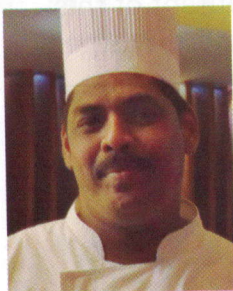


SAVOUR THE SUMMER



Cooking for the family on a hot summer afternoon can become very cumbersome. Beat the heat with these refreshing, delicious and simple recipes shared by Executive Chef Anand from Turyaa Chennai

TOMATO MINT EXPRESSO

INGREDIENTS

- Tomatoes – 500 grams
- Garlic – 30 grams
- Coriander – one sprig
- Green chilli – 1
- Mint – few sprigs
- Salt – to taste
- Pepper corns – 2-3 grams (crushed)
- Lemon – 1

METHOD

- Wash and clean the tomatoes. Cut them into quarters and blend in a mixer with little water.
- Pour the mixture in a muslin cloth and keep a vessel under. Tie up the mixture and allow the water to get drained completely.
- Take a sauce pan, pour the collected water. Add peeled and chopped garlic, coriander leaves, mint leaves and slit green chillies.

- Season the mixture with salt and pepper. Cook on a slow flame until the raw flavor of the mixture goes off.
- Strain the mixture through a double strainer.
- Pour in a tea cup and serve hot as an expresso. Garnish with lemon ring on the side and chopped mint.

IMPORTANT NOTE

SEASON THE MIXTURE WITH SALT AND PEPPER. COOK ON A SLOW FLAME UNTIL THE RAW FLAVOR OF THE MIXTURE GOES OFF.



DAHI KE KEBAB

INGREDIENTS

- Hung curd – 250 ml
- Maida – 250 grams
- Onion – 15 grams chopped
- Green chillies – 2 (de seeded and chopped)
- Coriander – 15 grams (chopped)
- Ginger – 2 inches (cleaned and finely chopped)
- Garam masala – 5 grams
- Methi leaves – 5 grams
- Turmeric – 2 grams
- Chilli powder – 7 grams
- Ghee – 100 grams
- Salt – to taste

METHOD

- Put the whisked yoghurt and flour in a bowl and mix together. Put the onions, green chillies,

garam masala, methi leaves, turmeric and chilli powder in another bowl and season with salt. Mix together and set aside.

- Pour both mixtures in to a large pan, stir, and lightly fry over medium heat ensuring that it does not stick to the base of the pan for 5 – 10 minutes, or until thick. Remove from the heat and allow to cool.
- When the mixture is cool, divide 16 equal portions. With damp hands, roll into balls and flatten into patties.
- Heat the ghee for shallow frying in a deep, heavy bottom pan over medium high heat. Working in batches, shallow fry the patties for about 3 -4 minutes, or until they are golden brown and crispy. Remove with a slotted spoon and set aside while you cook the remaining patties.
- Garnish with coriander sprigs and accompany with laccha onions and mint chutney.



SOUTHERN SPICED GRILLED FISH FILLET ON A BED OF NILGIRI KORMA AND COCONUT RICE

INGREDIENTS

FOR THE GRILLED FISH FILLET

- Very mild red chilli powder - 2 teaspoons
- Thick-cut fish fillets (skinned and patted dry) - 4 x 200 grams
- Sunflower oil - 3 tablespoons
- Curry leaves - 4
- Unsalted butter - 30 grams
- Lemon (juiced) - 1/2
- Sea salt

FOR THE NILGIRI KORMA GRAVY

- Sunflower oil - 50 ml
- Onions(chopped) - 200 grams
- Grated fresh ginger - 2 teaspoons
- Chopped green chilli - 1 teaspoon
- Ground coriander - 1 tablespoon
- Ground white pepper - a pinch
- Palm sugar or jaggery - 30 grams
- Garam masala - 1/4 teaspoon
- Coriander - 2 large bunches (use the leaves and a few stalks but not the roots)
- Baby spinach leaves - 100 grams
- Green chillies - 2 (roughly

chopped)

- Fresh ginger - 50 grams (peeled and finely chopped)
- Lemon - 2 (juiced)

FOR THE COCONUT RICE

- Basmati rice - 100 grams (washed)
- Coconut - 100 grams (grated)
- Sunflower oil - 1 tablespoons
- Asafoetida - a pinch
- Black mustard seeds - 1/2 teaspoon
- Curry leaves - 10 (finely chopped)
- Green chilli - 1 (finely chopped)
- Coriander leaves - 1 tablespoon (finely chopped)

METHOD

FOR THE COCONUT RICE

- Bring a large saucepan of salted water to the boil. Add the rice and boil for 5-7 minutes until tender. Drain well, then spread out on a baking tray in a thin layer and leave to cool completely.
- Heat the oil in a frying pan and add the asafoetida. When it

foams, add the mustard seeds and sauté over a medium heat just until they crackle. Stir in the curry leaves and green chilli. Add grated coconut and fry for a minute or two. Add the cooked rice and season. Keep aside.

