




Goa is one of the smallest states in India's map, with a territory of 3,702 sq km is located in the Western Ghats. Its around 700 km from Mumbai and easily accessible by road, rail or airways.

A tropical paradise, it is bathed by the warm waters of the Arabian Sea. Goan culture is a blend of Indian and Iberian: European style central squares and Indian bazaars, Portuguese churches sharing their walls with Hindu temples. Christianity and Hinduism exist side by side in this state. Having been ruled by the colonial Portuguese for over 450yrs, there is still a distinctive European flavor that has permeated all aspects of Goa's life including its food, religion, language, festivals, dances and names. Goan cuisine is known for its **hot spices !** 

Goa is best known for its spectacular beaches and luxurious hotels but there are many old churches, monuments, temples and museums, that are a must see. Night life during the holiday season revolves around beaches and clubs with performances by live musical bands/groups.

Goa is the smallest state in India but in terms of tourist destinations it figures among some of the most holiday spots with some of the most beautiful beaches. It is also one of the biggest Christian pilgrimage sites in Asia as it is home to the Basilica of Bom Jesus in Old Goa with the remains of St. Francis Xavier. With close proximity to the Western Ghat range, Goa is also blessed with rich flora and fauna making a biodiversity hotspot. Due to its presence in the tropical zone and closeness to the Arabian Sea lends a warm and humid climate to the state of Goa. It's an ideal holiday and religious destination for travelers from across the world. Best time to visit Goa is from April- June (for the sun) and November -February! It's the coconut land. And not to forget- cheap booze!!! Try Goa's own alcohol: cashew or coconut feni.



Dream of Goa, Come to Goa and live life king size like the Goans !!!



Goan sausage (Chorizo)

Ingredients:

- Goan sausage packets or beads.
- onions cut into large cubes
- potatoes
- 2 tablespoons of ginger-garlic paste
- 2 teaspoons chilli powder
- a pinch of turmeric powder
- 3 teaspoons vinegar
- a few kokum peels (mangosteen)
- Salt to taste



Procedure:

Heat a pan under medium flame with few drops of oil. Under low heat, add the ginger-garlic paste and fry (the point being, cook until you lose the “raw” flavor and odor of the paste). Sautee the onions until light yellowish-brown. Add chilli powder and turmeric powder and fry for about 30 seconds. Add the meat and two cups of water. Add potatoes to the meat. Don't let the meat dry up while cooking; you will have to keep adding water. The meat has a strong tangy aroma in its uncooked form and this tanginess is the uniqueness of this meat. If you feel some of the tanginess has been lost during the cooking process, add some vinegar half way through. Add kokum and salt to taste. Final product should be dry with very little gravy. Proudly serve with pulao rice or eat it like an appetizer.

Prawn / Shrimp Pulao (Arroz de Camarao)

Ingredients:

- 1 lb Prawns
- 2 cups Basmati rice
- 3 tbsp oil
- 3 Onions, medium, finely sliced
- 4 Cloves, 8 peppercorns
- 1" Cinnamon stick
- 3 Green cardamoms
- 1 Tomato, large, chopped
- 2 Green chillies, chopped
- 1 cup Vegetable / Chicken stock
- 1 cup Coconut milk
- 2 tsp Salt



Procedure:

Devein and salt the prawns and keep aside. Heat the oil in a pan; sauté the onions till lightly browned. Add the whole spices; sauté for 30 seconds. Add the tomato, green chillies and stir-fry till tomatoes are pulpy. Add the prawns and stir-fry for 2-4 minutes till they change color. Add rice and stir-fry about a minute. Mix in the vegetable/ chicken stock, coconut milk, salt, till it just covers an additional inch of the rice. Bring the mixture to the boil, lower heat and simmer, covered, till the rice is done. Serve hot.

Mom's Goan Chicken Curry (Chicken Caffreal)

Ingredients:

Chicken - ½ kg / 1 lb (Cut in to bite size boneless pieces)

For marinade grind the following to a smooth paste:

1. Turmeric powder - 2 tsp
2. Red chilly powder - 4 tsp (adjust as per taste)
3. Garam masala powder - 1 tsp
4. Tamarind pulp - 1tsp
5. Ginger - garlic paste - 2 tsp
6. Curd - 2tsp (optional)
7. Lemon juice - 1 tsp
8. Salt - as per taste
9. Coriander / Cilantro - 1 big bunch

For curry:

1. Onion - 4 (Finely chopped)
2. Tomato - 3 (Finely chopped)
3. Ginger-garlic paste - 1 tsp
4. Green chilly - 2 (Slit lengthwise)
5. Coconut milk
6. Oil - For frying



For tempering:

1. Cinnamon sticks - 3
2. Cloves - 2
3. Cumin seeds - 2 tsp
4. Curry leaves

Procedure:

Clean the chicken well and add all the ingredients given for marinade and keep in the refrigerator for 1-3 hrs. Heat oil in deep-dish pan; add the spices, sauté for a min. Add the onions, green chilly, curry leaves and sauté till transparent. Add the ginger-garlic paste and sauté. Now add the tomatoes and sauté for 5 mins. Add the marinated chicken with the marinade and sauté till the chicken turns white on the outer. Now taste and adjust chilly powder or salt if needed. Cover and cook till the chicken is tender with no extra water. After the chicken is 75% cooked, remove the cover and add the coconut milk and leave to boil. When the gravy nicely boils, simmer and cook till the curry consistency and meat is well done. Finally garnish with cilantro. Serve with pulao rice.

Groceries can be purchased at the Indian Bazaar on Rio road. Website: <http://www.indian--bazar.com>
Goan sausages and Goan ready to use spices and pickles shop at <http://www.goanfoods.com>

Goan coconut filling pancake (Ale Belle)

Ingredients:

½ lb regular flour
½ scrapped Coconut
1 pack of Jaggery
3 - 4 Cardamoms
1 Egg, dry fruits (optional)
Vanilla Essence
Pinch of Salt
Oil to Fry



Procedure:

1. Making the batter

Start with the batter, put the flour in a vessel and add a pinch of salt. Add the egg and vanilla to the flour as well. Now you can add some milk to the mixture and beat it up, in the next step you will add some water to the mixture. In case you want your pancakes to be rich you can add more milk instead of water. You will have to keep stirring till all the lumps disappear.

2. Making the Pancake Filling

You can make this alongside while making the batter, break the piece of jaggery and put it in a vessel. Add the coconut to it and add a little water, just enough to assist the jaggery with its melting. Crush the Cardamom and remove the skin. After pounding the insides add it to the coconut jaggery mixture and place it on a slow flame. Once all the jaggery has mixed with the coconut it will get this nice brown colour. Let cool. Sprinkle dry fruits if desired.

3. Frying and Stuffing the Pancake

Put some oil on the pan just enough for the entire base to get coated. Take a spoonful of batter and pour it on the pan. Once one side gets golden brown toss the pancake to get the other side cooked, remember that the second side to cook is always smoother and should be facing down while filling the pancake. To roll the pancake up, you firstly need to fill it with a spoon full of the coconut mixture. Spread it out in a line; fold the left and right side of the pancake and once that's done start rolling the pancake from the top.

Banana Lassi

Ingredients:

1 cup Curd (plain non-fat Yogurt), 200 ml
1 peeled and sliced ripe Banana
2 tsp Sugar or to taste
1/4th tsp Cardamom Powder (optional)
crushed Ice-cubes



Procedure:

Combine all ingredients and blend in a blender till they get smooth. Pour in glasses and Serve chilled. Garnish with sliced bananas.

Goan cooking by Eusebio (EZ)

Come and experience Enchanting GOA !!!