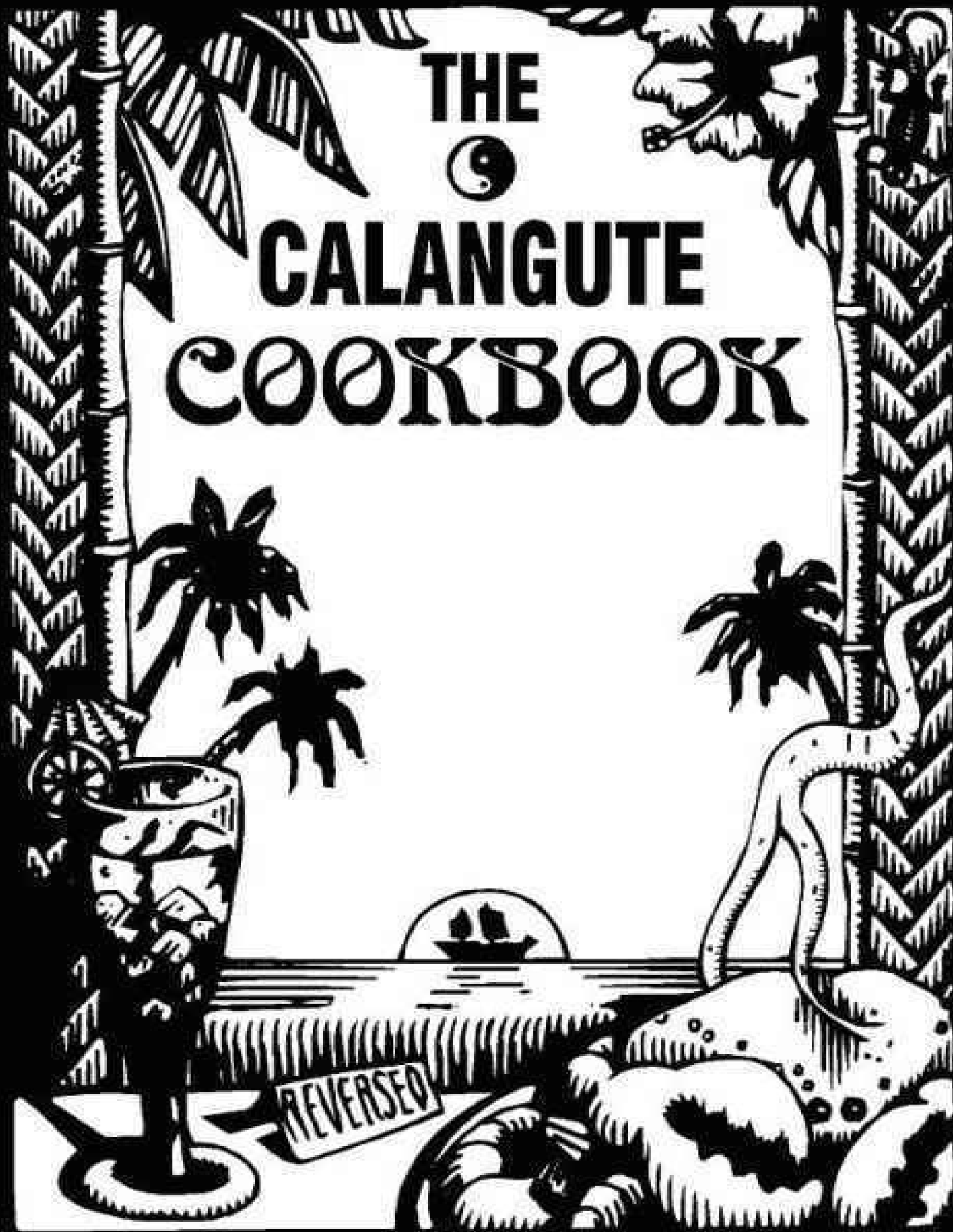


THE CALANGUTE COOKBOOK



The Calangute Cookbook

Philip & Bobby Boyd

**A collection of recipes and reminiscences by Philip
and Bobby Boyd from a sojourn in Calangute,
Bardez Taluka, Goa India in 1995 –1997.**

**All proceeds to the Great White Elephant Trust
Stockland Bristol Somerset**

A Sample Recipe

Potato Baji

This is a favourite for breakfast served with puri but it also make an interesting starter.

