

Goan food offers tremendous potential to the adventurous cook, and with a little perseverance and patience, it is not too difficult to perfect the art of good cooking.

Although the recipes in this little book have a Goan flavour in the main, the author has also included several other recipes from the Indian sub-continent which she has perfected over the years, and which she hopes users of this book will find helpful.



Although born in Goa, Elsie Maciel spent most of her early years in Kenya, where she grew up in what was then known as the 'White Highlands' – in the flourishing farming town of Kitale in Kenya's Rift Valley Province.

She has travelled widely within Kenya, accompanying her husband on all his many postings (during his service with the Provincial Administration) – to some of the remotest spots in Kenya's arid and inhospitable Northern Frontier District on the Kenya Ethiopian borders – an experience she has never regretted.

Moving to Britain in 1966, following the Africanization of her husband's post at the Plant Breeding Station, Njoro (near Lake Nakuru, of flamingo fame) – she and her family have lived in Sutton ever since.

Elsie Maciel is a many-talented woman; in addition to her culinary expertise, she is a pottery enthusiast, and has been a part-time student at Sutton's College of Liberal Arts for some years now. Some of her work features in the colour illustrations in this book.

Her other interests include gardening, knitting, dress and soft toy making, and DIY!

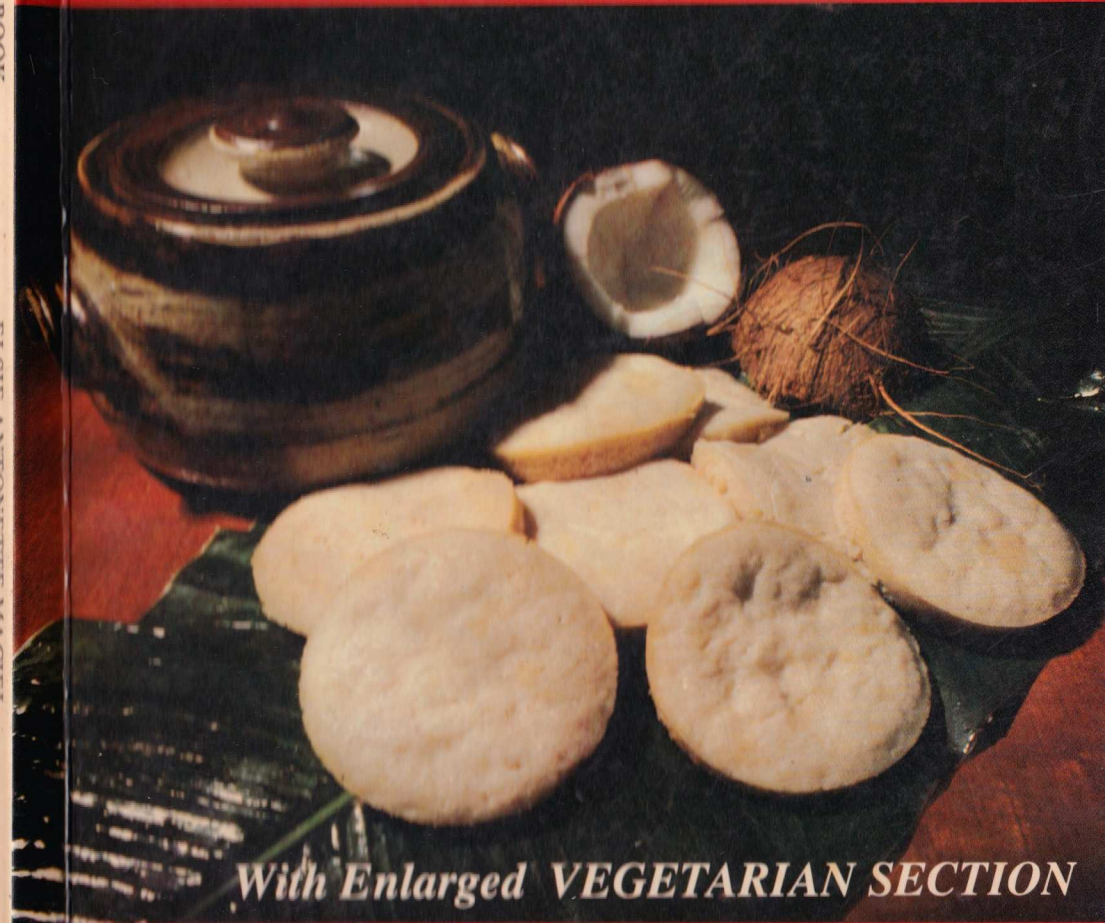
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GOAN COOKERY BOOK

ELSIE ANTONETTE MACIEL

GOAN COOKERY BOOK



With Enlarged **VEGETARIAN SECTION**

Elsie Antonette Maciel

Undoubtedly the best produced book on this subject.

Goa Today

Elsie Maciel certainly establishes, through her recipes, the essence of Goan gastronomy . . .

Examiner, 1983

. . . an attractive, colourful and most pleasing cookery book.

Coastweek, 1983

The pages of the book have been spiced with a Goan flavour.

The Kenya Times, 1984

. . . a masterly little volume packed with recipes for traditional Goan food.

Signature, 1984

The recipes are simplicity itself — the taste just divine.

GOA Newsletter, 1984

. . . invaluable for anyone wishing to prepare Goan food without too much effort.

Sunday Nation, 1983

Elsie Antonette Maciel has done a remarkable service to all those who would like to try some typical and authentic Goan dishes.

Presence, 1984

. . . a delightful little book.

Sunday Standard, 1983

GOAN COOKERY BOOK
With Enlarged Vegetarian Section

ELSIE ANTONETTE MACIEL

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CONTENTS

List of Illustrations	4
Author's Note	5
About Goa, Goans and Goan Cooking	7
Soups	11
Rice	13
Curries	15
Fish	17
Vegetables	25
Poultry	31
Beef	37
Lamb	43
Pork	47
Pickles	53
Sauces	57
Bread	59
Sweetmeats	63
Snacks	69
Vegetarian Section	72
Index to Vegetarian Section	87
Index	86
Reviews	
	Front Cover Inside

ILLUSTRATIONS

In colour section – set between pp32 & 33

Fish in Paprika Sauce	(recipe on page 20)
Tandoori Chicken	(recipe on page 33)
Sanna	(recipe on page 59)
Bibique (Bebinca)	(recipe on page 64)

Sketch for Samosa pastry folds by Josey Maciel

All other sketches by Edward Taylor

Note: All the ceramics which appear in these illustrations have been made by the author who is currently a part-time student at the Sutton College of Liberal Arts.

AUTHOR'S NOTE

When I first accompanied my husband to the remote wilds of Kenya's Northern Frontier District as a young bride in 1952, my knowledge of Oriental cooking, and Goan cooking in particular, was very scant indeed. Like many a pioneering and young lady of my days, I had marvelled at the near 'miracles' my mother used to work in our kitchen. With the bare minimum of materials, and hardly any of today's mod cons, she often succeeded in turning out the most tempting and mouth-watering meals. Recipe books as we know them today, were hard to come by in those days, but the age-old technique of perfection by trial and error paid dividends.

Encouraged by her success, and my husband's passion for good food, I was determined to try my hand at Goan cooking myself. Although one can find a wide variety of spices outside Asia today, the lack of adequate shopping facilities in Kenya's frontier stations restricted one's choice. I was therefore forced to improvise and experiment with different foods, happily with great success.

During our later years in various parts of Kenya, and with a family of four growing children to feed (not to mention the ever-increasing stream of guests of every nationality we often entertained) I found myself constantly trying to develop a newer and better recipe.

When we arrived in England in the summer of 1966, I thought that I would have to content myself with traditional English fare like roast beef and Yorkshire pudding, pork pies and the like. (Mind you, I do love English food and enjoy cooking it too.) I was mistaken, however, and it didn't take me long to discover that here in England, it is possible to buy a variety of spices and many of the assorted ingredients that are used in Oriental cooking quite freely. Besides, with all the mod cons and availability of items such as creamed coconut and fresh curry and spice powders (neatly packed in little airtight containers) cooking here became much more simple and enjoyable.

Being a Goan by descent, the pages in this book naturally have a Goan flavour — I make no apology for this, and for the reader's benefit, have included a brief history of Goa and its peoples, together with a note on Goan cooking.

For many years now, I have wanted to share my culinary experiences

with my family and many friends the world over. Encouraged by their complimentary remarks over the years, I have finally ventured to commit my 'experiences in the kitchen' to print.

I would like to assure the reader that all the recipes in this book have been personally compiled, and duly tried and tested by me, and it is my sincere wish that those who use this book will derive as much pleasure and enjoyment from it, as I have in producing it.

I proudly acknowledge the help and encouragement I have received from my own family (husband Mervyn, sons Clyde and Andrew, and daughters Josey and Pollyanna). Throughout this experiment, they have been the guinea pigs!

To Desmond Sequeira (a relative), who so painstakingly took the photographs appearing in this book (including the cover), I should like to record my special thanks.

*Elsie Maciel
'Manyatta'*

Sutton, Surrey (England)



ABOUT GOA, GOANS AND GOAN COOKING

To those who have not heard about my homeland, Goa lies on the west coast of India, some 250 miles from Bombay along the Arabian sea, and comprises an area of 1,393 square miles. The population, according to the last count was 800,000. The local language is Konkani, although English, Hindi, and even Portuguese are still widely spoken today.

In their quest for a New World, we are told that undaunted Portuguese seamen discovered Goa and soon made it the stronghold of their Eastern Empire. They ruled over this lovely land for over 450 years, but in 1961, Goa became a part of India, and the Portuguese finally departed. Goa however, still retains an individuality all of its own.

Goa has often been referred to as the 'Rome of the East' — in fact, the Portuguese described it as 'Goa Dourada' — 'Golden Goa'; they even went one further and called it 'a perola de Orient' — the pearl of the Orient, and how right they were. By all counts, there is no doubt that Goa is indeed a paradise; it is a land of enchantment and gay abandon, of laughter and song; a land where the troubled mind finds tranquillity, and where no one is ever in a hurry. Slowing down the pace of life is a built-in quality in every Goan.

Goa remains, even to this day, an unspoilt beauty spot, and boasts of some of the finest beaches in the world. The Indian Government is actively promoting tourism in Goa, but one can only hope that amidst all this, Goa will retain its natural appeal and not lose many of its essential qualities that go to make it the haven it is. Although Goa is a part of India, even to this day, to know India isn't necessarily to know Goa; there is something unique and quite distinct about this hitherto little known beauty spot. The early Portuguese influence has certainly left its mark, and family names like Braganca, Albuquerque, and Da-Gama are not uncommon — not quite so common though as, D'Souza or Fernandes equivalent to the English Smiths and Joneses.

In the last few years, Goa has also gained prominence, or should I say notoriety, because of the seasonal influx of the world's hippies — those young people from Europe and America who find that Western civilization is, for them, too high a price to pay in the way of social and economic pressures. Goa, with its relaxed way of life, natural beauty and amiable inhabitants, provides a welcome retreat.

The Goans are a very likeable, easy-going, music-loving and warm-hearted people who have a great reputation of making the stranger feel at home. Their hospitality knows no bounds. In his book on Goa, Sir James Richards had this to say: 'Goans seem to have plenty of time to spare, and this is always at the strangers' disposal.'

From their tiny homeland, Goans travelled the world over, even though the world seldom visited Goa! Being excellent cooks, and having none of the Hindu or Muslim restrictions about food, the Goans were quick to be taken on by such famous shipping lines as the P. & O. and B.I. Others found their way to some of the well-known hotels and eating houses in many parts of the world, while others still travelled to far away places like Africa and the Gulf States where, because of their honesty, integrity and loyalty, they were quickly absorbed in the Civil Service and other Commercial houses.

Because of the strong influence of the early Jesuit missionaries, there is in Goa today, a very healthy and flourishing Catholic population, coexisting in great harmony with their Hindu neighbours. Goans have carried their faith and traditions to the various corners of the world. Their patron Saint is St Francis Xavier, that early Jesuit missionary who came out from Spain in 1542. His body is still preserved in the Basilica of Bom Jesus in Old Goa, and lies encased in a silver casket. When at authorized intervals the body is exposed, thousands of pilgrims from all over the world, and of different faiths, flock to Old Goa to pay homage to this great Saint and Prince of the Catholic Church. At times like this, Old Goa comes to life again and wears the cloak of its former splendour and glory.

Goan Cooking in the main, is a blend of Indian and Portuguese — the latter being more pronounced in the meat dishes.

If ever you have the good fortune of visiting Goa, you will notice that almost everywhere you go, there is the tempting aroma of food in the air; even the casual conversation among neighbours centres around food: "What type of fish did you buy this morning?" or, "What curry are you preparing today?" are not uncommon niceties exchanged between housewives.

Food and drink are important ingredients of Goan traditional life. If there has been a christening in a village, you will notice coconut cubes and chick-peas being distributed to friends and neighbours. An engagement is often announced by the distribution of bananas and sweet brown bread (made with coconut and molasses). At Christmastide, sweets are offered to visitors, and trays of tastefully decorated home-made sweets are distributed to neighbours. The spirit of 'sharing' is very much in evidence on such occasions. Long may these traditions continue.

Goan food offers tremendous potential to the adventurous cook, and with a little perseverance and patience, it is not too difficult to perfect the

art of good cooking. Traditional Goan foods are best blended to make the hottest or mildest dishes, which often improve in flavour with keeping and freezing, like the ever popular SORPOTEL; curries, for example, are made in a variety of ways, the spice often being carefully and skilfully selected and blended for its stimulating and nutritional properties, thus making it suitable for all age groups in a family. (With this and good health in mind, I have attempted to eliminate the need for using animal fats in most recipes — polyunsaturated oils and margarine have been substituted with success).

Mention must also be made here of the traditional Goan drink FENI (after all, no celebration would be complete without a good drink!) 'Feni' is a spirit distilled from the juice of either the cashew or the milk of a young coconut; the local name for the former is 'katshi feni' and the latter, 'madachi feni'. Both these brands are very potent and popular amongst the local people and visitors alike, and the many local TAVERNAS that dot most villages in Goa make sure that supplies of this life-saver never run out!

GOA then is a unique experience — one that no one should miss.

