

Fine Dining-style Indian Food

Course 1: Jumbo Prawns Recheado over cold green beans salad

Course 2: Whole-roasted Cauliflowers in tomato curry

Course 3: Kerala-style sous-vide Strip Loin Steak with beet raita, lime rice

Course 4: Carrot Halwa with amaretto Chantilly cream

Proteins:

Jumbo prawns, 1 per person. 15 ea

(shell on, preferably)

Strip Loins – 12 oz/1 inch thick, 8 ea.

Dairy:

1 litre whipping cream

100 gm Parmigiano Reggiano

1.5 litres Greek Yogurt

Fresh Vegetables:

3 medium-sized cauliflowers

3 lb green beans

4 lb carrots

1 beet

6 limes

4 lemons

6 yellow onions

4 red onions

2 shallots

30-40 cloves peeled garlic

½ lb ginger

1 bag curry leaves

2 bunches cilantro

12-15 Serrano peppers

Frozen:

1 bag frozen fresh-grated coconut

Spices:

Brown or black mustard seeds

Split Urad daal (small packet)

Cumin seeds

Coriander seeds

Fennel seeds

Black pepper (coarse ground for crusting steak)

Cloves

Cinnamon sticks

Turmeric powder

Sweet paprika

Star Anise

Black cardamom

Green cardamom

Dry stores/Pantry:

Apple cider vinegar

Canola oil for frying, salad dressing and so on

White sugar

Kosher salt

Tamarind paste (TAMICON)

1 bottle Passata

Honey

Amaretto

1 jar ghee

1 jar coconut oil

All purpose flour

Panko or other bread crumb

Basmati rice or equivalent

4 litres beef stock (low sodium, or saltless)

Raisins

Cashews

Course 1: Jumbo Prawns Recheado over cold green beans salad

15 Jumbo Prawns

1/2 cup ghee

Recheado Masala, recipe follows

salt

- In a wok or medium-sized pan, heat ghee on high heat.
- Add shrimp and fry/sear them for 2 minutes. Do not overcrowd the pan.
- Remove the shrimp and let it rest, saving most of the fat in the pan. Add more ghee if needed.
- Deglaze the pan with the masala and add a bit of water at this stage. Reduce heat to medium-low.
- Cook the masala till the fat begins to seep out of the masala.
- Add the shrimp back in and cook for another 2–3 minutes till it is fully cooked
- Remove the shrimp from the sauce and place on a pie plate in a broiler or salamander so it gets charred.

RECHEADO MASALA

15 Kashmiri chilis (these are a relatively mild chili if substituting you'll have to adjust the quantity of chilis)

2 teaspoons cumin seeds

2 teaspoons black pepper

20 whole cloves

3" cinnamon stick

1 teaspoon turmeric powder

3 tablespoons honey

2 tablespoons smoked paprika or sweet paprika

1 tablespoon tamarind paste (TAMICON) or substitute with packed tamarind about the size of a lime

15 cloves garlic

3" piece of ginger, peeled

2-3 yellow onions to be deep fried

3/4 cup apple cider vinegar

Salt to taste

- In a 3.5 quart pot, heat the 1 litre of cooking oil over a medium heat for 3 to 4 minutes, to 300 F.
- Slice the onions and deep fry in the oil. Pay close attention to the onions. They can burn easily. Once the onions stop bubbling, they will begin to change colour. Remove the onions with a slotted spoon quickly and place on a tray lined with paper towels.
- For the masala, start by dry roasting the whole spices over a medium high heat in a dry sauté pan (Kashmiri chilis, cumin seeds, pepper, cloves and cinnamon stick), then remove and place in a spice grinder.
- Grind to a smooth powder and mix with turmeric and smoked paprika
- Using a blender, blend all the wet ingredients (tamarind, water, garlic, ginger, vinegar). Add the dried ingredients and continue to blend to a smooth paste

COLD GREEN BEAN SALAD

3 lb green beans

2 shallots

1 tablespoon all purpose flour

1/4 cup Grapeseed (or canola) oil

Juice and zest of 1 lemon

Handful of cilantro chopped

- Blanch beans in well salted water for 3-4 minutes. Check if cooked at 3 minutes, and go 1 minute longer if needed.
- Transfer beans to ice bath
- Slice shallot thin and toss in flour
- Deep fry to make crispy shallots. Salt it when it comes out of the fryer.
- In a mixing bowl, add the oil and lemon juice and zest and vigorously mix to form a dressing
- Toss green beans and cilantro in the dressing.

