



These are easy to prepare items that were presented as starters, though their ingredients may be doubled or tripled so that they may be served as a healthy main course. Croutons or bread sticks should be added for those who'd like more carbs! :)

SALADS

STARTER: BRINJAL AND BLACK OLIVE SALAD WITH HARISSA

Ingredients

4 baby brinjals, topped, tailed and sliced
80ml olive oil, for frying
1 cup black olives, pitted and sliced

HARISSA:

1 tsp jeera seeds, ground
1/2 tsp dhanian seeds, ground
1/2 tsp caraway seeds, ground
1/2 tsp black pepper, ground
1 dried red chilli
2 cloves garlic
1 tsp sugar
1/2 tsp salt
1 red pepper, roasted, skinned and chopped
juice of 1 lemon
olive oil

Method

- Heat the oil in a frying pan and fry the brinjal slices until lightly browned.
- Add all the harissa ingredients to a blender and puree. If necessary, add olive oil to obtain the desired consistency.
- Add the olives to the pan with the brinjals to heat.
- Stack the brinjal slices and olives in the centre of the plates. Garnish the stacks with the harissa and dhanian leaves.

STARTER: PEAR AND PRAWN SALAD

Ingredients

250g pears, sliced and mixed with lemon juice to prevent browning
250g prawn meat, peeled and poached
1 green chili, finely chopped
1 small cucumber, 'spaghet-tied' on a mandoline, or cut as desired
1 small red pepper, seeded and finely diced
2 tbsp fresh coriander, chopped

dressing:

1 small yellow pepper, seeded and roughly chopped
1 tbsp ginger, crushed
30ml honey
30ml apple cider vinegar

salt and black pepper to taste

Method

- Puree dressing ingredients in a blender and season.
- Mix salad ingredients in a bowl. Season.
- Plate salad and dress as desired.

STARTER: SPICY SAUERKRAUT SALAD

Ingredients

1/4 small green cabbage, shredded
1/4 small red cabbage, shredded
1/4 cup brown sugar
1/4 cup thinly sliced celery
1/4 cup finely julienned green pepper
1/4 cup shredded carrot
1/2 onion, chopped

2 cloves garlic, crushed
1/2 tsp ginger, crushed
1 red chilli, crushed
1/4 tsp jeera powder
1/4 tsp dhanian powder
1 tsp caraway seeds
1/4 cup vinegar
1/4 cup olive oil
salt and pepper

Method

- Blend the vinaigrette ingredients and mix with the salad ingredients. Season with salt and pepper. Refrigerate and allow to marinate overnight before serving. Garnish with fresh herbs.

STARTER: LEAF, CHANA DHAL & MUSSEL SALAD

Ingredients

100g mixed salad leaves and herbs
1 cup smoked mussels
1 cup chana dhal, cooked and drained
1 small onion, finely chopped
1 clove garlic, crushed
1 green chilli, crushed
30ml olive oil
2 tbsp vinegar
coarse salt
cracked black pepper

Method

- Using the back of a teaspoon, smash the garlic and chilli together with the olive oil and vinegar to infuse the flavours.
- Combine the rest of the ingredients in a large bowl and toss with the dressing and salt. You can add more oil and vinegar to your liking.
- To plate, stuff a quarter of the salad mixture into a ring mould set in the centre of a large plate. Using one hand to hold the the salad in place, remove the mould with the other. Repeat for the other 3 plates. Push the ingredients that will have fallen back to the centre of the plates, keeping the shape of moulded salad, and neaten the plates using dry and wet paper towels. Garnish the salads with cracked black pepper, and something red - finely julienned red pepper, peppadews, cherry tomatos, etc.



STARTER: GREEN PEA SALAD & SAFFRON PANIR

Ingredients

2 cups cooked green peas	2 tbsp grated coconut
1 tsp crushed garlic	2 tbsp pistachio nuts, chopped
½ tsp crushed ginger	1 tsp onion seeds
¼ red onion, finely chopped	1 litre milk
½ red chilli, crushed	Juice of 1 lemon
½ tsp roasted jeera seeds	½ tsp saffron, dried, crushed
1 tsp mustard	& steeped in 1 tbsp hot milk
½ cup sliced cherry tomatoes	¼ tsp ground cumin
1 tsp lemon juice	Salt and pepper to taste
1 tsp sugar	¼ cup cherry tomatos
¼ cup mint leaves, chopped	Chives

Method

- Crush the peas and mix with the rest of the ingredients to make the salad.
- To make the panir, heat the milk then add the lemon juice. Once curdled, strain through a cloth until thick but not dry. Mix in the saffron and cumin.
- Season, plate and garnish.

STARTER: PINEAPPLE & PEANUT SALAD WITH BRINJAL

FRITTERS

Ingredients

Salad:	Fritters
1 cup unskinned peanuts, ground	1 egg beaten
1 clove garlic, crushed	1 cup pea flour
½ red chilli, crushed	1 ½ cups water
¼ cup red pepper, finely diced	1 cups oil for frying
¼ cup tomato, chopped	Salt and pepper to taste
½ tsp jeera seeds, roasted	¼ cup red pepper curls
2 tbsp dhanial leaves, finely chopped	¼ cup spring onion curls
¼ cup olive oil	
2 cups pineapple, whole slices	
1 cup cooked brinjal flesh, mashed	
1 clove garlic, crushed	
½ red chilli, crushed	
½ tsp jeera seeds, roasted	
2 tbsp dhanial leaves, finely chopped	

Method

- Mix the salad ingredients and layer between the pineapple slices to make small stacks.
- Thoroughly combine the fritter ingredients, fry spoonfuls in hot oil and drain on absorbent paper.
- Plate and garnish as desired.