SOUPS

*General base for soups*

- 3 dessertspoons vegetable oil
- 1 medium onion — chopped finely
- 1 medium tomato — chopped
- 1 stock cube
- 1 pint stock or water

Fry onion in oil until soft. Add tomato and turn down heat. The

The above BASIC recipe can be used for the following:

Chicken Soup

Add half cup chopped chicken pieces, small onions, one dessertspoon rice, half teaspoon standard curry powder, half cup boiled chick-peas, and the stock or water. Cook until meat and rice is tender.

Lentil Soup

Add two dessertspoons lentils, some green chopped coriander leaves and half teaspoon standard curry powder. Add the stock or water and one dessertspoon grated cheese; cook until lentil is tender.

Mushroom Soup

Add one cup chopped mushrooms and some macaroni. Pour in the stock or water, two dessertspoons grated cheese and cook for ten minutes. Blend two teaspoons plain or corn flour in half cup of milk and pour into the soup. Mill white pepper over soup before serving.

Potato Soup

Add half cup mashed potato; pour in the stock or water and two dessertspoons grated cheese. Blend one dessertspoon plain flour in half cup of milk and pour over the boiling soup. Mill white pepper over soup before serving.

Vegetable Soup

Add one small grated carrot, some finely shredded cabbage, and any available vegetable to balance texture of soup. Add macaroni if desired or one dessertspoon semolina, large pinch of mixed herbs and stock or water. Cook vegetables until just tender.

RICE

Boiled Rice

2 cups Basmathi rice
 1 dessertspoon salt
 1 teaspoon sugar
 1 teaspoon vegetable oil
 Boiling water

Pick out husk or any discoloured grains, and wash rice several times to clean; sprinkle this into a large pan of salted boiling water. Cook rapidly, adding sugar and oil, until tender (approx 20-25 minutes). Strain the rice in a sieve or colander. Serve with curry or as a vegetable.

Pullau

Traditional Goan rice with raisins and almonds
 garnished with bananas

2 cups Basmathi rice
 1 large onion — sliced
 3 dessertspoons vegetable oil
 4 x two-inch sticks cinnamon bark
 10 whole black peppercorns
 6 whole cloves
 $\frac{1}{2}$ teaspoon turmeric powder
 Pinch of saffron
 4ozs raisins
 2ozs blanched almonds
 4 cups stock or water
 Salt to taste
 Bananas for garnish

Fry onion in oil in a large pan — add whole spice, and when infused turn down heat. Now add all other ingredients including washed rice and boil rapidly for 10 minutes. Cover and finish cooking in a hot oven until grains are tender. Garnish with sliced bananas before serving.



Kitcheree
Rice with lentil

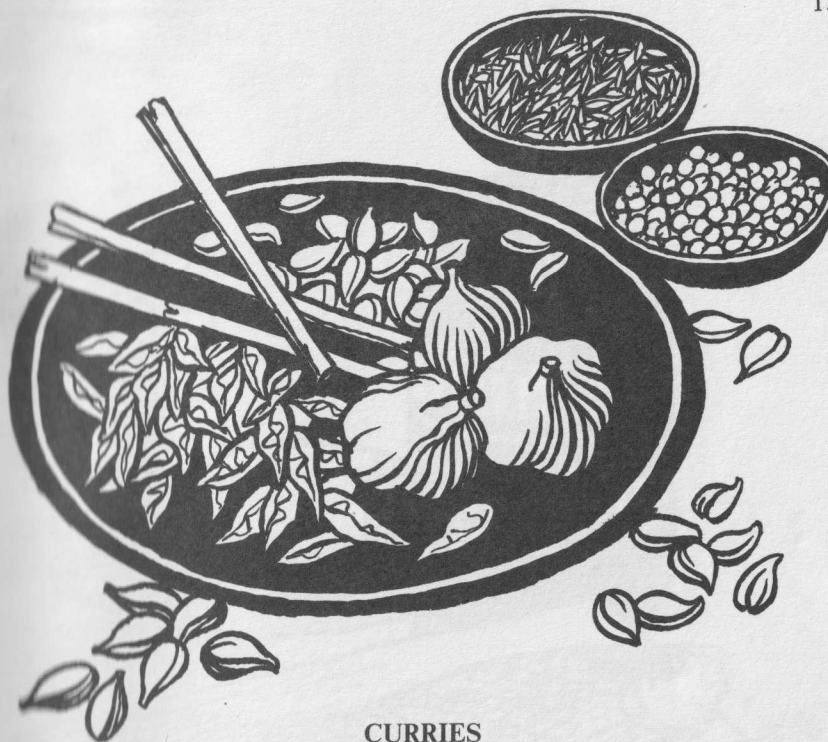
1 cup Basmathi rice
 1/2 cup lentils
 2 tablespoons vegetable oil
 6 cloves
 10 black peppercorns
 2 x two-inch sticks cinnamon
 1/2 teaspoon cumin seed
 2 1/2 cups (approx) of stock or water
 Salt to taste

Heat oil in a large pan and quickly add cloves, black peppercorns, cinnamon and cumin seed to infuse. Turn down heat and pour in the stock or water and add washed rice and lentils. Bring to the boil and cook rapidly for 5 minutes; add salt and stir. Cover and finish cooking in a hot oven until grains are tender.

Biryani
Rice with mutton, chicken or prawns

2 cups Basmathi rice
 1 lb mutton, chicken or prawns — cut as desired
 3 dessertspoons vegetable oil
 4 x two-inch sticks cinnamon bark
 10 whole peppercorns
 6 cloves
 1/2 teaspoon cumin seed
 1 large onion — sliced
 2 teaspoons paprika powder — sweet
 1/2 teaspoon turmeric powder
 Pinch of saffron
 2 cloves garlic — crushed
 2 ozs blanched almonds
 4 cups boiling water
 Salt to taste

Heat oil in a large pan; add whole spice, and when infused, add onion, meat, powdered spice, garlic and almonds. Cover and simmer for 15 minutes. Pour in the water, washed rice and salt; continue cooking for a further 10 minutes. Cover and place in a medium hot oven until done.



CURRIES

Standard Curry Powder

4 dessertspoons cumin seed
 2 dessertspoons coriander
 1 dessertspoon whole black pepper
 25 cloves
 4 x four-inch sticks cinnamon bark (broken up)
 10 small cardamom pods

Grind all above spice in a coffee grinder, place in a bowl and add:
 1 1/2 dessertspoons paprika powder (sweet)
 1 dessertspoon turmeric powder
 1/2 dessertspoon chilli powder (hot — optional to suit individual taste)

Powdered spice may be used in lieu of whole ingredients, and in the same proportion — only that freshly ground spice is noticeably better. Store in a DRY sterilized jar.

FISH

**Caldin**

Traditional Goan mild coconut curry

General base for Caldin

- 2 dessertspoons vegetable oil
- 1 large onion — sliced
- 1 x one-inch piece green ginger — crushed
- 2 cloves garlic — crushed
- 1/2 teaspoon black pepper, ground
- 1/2 teaspoon cumin seed, ground
- 1 teaspoon coriander seed, ground
- 1 teaspoon turmeric powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 green chilli — sliced
- 2 dessertspoons creamed coconut
- 2 dessertspoons vinegar
- 1/2 pint water
- 1 dessertspoon tamarind paste

The above basic recipe may be used for cray and other fish, chicken, and vegetables such as okra, cauliflower, cabbage, etc.
 Heat oil in a large pan and fry onion until golden brown; reduce heat and cook slowly, gradually adding all ingredients* (water and tamarind lastly).
 Bring to the boil and at this stage add desired fish or vegetables.
 *If chicken portions are used, add at this stage, and simmer gently for 10 minutes before adding water and tamarind.
 Continue cooking until meat is tender.
 Serve with chapattis or 'vodde'.

Prawn Curry

- 1/2lb prawns (peeled and cleaned)
- 2 dessertspoons vegetable oil
- 1 large onion — sliced
- 2 dessertspoons tomato puree
- 1 x one-inch piece green ginger — crushed
- 2 cloves garlic — crushed
- 1 dessertspoon curry powder
- 1 teaspoon paprika powder (sweet)
- 2 dessertspoons vinegar
- 2ozs creamed coconut
- 1 green chilli — sliced
- 4 kokum peels
- 1 cup water
- 1/2 teaspoon sugar
- Salt to taste
- 1 crisp cooking apple (unpeeled, but cored and thickly sliced)

Heat oil in a stew pan and fry onion until soft. Turn down heat and add tomato puree, ginger, garlic, curry and paprika powder; cook gently to blend — then add creamed coconut, green chilli, kokum, vinegar, water, sugar, salt, and prawns. Simmer for about 5 minutes. Lastly, add apple slices, bringing to the boil — leave to blend and heat before serving.

Prawn Cocktail with piquant dressing

- 1/2lb peeled prawns (few unpeeled, with heads for garnish)
- 1 clove garlic
- 1 dessertspoon vegetable or olive oil
- 1/2 teaspoon sugar
- Salt to taste
- 1/2 teaspoon paprika powder — sweet
- Chilli sauce to taste
- 1/2 lemon
- 1 medium red pepper (sweet) — chopped
- 1/2 cup (approx) salad cream
- 6 lettuce leaves

Crush garlic in a glass dish — add vegetable or olive oil, sugar, salt, paprika, chilli sauce, then blend, adding squeeze of lemon juice and chopped red pepper. Gently combine salad cream and peeled prawns. Spoon mixture into 6 glass dishes lined with lettuce leaves and garnish with whole prawns. Serve very cold.

Fish Cakes

- 1 medium-sized mackerel or 1/2lb smoked fish
- 1 onion (small) — finely chopped
- 1 small bunch parsley — finely chopped
- 1 green chilli — finely chopped
- 1/2 teaspoon black pepper (milled)
- Salt as necessary
- Juice of half a lemon
- 1lb mashed potatoes
- Flour and crumbs to coat
- 1 egg
- Vegetable oil for frying

Steam fish, remove bone and mash with onion, parsley, chilli, salt, pepper and lemon juice. Combine potatoes and mix, adding lightly beaten egg; form into cakes, roll in flour and crumbs and fry in very little oil until brown on both sides. Serve with peas and brown bread.

Fish in Paprika Sauce

4 Trout or medium mackerel
Salt

Salt fish and place on a suitably greased baking dish — and grill or bake.

Sauce

3 dessertspoons vegetable oil
3 large onions — sliced into rings
2 large green or red peppers
1 large green chilli
2 large sticks cinnamon bark
4 cloves
2 large cloves garlic — crushed
1 x one-inch piece green ginger — crushed
1 dessertspoon paprika — sweet
2 dessertspoons tomato puree
1 teaspoon black pepper
1 teaspoon sugar
2 dessertspoons vinegar
White wine to make enough sauce

Fry onions in a large frying pan, and gradually add peppers, chillies, and other ingredients to blend with some wine. Cook for 5 minutes and add more wine to make a thick enough sauce. Do not overcook. Pour sauce over fish and, if desired, pipe creamed potatoes bordering fish. Cover the fish with foil and brown the potatoes under a hot grill.

Fish Mousse

8ozs steamed fish (free of skin and bone — mash finely)
2 tablespoons gelatine (dissolved in half cup of hot water)
1 tablespoon lemon juice
1 small onion (finely chopped)
1 small clove garlic crushed — optional
Few drops spirit chilli sauce — optional
Salt and pepper to taste
¼ pint salad cream
¼ pint evaporated milk — whipped until stiff
1 egg white — whipped until stiff
Lettuce
Cucumber and lemon slices for garnish

Place lemon juice, onion, garlic, spirit sauce, salt and pepper in a glass dish and blend well together with the back of a wooden spoon. Add fish and salad cream. Gently fold in the milk and egg white. Scoop into wet fish mould or individual moulds and chill. Serve on a bed of shredded lettuce and garnish with slices of cucumber and lemon wedged on side of dish.

Sorak

Traditional Goan hot coconut curry

3 dessertspoons desiccated coconut
½ teaspoon cumin seed
1 teaspoon coriander seed
10 peppercorns
(the above ingredients to be ground together in a coffee grinder)
3 dessertspoons vegetable oil
1 large onion — sliced
1 dessertspoon tomato puree
1 x one-inch piece green ginger — crushed
2 cloves garlic — crushed
1 dessertspoon paprika powder — sweet
4 kokum peels*
1 green chilli — sliced
1 dessertspoon vinegar
1 dessertspoon tamarind paste
½ teaspoon salt
½ teaspoon sugar
½ pint water
1½ lb fresh fish portions or prawns

Place oil in a stew pan and fry onion until soft. Turn down heat and add tomato puree, ginger, garlic, the ground ingredients, and paprika. Simmer to blend and then add kokum, chilli, salt, sugar, vinegar, tamarind paste, and water. Bring to the boil. Add fish or prawns and cook until done. Serve with boiled brown rice.

*Kokum is the dried peel of a plum-like tropical fruit with an acidic taste.

Sardine Curry

1 large tin sardines
 2 dessertspoons vegetable oil
 1 large onion — sliced
 2 dessertspoons tomato puree
 1 x one-inch piece green ginger — crushed
 2 cloves garlic — crushed
 1 dessertspoon standard curry powder
 1 teaspoon paprika powder — sweet
 2 dessertspoons vinegar
 2ozs cream coconut
 1 green chilli — sliced
 4 kokum peels
 1 cup water
 ½ teaspoon sugar
 Salt to taste

Heat oil in a stew pan and fry onion until soft. Turn down heat and add tomato puree, green ginger, garlic, curry, and paprika powder. Cook gently to blend; then add creamed coconut, green chilli, kokum, vinegar, and water. Simmer for about 5 minutes. Add sugar, salt and sardines and bring to the boil. Leave to blend — heat before serving.

Aksol

Traditional Goan fish pepperwater

1lb small fish portions (cod, mackerel or prawns)
 2 dessertspoons vegetable oil
 1 large onion — sliced
 1 dessertspoon tomato puree
 1 x one-inch piece green ginger — crushed
 2 cloves garlic — crushed
 1 green chilli — sliced
 1 dessertspoon standard curry powder
 1 teaspoon paprika powder — sweet
 4 kokum peels
 ½ teaspoon salt
 1 dessertspoon vinegar
 1 cup water

Fry onion in oil in a deep pan until soft; add tomato puree, ginger, garlic, chilli, curry powder, paprika, and kokum peel; simmer to blend and then add salt, vinegar, and water. Bring to the boil and add desired fish. Cook until fish is tender. Serve with boiled rice.

