



DE'LISH 2 RECIPES EPISODE 4 - NATIVE AMERICAN

STARTER: CORN CHOWDER SERVED WITH PAPAD

MAIN: MAPLE AND COCONUT FISH IN BANANA LEAF WITH CHEROKEE FRY BREAD

DESSERT: PUMPKIN AND BERRY PIE

STARTER: CORN CHOWDER SERVED WITH PAPAD

Ingredients

1 tbsp ghee
1 onion, finely chopped
2 cloves crushed garlic
1 tsp crushed ginger
1 crushed green chilli
1 large potato, boiled, peeled and diced
1 cup kernel corn
1 cup creamed corn
1 cup water
1 tbsp chopped parsley
1 cup milk
1 cup cream
salt and pepper to taste

cooked papads

CORN BHAJIAS:

oil for frying
1 large potato, boiled, peeled and diced
1 cup kernel corn
1 cup creamed corn
1 onion, finely chopped
2 cloves crushed garlic
1 tsp crushed ginger
1 crushed green chilli
1 tbsp chopped parsley
salt and pepper to taste
1 cup pea flour
1 cup milk

Method

- Cook chowder in sequence of ingredients and allow to simmer.
- Mix bhajia ingredients in bowl and fry spoonfuls in hot oil. Drain on paper towel.
- Serve chowder with cooked papads and garnish with fresh herbs.

MAIN: MAPLE AND COCONUT FISH IN BANANA LEAF WITH CHEROKEE FRY BREAD

Ingredients:

1kg fresh line fish, cleaned by fishmonger
1 cup maple syrup
1/4 cup olive oil
juice and zest of 1 small lemon
4 cloves crushed garlic
1 fresh red chilli, crushed
1 fresh green chilli, crushed
1 grated onion
1/2 tsp turmeric powder
1 tsp cumin seeds
1 tsp dhania seeds
1 tsp mixed peppercorns
1/2 cup grated coconut
coarse salt

banana leaves
string

BREAD:

2 1/2 cups cake flour
1 1/2 tsp baking powder
pinch salt
1 cup cooked beans
1/2 cup milk
1/2 cup warm water or liquid from beans
oil for frying

SALAD:

red onion
cherry tomatos
mixed herb lettuce

Method

- Baste fish in marinade ingredients, wrap in banana leaf and bake in the oven at 180 degrees Celsius for half an hour. Unwrap banana leaf and brown the fish under the grill before removing from the oven.
- Combine the bread ingredients in a bowl. Knead, roll out and fry until lightly browned on both sides. Drain on absorbent paper.

- Serve fish with bread and salad and garnish with lemon roses and chopped herbs.

DESSERT: BULLA CAKE WITH CARIBBEAN COMPOTE

Ingredients

SWEET PASTRY:

90g unsalted butter
80g castor sugar
3 egg yolks
1 egg
2 cups flour

1 small pumpkin, peeled, steamed and grated
1 cup mixed berries
1/4 cup dark brown sugar
1 tsp cinnamon powder
1 tsp elachi powder
1/4 tsp nutmeg powder
1/4 tsp clove powder
1/2 cup condensed milk
1 cup heavy cream
2 tbsp melted butter
2 egg yolks
2 egg whites, whisked

Method

- Combine pastry ingredients in a large bowl, knead lightly and allow to rest. Roll out and line pie case.
- Combine all the filling ingredients and place in the pie shell. Bake for 10 minutes at 200 degrees Celsius then reduce the heat to 170 for a further 40 minutes. Cover the edges with tin foil if they begin to get too brown.
- Serve the pie with ice cream, fresh berries and mint sprigs.