



STARTER: CAPRI SALAD ON POLENTA WITH PEPERONCINI REDUCTION

Ingredients

2/3 cup polenta
1 tsp jeera seeds
1/2 tsp dhania powder
1 tbsp butter

1 1/2 cups fresh basil leaves
1 small block mozzarella cheese, thinly sliced
1 cup cherry tomatos

Reduction:
2 tbsp sugar
1/2 cup balsamic vinegar
1 red chilli, crushed

salt and pepper to taste

Method

- Preheat the oven to 180 degrees Celsius. Cook the polenta according to the package instructions with the jeera seeds and dhania powder. When it is fully cooked, mix in the butter, spread out onto the bottom of an oven dish and bake until firm but still moist, for between 8 to and 12 minutes. Don't let it become dry!
- To make the reduction, simmer the sugar with the vinegar and chilli until it reaches a slightly syrupy consistensy. Remove from the heat and let it cool.
- To present, cut shapes out of the polenta as desired, or slice into squares or rectangles. Arrange the salad items, as desired, on top of the polenta and and drizzle with the reduction. Voila! :)

STARTER: REFRIED BEAN AND GUACAMOLE SALAD

Ingredients

REFRIED BEANS
250g beans, cooked
2 onions, chopped
8 cloves of garlic, crushed
2 bay leaves
2 chillis, crushed
1 tomato, diced
oil for frying
salt and pepper, to taste

GUACAMOLE:
2 avocados
2 tbsp sour cream
2 tbs onion, finely chopped
1 tomato, seeded & finely chopped
1 tbsp lime juice
2 tbsp lemon juice
1 red chilli, finely chopped
salt and pepper, to taste

200g gemsquash, boiled & mashed
1/2 cup peanuts, crushed

6 baby corn, halved and deepfried

6 cherry tomatos

Method

- Bring a frying pan to medium heat with oil.
- In a mixing bowl, mash avocados thoroughly.
- To pan add garlic, bay leaves, onions and chillis and fry for approximately one minute.
- Add tomato, then beans and allow to cook.

- For guacamole, mash avocado with rest of ingredients.
- Season to taste.
- In another bowl, mix squash with peanuts and season.
- Frying beans until dry and crisp.
- Switch off heat, smash with back of spoon, and season.
- Place oiled ring mould in centre of plate. Press mash, then beans, then guacamole into mould.
- Remove mould and garnish with deep fried baby corn and cherry tomato halves.

STARTER: VEGETABLE MOUSSE WITH CORIANDER REDUCTION

Ingredients

2 cups carrots, diced and steamed
1 tsp jeera seeds
1/2 cup almonds, ground
2 cups cauliflower, chopped and steamed
1 tsp mustard seeds
1/2 cup desiccated coconut
2 cups broccoli, chopped and steamed
1 tsp lemon juice
1/2 cup fresh dhania, finely chopped
1 cup cream cheese
3 egg yolks
3 eggs whites

Coriander Reduction:
1/4 cup sugar
4 tsp water
1 cup fresh dhania, chopped
1/4 cup olive oil

salt and pepper

Method

- Preheat the oven to 170 degrees Celsius. Butter the inside of four small ramekins or moulds.
- Lay out 3 bowls for each of the 3 layers. Puree the carrots with the jeera seeds, almonds and 1 egg yolk in a blender. Pour and set aside in one of the three layed out bowls. Rinse the blender between each mixture. Do the same for the cauliflower with the mustard seeds and coconut, and then the broccoli with lemon juice and dhania, adding an egg yolk to each of the mixtures. Season each mixture with salt and pepper.
- Mix a third each of the cream cheese into each mixture.
- Whisk the egg whites to stiff peak and gently fold a third each into each mixture.
- Pour a quarter each of the broccoli mixture into each ramekin, followed by the cauliflower and carrot mixtures. Adjust the quantities/levels to get equal layers depending on the ramekins you are using.
- Bake the mousses for 20 to 30 minutes.
- For the reduction, melt the sugar in the water and then blend with the dhania and olive oil. Strain the mixture through a sieve.
- To serve, turn a mousse out onto a plate - run a knife around the inside of the ramekin to help loosen. Garnish the plate with the coriander reduction, deep fried carrot spaghetti and fresh chives.



STARTER: RICE PAPER SPRING ROLLS WITH ATCHAAR DIP

Ingredients

4 sheets rice paper
1/4 cup hot water

FILLING:

1 carrot, julienned (fine strips)
1 small yellow pepper, julienned
1 small red pepper, julienned
3 mangle tout, blanched and julienned
1/4 cup peanuts, crushed
zest and juice of 1 small lime

DIPPING SAUCE:

1/2 cup mango atchaar, seeds removed
2 tbsp fish sauce
juice of 1 lime
1 tbsp sugar
1 clove garlic
1/3 cup water

Method

- Mix all the filling ingredients in a bowl and set aside.
- Puree all dipping the ingredients in a blender.
- Place one sheet of rice paper on a flat surface, with the shorter side at the bottom. Spoon 1/4 of the filling mixture onto the middle edge closest to you, and roll away from you while tucking in the filling. At the middle of the length of the rice paper, fold in the sides and continue rolling. Seal the edges with hot water.
- Plate 1 spring roll and garnish the plate as desired with the dipping sauce, lime zest, yellow pepper curls and dhanial leaves

STARTER: TORTILLA DE PATATAS WITH MANGO CHUTNEY

Ingredients

POTATO OMELETTE:

1/2 cup olive oil
2 large or 3 medium potatoes, peeled and cut into small pieces
1/2 onion, thinly sliced
salt and pepper to taste
2 large eggs

CHUTNEY:

1 large or 2 medium green mangoes, peeled and grated
3/4 cup sugar
2 cloves crushed garlic
1 tbsp crushed ginger
1/2 tsp chilli powder
1/4 tsp clove powder
1/2 cup balsamic vinegar
salt to taste

POTATO CROQUETTES:

2 large or 3 medium potatoes, peeled, boiled and mashed
1/2 onion, finely chopped
salt and pepper to taste
2 large eggs
1/2 cup flour
1 cup breadcrumbs
oil for deep frying

Method

- For tortilla, fry onions and potatoes in a small amount of olive oil until cooked. Drain in colander and set aside. Whisk eggs, add cooked potatoes and onions and season. Fry tortilla in hot oil.
- For chutney, simmer all ingredients until thickened.
- For croquettes, combine potatoes and onions in a bowl, crumb and deep fry in hot oil. Present on a bed of lettuce garnished with other salad ingredients.