Rochar

Traditional Goan stuffed mackerel

4 medium sized mackerel — (clean, wash and slit from the belly without severing; salt liberally and drain)

Masala Paste

1 dessertspoon standard curry powder
 1 dessertspoon tomato puree
 1 dessertspoon paprika powder — sweet
 1 dessertspoon tamarind pulp
 1 x one-inch piece green ginger — crushed
 2 cloves garlic — crushed
 ¼ teaspoon sugar
 1 small onion — finely chopped
 1 green chilli — finely chopped
 ¼ cup vinegar

(Place in non-metallic dish and mix with the ¼ cup of vinegar to form a paste)

Cotton to secure fish
 Vegetable oil for frying
 Foil if required

Stuff fish carefully with masala paste, and tie with cotton in herringbone crosses (for easy trimming when serving). Fry in hot pan with as little oil as possible. Remove pan from heat and cool for a while before turning to fry other side (this will avoid disintegration of the fish).

The fish may also be baked by placing in greased foil on baking dish. Cook for approx 35 minutes at medium temperature. Serve with boiled rice and mild coconut curry.

VEGETABLES

Batata Bhaji

Hot spiced potatoes

- 4 large potatoes — cut into cubes
- 2 desertspoons vegetable oil
- 4 x two-inch sticks cinnamon bark
- 6 cloves
- 6 peppercorns
- 1 teaspoon whole mustard seed
- 1 teaspoon whole cumin seed
- 1 teaspoon thymol ('ajuan') seed
- 1 teaspoon turmeric powder
- 1 large onion — chopped
- 1 x two-inch piece green ginger — crushed
- 4 cloves garlic — crushed
- 1 green chilli — chopped
- 1 small sprig green coriander — chopped
- Juice of one lemon
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 cup water

Heat oil in a large pan and add whole spice to infuse; quickly add onion, ginger, garlic, chilli, coriander, lemon juice, potatoes, salt and sugar. Simmer to blend for approx 5 minutes. Pour in water — cover and cook until potatoes are tender.

Brinjal Bhaji

Aubergines with spice

- 2 large aubergines (cut as desired and season with lemon juice)
- 2 desertspoons vegetable oil
- 1/2 teaspoon whole cumin seed
- 4 cloves garlic — shredded
- 1/2 teaspoon salt
- 1/2 cup water

Heat oil in a pan and infuse cumin seed. Add garlic and onion and fry until brown.

Toss in aubergines and add salt and water. Cook until tender.



Bean Sprout Bhaji

1lb bean sprout
 2 dessertspoons vegetable oil
 1 large onion — sliced
 1 x one-inch piece green ginger — crushed
 1 dessertspoon soy sauce
 Salt to taste
 Sugar to taste

In a large non-stick frying pan heat oil and fry onion until golden brown. Add ginger and soy sauce, bean sprout, salt and sugar and cook quickly to blend. Do not overcook. Serve immediately.

Channa Bhaji
 Chick-peas dish

1 cup chick-peas — soaked overnight
 2 dessertspoons vegetable oil
 1 large onion — sliced
 1 dessertspoon tomato puree
 1 x one-inch piece green ginger — crushed
 3 cloves garlic — crushed
 1 green chilli — sliced
 1 dessertspoon standard curry powder
 1 dessertspoon sugar
 1/2 teaspoon salt
 1 dessertspoon vinegar or tamarind paste
 2 teaspoons gram flour
 1 cup water
 Small bunch green coriander

Boil chick-peas till tender and drain.
 Fry onion in oil until brown; add tomato puree, ginger, garlic, chilli and curry powder.
 Next add chick-peas and water; continue cooking for 15 minutes, and add sugar, salt and vinegar/tamarind paste, and chopped green coriander.
 Lastly, add 2 teaspoons of gram flour mixed with water to thicken sauce.

Curd Cheese and Cucumber Salad

1 x 8oz tub curd cheese
 1 teaspoon sugar
 Salt to taste
 1 small green chilli — chopped
 4 stalks spring onions — chopped
 1/2 cucumber sliced

Whip cheese and season with sugar and salt — lightly fold in green chilli and spring onions.
 Pour into suitable glass dish and garnish with sliced cucumber. Cover and chill before serving.

Stuffed Tomato Salad (with Alfalfa)

6 large tomatoes (cut tops to form lids, but do not sever;
 scoop out seeds and pulp and save this to refill tomatoes)
 1 cup sprouted alfalfa (follow directions for sprouting on packet)

Dressing

1 large clove garlic
 2 dessertspoons vegetable oil
 1/2 teaspoon black pepper — freshly milled
 1/2 teaspoon mustard powder
 1/2 teaspoon sugar
 Salt to taste
 2 dessertspoons wine vinegar
 2 stalks spring onions — finely chopped
 Lettuce

Crush garlic in a glass dish and blend with oil, adding pepper, mustard, sugar, and salt. Pour in the vinegar. Combine onion, alfalfa and chopped tomato pulp. Fill tomato shells packing firmly with mixture.
 Serve on lettuce leaves.

Stuffed Tomato Salad (with Cottage Cheese)

6 large tomatoes (pink tops or cut to form lids without severing —
scoop out pips and pulp)

1 medium tub of cottage cheese
Pinch of monosodium glutamate
Pinch of salt
Pinch of paprika
Lettuce as required
Cucumber as required

Shake monosodium glutamate and salt inside tomato shells to season — fill with cottage cheese and sprinkle top with paprika.
Serve on lettuce leaf and sliced cucumber.

Tomato Salad (with Garlic Dressing)

½lb tomatoes — sliced or cut as desired

Dressing

1 large clove garlic
2 dessertspoons vegetable or olive oil
½ teaspoon black pepper — freshly milled
½ teaspoon mustard powder
1 teaspoon sugar
Salt to taste
1 small onion — finely chopped
2 dessertspoons wine vinegar
Small bunch parsley — chopped

Crush garlic in a glass dish and blend with oil, pepper, mustard, sugar and salt — add onion, vinegar and parsley and mix well. Combine tomatoes gently with dressing.
Serve on bed of lettuce.

Apple Salad (with Garlic Dressing)

½lb cooking apples
slice as desired and season with pinch of salt

Dressing

1 large clove garlic
3 dessertspoons vegetable or olive oil
½ teaspoon black pepper (freshly milled)
½ teaspoon mustard powder
1 teaspoon sugar
3 dessertspoons cider vinegar

Crush garlic in a glass dish adding oil, black pepper, mustard and sugar. Blend thoroughly, adding vinegar.
Pour over apples coating gently.

Ford

Traditional Goan vegetable cooked with grated coconut

General base for Ford

1 large onion sliced
3 dessertspoons vegetable oil
3 dessertspoons grated fresh or desiccated coconut
4 kokum peels
1 dessertspoon wine vinegar
Salt to taste
1 teaspoon sugar (optional)
3 dessertspoons water

The above basic recipe may be used for —
okra, cabbage, drum sticks, tendlim, courgettes, etc.

In a large pan fry onion in oil until golden; add kokum, vinegar, vegetable, coconut, salt, and sugar. Cook quickly to seal juices — turn down heat and pour in water.
Cook uncovered until vegetable is tender.

Masala Dosa

Savoury pancake with potato filling

Filling

Batata bhaji (recipe on page 25)

Savoury pancake batter

1 cup fine rice flour

$\frac{1}{2}$ cup plain flour

1 teaspoon standard curry powder

1 teaspoon sugar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ oz dried yeast (place in $\frac{1}{4}$ pint warm water in a jug, to cream and foam for approximately 10 minutes)

Enough water to make batter

Vegetable oil for frying

Place flour in a liquidizer with enough water and blend to a creamy paste.

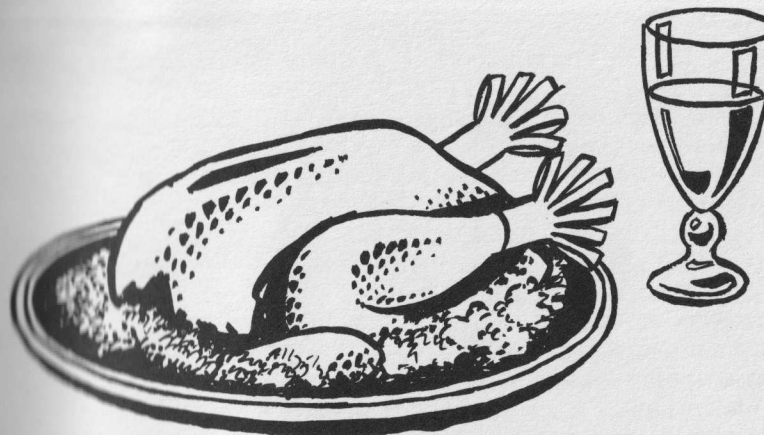
Pour into a mixing bowl and add curry powder, salt, sugar, the creamed yeast, and mix well. Add more water to form a thick batter.

Leave to blend for approximately 15 minutes.

Heat dessertspoon of oil in a non-stick frying pan and pour in a large ladleful of batter. Quickly shake the pan so as to spread the batter evenly. Cover and cook for approximately 5 minutes or until crisp.

While still on pan, put enough filling on one side of pancake. Fold over in half, and slip on to a hot serving dish. Serve with wedges of lemon.

'Masala Dosas', which are a spiced version of the Western style pancake, are widely used in Southern India.



POULTRY

Chicken Curry

- 1 roasting chicken (cut as required)
- 2 dessertspoons vegetable oil
- 1 large onion — sliced
- 2 x two-inch sticks cinnamon bark
- 6 cloves
- 1 dessertspoon standard curry powder
- 1 dessertspoon paprika powder — sweet
- 1 x two-inch piece green ginger — crushed
- 2 cloves garlic — crushed
- $\frac{1}{2}$ dessertspoons tomato puree
- 1 green chilli — sliced
- 2 dessertspoons vinegar
- $\frac{1}{2}$ cups chicken stock or water
- small bunch green coriander leaves
- salt to taste

Heat oil in a large pan and fry onion until brown; add meat, cinnamon bark and cloves. Cover pan and simmer for 15 minutes; add curry powder, paprika, ginger, garlic, tomato puree and green chilli. Continue cooking uncovered to blend until liquid evaporates. Pour in vinegar, stock or water and add coriander and salt. Cook slowly until meat is tender. Serve with chapattis or boiled rice and vegetable.

Shakuthi
Traditional Goan capon curry

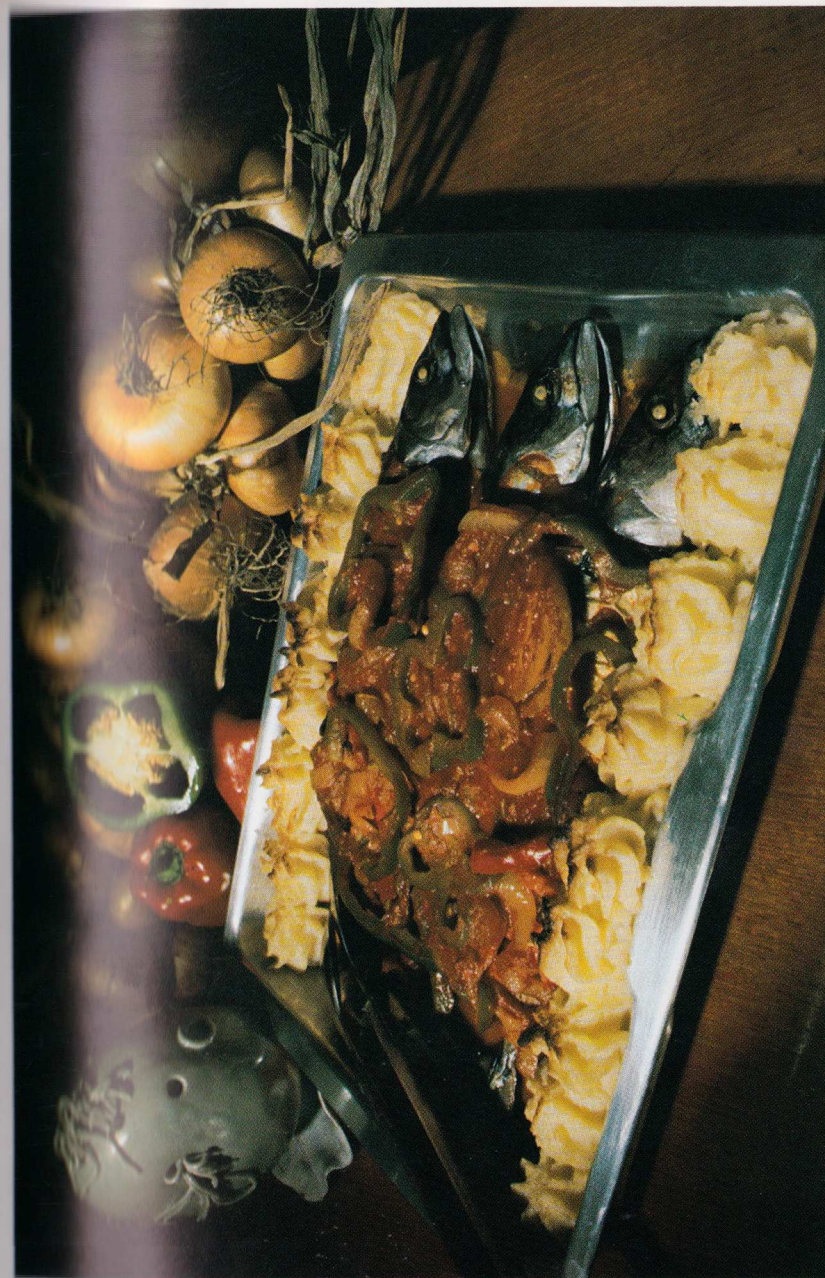
- 1 medium capon cut into suitable portions
- 2 teaspoons cumin seed
- 2 teaspoons coriander seed
- 10 black peppercorns
- 3 dessertspoons desiccated coconut
- Broil or grill the above ingredients until brown. Cool and grind in a coffee grinder
- 2 dessertspoons vegetable oil
- 2 medium onions — sliced
- 2 dessertspoons tomato puree
- 1 x one-inch piece green ginger — crushed
- 4 cloves garlic — crushed
- Few slices of fresh coconut (broiled or grilled)
- 1 dessertspoon paprika powder — sweet
- $\frac{1}{2}$ dessertspoon turmeric powder
- 1 green chilli — sliced
- 2 dessertspoons vinegar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{3}{4}$ pint water

Place meat, oil and onion in a large stew pan and simmer (covered) for 10 minutes. Add tomato puree, ginger, garlic, coconut slices, paprika, turmeric, and the broiled ingredients; continue cooking gently to blend; add vinegar, salt, sugar and water. Cook (covered) until meat is tender.

