



**STARTER: CRAB AND MOONG DHAL SOUP WITH CRISPY BEETROOT AND SAFFRON CREAM**

**MAIN: CALAMARI COCONUT CARI WITH SWEET POTATO AND MACADAMIA MASH**

**DESSERT: BANANA HALWA**

### STARTER: CRAB AND MOONG DHAL SOUP WITH CRISPY BEETROOT AND SAFFRON CREAM

#### Ingredients

1 cup crab meat  
 1 cup moong dhal, cooked  
 2 tbsp olive oil  
 1/2 tsp mustard seeds  
 2 cloves garlic, crushed  
 1/2 tsp crushed ginger  
 1/2 onion, finely chopped  
 1/2 stalk celery, finely chopped  
 1/2 crushed green chilli  
 1/2 tsp sugar  
 2 cups fish stock  
 juice of 1 lemon  
 1/4 cup dhanias leaves  
  
 salt and pepper to taste  
  
 1/4 cup fresh cream  
 1/4 tsp saffron

**garnish:**  
 1 beetroot, par-boiled and peeled  
 oil for deep frying

**fish stock:**  
 4 cups white fish heads, bones and shellfish shells  
 3 litres cold water  
 1 large onion, finely chopped  
 1 large carrot, finely chopped  
 1 large celery stalk, finely chopped  
 1 bay leaf  
 1 sprig dried thyme  
 3 peppercorns  
 1 parsley stem

#### Method

- Cook soup in a saucepan and allow to simmer gently. Shred or thinly slice the beetroot and then deep fry until crispy.
- Heat the cream with the saffron and allow to infuse.
- To make fish stock, simmer all ingredients for half an hour and then strain.
- Drizzle cream over soup to serve.

### MAIN: CALAMARI COCONUT CARI WITH SWEET POTATO AND MACADAMIA MASH

#### Ingredients:

500g octopus, cut in small pieces and simmered in water until tender  
 1 coconut, grated and soaked in warm water  
 2 tbsp ghee  
 3 cloves garlic, crushed  
 1/2 tsp crushed ginger  
 1/2 onion, thinly sliced  
 1 tsp crushed jeera seeds  
 1/2 tsp dhanias powder  
 1/2 tsp cinnamom powder  
 1/2 red chilli crushed  
 1/2 green chilli, crushed  
 juice of 1 lemon  
  
 4 small sweet potatoes  
 water for boiling  
 1 cup macadamia nuts, chopped  
 1 tsp onion seeds

100g mixed seasonal veg  
 oil for sauteing

**Papaya Chatini:**  
 1 cup papaya flesh  
 1 tbsp vinegar  
 1 tbsp olive oil  
 1 tsp lemon zest  
 1/2 tsp chilli powder  
 1 tsp dhanias leaves, finely chopped

salt and pepper to taste

#### Method

- Cook curry starting with spices and vegetables, then add coconut liquid and calamari. Boil sweet potatoes and add nuts and seeds after mashing.
- Saute veg and combine chatini ingredients in bowl.
- Garnish with lemon and dhanias leaves

### DESSERT: BANANA HALWA

#### Ingredients

6 bananas, peeled and mashed with 1 tsp lemon juice  
 2/3 cup dark brown sugar  
 1 cup water  
 1/2 cup ghee  
 1 cup almonds, chopped  
 1 tsp cardamom powder  
 pinch saffron

#### Method

- Melt the sugar in water with the bananas in a saucepan. Add ghee and saffron, Cook until the mixture forms a soft ball. Add almonds and cardamom. Place in a dish, cover with more almonds, allow to cool and cut into desired shapes to serve.