PLATING: Gently sauce some of the recheado sauce at the bottom. Toss 7-8 green beans over it and garnish the beans with fried shallots. Nestle broiled jumbo prawns on top of the beans. Garnish with more cilantro.

Course 2: Whole-roasted Cauliflowers in Tomato curry

3 medium sized cauliflowers
1 cup grapeseed or canola oil
2 cups panko
1 cup grated parmesan
Zest of 2 lemon
Juice of 2 lemon
2-3 serrano peppers, seeded and finely chopped (garnish)
Finely chopped fresh cilantro for garnish

- Remove greens but leave cauliflowers whole with core intact.
- Blanch whole cauliflowers in well salted water for about 2 minutes, core side up.
- Flip the cauliflowers so that the core is now down and let it blanch for another 2-3 minutes.
- Remove cauliflowers and rest. It is not necessary to ice the cauliflowers. The florets should be soft on touch.
- Mix panko and grated parmesan along with all of the zest and the oil
- Crust the cauliflowers generously with the mix, use more oil if needed.
- Bake in an oven for 30 minutes at 400F.
- The cauliflowers should be fully cooked at this point, switch to broil mode and make the crust crispy and charred.
- Remove from the oven and portion into 5-6 pieces per cauliflower.

TOMATO CURRY SAUCE

½ cup canola oil
2 medium onions finely diced
9 cloves of garlic, finely chopped
1 teaspoon sweet paprika
3 cups Passata (strained tomatoes)
Whole spices:
2 star anise
3 - 4 inch cinnamon sticks
4 black cardamoms
1 tablespoon coriander seeds

- In a dry pan, toast the spices till they begin to smell fragrant, over medium heat. Once cooled, use a spice grinder and make into a fine powder.
- In a saucepan, heat oil and fry the onions with a bit of salt. Sweat the onions so that they don't brown.
- Once the onions have softened, add the garlic, fresh ground spices, and sweet paprika and cook for another 3-4 minutes.
- Add the passata and bring to a boil and then simmer for 20-30 minutes. Stir occasionally.
- Using an immersion blender, make the sauce smooth. Alternatively, use a blender.

Plating:

Using a saucing spoon, spread hot sauce at the base of the plate. Gently place roasted cauliflower over it. Garnish with a squeeze of fresh lemon juice, finely chopped serrano peppers, and some chopped cilantro.

Course 3: Kerala-style Sous-vide Strip Loin Steak with beet raita, lime rice

8 Strip Loin Steaks, roughly 1" thick
1 cup freshly cracked black pepper
Generous handful of curry leaves (15 – 20)
4 tablespoons coconut oil

To be toasted and ground into a powder:

½ cup coriander seeds
¼ cup ground pepper
2 tablespoon fennel seeds
16 cloves
4 inch piece of cinnamon

Sauce

4 litres unsalted or low sodium beef stock
½ cup coconut oil
2 tablespoon black (or brown) mustard seeds
4 red onions thinly sliced
15-20 curry leaves
8 Serrano peppers finely chopped (keep seeds for extra spice)
3 tablespoon ginger paste (made with fresh ginger)
3 tablespoon garlic paste (made with fresh garlic)
1 tablespoon turmeric powder
1 tablespoon sweet paprika
All the powder from the previous step
2 cups frozen (fresh grated) coconut