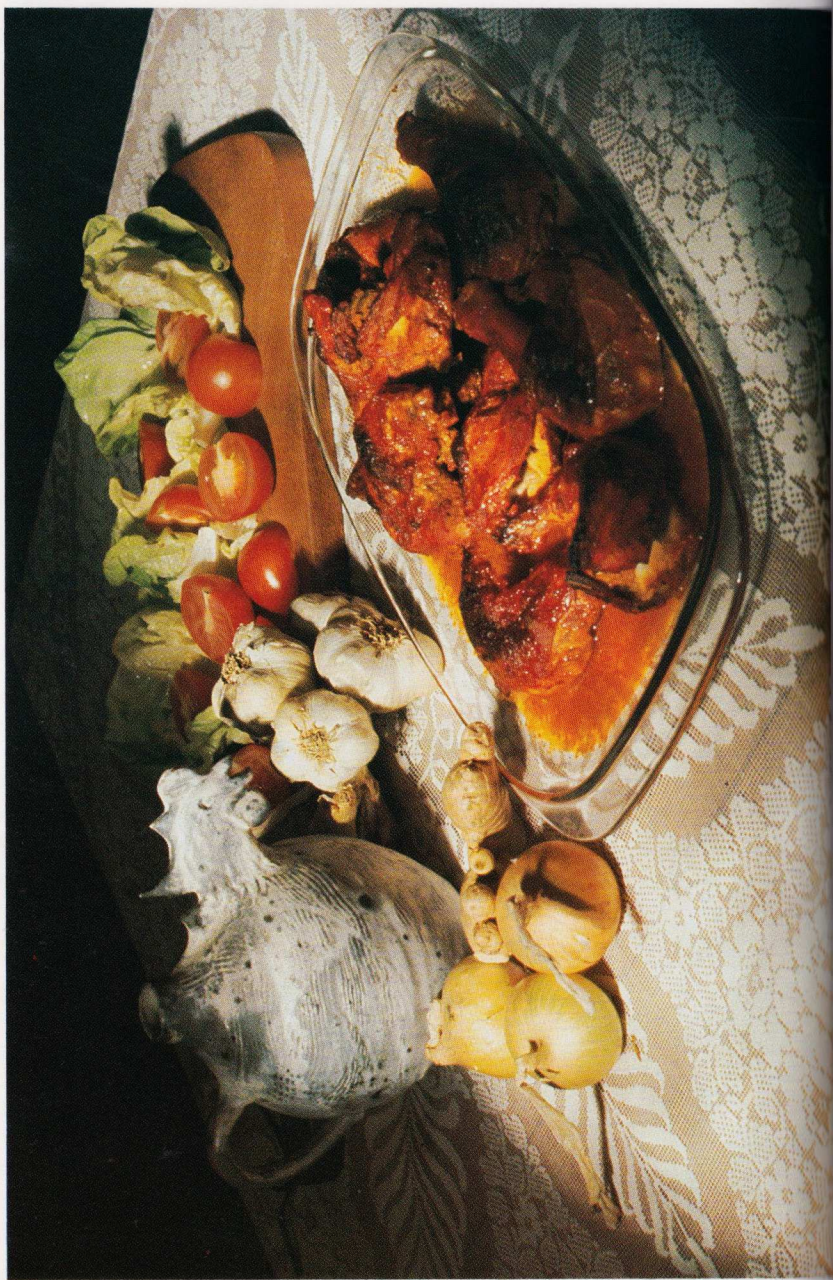
Serve with brown boiled rice or wholemeal chapattis.

Chicken Fry

- 6 chicken portions
- 2 cloves garlic — crushed
- 1 teaspoon paprika — sweet
- $\frac{1}{2}$ teaspoon black pepper — coarsely milled
- $\frac{1}{2}$ teaspoon mixed herbs
- $\frac{1}{2}$ teaspoon salt
- Breadcrumbs or oatmeal for coating
- Oil for frying



Fish in Paprika Sauce (recipe on page 20)



Sanna (recipe on page 59)



Wipe portions as dry as possible and season with garlic, paprika, black pepper, herbs and salt. Stand for about 15 minutes.

Batter

- 3 tablespoons plain flour
- 1 egg
- 1 dessertspoon vegetable oil
- 1/2 cup water

Beat egg, water, oil and flour to make a thick batter. Pour over chicken portions and mix. Roll in breadcrumbs or oatmeal and fry very quickly for about 5 minutes on both sides. Place on a baking dish and finish cooking in a medium oven. Serve with salad or cooked vegetables.

Tandoori Chicken

- 1 large roasting chicken
- Liquidize the following ingredients to a thick paste
- 1 large onion — chopped
- 4 cloves garlic — shredded
- 1 x two-inch piece green ginger — shredded
- 1 teaspoon standard curry powder
- 1/2 teaspoon chilli powder — hot
- 1 dessertspoon paprika powder — sweet
- 1/2 teaspoon red food colouring powder
- 1 dessertspoons wine vinegar
- 1 small tub plain yogurt
- 1 dessertspoons curd cheese
- 1 teaspoon sugar
- 1/2 teaspoon salt

Cut chicken into neat pieces, making about ten joints. Place in a large non-metallic dish and pour paste over chicken portions and leave to marinade; transfer meat to a greased baking dish and cook at medium temperature for approximately 1 1/2 hours. Serve with salads or cooked vegetables.

Tandoori takes its name from the Hindi word 'tandoor' which means a large clay oven originally employed in the cooking of meat and bread in northern India. The above recipe can be successfully used even without a clay oven.

Chicken Dansak
Spicy chicken with lentils

- 1 roasting chicken (cut as required)
- 2 dessertspoons vegetable oil
- 1 large onion — sliced
- 4 x two-inch sticks cinnamon bark
- 6 cloves
- 1 dessertspoon standard curry powder
- 1 dessertspoon paprika powder
- 1 x two-inch piece green ginger — crushed
- 4 cloves garlic — crushed
- 1½ dessertspoons tomato puree
- 1 large green chilli
- ½ cup lentils
- 2 dessertspoons vinegar
- 2 cups chicken stock or water
- 1 small bunch green coriander
- Salt to taste

Heat oil in a large pan and fry onion until brown. Add meat, cinnamon bark and cloves. Cover pan and simmer for 15 minutes; add curry powder, paprika, ginger, garlic, tomato puree, green chilli and lentils. Continue cooking (uncovered) to blend until liquid evaporates. Pour in vinegar, stock or water and coriander. Cook gently until meat and lentils are tender and then add salt to taste. Serve with chapattis or 'vodde'.

Roast Chicken

- 1 large roasting chicken
- 4 cloves garlic — shredded
- 1 x one-inch piece green ginger — crushed
- 4 cloves
- 4 x two-inch sticks cinnamon bark
- 1 peppercorns
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup flour to dredge
- 1 cube chicken stock
- 1/2 pint hot water

Stuffing

- 1 cup soft breadcrumbs
- 1 teaspoon mixed herbs
- 1/2 rashers streaky smoked bacon — chopped
- 1/2 tablespoons evaporated milk OR
- 1 small beaten egg

Mash breadcrumbs with herbs, bacon, milk or egg. Stuff bird with mixture, or roll and cook in foil alongside bird. Season bird with garlic, ginger, cloves, cinnamon, pepper, salt and sugar. Now dredge with flour, cover with foil and bake in moderately hot oven for 1½ to 2 hours. Baste as required. Remove foil to brown and pour in the stock made with half-pint of hot water. Serve with potatoes and other vegetables.

Roast Turkey

1 x 12-14lb Turkey

Marinade

10 black peppercorns

10 blades mace

1 x one-inch piece green ginger — crushed

2 cloves garlic — crushed

1 tablespoon sugar

½ cup wine

Place the above ingredients in a non-metallic dish and stand for 10 minutes to blend.

Salt

Bacon for barding

Stuffing

1lb chestnuts (slit each one with a sharp knife and boil for 10 minutes.
Remove skin and mash coarsely)

1 cup soft breadcrumbs

2ozs butter or margarine

1 egg

Juice of one lemon

Combine mashed chestnuts and breadcrumbs with lightly beaten egg. Add fat, lemon juice and half of marinade.

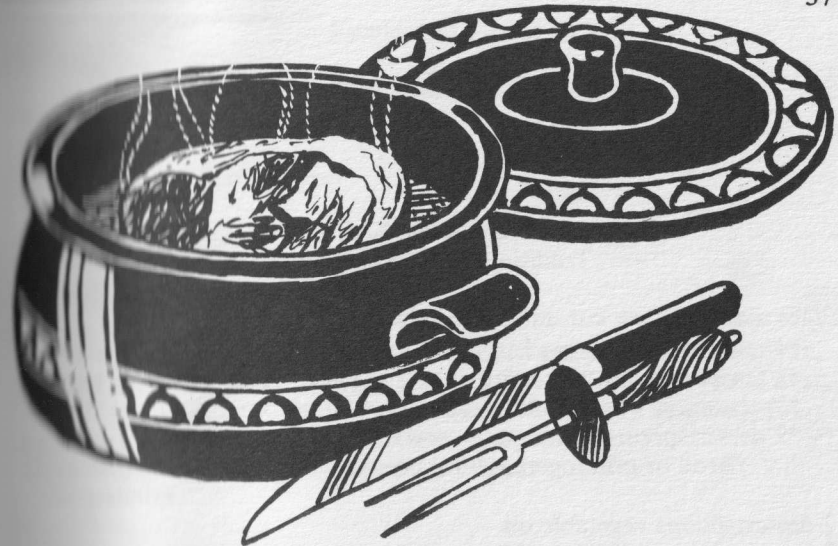
Season bird with salt and remaining marinade before stuffing.

Place bacon rashers on breast of bird and transfer to baking dish.

Cover with foil and cook in a moderate oven for 2½-3 hours or as recommended on instructions.

Baste as necessary, and towards the end of cooking remove foil and allow to brown.

Serve with desired vegetables and trimmings.



BEEF

Pot Roast

1lb roasting beef, thick cut or rolled

2 cloves garlic — shredded

1 x one-inch piece green ginger — shredded

dry red chillies

2 x two-inch sticks cinnamon bark

2 cloves

1 teaspoon coarsely ground black pepper

1 teaspoon salt

1 teaspoon sugar

½ cup cider vinegar

1 pint water

Rub meat with garlic and place in a roasting pan together with all other ingredients.

Cover pan tightly and cook gently for 1½ - 2 hours, turning the joint occasionally.

Samarachi Kodi
Traditional Goan beef curry

- 1½lbs stewing steak cut into large cubes
 *1 teaspoon cumin seed
 *1 teaspoon coriander seed
 *½ teaspoon whole black pepper
 *2 dessertspoons desiccated coconut
 *Broil or grill together until brown. Cool and grind in coffee grinder.
- 2 dessertspoons vegetable oil
 1 large onion — sliced
 1 dessertspoon tomato puree
 1 x one-inch piece green ginger — crushed
 3 cloves garlic — crushed
 1 dessertspoon paprika powder — sweet
 ½ dessertspoon turmeric powder
 1 dessertspoon vinegar
 1 green chilli — sliced
 1 teaspoon sugar
 Salt to taste
 ½ pint water

Fry onion and meat in oil; add tomato puree, ginger, garlic, paprika, and turmeric; cook gently (covered) for approx 10 minutes and add broiled ingredients. Continue cooking to blend; then add vinegar, green chilli, sugar, salt and water.
 Cook until meat is tender.
 Serve with boiled rice and vegetables.

Escalope of Beef

- 8 thin portions rump steak, beat with a meat tenderizer
 3 cloves garlic — crushed
 Salt to taste
 Coarsely milled black pepper
 1 egg
 1 dessertspoon flour
 Crumbs to coat
 Vegetable oil for frying

Rub garlic into meat portions with a wooden spatula and season with salt and pepper. Lightly beat egg and combine with flour — pour over meat and mix gently. Coat with crumbs and fry slowly in a non-stick frying pan. Cook until brown on both sides.
 Serve with plainly cooked potatoes or salads.

Beef Cutlets

- ½lb minced beef
 1 cup softened breadcrumbs
 1 large onion — finely chopped
 1 green chilli — finely chopped
 1 small bunch green coriander — finely chopped
 1 x one-inch piece green ginger — crushed
 3 cloves garlic — crushed
 1 teaspoon standard curry powder
 1 teaspoon sugar
 ½ teaspoon salt
 Juice of half a lemon
 1 egg — lightly beaten
 Crumbs to coat
 Oil for frying

Combine minced beef and soft breadcrumbs in a large bowl. Add all other ingredients and mix well; stand to blend for 15 minutes. Form into flat cakes (the size of a burger), toss in crumbs and fry until brown on both sides.

Beefburgers

1lb minced beef
 1 cup softened breadcrumbs
 1 large onion — finely chopped
 1 green chilli — finely chopped
 1 small bunch green coriander — finely chopped
 1 x one-inch piece green ginger — crushed
 2 cloves garlic — crushed
 1 teaspoon standard curry powder
 1 teaspoon sugar
 ½ teaspoon salt
 Juice of half a lemon
 1 egg — lightly beaten
 Crumbs to coat
 Oil for frying

Combine minced beef and soft breadcrumbs in a large bowl. Add all other ingredients and mix well; stand to blend for 15 minutes. Form into burgers, toss in crumbs and fry until brown on both sides.

Minced Beef

1lb steak mince
 2 dessertspoons vegetable oil
 2 onions — finely sliced
 1 green chilli — finely chopped
 1 x one-inch piece green ginger — crushed
 3 cloves garlic — crushed
 1 dessertspoon standard curry powder
 1 dessertspoon paprika powder — sweet
 1 dessertspoon tomato puree
 2 x two-inch sticks cinnamon bark
 6 cloves
 1 teaspoon sugar
 ½ teaspoon salt
 Sprig of green coriander

Heat oil in a pan and fry onion until soft. Add meat and all other ingredients, and cook with pan (covered) for approx 10 minutes until natural juices appear.
 Continue cooking until just moist.

