

Recipes
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KHEEMO PAPETO NAY WATANA

LAMB MINCE WITH DICED POTATO & GREEN PEAS

INGREDIENTS

LAMB MINCE	500Gms (LEAN BETTER AS OTHERWISE TOO MUCH FAT WILL BE RELEASED LATER)
FINELY MINCED ONIONS	TWO MEDIUM SIZED OR 280Gms
SUNFLOWER OIL	TWO TABLESPOONS
GINGER & GARLIC	60Gms VERY FINELY MINCED
CUMIN POWDER	20Gms
CORIANDER POWDER	30Gms
TURMERIC POWDER	5Gms
RED CHILLI POWDER	15Gms
CHOPPED TOMATO	200Gms
DICED POTATO	250Gms NET
GREEN PEAS	100-150Gms
FRESH CORIANDER	30Gms FINELY CHOPPED
GARAM MASALA	5Gms (OPTIONAL)
SALT	AS DESIRED

METHOD

Heat the oil and sauté the onions until golden brown. Add minced ginger & garlic and sauté for a few minutes until the garlic is light or very pale brown.

Place the coriander, cumin, turmeric and chilli powders in a bowl and add approx. 200-250ml cold water and mix well breaking any lumps.

When the onions are browned add the liquid masala and the mince and mix or whisk until all the lumps in the mince are totally broken.

Do not add mince to hot onions directly, or to the boiling liquid, as the lumps will set with the instant coagulation. This method saves time effort and energy.

Now cook on a slow or medium flame covered if possible for five to six minutes.

Add the diced potatoes and the chopped tomato and continue cooking until the potato is almost cooked.

Add the salt and green peas and simmer until the peas are ready, add freshly chopped coriander and garam masala, taste and remove.

NOTE. If you add salt in the beginning the potatoes may absorb the salt and later release it back thereby giving a false tasting in the beginning.

Garam masala can be readily availed of these days, it does give that extra sparkle to the mince.

The above recipe with all the added bits will easily serve five to six persons with other

accompaniments. More can be served by increasing firstly the onions by another 100Gms and some more potato & peas. However the above looks perfect in its true form and is very cost effective anyway.

KERALA NYAND MASALA

Simple crab preparation Keralan style

INGREDIENTS

WHITE CRAB MEAT	300-400gms
SMALL SHALLOT	2-3 FINELY MINCED
FRESH GINGER	ONE INCH PIECE SCRAPED AND MINCED
GARLIC CLOVES	2 FINELY MINCED
GREEN CHILLI	2 SLENDER TYPES SLIT AND CHOPPED
DRY RED CHILLI	1 SOAKED IN WATER FOR A WHILE AND FINELY SHREDDED
TOMATO JUICE	2 SMALL PLUM TYPE DICED SMALL NO
FRESH CURRY LEAVES	6-8 FINELY SHREDDED
FRESH GRATED COCONUT	150-200Gms
RED CHILLI PWD	1 TEASPOON HEAPED
TURMERIC POWDER	½ TEASPOON
FRESH CORIANDER	2 TABLESPOONS CHOPPED
MUSTARD SEEDS	2 TEASPOONS
SUNFLOWER OIL	2 TABLESPOONS
SALT	

METHOD

- Pick the crab meat to ensure that there are no hidden pieces of shell or cartilage in the meat
- Keep all your mise en place ready before you start this dish (pre-preparations)
- In a wok or kadhai add the oil and bring the heat up till it forms a haze
- Add a couple of mustard seeds to check if they foam crackle immediately
- If the oil is ready add the mustard seeds and if possible cover the pan with a lid for a few moments to prevent the seeds from flying off all over and of course hitting your face
- As soon as the crackling dies down and the aroma is that of something roasted instantly add the ginger, garlic, curry leaves and the red & green chilli
- As soon as the garlic turns pale but not deep in colour add the minced shallots and continue to sauté until they turn soft.
- Add the coconut and sauté for three to four minutes, then add the red chilli & turmeric powders.
- Sauté for about half a minute and add the crab-meat, tossing well for about a minute

- Add the diced tomato, the fresh coriander and check the seasoning.
- Serve along-with some plain Goan Or Keralan style coconut curry and rice or just with the plain curry and some steamed rice dumplings or thick savoury pancakes in which it makes for an excellent filler

BEEF CHILLI FRY

This is an extremely popular Goan dish. Mostly beef fillet is not used but silverside is more popular. Cooking times though need to be adjusted if you decide to use another part of the beef, though its best to go for the fillet as the preparation does call for a fast cooking technique

Beef Fillet	200-250Gms or 8-10oz
Finely sliced onion	One medium
Shredded green pepper	50Gms OR 2oz
Shredded red pepper	50Gms OR 2oz
Spring onions finely sliced	3-4 slender ones
Fresh ginger peeled & shredded	15 to 20Gms or ½ oz
Fresh chopped garlic	15 to 20Gms or ½ oz
Plum tomato seeded & julienne	50 to 60Gms or 2oz
Hot green chilli	1or 2 medium sized
Coriander powder	½ tablespoon
Cumin powder	½ tablespoon
Turmeric powder	1/4 th teaspoon
Lime juice	½ teaspoon
Fresh coriander	2 tablespoons chopped
Red chilli powder	1 teaspoon
Salt	as desired
Sunflower or rapeseed oil	two to three tablespoons

METHOD

- Cut the beef fillet into fine shreds or julienne's approximately 1/4th cm thick.
- Remove to a bowl and marinate with the powdered spices and limejuice and blend well.
- Set aside in the refrigerator for at least an hour.
- Meanwhile shred the vegetables, chop the garlic and set them aside.
- Heat a wok or frying pan large enough to hold all the ingredients until hot and add half the oil.
- Heat until oil begins to smoke.
- Add the shredded beef, toss quickly a couple of times and allow the pan to rest on the flame. Do not agitate the pan too much or the meat will begin to give off moisture and thereby stew rather than to sauté.

