

SOUTHSEA FOOD FESTIVAL

16 JULY 16

11.00

UTTAPAM

SOUTH INDIAN RICE PANCAKE
COCONUT CHUTNEY
SPICED OKRA

13.00

BUNNYCHOW

SOUTH AFRICAN CURRY IN A MILK BUN
MANGO CHUTNEY
ONION SALAD

15.00

KHACHAPURI

GEORGIAN CHEESE BREAD
FAVA BEANS, WALNUTS & POMEGRANATE
PICKLED BEETROOT SALAD

Uttapam

This delicious pancake is made from fermented rice and lentils and is one of the staple foods in South India. They are often topped with sliced onions and tomatoes and served with coconut chutney. Uttapam are gluten free and the combination of rice and lentils make them a good source of protein and complex carbohydrate.

3 cups long grain rice

1 cup skinless split urad dal (skinless black lentils)

½ tsp fenugreek seeds

Salt to taste

Method: Soak the rice and urad & fenugreek separately overnight or for 6 – 8 hours. Once soaked, drain the water from both and start by blending the dal and fenugreek in a food processor to a semi - smooth paste, adding a little water at a time until you have a thick paste. Separately blend the rice in the same way

When both mixtures are ground, place both into a large mixing bowl and add enough water to form a batter. The consistency of the batter should be like thick yoghurt. Put the batter aside in a warm (30°C), dark place, covered with a cloth, for 8 - 12 hours to ferment. When it has developed some bubbles and a slightly sour smell, it is ready to use. Add salt to taste and thin down with water until you have the consistency of thick pouring cream. Heat a non-stick large frying pan over a medium heat. Oil this well and ladle or pour about 4 tbsp of batter into the centre of the pan. Using the back of the spoon, smooth this out to cover 2/3^{rds} of the pan. Top this with sliced onions, chopped tomatoes, chopped green chilli and chopped coriander. Pour over a little more oil and cook for about 2 minutes or until golden underneath. Flip over and cook for a further minute on the other side.

Coconut Chutney

1 tbsp sunflower or coconut oil

4 tbsp freshly grated coconut or 2 tbsp desiccated coconut soaked in warm water

2 small green chillies, finely chopped

1 tsp mustard seeds

6 curry leaves

Method: Heat the oil in a pan over a medium heat and add the mustard seeds followed shortly by the curry leaves, the chilli and then the coconut. Cook gently for a few minutes and season to taste.

Bhindi sabzi - spiced okra or ladies fingers.

500g okra, washed, thoroughly dried, ends removed and quartered lengthways

2 tbsp oil

1 tsp cumin seeds

½ tsp turmeric and ½ tsp red chilli powder

2 tsp ground coriander

1 onion, diced

1 tbsp ginger, minced

2 cloves of garlic, sliced

1 green chilli sliced

2 tomatoes, finely diced

Juice of one lime

Salt

Method: Heat a large pan over moderate heat. Add oil and when hot, add cumin seeds then onion and cook gently for 5 minutes. Add ginger and garlic, cooking another 2 minutes then make a well in the centre, add a little more oil and fry the chilli powder, ground cumin, and coriander briefly to release their flavour. Add tomatoes and cook until the oil separated from the mass then add the okra salt and a few tablespoons of water. Cook on a higher temperature for 3 minutes then lower the heat, cover and cook for 12-15 minutes or until okra is tender. Taste and adjust salt as needed. Finish with fresh lime juice

Bunny Chow

This is South Africa's most popular street food. It hails from Durban which has a large South Asian population and is essentially a curry served in a hollowed out loaf of bread. It is hearty food, tastes great and eating it with your hands is part and parcel of this delicious sensory delight. If you prefer a vegetarian curry, leave out the mutton and replace with extra kidney beans. Serves 4

2 tbsp butter + 1 tbsp sunflower oil
1 large onion
 $\frac{1}{2}$ tsp cumin seeds
250g boneless leg of lamb or mutton, cut into 1.5cm/ $\frac{1}{2}$ in dices
1 tin kidney beans, drained and rinsed, if not using lamb, use 3 tins of beans
2 – 3 handfuls chopped root vegetables of your choice.
1 large apple, cored and finely chopped – you can also use dried apricots
2 medium to large tomatoes
4 cloves garlic + 1 tbsp grated ginger + 1 green chili – crushed to a paste in a mortar-pestle
1 tsp coriander powder
1 tsp red chili powder
 $\frac{1}{4}$ tsp turmeric powder
 $\frac{1}{2}$ tsp garam masala powder
1 tsp dry fenugreek leaves, crushed
Salt to taste
1 handful chopped fresh coriander
4 large round rolls or demi baguettes