Beef Steaks

8 medium portions of rump steak, beat with a tenderizer and season with salt
 ½ teaspoon salt
 1 green chilli — hot
 1 large onions — sliced into rings
 1 large red pepper — sweet — sliced into rings
 1 large tomatoes — halved
 ½ cup red wine

Marinade

1 x one-inch piece ginger — crushed
 1 cloves garlic — crushed
 1 teaspoon black pepper — coarsely milled
 1 teaspoon paprika powder
 1 teaspoon sugar
 2 x two-inch sticks cinnamon bark
 1 cloves
 1 tablespoons vegetable oil
 1 tablespoons vinegar

Place the ingredients in a non-metallic dish and mix to a paste. Stand for 10 minutes

Pour marinade over meat and mix well with a wooden spoon. Place on a greased grill pan. Cook quickly for 10 minutes and turn to cook on the other side. Turn down heat and add the hot chilli, onion and red pepper rings, and then the tomatoes and wine. Continue cooking until meat is tender.
 Serve with cooked vegetables or salads.

Pototo Chops

Meat-filled savoury cakes

1¼lb freshly made mashed potatoes
 1 egg — lightly beaten
 Salt to taste
 Crumbs for coating
 Vegetable oil for frying

Filling

½lb minced beef (recipe on page 40)

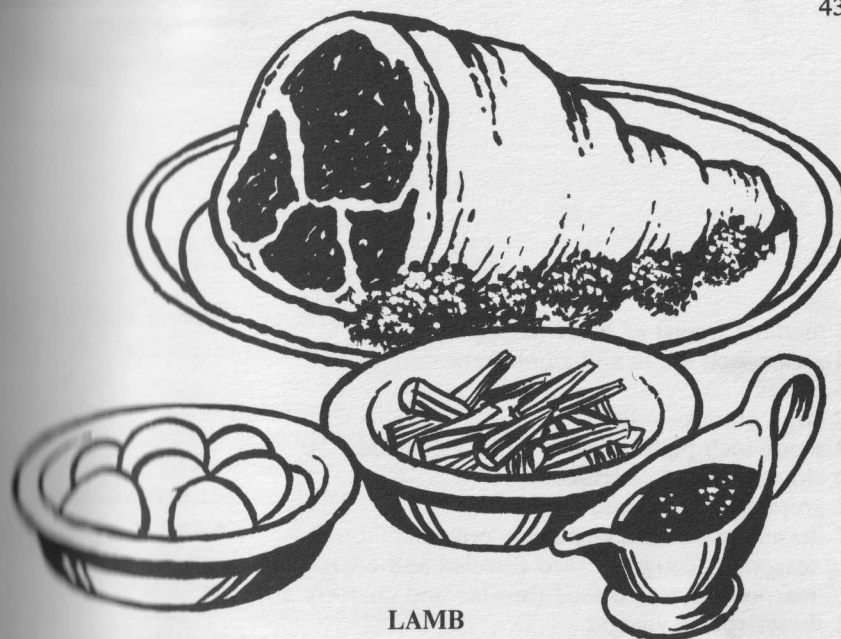
Season potatoes with salt and add beaten egg, mixing well. Divide mixture into six portions. Handling gently between the palm of the hand, form a hollow casing with a thick rim. Pack with filling and gradually work rim to enclose filling. Place on a crumbed board and using a palette-knife, shape into neat cakes.

Fry in a non-stick frying pan with very little vegetable oil, adding more as required, to brown to a crust on both sides.

Croquette

1lb left-over roast beef
 1 cup softened breadcrumbs
 ½ teaspoon cinnamon powder
 ¼ teaspoon nutmeg powder
 1 teaspoon sugar
 1 onion — finely chopped
 1 egg — lightly beaten
 Mixture of flour and crumbs to coat
 Vegetable oil for frying

Mince the meat and combine with soft breadcrumbs and add all the rest of ingredients. Leave to blend for 15 minutes — divide into even pieces according to size required. Form into cylinder shapes, toss into flour and crumb mixture and deep fry until brown.



LAMB

Roast Lamb

1 leg of lamb, rubbed liberally with salt
 6 cloves garlic — shredded
 1 teaspoon black pepper — coarsely ground
 1 dessertspoon paprika powder — sweet
 ½ teaspoon mixed dry herbs
 6 cloves
 2 x two-inch sticks cinnamon bark
 1 dessertspoon golden syrup (warmed)
 Oatmeal or breadcrumbs to dredge over meat
 ½ pint water

Place meat on a greased roasting dish and season with garlic, black pepper, paprika, herbs, cloves and cinnamon.
 Pour golden syrup over joint and dredge with oatmeal and crumbs.
 Cover loosely with foil and bake in a hot oven (allowing 20 minutes per pound of meat).

Remove foil half-way through the cooking and allow joint to brown, adding water.

Serve with potatoes, other vegetables and mint sauce.

Lamb Curry

1 medium breast of lamb (chopped)
 4 x two-inch sticks cinnamon bark
 6 cloves
 2 large onions — sliced
 1 x one-inch piece green ginger — crushed
 4 cloves garlic — crushed
 1 green chilli — sliced
 1 dessertspoon standard curry powder
 $\frac{1}{2}$ teaspoon fenugreek seed (broiled and coarsely ground)
 $\frac{1}{2}$ teaspoon mustard seed (broiled and coarsely ground)
 1 dessertspoon vinegar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
 8 currypak leaves*
 $\frac{3}{4}$ pint water

Place meat, cinnamon bark, cloves, ginger and garlic in a pan and bring to a simmer (covered) for 10 minutes. Add onion, green chilli, curry powder, fenugreek seed and mustard; continue cooking and then add vinegar, salt, sugar, currypak, leaves and water. Cook until meat is tender.

*Currypak leaves are also referred to as 'currypath'.

Lamb Stew

1 medium breast of lamb (chopped)
 4 x two-inch sticks cinnamon bark
 6 cloves
 10 whole black peppercorns
 1 x one-inch piece green ginger — crushed
 2 cloves garlic — crushed
 1 dessertspoon tomato puree
 1 green chilli — sliced
 6 small whole onions
 6 small whole new potatoes
 3 large carrots — halved lengthwise
 1 dessertspoon vinegar
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon sugar
 1 pint water
 Small sprig of rosemary
 2 teaspoons flour or gravy mix

Place meat, cinnamon bark, cloves, black pepper, ginger and garlic in a large pan; bring to a simmer (covered) and cook for 10 minutes. Add tomato puree, chilli, onions, potatoes, carrots and vinegar; continue cooking to blend. Add salt, sugar, water and rosemary. Cover pan and cook until meat and vegetables are tender. Mix flour or gravy mix to a smooth paste with a little water, and pour over stew to thicken sauce.

PORK

Roast Pork

- 1 leg of pork — scored neatly and rubbed with salt
 Flour for dredging
 10 black peppercorns
 10 cloves
 4 x two-inch sticks cinnamon bark
 5 blades of mace
 2 cloves garlic — shredded
 ½ teaspoon mixed herbs
 6 cherries
 1 dessertspoon golden syrup (warmed)
 1 cup cider or stout
 6 wooden cocktail sticks
 6 pineapple rings

Grease baking dish and dredge with flour. Place joint on dish and season with black pepper, cloves, cinnamon bark, mace, garlic and mixed herbs. Cover with foil and bake in a moderately hot oven, allowing 20-25 minutes per pound of meat. Half-way through cooking, pour golden syrup over meat and place pineapple rings over joint, securing these with cocktail sticks. Place cherries firmly in centre of pineapple rings. Baste as necessary; pour in cider or stout and continue cooking (uncovered) until brown. Serve with apple sauce and vegetable.

Pork or Spare Rib Chops

- 6 chops
 2 cloves garlic — crushed
 ½ teaspoon black pepper — coarsely ground
 ½ teaspoon salt
 ½ teaspoon mixed dried herbs
 Flour and oatmeal to dredge

Place chops on a greased grill pan and season with garlic, pepper, salt, mixed herbs and some flour and oatmeal. Grill until brown; turn over and sprinkle with flour and oatmeal and finish cooking to a brown crust. Serve with apple sauce and vegetables.



Sorpotel
Traditional Goan pork dish

1 pig's head preferably cut up at butcher's
or
3lbs lean pork
1 pig's liver
1 pig's heart
1½ pints water

Boil all meat (except brain) for 15 minutes and save the juice. Cut the meat into cubes. Place in a large baking dish, cover with foil and leave in a hot oven until free of excess fat. Drain fat. (Brain may be used separately for an omelette.)

Masala paste

1 dessertspoon chilli powder — hot
2 dessertspoons paprika powder — sweet
2 dessertspoons standard curry powder
2 dessertspoons tomato puree
1 dessertspoon sugar
4 x four-inch sticks cinnamon bark
6 cloves
1 x two-inch piece green ginger — crushed
1 pod garlic — crushed
½ pint cider or wine vinegar
Place in a non-metallic dish and mix to a paste with ¼ pint of vinegar
Red wine if necessary
1 large onion — sliced
2 large green chillies — sliced (optional)
½ cup vegetable oil
Salt to taste
Currypak leaves

Heat oil in a large pan and fry onion; turn down heat, add masala paste and cook gently to blend. Add meat, juice and the remainder of vinegar. At this stage, add chillies (if used), and currypak leaves; continue cooking slowly until done, adding red wine to make enough sauce.

Serve with sanna (steamed rice bread) or rice.

Butch
Traditional Goan tripe dish

2lbs prepared pig's tripe
(cut into cubes, simmer for
approx 15 minutes and drain)

Masala paste

½ dessertspoon chilli powder — hot
1 dessertspoon paprika powder — sweet
½ dessertspoon turmeric powder
½ dessertspoon standard curry powder
2 dessertspoons tomato puree
4 dessertspoons wine vinegar
1 x two-inch piece green ginger — crushed
6 cloves garlic — crushed
Place the above ingredients in a non-metallic dish and mix to a paste with vinegar
2 dessertspoons vegetable oil
1 green chilli — sliced
2 large onions — sliced
6 currypak leaves
2 cups red wine

Heat oil in a large pan and fry onions till golden brown. Add masala paste, tripe, chilli and currypak leaves and cook slowly to blend, adding enough wine to make sauce.

Salt Pork Chilli Fry

1lb salt pork cubed
2 dessertspoons vegetable oil
2 large onions — thickly sliced
1 green chilli — sliced
1 green or red pepper — sliced in rings
2 x two-inch sticks cinnamon bark
4 cloves
4 kokum peels
½ teaspoon sugar

Heat oil in frying pan, adding meat and all other ingredients gradually. Cook slowly (covered) to blend for 10 minutes. Uncover and finish off cooking until brown.

Vindaloo
Spicy pork dish

2lbs belly pork
(cut into large pieces, prick and salt liberally)

Masala paste

1 dessertspoon chilli powder — hot
2 dessertspoons paprika powder — sweet
1 dessertspoon turmeric powder
2 dessertspoons standard curry powder
2 dessertspoons tomato puree
1 x two-inch piece green ginger — crushed
10 cloves garlic — crushed
½ pint cider or wine vinegar

Place the above ingredients in a non-metallic dish and mix to a paste

2 dessertspoons vegetable oil
½ cup red wine

Heat oil in a large pan, add meat and allow to simmer (covered) for approximately 10 minutes.

Pour masala paste over meat and cook slowly to blend.

Add red wine and continue cooking until meat is tender.

Serve with sanna (steamed rice bread) or boiled rice.

Bacon Rolls

1½lb piece braising steak — sliced very thinly and flattened with meat tenderizer

½lb smoked bacon rashers
2 dessertspoons vegetable oil
2 x four-inch sticks cinnamon bark
4 cloves
2 medium onions — sliced
1 x two-inch piece green ginger — crushed
2 cloves garlic — crushed
1 dessertspoon tomato puree
1 dessertspoon standard curry powder
1 green chilli — sliced (optional)

Salt if required

½ teaspoon sugar
½ pint water

Cut bacon to width of steak and roll tightly together with bacon on inside; place these in a non-stick frying pan (seams downwards); add oil, cinnamon and cloves. Cover and simmer for 10 minutes. Add onions, ginger, garlic, tomato puree, curry powder, salt, sugar and chilli, if used. When almost dry pour water over meat; continue cooking until meat is tender. Serve with boiled rice and vegetable.

Goa Sausages

5lbs pork (belly)

Remove skin, cut into small cubes, salt liberally in a large kitchen basin and stand overnight.

Drain all brine and lay meat on a cloth or absorbent paper to blot out excess moisture.

Masala paste

2 dessertspoons chilli powder — hot
2 dessertspoons paprika powder — sweet
1 dessertspoon turmeric powder
4 dessertspoons standard curry powder
½ dessertspoon sugar (optional)
½ cup brandy (or cashew 'feni')
½ cup malt or wine vinegar
15 cloves garlic — crushed
2 x one-inch pieces green ginger — crushed

Place the above ingredients in a non-metallic dish and mix to a paste

Pour masala paste over prepared meat and mix thoroughly. Stand for an hour to marinade. Then fill meat into sausage casings and dry well before storing.

To cook 4 Sausages

Place sausages in a stew pan and add 1 cup of water. Cook slowly until water is absorbed. Serve with boiled rice.

Kidney Beans with Smoked Bacon

½lb kidney beans — soaked overnight and boiled until tender
 2 dessertspoons vegetable oil
 1 large onion — sliced
 ½lb smoked bacon (cut into cubes)
 2 dessertspoons tomato puree
 1 dessertspoon paprika powder — sweet
 ½ teaspoon chilli powder — hot — optional
 ½ teaspoon black pepper — ground
 2 x two-inch sticks cinnamon bark
 2 cloves garlic — shredded
 1 teaspoon sugar
 Salt if required
 1 cup water

Place oil in a large pan and fry onion until golden brown. Add bacon, tomato puree, paprika, chilli, black pepper, cinnamon and garlic. Simmer until well blended; add drained beans and water. Continue cooking until beans are sufficiently soft. Lastly add salt and sugar. Serve with vegetables and boiled rice.



PICKLES

Lemon Pickle

10 lemons with thin rind (cut into quarters and salt liberally)
 ½ bottle vegetable oil
 ½ bottle vinegar
 1 x two-inch piece green ginger — crushed
 2 small pods garlic — crushed
 *1 dessertspoon fenugreek seed
 *1 dessertspoon mustard seed
 *1 dessertspoon cumin seed
 *Broil or grill these ingredients until just infused; cool and grind coarsely, in a coffee grinder.
 1 dessertspoon turmeric powder
 2 dessertspoons hot chilli powder
 2 dessertspoons sweet paprika powder
 2 dessertspoons sugar
 ½ teaspoon asafoetida powder

Heat oil in a large pan and gradually add all ingredients (except lemons), and cook slowly for about 10 minutes to blend. Add lemons and bring to the boil. Cool and transfer into sterilized jars.