FOR THE NILGIRI KORMA GRAVY

- To make the gravy, heat 3 tablespoons sunflower oil in a saucepan, add the onions and sauté over a medium heat for 3-5 minutes until they are translucent. Add the ginger and green chilli and stir for 1 minute, then add the ground coriander and white pepper and continue sautéing for a further minute. Add the coconut milk, palm sugar, garam masala and salt to taste, and stir to heat through. Put the mixture in a blender or food processor and blitz until fine paste, then remove and set aside.
- Put the fresh coriander, spinach, chillies, ginger, 50ml sun flower oil and lime juice in the same blender or food processor, and blend until smooth.

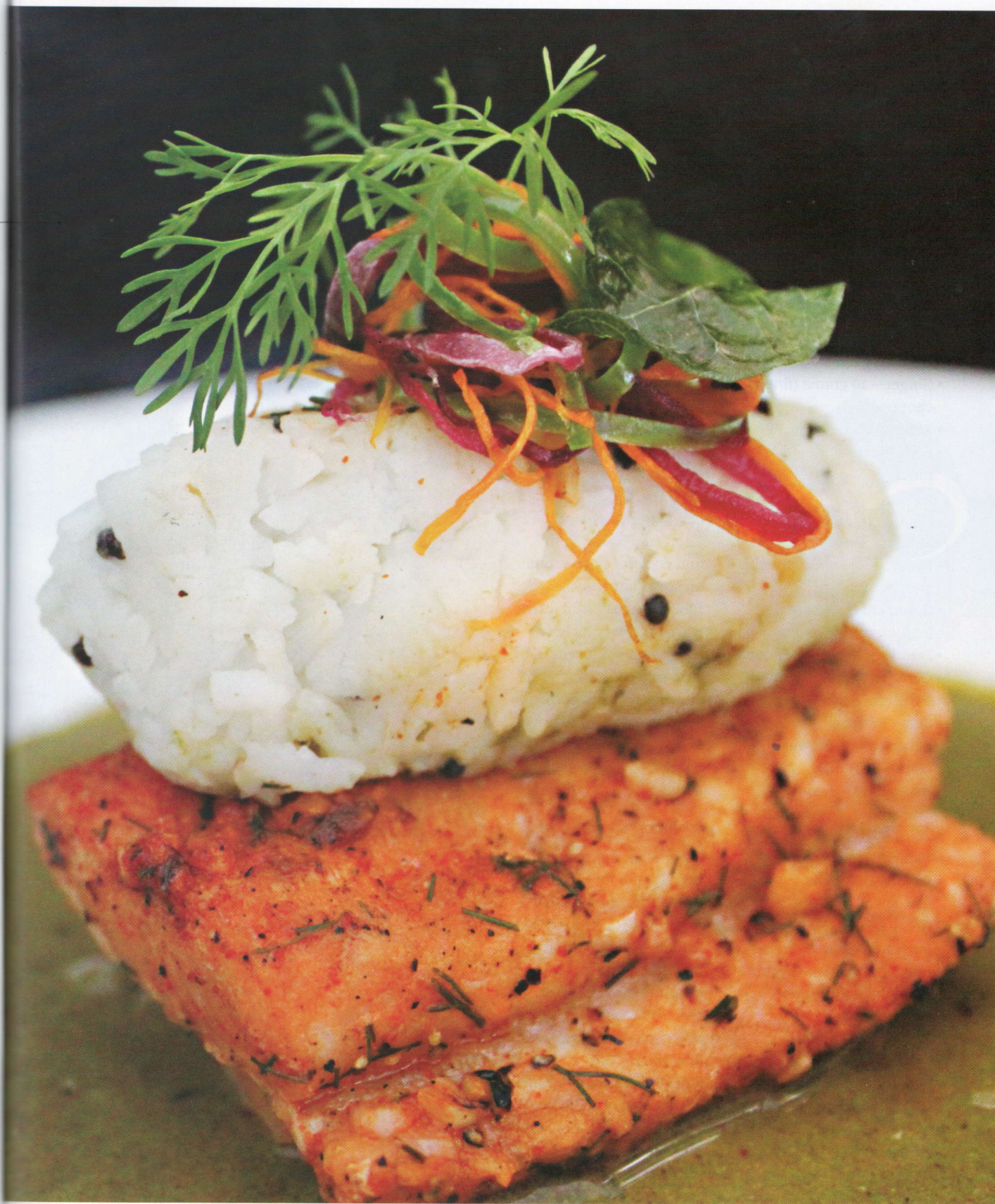
Add the green paste to the white paste and set aside.