Ingredients

1 lb. potatoes

2 large onions

1 large tomato

1 teaspoon [Garam Masala](#)

½ teaspoon turmeric

1 teaspoon salt

½ tablespoon ghee

Method

Peel the potatoes and onion. Chop the potatoes into ½ inch squares and chop one onion into a fine dice. Cook the diced onion and the potato cubes with the turmeric in the salted water for about 10 minutes.

Dice the second onion and the tomato and fry together in the ghee in a frying pan, adding the [Garam Masala](#) when the onion is transparent. Strain the potato and onion mixture and add to the frying pan and cook for 10 minutes, turning gently.

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Introduction

If you go out and spend lots of money on a swish 'Goan' cookbook, it will doubtless tell you of Goa's rich Portuguese heritage and its continuing influence on Goa's cuisine. This small but perfectly formed cookbook has no such pretensions: it is a collection of recipes for good food which I have eaten in ordinary (and some extraordinary) Goan houses, restaurants and beach shacks, cooked by all sorts of 'Goans', some born and bred here for generations, some immigrants from other parts of India and some from other parts of the world, and each generous to a fault with their recipes.

The ingredients for the recipes can all be bought in Calangute market, opposite the Hindu Temple in the middle of town. They can also often be bought in European shops especially shops run by ethnic Indians and Pakistanis. So you can go on enjoying Goa, long after you have returned home.

Most of the spices mentioned in the book can be replaced from the same sources and you can even grow some of them at home: fresh coriander and fenugreek both grow well in a pot on the kitchen windowsill or in the garden in spring and summer.

Drinks

Beer

“Typical man - starts a cookery book with a section on beer” I can hear Bobby saying it even as I type the words (and probably your wife as well, as she reads them), but it really is important, especially if you are not used to spicy food. What makes most Indian recipes ‘hot’ is chilli and the active ingredient in chilli is oil based so it’s not soluble in water. The sensible thing to drink with most of these dishes then is beer because the alcohol gets the chilli out of your mouth whereas water will only cause irritation.

Beer in Goa is definitely not for fans of Real Ale: I don’t think any of it is actually brewed within the state. It’s almost all light, gassy and lager like but it is refreshing on a hot day and you can drink lots of (most of) it without falling over. The most common brand is Kingfisher, brewed in Karnataka, Arlem Pils and King’s but a new brewery has recently opened in Rajasthan brewing my second favourite Indian beer, Stroh’s which is in fact an American lager brewed under licence and comes in blue and red cans. Watch out of the red cans, they are about 8% abv. King’s with a black label is also pretty lethal and about the same strength as red Stroh’s. If you want to try out your Hindi you can ask for *Ek Stroh beer Laal* for the red can, or *Ek Stroh beer Nilla* for the blue. My favourite Indian beer is Flying Horse, brewed in Mysore and well worth drinking if you ever come across it.

Char

Pronounced chow or chai depending on whom you talk to. The whole of India runs on char: you can get it on almost every street corner in every village, town and city. If you want char when out in places where Europeans are wont to foregather, make sure you ask for ‘Indian chai’ and not ‘tea’ or you are likely to get an appalling concoction involving warm water, a teabag of doubtful provenance and hot milk with skin.

Ingredients

1 cup milk

1 cup water

about 2 teaspoons of tea dust (not your fancy ‘tourist tea’)

about 2 teaspoons of sugar

Optional

1 inch cinnamon stick

3 green cardamom seeds

Method

Mix the milk and water and bring to a rolling boil over a high fire.

Throw in the tea dust and the sugar and stir whilst still boiling for about 1 minute.

Strain and serve in small thick glasses or small steel cups with no handles about two thirds full.

For masala char, crush the cinnamon and cardamom seeds between two spoons and throw in at the same time as the tea and sugar.

Ginger Tea

Ingredients

½ inch of root ginger (bruised)

1 teabag

Thin Goan honey

Method

Put the teabag and the ginger in a thick glass and add boiling water.

Stir until strong enough.

Throw out the teabag, pour in the honey, stir and drink.

Indian wine

Don't even think about it.