Note:

This is a BASIC recipe and may be used for other fruits and vegetables, thus:

Aubergines: 3lbs aubergines (sliced or dice, salt and dry under slow grill)

Carrots: 2lbs carrots (slice into discs, salt and dry under slow grill)

Mangoes: 10 small green mangoes (cut into convenient pieces and salt)

Peaches: 10 small half ripe peaches (cut into quarters and salt)

Olives: 1½ lbs green olives without stones in brine (drained)

Gherkins: 1½lbs gherkins in brine (drained)

Lime Pickle

12 fresh limes
 1/2 bottle vegetable oil
 1/2 bottle vinegar
 Juice of 3 lemons
 1 x two-inch piece green ginger — crushed
 2 pods garlic — crushed
 2 dessertspoons chilli powder — hot
 2 dessertspoons paprika powder — sweet
 1 dessertspoon turmeric powder
 1 cup sugar
 Salt

Cut limes into quarters, but do not sever— stand these in a glass dish and salt liberally. Leave to stand for 5 hours.

Heat oil in a large pan and drop all ingredients (except limes) on to hot oil; cook gently for 2 minutes and stir.

Add limes and bring to the boil. When cool, transfer into sterilized jars.

Leave for 6-8 weeks to mature.

Prawn Balchao

Traditional Goan prawn relish

1lb peeled prawns
 1 large onion
 1 large green chilli — sliced
 *1 x two-inch piece green ginger - crushed
 *6 cloves garlic - crushed
 *1 dessertspoon standard curry powder
 *1 dessertspoon paprika powder
 *1 teaspoon sugar
 *1 teaspoon salt

*Place the above ingredients in a non-metallic dish and mix to a paste with 1 dessertspoon oil and some vinegar

1/4 bottle vinegar
 1/4 bottle vegetable oil

Heat remaining oil in a large pan and fry prawns, onions and chilli together until free of moisture. Add the paste and cook gently to blend; next pour in remaining vinegar and simmer for about 10 minutes before 'potting' in sterilized jar.

Lemon Chutney

10 lemons with thin rind
 Salt
 3 dessertspoons paprika powder — sweet
 1 dessertspoon chilli powder — hot
 6 large cloves of garlic — crushed
 2ozs green ginger — crushed
 1/2 pint vegetable oil
 1/2 pint malt vinegar
 1/2 lb sugar
 1/4 lb sultanas

Prepare lemons by slicing finely as desired on a plate, so as to catch as much juice as possible — discard pips.

Salt liberally and stand in a non-metallic dish for at least 2 hours.

Place paprika, chilli powder, ginger and garlic in a non-metallic dish, blend together with the oil and stand until required. Put the vinegar and whatever juice has been saved and sugar into a pan and boil to a light syrup.

Turn down heat and add the paprika mixture, sultanas and the lemons. Boil for 5 minutes.

Cool and transfer into sterilized jars.

Mole

Traditional Goan pickled fish

2lbs firm mackerel or desired fish — cut into small portions and fry until crisp

1 x two-inch piece green ginger — crushed
 1 whole pod garlic — crushed
 1 tablespoon paprika powder — sweet
 1 tablespoon chilli powder — hot
 1 tablespoon standard curry powder
 1 teaspoon salt
 1/2 cup vegetable oil

Place the above ingredients in a non-metallic dish and mix to a paste with 1 dessertspoon oil and some vinegar

1/4 bottle malt vinegar

Heat oil in a large pan and pour in the paste; simmer to blend. Add vinegar and cook for approximately 5 minutes and then add fish. Place in a large sterilized jar. Leave to mature for approximately 4 weeks.

'Para' of Salt Cod
Tamarind fish

2lbs dry salt cod portions
brush off excess salt and cut into desired pieces,
and put into a large enough sterilized jar

2ozs tamarind pulp

1 x two-inch piece green ginger — crushed

1 whole pod garlic — crushed

3 tablespoons paprika powder — sweet

1 tablespoon chilli powder — hot

2 tablespoons standard curry powder

2 tablespoons vegetable oil

2 tablespoons brandy

Place the above ingredients in a non-metallic
dish and mix to a paste

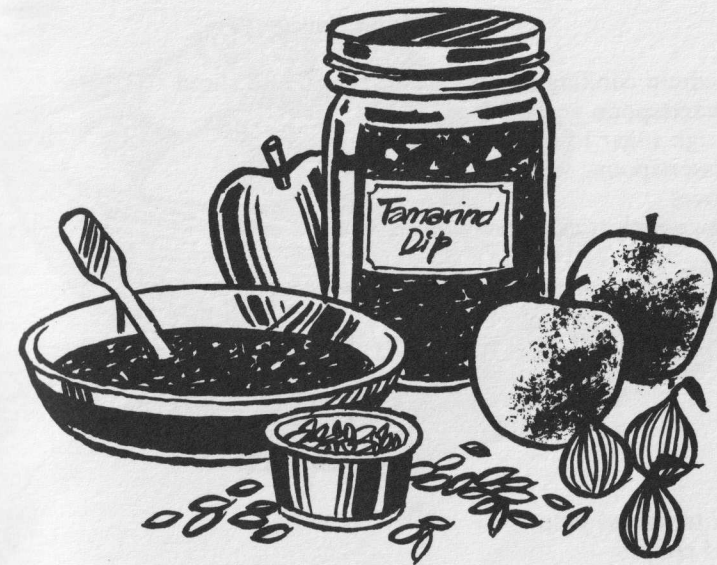
1 pint malt vinegar

1 tablespoon sugar

Place vinegar in a pan and bring to the boil adding the sugar. Turn
down heat and add the above paste. Bring to the boil again; leave to
cool and pour the mixture over the fish pieces in the jar.

To serve

Fry as required in very little oil in a small pan.



SAUCES

Green Coriander Sauce

1 bunch green coriander

1 green chilli — chopped

1 small onion — chopped

1 x one-inch piece green ginger — chopped

1 clove garlic — chopped

1 teaspoon sugar

Pinch of salt

1 tablespoon vinegar

Water to mix

4ozs desiccated coconut

$\frac{1}{2}$ teaspoon cumin seed

$\frac{1}{2}$ teaspoon dry coriander seed

Place coconut, cumin and coriander seeds in a coffee grinder and grind
until fine. Now place all ingredients together into a liquidizer, with
sufficient water, and whip to a pulp. Pour into a glass dish and chill
before serving or use as a sandwich filling.

Apple Sauce

- 2 medium cooking apples, cored, peeled and sliced
- 1 dessertspoon vegetable oil
- Enough sugar to taste
- 2 dessertspoons water
- 4 cloves
- 2 x two-inch sticks cinnamon bark

Place all ingredients in a pan and cook for 10 minutes.

Tamarind Dip

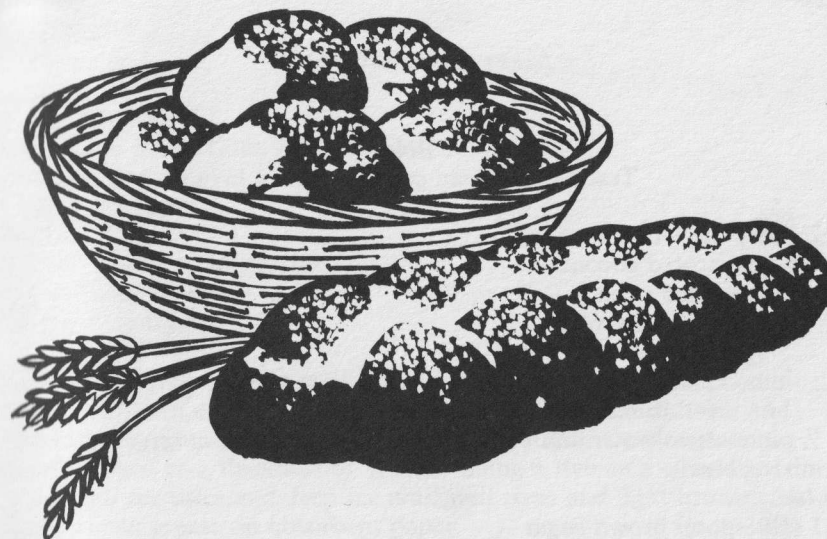
- 2ozs tamarind pulp
- 2 red chillies
- 1 large red pepper — sweet
- 1 small onion
- 2 cloves garlic
- 1 x one-inch piece green ginger
- 2ozs tomato puree
- Wine vinegar
- Salt to taste
- Sugar to taste

Chop chillies, pepper, onion, garlic and ginger, and together with all other ingredients place in a liquidizer, and blend to a paste slowly — with enough wine vinegar.

Place in a jar and store in a refrigerator until required.

Note:

Tamarind dip can be used with Samosas and Bhajas.

**BREAD****Sanna**

Traditional Goan steamed rice bread

- 1 dessertspoon dried yeast, creamed in $\frac{1}{2}$ cup of warm water
- 2 cups ground rice
- $\frac{1}{2}$ cup fine desiccated coconut
- 2 dessertspoons plain flour
- 1 pint warm water
- $\frac{1}{2}$ teaspoon salt
- 2 dessertspoons sugar

Place ground rice, coconut, sugar and salt in a large bowl; pour in the warm water and creamed yeast; mix thoroughly to a thick paste. Leave to rise for 15 minutes.

Grease individual four-inch foil cases or pie tins and pour in enough mixture (to just about three-quarters full). Leave to rise again for 10 minutes. Steam in a bain-marie or suitable pan for 15 minutes. Turn out when cool and well set.

Note:

'Sanna' are normally made at Easter-time and on other festive occasions — in a large, specially designed pewter steamer.

Bole

Traditional Goan coconut brown bread

2½lbs plain wholemeal flour
 4ozs desiccated coconut
 1oz dried yeast
 ½ pint warm water
 ½ teaspoon sugar

Place in a jug and leave to cream and foam
 for 10 minutes

¾ pints warm water and ½ pint warm milk placed in a large
 mixing bowl

Add:

1 tablespoon brown sugar
 1 tablespoon black treacle
 2ozs butter or margarine
 1 teaspoon salt

Beat ingredients in the bowl to mix and add the creamed yeast,
 gradually adding the flour and coconut.

Handling very lightly, combine to form a soft dough.

Stand to rise until double in size.

Turn dough on a well-floured board and knead for approximately 5
 minutes.

Divide dough to fit into 2 x nine-inch cake tins (previously greased
 and lined). Leave to rise again.

Dredge surface of loaves with flour and bake in a hot oven for
 approximately 45 minutes on middle shelf.

It is customary to distribute bole among relatives and close friends in a
 village to announce an engagement.

Vodde

Traditional Goan puris

4ozs plain flour
 2ozs whole wheat flour
 2ozs rice flour
 1 teaspoon sugar
 Pinch of salt
 1oz soft butter or margarine
 ¼ pint (approx) water to mix
 Oil for deep frying

Place dry ingredients in a mixing bowl and rub in the soft fat; combine
 very lightly with enough water to form a soft dough; knead well and
 stand for 15 minutes. Knead again and roll out half the dough on a
 floured board to a thickness of ⅛ inch. Using a five-inch circular
 cutter, cut out discs and deep fry until well risen and light brown.
 Drain excess grease on absorbent paper.

Chapatti

Unleavened bread

6ozs plain flour
 2ozs whole wheat flour
 1oz soft butter or margarine
 ½ teaspoon salt
 ¼ pint water (approx)
 2ozs clarified butter

Place dry ingredients in a mixing bowl and rub in the soft fat.
 Combine very lightly with enough water to form a smooth dough.
 Stand for 15 minutes.

Pull out pieces of dough the size of a golf ball, and roll into eight-inch
 discs on a floured board.

Broil on a hot griddle pan for approx one minute, turn and cook other
 side, patting with a soft cloth, until well risen and brown.

Place on a warm dish and brush liberally with clarified butter, as each
 one is done.

Fancy White Bread

3lbs strong white flour

*1 oz dried yeast

* $\frac{1}{2}$ pint warm water

*1 teaspoon sugar (optional)

*Place in a jug and leave to cream and foam

for approx 10 minutes

$\frac{3}{4}$ pint warm water and $\frac{1}{2}$ pint warm milk placed in a large mixing bowl

Add:

1 tablespoon sugar (optional)

1oz vegetable fat

$\frac{1}{2}$ teaspoon salt

Beat ingredients in the bowl to mix. Add the creamed yeast and gradually the flour, and handling very lightly mix to a dough.

Turn on to a floured board and knead well for approx 10 minutes. Place in the bowl, cover and leave to rise to double in size in a warm place. Knead again on the board and divide dough to make desired shapes, i.e. plaits, rolls, etc., and put all on to a previously greased baking tray; leave to rise well, again in a warm place. Brush the top of the bread with lightly beaten egg to glaze and dredge with poppy or sesame seed.

Bake in a pre-heated moderate oven — large loaf for approx 45 minutes, and rolls until brown and crisp.



SWEETMEATS

Batkh

Traditional Goan coconut cake

$\frac{1}{2}$ lb puff pastry

6 standard eggs — separated

$\frac{1}{2}$ lb sugar

$\frac{1}{2}$ lb butter or margarine

$\frac{1}{4}$ lb semolina — sift together with

2 level teaspoons baking powder and $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ lb desiccated coconut

$\frac{1}{4}$ teaspoon caraway seed

Few drops almond essence

Roll out pastry very thin and line the inside of a well greased shallow baking tin — save a little of the pastry for lattice on top. Whip egg whites until stiff and stand until required. Beat sugar and butter/margarine until light and fluffy; add egg yolks, two at a time with spoons of semolina, the coconut, caraway seed, almond essence, and lastly the egg whites.

Pour into prepared tin — roll out remaining pastry and cut into thin ribbons. Lay on top of mixture to form lattice, and bake in a medium hot oven for $1\frac{1}{2}$ hours or until golden brown.

Bibique

Traditional Goan coconut pudding

1½ packets creamed coconut
 1½ cups boiling water
 15 eggs — standard
 2 cups sugar
 1 cup evaporated milk — unsweetened
 ¼ teaspoon nutmeg — finely rasped
 6 dessertspoons plain flour
 ½ teaspoon salt
 1 cup clarified butter or margarine — melted

Soften the coconut in boiling water and strain through a fine sieve; leave to cool. Separate eggs and use yolks only. Place these in a large mixing bowl, add sugar and beat until light and fluffy. Add coconut and evaporated milk, nutmeg and salt; continue beating mixture folding in flour, a little at a time, to form a smooth thick batter. Stand for 15 minutes.