- Toss every now and again so that all the meat gets to touch the base of the pan thereby coloring evenly. Scrape from the bottom up with a wooden spoon or spatula to prevent any liquid from sticking and burning.
- Once the meat has browned a bit and the moisture evaporates, drain into a small strainer.
- Return the pan to the fire and add the remaining oil
- Add the ginger & the garlic and continue to sauté for a minute or so. Then add the sliced onions and let them soften a bit.
- Now add in all the remaining ingredients except the beef and the coriander, some salt and continue to sauté, tossing well and blending everything in evenly. Add the juices if any from the strained beef.
- Check the seasoning and cook until nearly all the liquid dries up, then add the beef, toss for a minute, add the fresh coriander and remove
- Serve as an accompaniment to a main meal or as a main dish with some vegetable preparation of your choice and either a pulao or some Indian bread & salad.

PALAV, PULAO, PILAV

ALL ADD ON TO MAKE THE SAME THING. THE WORD PILAF IS ALSO USED IN ENGLAND AS WELL AS THE USA

THERE ARE SEVERAL WAYS AND SEVERAL STYLES, THERE ARE REGIONAL STYLES AND DOMESTIC STYLES. BASICALLY A PULAO IS RICE WHICH IS FIRST TEMPERED IN A BIT OF OIL WITH FLAVOURINGS AND THEN PART BOILED AND PART STEAMED.

WHAT I INTEND TO DO IS GIVE YOU A VERY SIMPLE RECIPE, ONE WHICH YOU SHOULD NOT GO WRONG WITH. HAVE NO FEAR IF YOU SPOIL YOUR RICE MAKE CROQUETTES THE NEXT DAY I WILL GIVE A RECIPE FOR “FOFOS” A RICE CROQUETTE LATER.

INGREDIENTS

NORMALLY YOU WILL TAKE 100Gms. OF RICE PER PERSON. IF WE WERE TO TAKE HALF A KILO 500gms THIS IS WHAT YOU WOULD NEED. BASMATI, OR OTHER GOOD LONG GRAIN.

ONION SMALL	peeled halved and sliced thinly
CINNAMON STICK	One, two inch piece
CARDAMOM	Two to three
CLOVES	Two to three
CUMIN SEEDS	One teaspoon
OIL OR GHEE	Three table spoons of oil or two of ghee.

METHOD

- Wash your rice if need be and drain.
- I have realised that in England you do not need to wash the basmati rice available. The rice is so grossly over polished that there is no substance and the grains break up when washed or soaked long. Unlike in India where we do have to wash well and soak rice well for it to expand.
- Heat the oil or ghee in a casserole approximately 10” in dia. and fry the spices for a minute or two until they change colour.
- Remember to first crack the cardamom before adding to the oil. This is for two reasons, one to give a better flavour and secondly so that the cardamom does not explode because the air gets trapped inside when frying.

- Add the onions and sauté for a minute or two until they go pale but not colour.
- Add the rice and sauté for two to three minutes stirring regularly so that all the grains get evenly heated and fried.
- You must also at this stage keep the water ready in a kettle or another pan.
- Your rice should normally take 1 ½ times to twice times the quantity of water in weight. Therefore for 500Gms of rice you may need 1000ML. of water approximately
- However rice does differ in qualities and levels of absorption.
- I therefore recommend that you first add one litre, stir well, clean the sides of any loose grains, lower the heat to simmering point, add salt, cover and cook.
- Once your rice has reached the boiling point first, always lower the heat to just about simmering level.
- Stir firstly after every minute or so gently by taking in from each side, and clearing the sides before covering the pan again.
- If you see that the water is rapidly absorbed, add a little more water and check at the next turning, after checking the grains.
- To finish the rice you can also use your oven.
- Heat to gas mark 5 or equivalent and at the half way stage place the casserole in the oven for approximately fifteen to twenty minutes.
- If you cook the rice on the open flame it has to be finished a) on a very slow fire, b) stirred from time to time very gently so that you do not break the grains. This is done, by using the folding method.
- If you want to try out your rice to see if it follows the required amount of water absorption go for the one to two ratio straight away. However I would still not add all of the water and give it in two stages just before it is to go into the oven.
- Also in the oven the rice will need less water and the grains will come out better separated.
- Once the rice is cooked, stir with a roasting fork loosening all the grains and cover and set aside until you need it.
- If you feel that the rice is mushy you can place it back in the oven for some more time.
- This happens to the best of us from time to time so do not get too concerned. Try again the next time and back track what you did this time. Avoid what you feel was the problem.

OPTION TWO

In option two cooking the rice is altered a bit.

This is sometimes the preferred way to cook a pulao simply because you have less to worry about and the chances of failure are reduced

After frying the spices add the water / stock and season. Once the water begins to boil add the rice and stir in gently.

Stir continuously for the first two to three minutes to allow the rice to get well mixed and not settle

Then cook as above, covered on a low flame or covered and in the oven