Lassi

Another Indian favourite, refreshing on a hot day but pretty fattening! You can buy delicious lassi or the curd to make your own at the dairy at the back of Mapusa market. Go down the road opposite the Bertsy Bar and through the

arch at the bottom. Turn left into the yard where the wholesale coconut sellers are and the dairy is on your right. You can also get good lassi in lots of interesting flavours at the Milky Way. Turn right off the Calangute to Baga Road just before the Shelsta. It's well signposted.

Ingredients

1 Glass yoghurt (called 'curd' in India)

6 Ice cubes (make them with bottled water)

either a pinch of salt and 1 dessertspoon of sugar or ¼ teaspoon of salt

Method

Throw the ingredients in a liquidiser

Liquidise until smooth

Drink through a straw (preferably not an Indian straw which collapses at the first suck)

Thandai or Kesher doodh

Not a native of Goa but Bobby makes this and I love it.

Ingredients

½ oz. blanched almonds

½ oz. pistachio nuts

The seeds of 12 green cardamom seeds

A generous pinch of saffron

¼ teaspoon turmeric

¼ teaspoon nutmeg

6 Ice cubes

2 oz. sugar

2 pints milk

Method

Grind the nuts, cardamom and saffron finely

Throw the above into a liquidiser with everything else

Liquidise until smooth

Palm Toddy

Palm toddy is made from the fermented sap of palm trees, tastes just like it and smells worse. In my view, it is best reserved for cooking (see Palm Toddy Rice Cakes).

Palm Feni

You will doubtless be offered a glass of feni sooner or later in Goa and, of course, it is bad manners to refuse. When faced with a choice, take the palm feni which is distilled from palm toddy, it's less violent than the cashew feni.

Cashew Feni

This is the hooch the local 'drinkers' drink! The cashew nut forms beneath the cashew fruit on the tree and hangs below it. Cashew feni is distilled from this fruit and tastes a bit like nut flavoured paint stripper. Take a bottle home for your mother-in-law.

Das' Mango Shake

Difficult to know whether to put this in with drinks or puddings! Das is a native of Bombay and runs the Athens Beach Bar and Restaurant between Jack's and Britto's

in Baga. He is known for his good food, good looks and being open during the monsoon. His mango shake tastes innocent but is real 'falling over' juice!

Ingredients

2 mangoes

1 glass milk

1 very generous slug of 'Old Monk' rum

Sugar to taste

Method

Skin the mangoes and liquidise the flesh with everything else

Sip through a straw whilst watching the sunset.

Rice and Bread

Northern India grows little rice so bread is the main staple. The South on the other hand grows lots of rice so rice is the main staple. Goa, being in the middle enjoys the best of both worlds.

Rice

Various kinds of rice including the familiar basmati are available in Goa but what the locals usually eat is the local field rice which has shorter, fatter grains. You can't cook rice like this by allowing it to absorb all the water in the pan, or you end up with a sticky mess. You can cook it on top of a gas stove but fuel is rationed in Goa and each family only gets 1 cylinder of bottled gas per month and that costs Rs 100/-, quite a lot of money for the average family, so this is where alternative fuel comes in.

Method

Take a large cooking pot and put in about 2 lbs of Goan field rice together with 2 teaspoons of salt. Cover with lots of well water (not tap water). Take 6 coconut husks and cut into quarters and build ½ of the husks into a slow fire. Place the rice pot on the fire, cover with a lid which has no handle and cook slowly until the rice is soft, feeding the fire as necessary. Gossiping to the neighbours is allowed, even encouraged during cooking, but woe betide you if you let the fire out.

Tip the pot to drain off most of the surplus water then invert the pot, lid and all onto the ground with a thin stick under the lid to tilt the pot. Leave for 10 minutes until all the rest of the water has drained away then invert the pot again and serve perfect field rice.

Mamai's Pulau Rice

Technically, I shouldn't call Carmelina 'Mamai' because it is the Konkani term for one's mother's mother: mother's father being Papai and father's parents being Garamai and Garapai. However, Carmelina and Paul don't seem to mind, and they certainly feel like family. Mamai, of course, manages the household and the family which consists of her son and his wife, the unmarried daughters and various grandchildren who come and go and she goes to Mapusa market every day to sell Papai's catch. Her Pulau Rice is not

a common dish but is part of the ‘Festival Food’ which you will come across later in the book.