Method: Heat the oil and butter in a large pan and add cumin seeds followed shortly by the onions and apple. Cook these slowly until caramelized. Add the meat plus ginger, garlic & chili paste, stir and sauté for a minute on a low heat then add the tomatoes and sauté until they soften. Make a well in the middle of the pan and add all the spice powders one by one – turmeric powder, red chili powder, coriander powder and fenugreek. Stir and sauté until the oil separates to the sides. Now add the beans and vegetables and enough water to cover. Bring to the boil then reduce the heat right down and cook gently for up to an hour. The meat should be very tender and the root vegetables soft, but not too mushy. Add the garam masala, salt to taste and mix in most of the chopped coriander. Cut lids off the tops of your rolls and scoop out the as much of the centers as you can without making holes in the crust. Fill these with curry and top with extra coriander. If using baguettes, you will need to be a bit more dexterous in order to hollow out.

Fresh mango chutney

2 ripe mangos, peeled & diced
1 red onion, peeled, diced
1 green chilli, chopped
1 tbsp lime or lemon juice
 $\frac{1}{2}$ tsp caster sugar
Fresh coriander leaves, chopped
Salt and pepper

Method: Peel the mango. Slice off the flesh and dice into small pieces. Peel and finely chop the onion and finely dice the chilli. Place all the ingredients into a bowl. Add seasoning to taste.

Khachapuri

Khachapuri is regarded by many as Georgia's national dish – an enriched cheese filled flatbread baked either in rounds or boat shaped loaves. Generally this bread is made with yeasted dough, enriched with eggs or sour cream, milk or yoghurt and stuffed with cheese. I stuff mine with mozzarella and cheddar cheese and flavour this with mint and/or garlic. Makes 4 flatbreads

500g plain flour
2 eggs
225g/ml warm milk or water
5g instant yeast
7g salt
100g mozzarella cheese, drained and grated
100g cheddar cheese
1 tsp dried mint
1 clove chopped garlic
1 tbsp butter

Dough: In a good sized bowl mix together the flour, eggs, milk or water, yeast and salt to form dough. Knead this on a very lightly dusted surface until it is smooth and glutinous with a glossy look and feel.

Fermentation: Place back into a cleaned and oiled bowl and cover with a damp cloth or plastic. Ferment this in a warm environment for two - three hours or until it has doubled in size.

Assembling: Scoop out the dough onto a floured work surface and cut into 4 equal pieces. Ball these up and rest them for 15 minutes before rolling each into a disk about 15 cm in diameter. Aim for the edges to be thinner than the middle. Mix the cheeses together with the mint and garlic and divide into 4 portions. Squash each portion into a tight ball and place this in the middle of each dough disk, then gather the dough up around ball of cheese and crimp the edges closed. Turn this over so the seal is underneath and start to roll or push the dough into a flat disk of about 15cm again, evenly distributing the cheese.

Proofing and baking: Place the flatbreads onto a baking sheet and cover with a cloth or plastic and proof for an hour. Preheat the oven to 200°C. Just before baking slash a shallow "x" in the dough to expose the cheese. Bake for 12 - 15 minutes and cool slightly before serving.

Lobio

Lobio refers to a family of Georgian dishes made with dried beans. In this version, a simple spiced stew is brought to life with a paste of coriander, walnuts and garlic. It can be served as a hot stew or cold dip. Serves 6

500g dried red kidney, pinto or fava beans – soaked for 12 hours	200g walnut pieces
6 bay leaves	2 cloves of garlic
2 large onions	50g fresh coriander
2 tbsp sunflower oil	1 tbsp red or white wine vinegar
1 tsp ground coriander	1 tbsp olive oil
1 tsp ground fenugreek	½ tsp salt
2 tsp ground black pepper	
1 tsp salt	

Method: Soak the beans in lots of water for 12 hours then drain, rinse and put together with the bay leaves into a large pot of boiling unsalted water. Bring this back to the boil then lower the heat and cook for 25 - 35 minutes or until soft, but still firm to the bite. Drain, but retain the cooking water. Heat the oil in a large pan and gently fry the onions until very soft. Add the ground coriander, fenugreek and pepper and cook for a few minutes. Add the beans and stir well, followed by enough of the cooking liquid to just cover the beans. Add a tsp of salt and bring up to a simmer – cook for a further 30 minutes. The longer and slower you cook this, the better it tastes. Season to taste.

