix in the cheese and then stuff the sardines. Place under the grill, turning to crisp and brown on both sides for a few minutes each.
- To make the mash, boil the bananas until soft - this may take a while. Season and mash with butter and cream. Fry the mustard seeds in oil and mix into the mash.
- For the dahi, gently mix all the ingredients and season - try not to smash the chopped banana.
- Plate and garnish as desired.

DESSERT: FRUIT AND NUT LAGAN

Ingredients

- 1 cup chopped mixed fruit
- 1 cup chopped mixed nuts
- 1 tbsp semolina/cream of wheat
- 2 tbsp ghee
- 2 cups milk
- 3 eggs
- 1 cup fresh cream
- 1 cup condensed milk
- 1/2 tsp elachi powder
- 1 tsp rose essence

garnish:

- icing sugar
- mint sprigs
- fresh berries

Method

- Fry the semolina in the ghee on low heat. Whisk in the milk then add the fruit and nuts. Whisk the eggs with the remaining the ingredients and briskly mix into the hot mixture. Cook, while stirring, until thickened. Pour into a baking dish and bake for half an hour, at 180 degrees Celsius, until set.
- Serve with ice-cream and garnish as desired.