

Accompaniments



The recipe list included here would serve 2-3 people. Konkani meal is served as a plate also called 'Thali' (as shown on front page). The dishes made today are either served with rice and/or chapatti which is a popular Indian bread like naan, but is made from whole wheat flour in the form of a tortilla. This is tedious to make....but can be purchased from any Indian grocery store in the frozen or fridge section. Just heat on pan as per directions and serve hot!

Also served on the thali is a piece of lemon with onion slices and some spicy Indian pickle called 'loncha.'

Occasionally you will also be served either a roasted or shallow fried papad/papadum which is a thin, crisp Indian rice/lentil preparation sometimes described as a cracker.

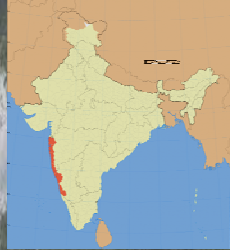
The thali is always served hot and this is the best way to enjoy all the subtle flavors. After the meal, gulp down a chilled glass of sol-kadhi, a good coolant and digestive.

Most groceries can be purchased from Indian Bazar @ 722 Rio Road West, Charlottesville, VA 22901 # (434) 245-1610

Lorna Sundberg
International Center
University of Virginia
Konkan Cooking Class

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Konkan is a beautiful region situated along the coastal line of **Western India**, stretched from Raigad, Goa to Mangalore.



Crispy fish fry

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Ingredients:

Fish Pieces preferably surmai /king fish (Cleaned and cut) 1 lb

Semolina or Rava ¼ pound or rice flour

Juice from 1-2 Lemons

Chilli powder 2 tsp

Turmeric powder ½ tsp

Salt – To taste

Oil to shallow fry

Method:

To remove typical fishy smell add lemon juice and salt over fish and let it rest for 10 mins. After 10 mins wash it under cold running water and pat dry the fish. In a dish, mix chilly powder, turmeric, lemon and salt well.

Now apply the paste to all the sides of the fish pieces evenly.

Set aside the fish for at least one hour so that it absorbs the flavor (refrigerate it to prevent from spoiling). Now coat each piece generously in rava on all sides.

Use a a wide bottom pan for shallow fry. Fry with sufficient oil on a small flame till the fish turns crispy on all sides. Never keep turning often...that's the key! Drain excess oil by absorbing on paper towel. Eat with rice and curry!

Sheera / semolina halwa

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Ingredients:

1 cup rava /cream of wheat /semolina

¾ cup ghee /clarified butter

1 cup sugar

2 cups milk (warm)

½ tbs green cardamom powder

Yellow food coloring (optional) few drops

Raisins, cashew nuts, pistachios and almonds

Method:

Heat ghee in a thick bottom frying pan. Fry the nuts and raisins (save some for garnish) till they swell but do not burn it.

Roast rava on low heat till it turns light brown.

Now add milk and stir well.

Cover up for few minutes and let it cook.

Now add sugar, yellow food color mix well and cover up for few more minutes.

Garnish with nuts and raisins. Serve warm.

Malvani chicken

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Sagoti



Ingredients for Marinating:

3 cloves of Garlic
1" piece of Ginger
1 Green Chilli
¼ cup Cilantro Leaves
1 tbsp Lemon juice
Salt to taste
1 lb Boneless Chicken

Ingredients for Masala:

1 tsp Oil
1 tsp Shahi Jeera / cumin
2 Bay Leafs, 1 Star anise
1" Cinnamon Stick, 3 Cloves
3 Black Pepper corns
1 mace spice/Javitri
1 Big Onion sliced
¾ cup frozen / fresh Coconut
Dash of Nutmeg powder

Ingredients for Curry:

1 Onion finely chopped
1 tomato diced
1 tbsp Ginger Garlic paste
1 tsp Coriander powder
½ tsp Garam Masala
1 ½ tsp red chili powder

Method:

Marination: Grind garlic, green chilli, ginger, lemon juice, coriander leaves and salt together in to blender. Apply this green chutney over chicken pieces really well. Marinate this for atleast 1 hour.

Malvani Masala: Heat up 1 tsp oil, to that add shahi jeera, whole spices and cook for a minute. Add sliced onion and cook till onion gets light brown color. Add frozen coconut and continue cooking till coconut gets light brown color. Add a dash of nutmeg, mix and wait till it gets cool. Once masala cools down, blend to make a smooth paste.

Continued....

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Malvani Curry

Heat up oil, add chopped onion and cook till it gets light golden color. Add ginger garlic paste and cook for a minute. Add coriander powder, garam masala, red chilli powder and cook for 2 mins. Add tomato and marinated chicken pieces, mix well, add minimum water, salt, cover and cook till chicken gets cooked. Add malvani masala, mix well and cook for 5 minutes or till semi-dry. Garnish with curry leaves and cilantro. Serve hot with chapatti or rice.

Kokum sol-kadhi



Ingredients:

1 Green chilly chopped (optional)
1 packet grated Coconut or coconut milk 1 can
1 tsp Coriander Leaves / cilantro chopped
1 clove of Garlic chopped into strands
¼ lb Kokum /mangosteen puree / juice
½ tsp Salt and sugar to taste

Method:

Soak kokum in ½ cup warm water for 10 min's for making Kokum water. Grind in blender and make a puree. Strain to save the filtrate. Add the kokum puree/paste to coconut milk by careful mixing and then add salt and sugar to taste. Refrigerate for 15-30 mins and Garnish with garlic, chilli and chopped coriander leaves on top. Chill before drinking. The best cool digestive drink that one can have after eating a Konkan thali.

Coconut Fish curry



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Ingredients:

Oil 2 tbsp
Garlic (crushed) 6 cloves
Whole dry red pepper 4-6 nos.
Onion (diced) 1 large for grinding and 1 for sautéing
Curry leaves (2 sprigs)
Tomatoes (chopped) 2 nos.
Green chillies (chopped) 2 nos.
Turmeric powder 1 tsp
Coriander seeds 1 tbsp
Cumin seeds ½ tsp
Salt ¼ tsp
Water ½ cup
Kokum / mangosteen packet
Fresh Coconut milk or from tin.
Any fish preferably mackerel, pomfret or tuna 2 lbs.

Method:

Sauce: Heat oil in a pan and sauté the garlic for 2 minutes.

Add the red pepper, onions, and half the curry leaves and sauté till onion edges are a light brown. Add tomatoes, turmeric, salt, coriander seeds, cumin seeds, jalapeno and mix well. Cool the mixture and then grind to a fine paste.

In the same pan, add some more oil and fry onion till golden brown. Add curry leaves, fry lightly. Now add curry paste and bring the gravy to a boil with the coconut milk and kokum. Correct seasoning and consistency (you may have to add a little water) and gently ease the fish pieces into the gravy. Lower to simmer, cover and cook till done (approximately 10 minutes).

French beans and coconut

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Ingredients:

French beans /green beans 2 lb
Grated coconut ½ lb
1 onion chopped
Mustard seeds 1 tsp
Ginger-garlic shreds 2 tsp
Turmeric powder 1 tsp
Lemon wedges and Cilantro for garnish
Oil 1 tsp
Salt to taste

Method:

Finely chop the French beans.

Heat oil in pan, add mustard seeds. When seeds crackle, add onions to fry well. Next add French beans, ginger-garlic, turmeric powder and salt. Mix well. Add some water just to cover well and cook till soft.

When done (no water should be left), open lid and sprinkle grated coconut and mix gently.

Garnish with a little fresh coconut, lemon wedges and cilantro. Serve with chapatti or rice.