



STARTER: CORN CHOWDER SERVED WITH PAPAD

Ingredients

1 tbsp ghee
 1 onion, finely chopped
 2 cloves crushed garlic
 1 tsp crushed ginger
 1 crushed green chilli
 1 large potato, boiled, peeled and diced
 1 cup kernel corn
 1 cup creamed corn
 1 cup water
 1 tbsp chopped parsley
 1 cup milk
 1 cup cream
 salt and pepper to taste

CORN BHAIJAS:

oil for frying
 1 large potato, boiled, peeled and diced
 1 cup kernel corn
 1 cup creamed corn
 1 onion, finely chopped
 2 cloves crushed garlic
 1 tsp crushed ginger
 1 crushed green chilli
 1 tbsp chopped parsley
 salt and pepper to taste
 1 cup pea flour
 1 cup milk

cooked papads

Method

- Cook chowder in sequence of ingredients and allow to simmer.
- Mix bhajia ingredients in bowl and fry spoonfuls in hot oil. Drain on paper towel.
- Serve chowder with cooked papads and garnish with fresh herbs.

STARTER: CRAB AND MOONG DHAL SOUP WITH CRISPY

BETROOT 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 dhanial 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.

DESSERT: SQUASH SOUP WITH PAOZINHO

INGREDIENTS

Ingredients

2 tbsp butter/ghee
 1 tsp crushed garlic
 1/2 tsp turmeric powder
 1/2 tsp mustard seeds
 1/2 tsp crushed ginger
 1/2 green chilli, crushed
 1 cup coconut milk
 1 cup vegetable stock
 1 cup water
 2 cups cooked squash pulp
 1/4 cup flaked almonds
 2 tbsp lemon juice

1 1/2 tsp yeast
 1/2 tsp sugar
 1/4 cup hot milk
 2 1/2 cups flour
 1 tbsp margarine
 1 cup warm water

Salt and pepper to taste

1/4 cup fresh cream
 2 tbsp chopped chives

Method

- Cook the soup ingredients in sequence, season and simmer until thickened for another 30 minutes.
- For the paozinho, mix the yeast with the sugar and milk and allow to ferment for 10 minutes. Add the rest of the ingredients, knead for 10 minutes, place in an oil-lined bowl, cover and allow to prove in a warm place for half an hour. Knead for a further 5 minutes and return to prove for another 30 minutes. Shape, dust with flour and bake for 20 minutes at 200 degrees Celsius.
- Plate and garnish as desired.

DESSERT: SPICED BLUEBERRY SOUP

Ingredients

150g blueberries or bilberries, fresh or frozen
 1/2 tsp elachi powder
 1/2 tsp ground cinnamon
 1/4 tsp clove powder
 2 cups water
 1 cup coconut milk
 85g castor sugar
 1 tbsp desiccated coconut
 15g corn flour
 60ml cold water
 1 cup fresh cream

Method

- Bring the 2 cups of water and the coconut milk to boil with the spices.
- Drop the berries into the boiling water and cook on low heat until they burst. Add the sugar to the soup and stir until it has dissolved.
- Mix together the corn flour and the 60 ml cold water and then stir this mixture into the soup. Cook until the cornflour has thickened, then stir in the cream.
- Serve in bowls or mugs and garnish with berries, mint leaves and rose syrup.