

BEETROOT KEBAB

Roasted beetroot, feta and cream cheese stuffed, topped with aam papad chutney

Ingredients	quantity
Beetroot	200gm
Potato	50gm
Onion	15gm
Garlic	10gm
Ginger	5gm
Coriander	5gm
Green chili	10gm
Roasted gram	30gm
Chat masala	5gm
Salt	to taste
Red chili powder	5gm
Cooking oil	for deep frying

PROCEDURE:

1. Peel and grate potato, beetroot in a bowl.
2. Add coriander, chili, garlic, ginger and all dry ingredients in it.
3. Mix all the ingredients and give them the shape of small tikki by making hands greased.
4. Put oil in a frying pan and place on heat.
5. Place the kebabs in plate and keep in refrigerator until they hold the shape and the oil heats up.
6. Pan fried the kebabs in hot oil and drain on a dish lined with paper towels.
7. Serve hot with aam papad chutney and some crumbled feta top on kebabs.

AMBARSAARI BHARTHA

INGREDIENTS	RECIPE
Smoked eggplant (see recipe)	200gm
Buck wheat tacos	2 pc
Garlic yoghurt	40gm

SMOKED EGGPLANT

Ingredients	quantity
Big eggplants	500gm
Sunflower oil	30ml
Cumin seeds	5gm
Onions (finely chopped)	100gm
Garlic paste	15gm
Ginger (finely grated)	20gm
Tomatoes (finely chopped)	200gm
Coriander powder	3gm
Cumin powder	3gm
Garam masala	3gm
Fresh green coriander (finely chopped)	30gm

METHOD:

1. Gather the ingredients.
2. Punjabi baingan ka bharta requires that the eggplant is roasted. This can be done in several different ways. The first is to roast it on a gas cook top by just placing the eggplant straight on the burner and keeping the flame on low setting. Keep turning and cooking until all the skin on the eggplant is charred and the inner flesh looks really soft. A good sign to watch for is that the eggplant seems to 'cave in' on itself.
Or, you can grill the eggplant in your oven broiler or on your barbecue grill. Again, keep turning periodically till all the skin on the eggplant is charred and the inner flesh looks really soft.
The third method is to roast the eggplant in your oven till all the skin on the eggplant is charred and the inner flesh looks really soft.
3. Once the eggplant is roasted, allow cooling fully and then peeling off and discard the charred skin. Once cool, coarsely mash it and keep aside for later use.
4. Now set up a pan on medium heat and add the cooking oil. When hot, add the cumin seeds and cook till the spluttering stops.
5. Add the onions and fry until soft and translucent. Add the garlic and the ginger and fry for 1 minute. Add the tomato, optional green chilies, and all the powdered spices, including the garam masala. Stir well and cook for 3 to 5 minutes, stirring often to prevent the spice mix from sticking to the pan. Sprinkle a little water if needed.
6. Now add the eggplant and mix well. Add the chopped fresh coriander (cilantro) and stir. Cook another minute and turn off the heat.
7. Take the buck wheat tacos and filled them with smoked eggplant and top with garlic yoghurt and serve.

SMOKED CHICKEN BENEDICT

INGREDIENTS	QUANTITY
Cayenne Pepper	2gm
Black Pepper	2gm
Sea Salt	2gm
Lemon juice	15ml
Eggs	12 no
Unsalted butter	500gm
White wine vinegar	30ml
English muffins, sliced in half	4no
Smoked chicken	250gm
Freshly chopped chives	60gm

METHOD:

1. Melt 1/2 cup butter in microwave or over stovetop.
2. In a small bowl, combine lemon juice and 4 egg yolks. Whisk vigorously until light, frothy and doubled in volume.
3. Place bowl over pan of simmering water, being careful not to let water touch the bowl or mixture may get to hot and cause eggs to begin to scramble). Continue to whisk until mixture thickens.
4. Slowly stream in melted butter, whisking until thick. Remove from heat and add cayenne, black pepper and salt. Cover and set aside.
5. Bring a 10-inch skillet half full of water to a boil, and then add vinegar. Reduce heat to low, so water is gently simmering.
6. Gently break 1 egg into warm water and cook for about 4 minutes, until egg white is set. Repeat with remaining 7 eggs.
7. Remove eggs with a slotted spoon, draining away excess water. Meanwhile, toast and spread remaining 2 tablespoons butter onto English muffins.
8. To assemble, place a few slices of smoked chicken on each muffin half, then top with a poached egg, a spoonful of Hollandaise sauce and chives.