For the paste: In a food processor or with a mortar and pestle, grind the walnuts, garlic, coriander and salt to rough paste then stir in the oil and vinegar. Add the walnut paste to individual dishes or beans or stir through the bulk stew.

SOUTHSEA FOOD FESTIVAL

17 JULY 16

11.00

PARATHA

PUNJABI STUFFED FLATBREADS
PEA AND SPINACH SABZI
LIME PICKLE

13.00

BOREK

TURKISH CHEESE AND SPINACH PIES
QUICK PICKLED CABBAGE
HARISSA

15.00

PLETZELS

ONION FLATBREADS
BURNT AUBERGINE SALAD
HORSERADISH RELISH

Spinach and cheese borek

Borek are a delicious pastry found in Turkey and the Middle East. They can be made with yeasted dough, filo or puff pastry. Makes 12 pastries.

Dough

400g plain white flour
100g wholemeal flour
50ml olive oil
225ml warm water
5g instant yeast
7g salt

Method: Start with the dough, you will need to do this 3 hours before you want to fill your borekas – mix all the dough ingredients together and knead for a few minutes until the dough is silky and glutinous. Once risen, knock the dough back and divide into 12 equal pieces about 75g each - ball these up and leave to rest for 30 minutes.

Filling

1 large onion, chopped
500g spinach or kale, washed and shredded
200g feta cheese
20g fresh dill or mint or some of each, chopped
1 clove garlic, chopped
Olive oil

Method: Heat a little oil in a pan and fry the onions till soft. Add the garlic and shortly after the kale. Turn the heat down and sweat the greens until they soften. Add the chopped herbs, diced cheese and a little seasoning. Cool this before moving onto filling shaping your borek. If your filling is very wet, drain off excess liquid.

Roll each ball out to form a disk of about 12cm diameter. Place a big spoon of the kale in the centre. Brush the edge with water or egg and crimp to form a half moon shape. Place these onto a lined or oiled tray, brush with a little oil and allow them to rise for 30 minutes. Preheat the oven to 200°C. Prick each borekas with a fork just before baking for 15 minutes.

Harissa

Harissa is a chilli based paste found across North Africa, Turkey and the Middle East. It is prepared both as a concentrated spice paste and as a sauce or dip.

3 large red peppers, long romano if possible
3 bird's eye green chillies
1 small bunch of parsley, washed, dried and chopped
 $\frac{1}{2}$ tsp cumin seeds, toasted and crushed & $\frac{1}{2}$ tsp coriander seeds, toasted and crushed
2 garlic cloves, peeled and crushed
1 tbsp apple cider vinegar
2 tbsp olive oil
Salt
Zest of one lemon

Method: Heat the oven to 220C/425F/gas mark 7. Halve and de-seed the peppers then roast for 15 minutes, until soft and the skin is blistering. Put into a small bowl and cover. When cool, peel the peppers, discard their skin then chop or process to a rough paste. Chop the parsley, chilli and garlic up finely and mix with the peppers. Add the spice, salt, vinegar, oil and lemon zest. Mix this well or blitz briefly in a processor.

Pletzels

A pletzel is a Jewish flatbread made with enriched dough and topped with onions. This dough is also suitable for buns or other Jewish treats like hammantashen and rugelach. The yeast percentage is slightly higher than standard bread dough as the milk, butter and egg slow down the yeast. Bake at a lower temperature than most dough as the high fat and sugar content makes burning more likely. Makes enough dough for 8 pletzels or 12 buns

750g plain white flour (more for dusting)

250g whole wheat flour

500g/ml warm milk

15g dried yeast

15g salt

1 egg

50g sugar

50g butter

Pre-ferment: In a large bowl mix together the milk, yeast sugar and 250g wholemeal flour. Mix well and ferment for up to 60 minutes minimum and up to 4 hours

Dough: Rub the butter into the remaining flour; add the salt and mix together with the pre-ferment and egg to form soft dough. Turn this out onto a dry surface and knead for 5 minutes. It is sticky dough, so work it quickly with wet or oiled hands or a light dustings of flour.