- Bring the sous vide circulator to 125F (rare). Generously pepper the steaks and vacuum seal with a few curry leaves per steak. Sous vide for 75 min.
- Toast the spices and grind into a smooth powder.
- Reduce the beef stock in a large pot, to about a quarter of its original volume.
- Using a mortar and pestle or a small blender, make the ginger and garlic pastes.
- In a saucepan, add ½ cup coconut oil
- Add the mustard seeds and once they splutter, add the thinly sliced onions and sweat them. Cook at a fairly high heat. A little bit of caramelization is good.
- Once onions are fully sweated, add the Serrano chillies, ginger and garlic pastes, as well as curry leaves. Cook until ginger and garlic are fragrant, 1 – 2 minutes.
- Now add all the powders: fresh ground powder along with turmeric and paprika.
- Fry until the oil separates. Add a bit of beef stock so that the spices are all well hydrated.
- Now finish with all the beef stock and the fresh grated coconut. Raise the heat until plenty of bubbles appear. Season with salt. Turn the heat off.
- Preheat the oven to 400F.
- Remove steaks from sous vide bags and pat dry. Generously salt and sear the steaks either on a flat top, grill or pans.
- Once flipped, put some coconut oil on the seared side of the steak and add some curry leaves. Baste the flavourful oil over the steaks as they finish searing.
- If looking to cook the steaks beyond medium-rare, place steaks on a tray in a 400F oven for 3-4 minutes, or longer, depending on doneness required. Using an instant read thermometer to verify the doneness.
- Rest the steaks for 3-4 minutes and then serve, whole with rice and raita.

LIME RICE

4 cups of Basmati rice or other long-grain rice
6 cups water
3 tablespoon ghee
3 tablespoon coconut oil
1 tablespoon brown or black mustard seeds
1 tablespoon split urad daal
3-4 sprigs of curry leaves, finely chopped
3 inch piece of ginger, grated
2 teaspoon turmeric powder
Zest and juice of three limes
Salt to taste
¼ cup finely chopped cilantro

- In a 10 quart pot with a tight fitting lid, first fry the raw rice in ghee for 2-3 minutes
- Add the water and bring to a boil. Once boiling, lower to a very gentle simmer and cover with tight fitting lid.
- Cook for 10 minutes on low. Then, switch the heat off and let it continue to steam for another 20 minutes. Flake the rice and let it cool down by pouring it into a large bowl.
- In a small frying pan, add the coconut oil and fry the mustard seeds with the split urad daal.
- Once the mustard seeds begin to splutter, add the curry leaves and fry for another minute.
- Mix in the turmeric, turn the heat off.
- Then, add all the lime juice and zest. Pour mixture over rice and mix well, adding salt for seasoning. Mix in the cilantro leaves.

BEEF RAITA:

2 x 750 ml jars of Greek Yogurt
1 medium sized beet
2 tablespoon coconut oil
1 tablespoon black or brown mustard seeds
1 tablespoon split urad daal
Handful of curry leaves, finely chopped

- Boil the beet in water, until fully cooked. Peel, cool down and blend into a smooth paste.
- Mix yogurt with blended beets.
- In a small frying pan, fry the mustard seeds and urad daal in coconut oil.
- Once the seeds begin to splutter, add finely chopped curry leaves and turn the heat off.
- Fold into the raita.

Course 4: Carrot Halwa with Amaretto Chantilly cream

4 lb carrots

4 cups milk

1.5 cups sugar

¾ cup ghee

½ cup mix of raisins and chopped cashew nuts

3 green cardamoms, pods removed, crushed in a mortar pestle

- Peel and grate carrots
- In a wide pot, stew the carrots with the milk for 1 hour, with a lid on, till the carrots are completely cooked
- Once cooked, remove the lid and begin to boil off excess moisture.
- Add all the sugar and the crushed cardamom and continue to cook the mixture, removing excess moisture, about 10-15 minutes.
- In a small pan, heat the ghee and fry the cashews and raisins, till the cashews turn brown.
- Add the hot mixture with all the fat, into the stewing carrots and keep stirring to make it glossy
- Turn the heat off when the halwa is ready. Serve warm.

Amaretto-Chantilly Cream

3 cups whipping cream

½ cup icing sugar

45 ml Amaretto

- Whisk cream to soft peaks with icing sugar
- Fold in amaretto and keep whisking to stiff peaks.
- Keep cold

PLATING: Using a ring mould, form a disc of the warm carrot halwa in the center of the plate. Using a scoop or two spoons, quenelle the whipped cream on top. Serve immediately.