

Food So Good

Lamb Chops & Chilies

Ingredients

- 08 Lamb Chops (Cutlets)
- 01 Teaspoon Salt
- 04 cups (1 litre) Vegetable oil, for frying and deep frying
- 02 heads garlic, peeled and coarsely chopped
- 02 tablespoon cornstarch
- 04 shallots chopped
- 6-12 dried chillies
- 1 red chilli shredded
- 01 tablespoon ground Sichuan peppercorns
- 03 quantities soybean crisps
- 01 tablespoon soya sauce
- 01 tablespoon granulated sugar
- 02 spring onions cut into two inches
- Steam rice to serve

Method

- Sprinkle the lamb chops with salt and place in a bowl. Let stand for 5 mins.
- Heat two tablespoon of oil in a Wok or deep saucepan.
- Over low heat, add garlic, and pan fry for 20-30 seconds until golden.
- Use a slotted spoon to remove the garlic from oil and drain on paper towels
- Dust the lamb chops with cornstarch.
- Add remaining four cups oil to the Wok and heat 300 F/ 150 C, or until a cube of bread browns in 90 seconds.
- Gently lower the lamb chops into the oil and deep fry for 4-5 minutes or until golden brown and cook through.
- Use a slotted spoon to carefully remove the chops from the oil and drain on the paper towels.
- Pour out most of the oil, leaving around 2 tbsp in the wok.
- Heat over medium heat, add the shallots and stir-fry for 1-2 mins until fragrant. Increase to high heat, add the dried chillies, red chillies, ground Sichuan peppercorns, crispy garlic, soya bean crisps, soya sauce, sugar.
- Toss well until all the ingredients are combined.
- Put in the lamb chops and stir-fry for about 1 minute, then add spring onions and toss.
- Transfer to a serving plate and serve with rice.



Deep Fried Tofu Balls

Ingredients

- 9 ounces/250 grams firm tofu, drained
- 1 bunch cilantro (coriander), finely chopped
- 1 scallion (spring onion), green part only, finely chopped
- 1/2 teaspoon Sichuan pickled mustard, finely chopped
- 1 teaspoon ginger, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon ground Sichuan pepper
- 1 teaspoon tianmianjiang
- 1 egg (optional)

- 2 tablespoon cornstarch (cornflour with water)
- 4 1/2 cups (34 fluid ounces/1 liter) vegetable oil
- ketchup, to serve (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon ground Sichuan pepper

Method

- Soak the dried shrimp in a bowl of cold water for 5 minutes.
- Drain, then finely chop and set aside.
- Put the tofu into a large

bowl and mash it with a fork.

- Stir in the coriander, scallion (spring onion), pickled mustard, ginger, salt, ground Sichuan pepper, tianmianjiang, and egg.
- Mix thoroughly and then stir in the cornstarch (cornflour).
- Form the tofu mixture into 1 1/4-inch/3-cm-diameter balls
- Heat the oil in a wok or deep saucepan to 340°F/170°C, or until a cube of bread browns in

45 seconds.

- Add the tofu balls and deep-fry for 3 minutes, or until slightly brown in color. Use a slotted spoon to carefully remove the balls from the oil and drain on paper towels.
- Reheat the oil to 340°F/170°C and return the tofu balls to the wok.
- Deep-fry for another minute until the balls are golden brown. Use a slotted spoon to carefully remove the balls from the oil and drain on paper towels.

* To make the spiced pepper salt, mix the ingredients. Serve the tofu balls with rice, ketchup, if using, and spiced pepper salt.



Dates and Walnut Spring Rolls

Ingredients

- Spring roll wrappers 4-6
- Dates deseeded and finely chopped 8-10
- Walnuts finely chopped 6-8
- Oil for deep-frying
- Refined flour (maida) 1 tablespoon
- White sesame seeds toasted to sprinkle
- Honey for drizzling

Method

- Heat sufficient oil in a deep pan.
- Combine dates and walnuts in a bowl and mix well. Set aside.
- Dissolve flour in some water to make a thick slurry.
- Take each spring roll sheet, take some date-walnut mixture and shape into a thin roll. Place the filling in the center of sheet, roll it and apply some slurry on the edges to seal.
- Deep-fry each roll in hot oil till golden and crisp. Drain on absorbent paper.

* Arrange rolls on a serving plate, sprinkle some sesame seeds and drizzle some honey on top and serve hot



Recipes by

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