Fermentation: Place into the oiled bowl, cover with a damp tea towel or a plastic bag and allow it to ferment in a warm place for 90 – 120 minutes before dividing, scaling and shaping according to use.

For pletzels: Finely slice 4 onions and fry them slowly in oil or butter until they start to caramelize. Divide the dough into 8 pieces, ball these up, allow to rest then roll out to form flatbreads about 15 cm across. Place on trays and top with the fried onions – bake at 200’c/380f for 10 minutes.

Babaganoush

Babaganoush is a Middle Eastern dip made with grilled or barbecued aubergines. It is very rich, and has a delicious smoky flavour with a silky texture. Makes 4 servings

1 large aubergine

1 clove garlic, chopped, more if you dare . . .

1 large lemon, juiced

3 tbsp light tahini (sesame paste)

½ tsp sea salt

3 tbsp olive oil

2 tbsp fresh chopped parsley or coriander (optional)

Method: Heat a grill or BBQ. Prick the aubergine in a few places and cook for about 12 - 15 minutes, turning several times. The skin should be charred and the flesh very soft. Allow the aubergine to cool slightly and then scoop out the flesh, leaving skin behind. Combine the tahini, lemon juice, garlic, salt and 2 tbsp water, mix to a smooth paste. Add the cooled aubergine flesh and 2 tbsp of the oil mix well. Garnish with chopped parsley or coriander, the remaining oil and a dusting of paprika or cayenne pepper.

Paratha

Paratha are fried, oil enriched flatbreads made with unrefined wholemeal flour. They are characteristic of North India and are often served for breakfast with yoghurt and spicy pickle. Paratha are often stuffed with leftover curry, paneer cheese or potatoes. Makes 8 breads

500g wholemeal flour, sieved

250ml water

50ml gee or sunflower oil

5g salt

Gee or sunflower oil frying

Flour for rolling

Dough: Mix the flour, water oil and salt to form smooth dough. Knead this for a few minutes to develop the gluten then cover and allow it to rest for 30 minutes.

Shaping: Divide the dough into 8 pieces, each about 100g and roll these into balls. Rest these for another 10 minutes before rolling them out as disks about 20 cm diameters.

Cooking: Pre-heat a large flat frying pan or skillet to a medium temperature. Brush this with a little oil or gee then place the disk of dough on the skillet and cook for about a minute. Turn this over and add a little ghee or oil around the edges of the paratha. At this stage paratha often puff up with steam. Encourage this by pressing lightly down on the breads with a spatula or tea towel. After a minute, deflate the bread a bit, turn again and fry the other side. When brown patches appear on both sides, the paratha is ready. Repeat for the rest of the paratha dough.

Variations - Aloo Paratha: a potato stuffed flatbread. Boil, cool and smash 4 large potatoes. Add $\frac{1}{2}$ tsp of chilli powder and 1 tsp each of salt and cumin powder or fried cumin seeds. Add a good amount of fresh chopped coriander and some chopped green chilli. Mix well! Roll out the dough balls, two at a time. Take a quarter of the potato mix and spread it over the dough, but not right to the edges. Place the second disk over this and seal the edges. Brush with oil and cook per basic recipe

Matar sabzi - spiced spinach and peas

500g spinach (or other greens) washed

250g frozen peas

2 tbsp oil

1 tsp cumin seeds

$\frac{1}{2}$ tsp turmeric & $\frac{1}{2}$ tsp red chilli powder

1 tsp ground coriander & 1 tsp ground cumin

1 onion, diced

1 tbsp ginger, minced

2 cloves of garlic, sliced

1 green chilli, sliced

2 tomatoes, finely diced

Method: Wash and shred your greens. Heat a large pan over moderate heat. Add oil and when hot, add cumin seeds then onion and cook gently for 5 minutes. Add ginger and garlic, cooking another 2 minutes then make a well in the centre, add a little more oil and fry the chilli powder, ground cumin, and coriander briefly to release their flavour. Add tomatoes and cook until the oil separated from the mass then add the spinach, peas, salt and a few tablespoons of water. Cook on a higher temperature for 3 minutes then lower the heat, cover and cook for 10 minutes or until kale is tender. Taste and adjust salt to taste.