Grease and line a large cake tin. Using a deep ladle, pour in enough batter to form the first layer. Grill until brown; spoon butter or margarine over grilled layer, repeating this process of adding equal quantities of batter for each layer until all batter is used up.

Cover with foil and bake in a moderately hot oven to cook through for 30-40 minutes. Leave to set in the tin and turn out when cold.

To achieve rainbow effect, divide batter and use food colouring.

Note:

Early recipes of bibique began thus — 'Take forty eggs' and ended with the warning, 'Preparation time, ten hours'. The above recipe is a fair compromise!

Alebele

Traditional Goan pancake

Filling

4ozs desiccated coconut
 1 dessertspoon castor sugar
 2 dessertspoons black treacle
 3 dessertspoons water
 Place in a pan and gently simmer to blend

Batter

6ozs plain flour
 2 eggs
 Salt to taste
 ½ pint milk and water
 Vegetable oil to coat pan
 Lemon wedges for garnish

Heat medium size non-stick frying pan and coat with a little oil as required — pour in ladle of batter and shake to cover pan evenly — cook slowly and when free to shake off, slide on to a board and put enough filling while still hot and roll up. Arrange on a suitable dish to serve — garnished with lemon wedges.

Perad

Traditional Goan guava cheese

2 small cans guavas in syrup
 1lb sugar

Scoop pips and sieve separately to extract as much jelly as possible — discard the pips.

Mash remainder of the fruit and sieve until smooth.

Place fruit and sugar in a preserving pan and simmer very slowly until sugar dissolves. Continue boiling until mixture thickens.

Turn onto greased baking sheet and leave to cool before cutting into diamond shapes.

Store in an airtight container.

Cocad
Traditional Goan coconut fudge

1lb sugar
4ozs semolina
8ozs creamed coconut
 $\frac{1}{4}$ pint milk
 $\frac{1}{2}$ teaspoon carraway seed

Place all ingredients in a large heavy pan and cook slowly stirring continuously until mixture has lost its gloss. Pour onto a greased pan and cut into diamond shapes while still warm.

Neuris
Traditional Goan Christmas pastry

Filling No 1

4ozs gram flour — gently broil in a non-stick pan, and when cool add:
3 dessertspoons icing sugar
1 teaspoon sesame seed

Filling No 2

4ozs desiccated coconut
1 dessertspoon poppy seed
2 dessertspoons castor sugar
3 dessertspoons water

Place in a pan and simmer for 10 minutes

Pastry

8ozs plain flour
1 teaspoon sugar
Pinch of salt
Water to mix
Vegetable oil for frying

Place flour, sugar and salt in a large bowl and mix to a soft dough with enough water.

Roll out on a large floured board into a thin sheet of pastry. Using a large tin cutter, cut out rounds; place filling on half of round, dampen edges, fold the other half over and seal edges.

Trim edge with a pastry wheel or flute with a fork.

Deep fry until lightly golden on both sides.

Filoss
Traditional Goan banana fritters

2 large bananas
2ozs sugar
Juice of $\frac{1}{2}$ lemon
1 large egg
4ozs plain flour
1 level teaspoon baking powder
Vegetable oil for frying

Mash bananas in a mixing bowl and beat in the sugar, lemon juice and egg. Add the flour and baking powder, and mix well. Heat a little oil in a non-stick frying pan. Spoon mixture on to hot pan and fry slowly until cooked through and brown on both sides. Dredge with castor sugar before serving.

Lethree
Traditional Goan sweetmeat

$\frac{1}{4}$ pint water
1lb sugar
2 medium eggs (separated)
4ozs desiccated coconut
4ozs fresh soft breadcrumbs (free of crust)
Rose essence
Rice paper
Sultanas for garnish
Almond flakes

Boil water in a large non-stick pan, add sugar to make a syrup. Lightly beat egg yolks, and using a spoon, drop abstract whorls of egg over boiling syrup; when set, quickly scoop with a perforated slice and save for garnish.

Add coconut, bread and essence to the syrup and continue cooking and stirring until the mixture tends to leave sides of pan. Pour into a seven-inch shallow tin lined with rice paper and smooth and press top lightly.

Carefully arrange egg on top of mixture and finish by scattering sultanas and almonds as desired.

Cut into two-inch squares to serve.

SNACKS

Samosas

Fried meat or vegetable filled savoury

Filling

Use either minced beef (recipe on page 40) or
Batata bhaji (recipe on page 25)

Pastry

$\frac{1}{2}$ lb plain flour and some for dredging

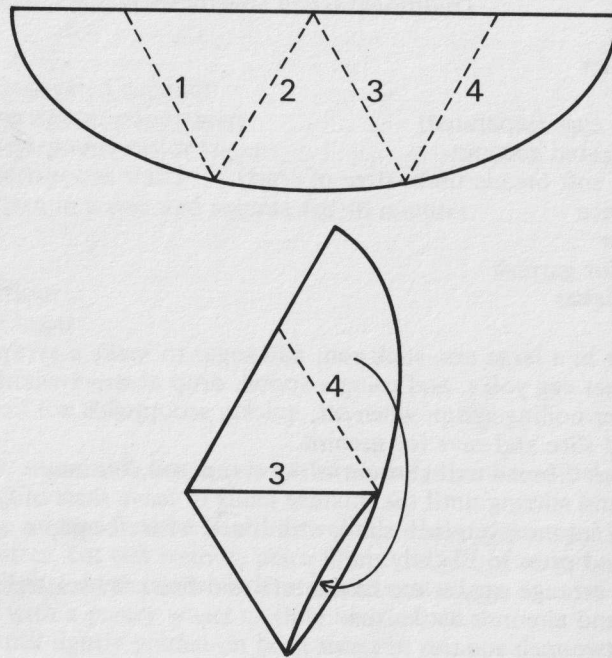
$\frac{1}{2}$ teaspoon sugar

$\frac{1}{2}$ teaspoon salt

Water to mix dough

Vegetable oil for preparation of pastry and for frying

Place flour, sugar and salt in a large mixing bowl and, handling very lightly, mix to a soft dough with enough water. Pull out pieces of dough the size of a large walnut and roll on a well-floured board into discs of about five inches. Brush 2 or 3 discs with vegetable oil and dredge with flour. Place on top of each other — (the topmost layer to be left ungreased); roll into an oval of about 11 - 12 inches x 8 inches wide. Lightly heat on both sides on a hot griddle pan (but do not brown), 'patting' with a soft cloth. Lay on a board and cut through the middle along the oval. While still hot, quickly peel leaves of thin pastry. Brush liberally with oil and pile one over the other. Follow the diagram to fold and fill samosas. It is advisable to practise by making a paper pattern before the art of folding the pastry is perfected.



Fold along dotted line 1 and then 2 to form a triangle pocket and flap.

Hold with flap upwards. Put enough filling into pocket and fold along dotted line 3 over and towards the right— tuck dotted line 4 into side envelope.

Fry in a non-stick frying pan to lightly brown on both sides. Drain excess grease on absorbent paper. Serve with wedges of lemon.

Chewda

Spiced mixture of assorted cereals and nuts

- 1 large box rice crispies
- 4 packets potato sticks
- 2 packets peanuts
- ½lb raisins (previously fried)
- ½lb fresh coconut (sliced thinly and fried until brown)
- 1 tub fried onions
- Salt and sugar as desired
- Place all above ingredients in a large brown paper bag.

Spice

Place the following in a bowl —

- 4 large sticks cinnamon bark
- 10 cloves
- 1 dessertspoon sesame seed
- 1 dessertspoon poppy seed
- 1 dessertspoon mustard seed
- 1 teaspoon coriander seed
- ½ teaspoon cumin seed
- 1 dessertspoon paprika powder — sweet
- ½ dessertspoon chilli powder — hot
- ½ dessertspoon turmeric powder
- ½ teaspoon asafoetida powder
- ½ cup vegetable oil

Heat oil in a small pan and toss in all the above spice. Quickly stir and remove from heat (it is important to work quickly so as not to impair the flavour and colour of spice).

Pour the hot fried spice over the ingredients in the paper bag. Mix thoroughly with a wooden spoon, adding salt and sugar. Pack in airtight containers when cool.

Brinjal Bhajas

- 2 medium aubergines (slice into thick rounds and dress with lemon juice)
- Juice of half lemon
- Note:*
For a successful alternative, use onion rings with the same batter

Batter

- 6ozs gram flour — sieved
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon sesame seed
- 1 teaspoon poppy seed
- 1 x one-inch piece green ginger — crushed
- 1 clove garlic — crushed
- 1 green chilli — finely chopped
- 2 dessertspoons yogurt
- Water to mix
- Vegetable oil for deep frying

Place dry ingredients in a mixing bowl and mix with a wooden spoon; add yogurt and enough water to make a thick batter — now add ginger, garlic and chilli and beat to blend. Heat oil in a chip pan. Dip aubergine slices in batter, coating thickly, and deep fry until golden brown on both sides.

VEGETARIAN SECTION

VEGETARIAN DISHES

Red Lentil Pie

8ozs red lentils
 2 dessertspoons vegetable oil
 ½ teaspoon cumin seed
 1 large onion — chopped
 4ozs button mushrooms — chopped
 ¾ pint water
 Salt to taste
 12ozs (approx) mashed potatoes
 Breadcrumbs

Heat oil in a stew pan at medium temperature — toss in the cumin seed and fry until brown. Quickly add the onion and cook until soft. Add lentils and the water, and continue cooking until the lentils start to absorb the liquid; next add the mushrooms and simmer for a minute. Pour into greased pie dish and cover with mashed potato. Top with breadcrumbs and place in oven to brown.

Stuffed Cabbage

1 medium-sized loose-leafed cabbage
 2 dessertspoons vegetable oil
 1 large onion — finely chopped
 1 clove garlic — crushed
 1 dessertspoon mixed herbs — chopped
 1 teaspoon sugar
 Salt and pepper to taste
 1 dessertspoon wine vinegar
 6ozs soft breadcrumbs
 4ozs Cheddar cheese — grated
 A pinch of paprika

Cut the cabbage in half and poach quickly in enough boiling salted water until tender, but not soft. Drain and leave to stand until required. Place the oil in a non-metallic dish and combine the onion, garlic, herbs, sugar, salt and pepper, vinegar and soft breadcrumbs. Place cabbage halves on a suitable greased baking dish — pack filling between leaves and top with grated cheese. Sprinkle paprika on top and place in a medium oven to brown. Cut desired portions to serve.

Leeks with Cheese and Chilli

- 4 large leeks
- 2 dessertspoons vegetable oil
- 1oz butter or margarine
- 1oz plain flour
- ½ pint milk
- 4ozs Cheddar cheese — grated
- Dry breadcrumbs
- ¼ teaspoon chilli powder

Trim and wash leeks carefully and boil in salted water until just tender. Drain and cut leeks in half and arrange on a long, greased, stainless steel dish. Heat oil at medium temperature in a small non-stick pan and add butter or margarine. Turn down heat and add flour, blending quickly. Pour in the milk and stir continuously; gradually add ¾ of the grated cheese — cook until it thickens. Pour over the arranged leeks. Top with remaining cheese, breadcrumbs and chilli powder. Brown in the oven or under grill before serving.

Cauliflower with Cheese and Chilli

- 1 medium cauliflower — cut into florets and stand in cold salted water
- 2 tablespoons vegetable oil
- 1oz butter or margarine
- 1oz plain flour
- ½ teaspoon powdered mustard
- ½ pint milk
- 4ozs Cheddar cheese — grated
- ¼ teaspoon chilli powder

Drain cauliflower florets of salted water and cook in boiling water until just tender; arrange in greased oven-proof dish.

The Sauce

Heat oil in a small non-stick pan at medium temperature and add butter or margarine. Turn down heat and add flour, and mustard blending in quickly. Pour in the milk and stir continuously; gradually add ¾ of the grated cheese. Cook until it thickens and pour over cauliflower. Top with remaining cheese and dredge with chilli powder. Brown in an oven or under grill before serving.

Crisp Fried Okra

- 1lb tender okra
- ½ cup vegetable oil — for frying
- Juice of one lemon
- Salt and chilli powder as desired
- 1 teaspoon sugar

Wash okra and dry on kitchen towel.

Heat oil in a non-stick frying pan — pour in lemon juice, salt, chilli powder, sugar and okra. Turn up heat and fry quickly until crisp. Lift off on to kitchen paper to drain of excess oil. Serve hot.

Whole French Beans with Peanuts

- 1½lb whole French beans
- 3 dessertspoons vegetable oil
- 1 large onion — sliced thickly
- 4ozs whole peanuts — large
- ¾ pint water
- Salt

Fry onion in a large non-stick pan. Add beans, peanuts, salt and water and cook covered until beans are tender.

Stuffed Aubergines with Cuscus

- 3 large aubergines — cut into half and scoop out some of the centre making a hollow for stuffing. Stand aubergine halves in salted water. Chop up the scooped aubergine centres
- 1 large onion — chopped
- 4ozs cooked cuscus
- Salt and pepper
- ½ teaspoon cumin seed
- 4ozs grated cheese
- 1oz sesame seed
- ½ cup vegetable stock or water.

Combine chopped aubergine, onion, cuscus, salt and pepper, cumin seed and grated cheese. Drain and dry aubergine halves on a cloth. Pack stuffing into the centres. Place tightly on a greased oven-proof dish. Top with cheese and sesame seed. Pour stock or water into dish and bake in a hot oven until vegetable is cooked through and the top crispy and brown.

Stuffed Tomatoes

4 very large tomatoes — scoop out seeds and juice and leave upside down to drain.

Stuffing

1 clove garlic — crushed in a mixing bowl
 Large pinch of mixed herbs
 4ozs soft breadcrumbs
 Salt and pepper
 ½ teaspoon sugar
 Few drops of chilli sauce
 ½ cup of vegetable stock or water

Combine all stuffing ingredients well and pack tightly into tomato shells; place in a greased oven-proof dish and pour in stock or water. Bake in a hot oven for about ten minutes.

Spinach with Lentils

1lb spinach — shredded
 1 large onion — sliced
 1 large tomato — chopped
 4ozs lentils
 1 large dry chilli — optional
 3 dessertspoons vegetable oil
 1 dessertspoon standard curry powder
 Freshly milled black pepper
 Salt
 ½ pint water

Heat oil in a large pan and fry onion until golden. Turn down heat and add curry powder, tomato, lentils, pepper and salt, chilli, and lastly spinach and water. Cook until 'mushy' and place in a greased oven-proof dish. Heat in a medium oven before serving.

