



DE'LISH 2 RECIPES EPISODE 5 - MADAGASCAR

STARTER: GINGER AND LIME CRAB SALAD

MAIN: CHICKEN IN COCONUT & CLOVE MILK WITH KOBA RICE

DESSERT: VANILLA FRUIT CAKE WITH BURFI ICING

STARTER: GINGER AND LIME CRAB SALAD

Ingredients

200g/1 cup crab meat
1/4 red onion, finely chopped
1/2 dill gherkin, finely chopped
1/2 stalk celery, finely chopped
4 cherry tomatos, thinly sliced
1 naartjie, segmented
100g mixed salad leaves

dressing:

1 tbsp ginger, grated
zest and juice of 1 lime
1 tbsp olive oil
1/3 cup mayonnaise
1/2 tsp crushed red chilli
salt and pepper to taste

Crab Cakes:

200g/1 cup crab meat
1/4 red onion, finely chopped
1/2 dill gherkin, finely chopped
1/2 stalk celery, finely chopped
2 eggs, beaten separately
1/4 cup fresh breadcrumbs
salt and pepper to taste
1/4 cup flour
12 cup dry breadcrumbs
oil for frying

Method

- Heat the olive oil, ginger and lime zest to infuse. Add to the rest of the dressing ingredients and mix. Combine with the salad ingredients.
- For the cakes, mix all the ingredients, shape, crumb and fry. Drain on absorbent paper.
- Serve the cakes with the dressing as a dipping sauce and garnish both items with fresh herbs.

MAIN: CHICKEN IN COCONUT & CLOVE MILK WITH KOBA RICE

Ingredients:

500g chicken
1/2 fresh coconut, grated
1 tsp ground cloves
2 cloves garlic, crushed
1 onion, chopped
2 tbsp ghee
1 tomato, chopped
1 crushed green chilli
1/2 cup coconut milk
1/2 cup fresh cream
1/4 cup fresh dhania leaves

1 cup basmati rice, washed & soaked
1/2 cup peanuts, ground
1/2 cup banana, mashed
1/2 tsp poppy seeds
water for boiling

100g mixed seasonal veg, blanched
oil for sauteing

Green Coconut Chutney:

1/2 fresh coconut, grated
1/4 cup dhania leaves, chopped
1/4 cup mint leaves, chopped
1 onion, chopped
2 cloves garlic, chopped
1 green chilli, chopped
1 tsp tamarind
1/2 tsp roasted jeera seeds
1 tsp sugar
1/2 tsp salt
juice of 1 lemon
2 tbsp olive oil

Lasary Voatabia (Malagasy Kachoomer/Sambal):

1/2 cup spring onions, chopped
1/2 cup cherry tomatos, sliced
red tobasco sauce

salt and pepper to taste

Method

- Cook the curry in the sequence of ingredients. Boil the rice and when ready mix in the peanuts and banana.
- Puree the chutney ingredients in a blender. Mix the sambal ingredients in a small bowl.
- Saute the veg and garnish the presentation with spring onions and cocnut shavings.

DESSERT: VANILLA FRUIT CAKE WITH BURFI ICING

Ingredients

150ml or 2/3 cup castor sugar
2 egg yolks
1 tsp vanilla extract/paste
1 cup flour
7.5ml or 1 tsp baking powder
1 tbsp cornflour
pinch salt
60ml oil
100ml warm fruit juice
2 egg whites, beaten to stiff peak
2-3 cups mixed fruit, washed, stoned & cut

Icing:

1 cup fresh milk
1 tsp elachi powder
1/2 cup powdered milk
2 tbsp butter
1/2 cup icing sugar
1 tsp rose essence

Method

- Combine all the cake ingredients in a large bowl. Fold in the egg whites and gently place the fruit on top of the mixture. Bake for about 45 minutes. Simmer the icing ingredients in a saucepan and allow to cool.
- Once the cake has cooled, ice and serve with toasted almonds, ice cream and fresh fruit.