

# Exotically LOCAL

Exotic food doesn't always have to originate in a distant foreign country. Sometimes, the simplest recipes made with the fresh local produce can offer an exotic feast right in your mouth. Sous chef Tamil from Turyaa Chennai shares simple culinary delights from his playbook that can be tried by everyone

## ARASATHOOR PULI ILLAI MEEN VARUVAL

### INGREDIENTS

- Pomfret fish - 3 (each weighing 200 grams)
- Tamarind leaves - 50 grams
- Coriander leaves - ½ bunch
- Chillies - 10 - 12
- Ginger - 30 grams (chopped)
- Garlic - 50 grams (chopped)
- Shallots - 50 grams
- Curry leaves - few sprigs
- Rice flour - 15 grams
- Turmeric powder - 2 grams
- Cumin - 3 grams
- Fennel - 3 grams
- Fenugreek - 2 grams
- Salt to taste
- Coconut oil - 100

### METHOD

- Clean fish and make slashes all over them.
- Heat a pan with little oil. Add all the ingredients

- except rice flour. Saute for few minutes. Remove from pan and cool.
- Put the mixture in a blender and grind to a paste. Add required salt. Add rice flour and corn flour to the blend mixture.
- Apply the marinade all over the fish and let it marinate for 1 - 2 hours.
- Now heat coconut oil in a thick bottom steel pan and once it gets hot, place fish and cook till it is golden and charred on both sides.
- Serve hot as an accompaniment for rice, rasam or sambar. If served as starter, nila kadalai chutney is served as an accompaniment.





## KALAN THUPPA THITTU

### INGREDIENTS

- Button mushrooms - 300 grams
- Ooty rusk - 150 grams (crushed)
- Refined oil - 500ml
- Salt to taste

### MARINATION

- Coriander leaves - ½ bunch
- Mint - ½ bunch
- Ginger - 15 grams
- Garlic - 15 grams
- Green chili - 2
- Curry leaves - 2 sprigs

### FOR FILLING

- Onion - 50 grams (chopped)
- Garlic - 15 grams (chopped)
- Tomato - 30 grams (chopped)
- Turmeric powder - 2 grams
- Black pepper powder - 3 grams
- Coriander powder - 3 grams
- Cumin powder - 3 grams

### FOR BATTER

- Refined flour - 30 grams
- Water as required for making batter

### METHOD

- Remove the skin and wash the mushrooms several times. Remove the stem and reserve for filling. Chop the stem and use it for filling. Blanch the mushroom caps for a minute or two. Strain and cool.

- Crush the rusk coarsely and keep aside.
- Grind all the ingredients given for marinade with a spoon of water. Add seasoning and marinade to mushroom caps. Mix well and refrigerate for 30 minutes.

### FOR THE FILLING

- Heat 10 ml oil in a pan. Add chopped garlic and chopped onion. Saute for few minutes till the onion color changes to light brown.
- Add tomato and cooked till it is mashed. Add chopped mushroom stem, cumin powder, coriander powder and salt. Cook till the mushroom is done. Finally finish with pepper powder and cool them.





## KATHAMBA CHUTNEY

### INGREDIENTS

- Onion – 1
- Tomato – 1
- Garlic – 4 cloves, small variety
- Ginger, chopped – 2 tsp
- Curry leaves – 2 sprigs
- Coriander leaves – 3 tbsp
- Mint leaves – 3 tbsp
- Green chilli – 1
- Red chilli – 3
- Coconut, grated – 1/4 cup
- Salt – As needed
- Oil – 2 tsp

### TO TEMPER:

- Oil – 2 tsp
- Mustard – 1/2 tsp
- Urad dal – 2 tsp

### METHOD

- Cube onion and tomato, keep all the ingredients ready for the chutney. Heat a pan/ kadai with 2 teaspoons of oil. First roast red chilli.
- Add onion, tomato, green chili, garlic, ginger, mint,

coriander, curry leaves and tamarind to it. Fry until tomato turns soft.

- Add coconut and fry for a minute.
- Cool down and grind with

salt. You can add water if needed.

- Heat kadai with oil and temper with the mustard and urad dal. Mix with chutney.



## NILAKADALAI CHUTNEY

### INGREDIENTS

#### FOR THE CHUTNEY

- Peanuts - 1½ cup
- Oil - 1 tsp
- Garlic - 3 cloves
- Dried red chillies - 2
- Onions, chopped - 2 medium sized
- Jaggery - ½ lime size
- Salt - ½ tsp

#### FOR THE TEMPERING

- Oil - 2 teaspoon
- Dried red chillies - 2
- Curry leaves - 1 sprig

### METHOD

- Heat a pan with a cup and a half of peanuts and dry roast them until the skin is dark and the aroma is nutty. It will take a good 10 minutes.
- Just blow air on the peanuts. Do this at an open space outside or you will end up with peanut skin all over your kitchen. Just keep tossing and blowing the peanuts until majority of the peanut skins have been blown

away. Set this aside.

- Heat oil in a pan and add in 2-3 big cloves of garlic. Add in the dried red chillies and onions, saute on medium flame for 3-4 minutes until soft. No need to brown. Add in the salt and jaggery..

Briefly saute for a few seconds and remove off heat. Grind this mixture along with the peanuts to a smooth paste. Add upto 1 cup of water while grinding.

- You can serve as is or do a simple tempering the

following way.

- Heat oil in a pan and add couple of dried red chillies and a sprig of curry leaves. When the curry leaves turn crisp (usually 30-40 seconds in medium flame), remove off heat and add it to the chutney.