N.B. The above recipe may be used to make a spinach and lentil flan — using an 8 inch shortcrust flan case (cooked) top with 4ozs Cheddar cheese, garnish with dry red chilli. Pipe potatoes round edge of flan and brown under grill before serving.

Green Bean Sprouts with Ginger

1lb green bean sprouts
 1 large onion — sliced
 3 dessertspoons vegetable oil
 1½ inch piece green ginger — crushed
 2 dessertspoons soya sauce
 1 teaspoon sugar
 Salt and pepper

Heat oil in a large pan and fry onion and ginger until golden. Add soya sauce, sugar, salt and pepper and lastly the bean sprouts. Toss to coat with seasoning and cook for about one minute or longer if desired.

Green Beans (Moog) and Potato Burgers

4ozs cooked green beans (moog)
 6ozs mashed potatoes
 1 large onion — finely chopped
 1 small bunch green coriander — chopped
 1 green chilli — chopped
 1 dessertspoon sesame seed
 Salt and pepper
 1 egg
 Dry breadcrumbs to coat
 Vegetable oil for frying

Place chopped onion, coriander, chilli, sesame seed, salt and pepper in a bowl and blend together using the back of a wooden spoon. Add green beans (moog) and mashed potatoes. Combine with lightly beaten egg. Next scoop mixture to form burgers on a board dredged with breadcrumbs. Fry in non-stick pan until brown using as little oil as possible, and crisp on both sides.

Sweet Corn Flan

- 1 x 8 inch shortcrust flan case — cooked
- 2 tablespoons vegetable oil
- 1 medium onion — sliced
- 1 — 8oz packet frozen sweet corn
- Salt and pepper
- 1 teaspoon sugar
- 4 blades mace
- 1 teaspoon cornflour
- ½ cup milk
- 1 dry red chilli — cut into long strips with scissors

Heat oil in a pan and fry onion until golden. Add corn, salt and pepper, sugar and mace. Cook slowly for five minutes — blend cornflour in milk and pour over corn. Bring to a simmer and leave to cool. Pour into flan case — garnish with chilli and brown in medium oven for 15-20 minutes.

Stuffed Peppers

- 3 large peppers — green, red or yellow (halved)
- 6ozs soya mince
- 3 dessertspoons vegetable oil
- 1 large onion — chopped
- 2 cloves garlic — crushed
- 1 dessertspoon mixed herbs — chopped
- Juice of half a lemon
- 1 hot green chilli — optional
- Salt and pepper
- 1 teaspoon sugar
- ¾ cube vegetable stock

Scoop seed out of pepper halves and place on a greased glass oven-proof dish. Soak soya mince for 15 minutes and squeeze out water. Stand until required. Heat frying pan and fry onion until soft. Add garlic, herbs, lemon juice, chilli, salt, pepper and sugar, cook slowly and combine well. Add soya mince and cook for 10 minutes. Add enough stock to keep the filling moist. Pack the prepared pepper halves with filling and pour remaining stock in the dish. Cover with foil and cook slowly in medium hot oven until tender.

Vegetable and Yoghurt Curry

- 1 large aubergine (cut into ¼" circle)
- 2 medium courgetts (cut into ¼" circle)
- 2 medium potatoes (cut into ¼" circle)
- 1 large onion — sliced
- 3 dessertspoons vegetable oil
- 1 dessertspoon standard curry powder
- 1 teaspoon turmeric powder
- 1 teaspoon poppy seed
- 1 teaspoon sesame seed
- ½ teaspoon thymol seed
- ½ teaspoon asafoetida powder
- 4 cloves garlic — crushed
- 1-inch piece green ginger — crushed
- 1 hot green chilli — chopped
- 1 small bunch green coriander — chopped
- 6 currypak leaves
- ¾ pint water
- Salt
- 2 teaspoons sugar
- 1 small tub plain yoghurt
- 1 dessertspoon gram flour

Stand prepared vegetables in slightly salted water for approximately 10 minutes; then drain and dry on a cloth.

Place oil in a large non-stick pan and fry onion until golden. Turn down heat and add the dry spices; stir quickly and add the garlic, ginger, chilli, coriander and vegetables. Pour in the water and bring to a simmer, adding salt, sugar and currypak leaves. Cook for about 10 minutes, and when vegetables are just tender, blend the gram flour and yoghurt to a paste in a cup and pour over the vegetables to thicken.

Stuffed Onions

- 6 large onions (Spanish, if available)
- 4ozs soft breadcrumbs
- 1 clove garlic — crushed
- 1 teaspoon sesame seed
- 1 teaspoon chopped tarragon or desired herb
- Salt and pepper to taste
- ¾ pint vegetable stock
- 2ozs hard grated cheese
- Oatmeal to sprinkle on top

Trim and peel onions and parboil for about 8 to 10 minutes in sufficient salt water to cover them. Drain and remove some of the inside, leaving a good hollowed shell. Save the rest to chop and mix with the filling. Place the soft breadcrumbs in a mixing bowl and add to it the garlic, sesame seed, herb, salt and pepper. Combine well adding some of the stock to moisten. Add the scooped out chopped onion to the mixture and fill the onion shell with the stuffing. Place on a greased oven-proof dish. Sprinkle with grated cheese and oatmeal. Pour in the remaining stock. Cover with foil or lid and bake in a medium oven until tender.

Carrot & Cabbage Spring Rolls

1 packet of 20 (8 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ ") sheets of spring roll pastry

Filling:

3 large carrots — shredded
 1/2 green winter cabbage — shredded
 Salt & sugar to taste
 3 tablespoons vegetable oil
 1 large onion — sliced
 2" piece of tender green ginger — shredded
 1 dry red chilli — snipped
 1 tablespoon Soya sauce
 Oil for frying

Place carrot and cabbage in a large bowl and sprinkle with salt and sugar — toss and stand with a plate on top for about 15 minutes. Place vegetable on a tea towel and remove as much moisture as possible. Pour oil in a large frying pan and fry onion until just turning brown and add the ginger and dry chilli; toss for a moment and add the soya sauce and lastly the carrot and cabbage. Cook quickly for 2 minutes combining well and leave to cool.

Pull out pastry sheets — one at a time, and put filling on one corner of sheet — roll up tightly half way through, and then fold in the two other corners to form a parcel, placing roll on the end corner facing downwards. When all the rolls are made up, heat enough oil in the frying pan and fry the rolls at medium temperature until golden brown. On lifting rolls from pan, drain oil before placing onto clean double sheets of kitchen paper.

Cous-Cous Salad

1 large cup cous-cous (moisten in a large bowl with boiling water)
 2 dessertspoons olive oil
 Salt & pepper
 1/2 teaspoon mustard powder
 1 green chilli — chopped (optional)
 1/2 red pepper — chopped
 1 large clove garlic — crushed
 1 medium onion — finely chopped
 1 teaspoon sugar or golden syrup (optional)
 A large pinch of mixed herbs
 Juice of half a lemon
 Small tomato halves for garnish

Place ingredients
 in a non-metallic
 dish and
 combine well.

Pour dressing over moistened cous-cous and mix well — press loosely into serving dish; Top with tomato halves, cover with film and chill in refrigerator before serving.

Mango Salad

1 large, firm, half ripe mango
 Salt & sugar to taste
 1 large dry red chilli
 1 large clove garlic — sliced
 1/2 teaspoon asafoetida powder
 2 tablespoons cider vinegar

Cut the two sides of the fruit nearest the stone as possible and slice fairly evenly (including the skin). Place in a large salad bowl and add the salt and sugar and toss.

Snip chilli with scissors into a separate bowl and add the garlic, asafoetida and vinegar. Combine by bruising the ingredients with the back of a wooden spoon against the bowl; pour over fruit and toss again. Cover with film and leave to chill in refrigerator before serving.

Tendlim Curry

1lb Tendlim (Top, tail and cut into halves — boil in plain water until half cooked and drain)

Oil

1 large onion — sliced
 2 cloves garlic — crushed
 1-1" piece green ginger — crushed
 1 green chilli — sliced
 1 dessertspoon standard curry powder
 1 heaped dessertspoon tomato puree
 1 heaped dessertspoon Yoghurt
 A dash of sugar or golden syrup
 A dash of salt
 2 cups water
 1 cube vegetable stock
 Lentil or corn flour

Fry onion in just enough oil in a large pan — add garlic, ginger chilli, curry powder and tomato puree. Season for a while and add yoghurt, sugar or golden syrup and salt. Pour in the water and add stock cube; cook to blend and add the tendlim and continue cooking until vegetable is tender. Add some lentil to thicken sauce or blend a dessertspoon of corn flour in half a cup of cold water and pour into pan towards end of cooking.

Stuffed Cabbage Mould

Savoy Cabbage leaves (Blanch enough leaves in boiling water for a few minutes and drain)

Stuffing:

1 large cup cous-cous (moisten in a large bowl with hot water)
 2 dessertspoons olive oil
 Salt & pepper
 1/2 teaspoon mustard powder
 1 green chilli — chopped (optional)
 1/2 red pepper — chopped
 1 clove garlic — chopped
 1 onion — finely chopped
 1 teaspoon sugar or golden syrup (optional)
 Large pinch of mixed herbs
 Juice of half a lemon
 1/2 cup of green peas

Place ingredients
 in a non-metallic
 dish and
 combine well.

Add dressing to moistened cous-cous and lastly the green peas and mix well lightly.

Prepare suitable heat proof dish by greasing liberally with margarine. Line dish with the layers of cabbage leaves with stems upwards. Press stuffing half full into dish and bend stems to cover top. Place a saucer over the leaves and cover the whole top with foil.

Steam for about 20 minutes slowly — leave to cool for a while before turning out onto serving dish.

Soya and Potato Pie

1 cup soya granules (soak in cold water)
 2 tablespoons vegetable oil
 2 onions — sliced
 1 green chilli — sliced
 1" piece of green ginger — crushed
 2 cloves garlic — crushed
 1 dessertspoon Standard curry powder
 1 dessertspoon paprika powder
 1 dessertspoon tomato puree
 1/2 cup green peas
 1/2 cup carrots — diced
 Large pinch of mixed herbs
 1 vegetable stock cube
 1/2 pint water
 Approx 1lb mashed potato
 Milk for glazing
 Bread crumbs for dredging

Heat oil in a large pan and fry onion until brown and add the chilli, ginger, garlic, curry powder, paprika and tomato puree; season for a minute and add the green peas, carrots, herbs and soya granules squeezing off excess water. Turn down heat and continue to cook slowly adding water and stock cube until vegetables are tender. Pour into pie dish and cover with mashed potato — brush top with milk and dredge with bread crumbs. Brown under grill before serving.

Mushroom and Onion Pie

3 tablespoons vegetable oil
 2 medium onions — chopped
 1/2lb firm button mushrooms — halved
 1 large clove garlic — crushed
 Salt and pepper
 1 vegetable stock cube (dissolved in half cup of boiling water and left to cool)
 1 dessertspoon plain flour
 1 large packet puff pastry
 Milk for glazing

Pour oil in a frying pan and fry onions until just turning soft. Add mushrooms, garlic, salt and pepper and cook for about two minutes. Blend flour in cool stock and pour over the mushrooms and onions. Leave to cool.

Roll out half the pastry to fit a greased pie tin (approx. 8") — Place the filling in the dish and make lid for pie with the other half of pastry. Seal edges and glaze with milk. Bake in a hot oven until golden brown.

Aksol	22	Lemon chutney	55
Alebele	65	Lemon pickle	53
Apple salad with garlic dressing	29	Lethree	67
Apple sauce	58	Lentil soup	11
Aubergine pickle	53	Lime pickle	54
Bacon rolls	50	Mango pickle	53
Batata bhaji	25	Masala dosa	30
Batkh	63	Minced beef	40
Bean sprout bhaji	26	Mole	55
Beef burgers	40	Mushroom soup	11
Beef cutlets	39	Neuris	66
Beef steaks	41	Olive pickle	53
Bibique	64	Para of salt cod	56
Biriyani	14	Peach pickle	53
Boiled rice	13	Perad	65
Bole	60	Potato chops	42
Brinjal bhajas	71	Pot roast	37
Brinjal bhaji	25	Potato soup	11
Butch	49	Prawn balchao	54
Caldin	17	Prawn cocktail	19
Carrot pickle	53	Prawn curry	18
Channa bhaji	26	Pullau	13
Chapatti	61	Roast chicken	35
Chewda	70	Roast lamb	43
Chicken curry	31	Roast pork	47
Chicken dansak	34	Roast turkey	36
Chicken fry	32	Rochar (stuffed mackerel)	23
Chicken soup	11	Salt pork chilli fry	49
Cocad	66	Samarachi kodi	38
Croquette	42	Samosas	69
Curd cheese & cucumber salad	27	Sanna	59
Escalope of beef	39	Sardine curry	22
Fancy white bread	62	Shakuthi	32
Filoss	67	Sorak	21
Fish cakes	19	Sorpotel	48
Fish mousse	20	Standard curry powder	15
Fish in paprika sauce	20	Stuffed tomato salad with alfalfa	27
Ford	29	Stuffed tomato salad	
Gherkin pickle	53	with cottage cheese	32
Goa sausages	51	Tamarind dip	58
Green coriander sauce	57	Tandoori chicken	33
Kidney beans with smoked bacon	52	Tomato salad with garlic dressing	28
Kitcheree	14	Vegetable soup	11
Lamb curry	44	Vindaloo	50
Lamb stew	45	Vodde	61

INDEX TO ENLARGED VEGETARIAN SECTION

Carrot and Cabbage Spring Rolls	80
Cauliflower with Cheese and Chili	74
Cous Cous Salad	81
Crisp Fried Okra	75
Green Bean Sprouts with Ginger	77
Green Beans (Moog) and Potato Burgers	77
Lereks wiuth Cheese and Chilli	74
Mango Salad	81
Mushroom and Onion Pie	85
Red Lentil Pie	73
Soya and Potatoe Pie	84
Spinach with Lentils	76
Stuffed Aubergine with Cous Cous	75
Stuffed Cabbage	73
Stuffed Cabbage Mould	83
Stuffed Onions	79-80
Stuffed Peppers	78
Stuffed Tomatoes	76
Sweet Corn Flan	78
Tendlim Curry	82
Vegetable & Yoghurt Curry	79
Whole French Beans with Peanuts	75