



STARTER: SAMAKI WA KUSONGA WITH GREEN MAYONNAISE

MAIN: CITRUS BATTERED CHICKEN WITH MADUMBI MASH + GREEN BEAN & WALNUT CHUTNEY

DESSERT: MANGO & RAMBUTAN TARTLETS + ZANZIBARI RICE LADU

STARTER: SAMAKI WA KUSONGA WITH GREEN MAYONNAISE

Ingredients

250g cooked fish (canned tuna, salmon, etc.) drained & flaked
 1 egg, beaten
 1 tsp lemon zest
 1 tbsp lemon juice
 2 cloves garlic, crushed (1 tsp)
 ½ red chilli, crushed (1/4 tsp)
 ½ tsp ground cloves
 1 cup breadcrumbs
 ¼ cup olive oil for frying

Mayo:
 2 egg yolks
 ¼ tsp mustard
 Pinch saffron, dried and crushed
 1 tsp vinegar
 1 ½ cups vegetable oil
 1 tbsp chopped parsley
 1 tbsp chopped dhania
 1 tbsp chopped mint

Garnish:
 Lemon wedges
 Cherry tomatos

Method

- Combine the samaki ingredients in a bowl, shape into little cakes and press the outside of the cakes with the bread crumbs. Fry in hot oil until lightly browned and drain on an absorbent paper.
- In a large bowl, whisk the egg yolks with the mustard, saffron and vinegar. While vigorously whisking the mixture, pour the oil into the bowl in a thin and steady stream. Continue whisking until the mixture is of the desired consistency. Mix in the herbs, place in the refrigerator and allow to rest for at least half an hour.
- Plate and garnish as desired.

MAIN: CITRUS BATTERED CHICKEN WITH MADUMBI MASH + GREEN BEAN & WALNUT CHUTNEY

Ingredients:

4 chicken breasts
 4 steamed madumbi or spinach leaves, chopped (1 + 1/3 cup)
 4 cloves garlic, crushed and fried (2 tsp)
 ¼ cup raisins, chopped

1 ½ cups all-purpose flour
 ¼ tsp saffron, dried, crushed and steeped in 1 tbsp hot water
 Zest and juice of 1 medium orange or other citrus fruit
 1 red chilli, crushed (1/2 tsp)
 1 egg, beaten
 ¼ cup water

½ cup oil for frying

Mash:
 3 - 4 medium-sized madumbis/yams, peeled
 Water for boiling
 1 tbsp butter
 1 tbsp mixed seeds

Chutney:

4 tbsp olive oil
 1 onion, finely chopped (2/3 cup)
 1 tbsp crushed ginger
 1 tsp masala
 ½ tsp ground cinnamon
 2 cups chopped green beans
 1 tomato, pureed (2/3 cup)
 1 cup water
 ½ cup chopped walnuts

Salt and pepper to taste

Garnish:

Citrus chips
 Deep fried julienned green beans
 Fresh herbs

Method

- Make pockets in the chicken breasts and stuff with a mixture of the leaves, garlic and raisins. Mix the batter ingredients in a large bowl until combined. Dip the stuffed breasts in the batter and fry in hot oil until browned. Transfer to the oven for 30 minutes at 180 degrees Celsius.
- To make the mash, boil the yams until soft then mash with the butter and seeds.
- For the chutney, cook all the ingredients, in sequence, on medium heat until the beans have softened and the chutney has thickened.
- Season all items, plate and garnish as desired.



DE'LISH 2 RECIPES EPISODE 17 - ZANZIBAR

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Ingredients

1 cup mango flesh, sliced
1 cup peeled and seeded
rambutan flesh
1 tbsp grated coconut
1 tbsp ground macadamia
nuts
2 eggs whites, beaten with ¼
cup sugar, to stiff peak
½ roll puff pastry

Ladu:

½ cup coarsely ground raw
rice
2 tbsp butter or ghee
2 cups coconut milk
¼ tsp saffron, dried & crushed
1/2 cup sugar
½ tsp elachi powder
1 tbsp ground macadamias
1 tbsp dark brown sugar

Garnish:

Candied lime zest
Fresh berries
Fresh mint sprigs

Method

- Line tartlet cases with the puff pastry. Combine the filling ingredients, spoon into the cases and bake for 30 to 40 minutes at 180 degrees Celsius.
- To make the ladus, fry the rice in the butter or ghee. Add the milk and the rest of the ingredients. Cover and cook on low heat until thickened and dry. Test by tasting to make sure that the rice is cooked. Shape while still warm and cool before serving.
- Plate and garnish as desired.