FOR GRILLED FISH FILLET

- Mix the chilli powder and spice powder together with salt to taste, then use to dust the fish fillets. Heat the oil in a large non-stick ovenproof frying pan over a medium heat. Add the fillets and fry for 2 minutes. Add the curry leaves, butter and lemon juice and baste the fillets with the pan juices. Turn the fillets over. Cook till it turns golden brown on the sides

FOR PLATING

- Meanwhile, gently reheat the green gravy without boiling. You want to retain the lovely green color. Reheat the rice, if necessary.
- Divide the green gravy among 4 plates, then add a fish fillet to each and top with a portion of the coconut rice. Garnish and serve with the raw mango pickle alongside.



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RAGI KADHI PAKODA WITH VARAGU UPMA

INGREDIENTS

FOR PAKODA

- Ragi flour – 200 grams
- Ghee – 30 grams
- Salt – to taste
- Onion – 30 grams (thinly sliced)
- Green chilli – 1 (chopped)
- Jeera – 5 grams
- Ginger – 10 grams (finely chopped)
- Refined oil – 300 ml
- Soda bicarbonate – a pinch

FOR KADHI

- Mustard seeds – 3 grams
- Ginger – 20 grams (finely chopped)
- Green chilli – 30 grams (chopped)
- Fenugreek seeds – 2 grams
- Curd – 300 ml
- Turmeric powder – 2 grams
- Salt – To taste
- Besan flour – 30 grams
- Jeera – 3 grams
- Asafoetida – 3 grams

FOR UPMA

- Varagu rice – 200 grams
- Onion – 50 grams (chopped)
- Green chilli – 2 (chopped)
- Mustard seeds – 2 grams
- Bengal gram dal – 5 grams
- Urud dal – 5 grams
- Salt – to taste
- Refined oil – 45 ml

METHOD

FOR PAKODA

- Mix all ingredients given for pakoda except oil. Sprinkle little water in order to bind the mixture.

Heat oil in a deep bottom pan. Drop the mixture as medium sized droplets. Allow them to cook nicely. Once done, remove and keep aside.

FOR KADHI

- Heat oil in a pan. Add mustard seeds, jeera and fenugreek seeds. Allow them to crackle. Add green chilli and ginger. Cook for few minutes. Add turmeric powder and asafoetida. Then, add besan flour and cook for few second on slow flame until raw flavor goes off. Add little water and mix nicely in order to avoid lumps. Add curd and seasoning.
- Simmer on slow flame for few seconds and remove from flame. Add the pakoda to the prepared kadhi.

FOR UPMA

- Heat oil in a pan. Add the ingredients for tempering. Add onion, green chilli and saute for few minutes. Add double the amount of water. Add salt as required. As the water boils, add varagu rice and cook till the water is absorbed.
- Place the varagu uppuma on the side of a full plate and side up the dish with pakoda kadhi. Garnish with coriander leaves and serve hot.



NARIYALWALA CHENA PAYAS

INGREDIENTS

- Chena – 200 grams (curdled milk, strained)
- Tender coconut – 1
- Condensed milk – 100ml
- Pista – 15 grams (chopped)
- Almonds – 15 grams(chopped)
- Cardamom powder – 2 grams
- Tender coconut flesh – as available

METHOD

- Clean the tender coconut and remove the water. Strain and keep aside.
- Break the shell and remove the flesh. Chop nicely and keep aside.
- Take the coconut water in a bowl. Add condensed milk to the water. Mix nicely and see that the mixture is thick. Add chopped coconut flesh

and chena. Check for sweet. Add condensed milk if necessary.

- Pour the mixture in a bowl and top with chopped pista and almonds. Refrigerate for an hour. Remove and serve cold.



IMPORTANT NOTE

TAKE THE COCONUT WATER IN A BOWL. ADD CONDENSED MILK TO THE WATER. MIX NICELY AND SEE THAT THE MIXTURE IS THICK. ADD CHOPPED COCONUT FLESH AND CHENA. CHECK FOR SWEET. ADD CONDENSED MILK IF NECESSARY.