Ingredients

1 lb. Basmati Rice

either fresh chicken stock or 6 chicken stock cubes and water

3 onions

1 tomato

½ teaspoon of turmeric

12 cloves

4 or 5 inches of cinnamon

1 teaspoon salt

1 dessertspoon ghee for frying

Method

Using a large pot, slice the onions and set to fry gently in the ghee. Chop the tomato and add to the onion and fry gently until the onion is transparent.

Wash the rice well and add to the onion and tomato mixture together with the cloves and the turmeric mixing all together well.

Add enough stock or water to cover the rice and then another 2 inches. If using stock cubes, crumble them in and stir until they are completely dissolved. Bring to the boil and then cook gently over a slow fire until all the liquid is absorbed.

Fluff up with a fork before serving.

Eliza's Basic Chapatti

Eliza is one of Mamai's unmarried daughters, she is, as most Goan girls are, pretty as a picture and strong! When we first met her, we had a large trunk which the airport had weighed at 42 kilos. Eliza picked it up, popped it on her

head and walked two hundred yards with it before anyone could stop her.

The basic chapatti or roti is the simplest thing to make and is delicious when freshly cooked. Try them for breakfast, dipping them in your char like Eliza does.

Ingredients

4 oz. Chapatti (wheat) flour

1 pinch of salt

enough water to make a stiff dough

Method

Mix the flour and salt and add enough water to make a stiff dough

Knead well for 5 minutes

Divide into small balls and roll each ball into a flat circle about an eighth of an inch thick and 9 inches across

Cook without fat on a very hot chapatti iron (available from Mapusa Market) or in a shallow frying pan.

Eliza's Butter Chapatti

The ingredients and mixing are as for the basic chapatti above but before cooking, each chapatti is spread with ghee and folded in a similar way to puff pastry: fold the left hand edge over about one third of the chapatti; now fold the right hand edge over; fold the bottom third up and the top third down so you finish up with a square. Roll out into a squarish circle and cook without fat on a very hot chapatti iron or in a shallow frying pan.

Eliza's Basic Puri

Puri is the fried version of chapatti.

Method

Make the basic chapatti mixture as above and divide into small balls which roll out to 6 inches across and an eighth of an inch thick

Heat a wide, deep pan of oil until it is smoking and slip in each puri

As it rises to the top of the oil, tap it smartly with the edge of a metal spatula several times This will cause it to puff up. As soon as one side has puffed up turn the puri over and tap as before. The puri is done when the second side has puffed up.

Cookie's Ragi Chapatti

Cookie is a local beautician and she cooks beautifully. Her recipes use more ghee and have correspondingly more calories. This chapatti use ragi flour from Northern India for an interesting variation.

Ingredients

1 cup of ragi flour

2 cups chapatti flour

a pinch of salt

2 tablespoons of ghee

enough water to make a stiff dough

Method

Mix the flour and salt and add the ghee

add enough water to make a stiff dough

Knead well for 5 minutes

Divide into small balls and roll each ball into a circle about an eighth of an inch thick and 9 inches across

Cook without fat on a very hot chapatti iron or in a shallow frying pan.

Cookie's Puri

Ingredients

2 cups chapatti (wheat) flour

a pinch of salt

4 tablespoons ghee

enough water to make a stiff dough

Method

Mix the flour and salt and add the ghee
add enough water to make a stiff dough

Knead well for 5 minutes

Rest for 5 minutes

Roll out to ¼ inch thick and cut out circles with a cup or glass

Deep fry in smoking oil

Cookie's Methi Chapatti

Ingredients

2 cups chapatti flour

a pinch of salt

2 tablespoons of ghee

a few fenugreek leaves

a few leaves of fresh coriander

a generous pinch of red chilli powder

a generous pinch of saffron

¼ teaspoon cumin seeds

enough water to make a stiff dough

Method

Grind the cumin and add with the chilli, saffron and salt to the flour

Roughly chop the fenugreek and coriander leaves and mix with the flour

Add the ghee to the flour mixture

add enough water to make a stiff dough

Knead well for 5 minutes

Divide into small balls and roll each ball into a circle about an eighth of an inch thick and 9 inches across

Cook without fat on a very hot chapatti iron or in a shallow frying pan.

Pamela's Aloo Paratha

Pamela is a native of Bombay married to a Goan called Cesar. Together they run a 24 hour Public Call Office near the Court in Mapusa. Pamela's Aloo Paratha is very tasty and, when served with her Yoghurt Chutney can be a meal in itself.

