



STARTER: SALT FISH VADDE WITH TANGY BANANA DAHI

MAIN: JERK CHICKEN TIKKA WITH RICE AN' PEAS

DESSERT: BULLA CAKE WITH CARIBBEAN COMPOTE

STARTER: SALT FISH VADDE WITH TANGY BANANA DAHI

Ingredients

200g salted fish, soaked in water overnight	1 ripe banana, mashed with lemon juice
200g pea flour	1 cup thick yoghurt
1 cup water	1 tsp mustard
2 cloves crushed garlic	1 tbsp finely chopped capers or pickled gherkins
1 tsp crushed ginger	1 tsp finely chopped dhania
1 tsp paprika	1/4 tsp crushed green chilli
1/4 tsp jeera powder	salt and white pepper to taste
1/2 tsp crushed peppercorns	
1 onion, chopped	
2 tomatos, chopped	
2 stems spring onion, chopped	
oil for frying	

Method

- Bring a frying pan to heat with oil. Gently fry vegetables and spices. In a large bowl shred the fish and mix with flour. Combine the fried vegetables with the fish and flour, adding the water to make a batter.
- Fry spoonfuls until golden brown on both sides and drain on absorbent paper.
- Mix all dahi ingredients in a small bowl and garnish with lemon wedges and fresh salad leaves.

MAIN: JERK CHICKEN TIKKA WITH RICE AN' PEAS

Ingredients:

8 chicken pieces	2 cups basmati rice, soaked
1 tbsp ground allspice	1/2 cup mixed dried peas, soaked overnight
1 tbsp dried thyme	2 cups coconut milk
1 tbsp sugar	salt to taste
1 tsp paprika	water for boiling
1 tsp ground red pepper	1/2 green pepper, finely chopped
1 tsp ground sage	1/2 red pepper, finely chopped
1/2 tsp ground nutmeg	1/2 yellow pepper, finely chopped
1/2 tsp ground cinnamon	
1/2 tsp ground cloves	
1/2 tsp salt	
1/2 tsp crushed black pepper	
1/4 cup olive oil	
1/4 cup soy sauce	
1/4 cup vinegar	
1/2 cup orange juice	
zest and juice of 1 lime	
2 cloves crushed garlic	
2 crushed habanero peppers or red chillis	
2 onions, finely chopped	
2 stems spring onion, finely chopped	

RED PEPPER CHUTNEY:

2 red peppers, seeded and chopped
1 clove garlic
1 tsp ginger
2 red chillis
1/4 cup vinegar
1 tsp sugar
1 tsp mustard seeds
1 tsp onion seeds
1/4 cup oil

Method

- Combine all chicken marinade ingredients with chicken and allow to marinate. Roast in the oven at 180 degrees Celsius for just under an hour. Place under the grill to brown and become crisp on the outside.

- Boil the peas until soft and then add to the rice and coconut, cooking further until done.
- For the chutney, fry the mustard and onion seeds in oil. Puree the rest of the ingredients and add to the frying pan. Cook until soft.
- Mix the finely chopped peppers into the cooked rice and peas. Season all items and garnish the presentation with orange slices, lime slices and fresh herbs.

DESSERT: BULLA CAKE WITH CARIBBEAN COMPOTE

Ingredients

CAKE:	COMPOTE:
1 1/2 cups brown sugar	2 cups seasonal tropical fruit, cut in pieces
1/2 tsp salt	juice of two oranges
1 cup water	1/2 cup sugar
1/2 cup margarine, melted	2 tbsp honey
1 tsp vanilla	1 tbsp orange zest
1 tsp vanilla essence or extract	1 cinnamon stick
4 cups flour	1 star anise
1 1/2 tsp baking powder	1 elachi pod
1/2 tsp bicarbonate of soda	2 cloves
1/2 tsp nutmeg powder	
1/2 tsp elachi powder	
1/2 tsp cinnamon powder	
flour for rolling	

Method

- Combine all the cake ingredients in a large bowl to make a dough. Knead, roll out and shape with a cutter. Place the cakes on a baking tray and bake in the oven for about 20 to 30 minutes until lightly browned.
- For the compote, simmer all the ingredients until soft.
- Pipe or dollop fresh cream onto the cakes and spoon over some of the compote. Garnish with toasted coconut and fresh mint.