



DE'LISH 2 RECIPES EPISODE 8 - ARGENTINA

STARTER: EMPANADAS GALLEGAS WITH MAYO CHUTNEY

MAIN: CHIMICHIRRU TANDURI WITH QUINOA

DESSERT: CHOCOLATE BURFI ALFAJORES

STARTER: EMPANADAS GALLEGAS WITH MAYO CHUTNEY

Ingredients

pastry:

2 cups all purpose flour
3 tbsp castor sugar
1 tsp baking powder
1/2 tsp salt
3 tbsp oil
1/2 cup water
1 egg, beaten

filling:

2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, crushed
1 tbsp cornflour
2 cans tuna, drained
1 cup corn
1 crushed green chilli
1 tbsp dhania, finely chopped

mayo chutney:

3/4 cups mayonnaise
1/4 cup cream cheese
2 tbsp lemon juice
2 tbsp vinegar
2 tbsp olive oil
1/2 crushed green chilli
1/2 crushed red chilli
1/4 onion, finely chopped
1 gherkin, finely chopped

salt and pepper to taste

Method

- Combine pastry ingredients in a large bowl, knead, allow to rest for half an hour, then roll out.
- Mix filling ingredients and spoon onto cut out discs of pastry. Fold over, seal and brush with egg.
- Bake in the oven at 180 for about half an hour, turning over halfway. Mix the chutney ingredients in a small bowl.
- Garnish with salad leaves and herbs.

MAIN: CHIMICHIRRU TANDURI WITH QUINOA

Ingredients:

4 chicken breast fillets
1/4 cup thick yoghurt
1/4 cup thick fresh cream
juice of 1 lemon
2 cloves garlic, crushed
1 tsp crushed ginger
1 tsp ground jeera seeds
1 tsp ground dhania seeds
1/2 tsp crushed mixed peppercorns
1 crushed red chilli

1 cup quinoa, soaked and washed
1 1/2 cups cold water

chimichurri:

1 cup fresh parsley
1 cup fresh dhania
1/4 cup fresh origanum
4 cloves garlic
1/4 onion, chopped
1/2 cup olive oil
1/4 cup red wine vinegar
juice and zest of 1 lime

100g mixed seasonal veg, blanched
olive oil for sauteing
salt and pepper

Method

- Wash quinoa boil in water for half an hour. Marinate chicken fillets in a large bowl, place in an oven dish and bake for 30 minutes at 180, placing under the grill to brown.
- Puree chimichurri ingredients in blender and saute veg in a frying pan.
- Garnish the dish with lemon wedges and fresh herbs.

DESSERT: CHOCOLATE BURFI ALFAJORES

Ingredients

1 cup cake flour
1 cup cornflour
1/2 tsp baking powder
1/2 tsp salt
3/4 cup butter
1/2 cup icing sugar
1 egg yolk
1 tsp vanilla extract or essence
1 tsp lemon zest

chocolate burfi dulce de leche:

1 cup condensed milk
1 cup milk
1 cup water
1/2 cup milk powder
1/2 cup cocoa powder
1/2 tsp baking powder
1 tsp elachi powder
1 tsp rose essence

Method

- Mix all the biscuit ingredients in a bowl and allow to rest. Roll out, cut into discs and bake at 180 for half an hour, until lightly browned.
- Simmer dulce de leche ingredients in a small pot until thickened.
- Layer biscuits with dulce and garnish with fresh berries and mint.