Ingredients

For the Paratha

3 potatoes

1 onion

2 green chillies

1 handful of fresh coriander leaves

1 teaspoon of cumin

1 cup wheat flour

1 teaspoon [Garam Masala](#)

Salt to taste

2 teaspoons ghee

For the Chutney

¼ pint yoghurt

2 green chillies

5 sprigs of fresh coriander

1 inch fresh ginger (peeled)

Method

For the Parathas

Sift the flour and salt together and knead into a dough with the ghee adding

water if necessary. Cover the dough and set aside.

Peel, dice and boil the potatoes until soft, then strain and mash until smooth.

Chop the onion, chillies and coriander finely and add to the mashed potatoes. Add the cumin and the [Garam Masala](#) and mix all well together.

Make the dough into balls and roll out into 4 inch circles. Place 1 tablespoon of the potato mixture in the centre of each circle and joint the edges with a little water. Roll out gently, being careful not to split the paratha until each is about ¼ of an inch thick.

Lightly grease a chapatti iron with a little ghee and fry each paratha on each side until golden.

For the Chutney

Beat the yoghurt well. Chop the chillies, coriander and ginger finely and add to the yoghurt.

Leave to stand for at least ½ an hour for the flavours to combine.

Kitchen Tools and Spices

There are really only two kitchen tools in Goa: the Masala Stone and the Adow both of which can be purchased cheaply in Mapusa Market.

The Adow is a small, low stool which has a machete shaped blade attached to it which ends in a star shaped piece of steel at right angles to the blade. It's almost impossible to either draw or describe so I won't try further: go to the market and ask to see one. The Adow is used for all cutting and for grating coconuts. The idea is that you sit on the stool part and the blade sticks out from between your legs, you then take whatever needs to be cut in both hands and cut it by running it up and down the blade. The 'star' on the end presents itself flat to the sitter with the sharp bits sticking out, and this is used to scrape the coconut flesh out of its shell by holding half a coconut shell in both hands and pressing it down over the star. Practice is required for either of the operations and fingers should be carefully counted after each use.

The Masala Stone is the centrepiece of the kitchen and is essentially a large mortar and pestle, made out of hard stone, the mortar being a 9 inch square with a deepish concave 'bowl' and the pestle being a mango shaped stone about 9 inches tall. The first job in the morning in a Goan household, is to make the day's masala by putting the ingredients into the masala stone and grinding them with a circular motion of the pestle with the right hand whilst mixing them in the stone with the left hand. This also takes practice or masala can easily become finger flavoured. If you don't want to risk your fingers, use an ordinary mortar and pestle or an electric blender.

Spices

Generally dried spices need to be fried with onion to bring out their full flavour. Turmeric and tamarind are perhaps the exceptions in that they generally go in with things that are being boiled. Chilli is the spice that frightens Westerners most but the thing to remember is to treat it like garlic - the more you fiddle about with it, the stronger its flavour will be. So whole chillies will impart much less 'heat' to a dish than the same number of

ground chillies and you can fish them out before you serve the dish so your family don't risk biting a chilli in the midst of a meal.

Here's a list of the spices used in this book with their Hindi (but not necessarily Konkani) names. The spelling of Hindi names in Roman script is a somewhat variable exercise in India so if you get stuck, write the Hindi name down and say which dish it is for and proceed with an interesting guessing game.

Dry Spices

Aniseed Sauf

Asafoetida Heeng

Cardamom Eliachi

Cardamom (black) Bari eliachi

Chilli (whole green) Hari mirch

Chilli (whole dried red) Laal mirch

Chilli (powder) Pisi hui laal mirch

Coriander (fresh) Hara dhania

Coriander (seed) Sabut dhania

Cumin (seed) Jeera

Cumin (black) Shah jeera

Fenugreek Methi

Ginger Adrak

Mango Powder Aam Chor

Poppy Seed Kous Kous

Saffron Zafran

Tamarind Imli

Turmeric Haldi

Four other things require a mention: coconut, tamarind, ghee and [Garam Masala](#).

Coconut

If you can't get fresh coconut or don't want the bother of grating it at home, you can use creamed coconut (*Not Sweetened*) or frozen grated coconut. Coconut milk can also be bought tinned.

Tamarind

Tamarind comes in a sticky block. Break off as much as you need, break into small pieces, put into a pot and cover with almost boiling water. Leave to soak for an hour or two then squidge it into a thick paste, being careful to remove any stones in the process so avoiding broken teeth.

Ghee

Ghee is clarified butter. It is a pain to make, easy to get wrong but is readily available in India and at Asian shops in England. If you have to make it, it requires care. Take 1 lb. of unsalted butter and put in a heavy pan. Melt the butter and let it simmer on a low heat until it clears and the milk solids settle to the bottom. Take care that the butter does not start to colour, especially towards the end. This usually takes 30 to 40 minutes.

Remove from the heat, allow to cool and pour off the ghee (the clear oil from the top) and feed the remaining milk solids to the pig.

Ghee should keep for 3 months in the fridge.

Garam Masala

Everybody has their own favourite [Garam Masala](#) which can be made at leisure and stored (not for too long) in an airtight jar. It provides an easy spice base for many dishes if you want to cheat or to save time, or it can be sprinkled dry on top of dishes for extra flavour or used in ‘tempering’, where spices are cooked in ghee and the mixture poured on top of a dish. Here’s my favourite, grind together:

20 small green cardamoms

10 large black cardamoms

2 teaspoons cumin

4 teaspoons coriander

1 teaspoon each

black cumin

black peppercorns

cloves

nutmeg

8 inches cinnamon

4 blades of mace

Soups and Starters

When Indians eat together, they usually eat whatever turns up first and what that is depends on the order that things are cooked in. However, many restaurants and shacks have taken the western idea of the three course meal to heart and divided their menus (somewhat arbitrarily) into three sections. You may therefore find things like sandwiches or chips served as a starter.

Soup is not the strongest part of the Goan cuisine so most of the recipes here are Bobby's, along with some which the Goans appear to have borrowed from Tibetan immigrants.

Hot and Sour Soup

When China took over Tibet, many Tibetans came to India and a goodly number to Goa. You will see many Tibetans selling handicrafts and silver in Calangute and there are also Tibetan restaurants. Almost certainly a native of Tibet this soup can be made with chicken or prawns or julienne of vegetables or all three.

Ingredients

2 cloves garlic

4 spring onions

1 fresh red chilli

1 inch ginger (peeled)

4 oz. mushrooms

2 pints chicken stock

1 stalk lemon grass

1 bunch fresh coriander

The juice of 2 limes

12 oz. chicken or prawns or mixed vegetables

Method

Bruise the lemon grass with a rolling pin and add to the stock. Slice the chilli, ginger and garlic thinly and add to the stock. Reserve the best bits of the coriander for garnish and tie the rest into a bundle and add to the stock. Cover and bring to a rolling boil, then reduce the fire until it is simmering gently.

Cut the chicken or whatever into thin strips and halve any large mushrooms: drop these into the simmering stock, cover and cook for about 20 minutes. When the chicken or whatever is cooked, add the lime juice and soy sauce, adjusting the seasoning with more soy sauce if not salty enough and black pepper if not hot enough. Remove the coriander bundle.

Ladle into bowls and garnish with shredded spring onion and coriander leaves.

Bobby's Spinach soup

Ingredients

1 lb. fresh spinach

1 onion

1 large potato

1 pint chicken stock

½ pint milk

1 tablespoon ghee

Method

Chop the onion and fry in the ghee until transparent. Chop the spinach roughly and add. Stir until the spinach wilts. Peel and chop the potato and add to the pan with the stock, bring to the boil, reduce the heat and simmer for about 20 minutes.

Allow to cool a little then liquidize the mixture so far and return to the pan. Add the milk and heat gently *being sure that you do not allow it to boil*.

Bobby's Lettuce and Coriander Soup

Ingredients

1 large or 2 small lettuces

1 large potato

5 spring onions

1 pint chicken stock

½ pint milk

1 bunch fresh coriander

Method

Peel and chop the potato. Chop the spring onions and the lettuce. Boil the potato in the stock for about 5 minutes, add the spring onion and boil for a further 5 minutes, add the lettuce and continue to boil gently for 5 more minutes. Allow to cool a little then add the chopped coriander leaves, reserving the best bits for garnish. Liquidize the soup and return to the pan. Add the milk and heat gently *being sure that you do no allow it to boil*. Ladle into dishes and garnish with coriander leaves.

Louis' Chicken or Prawn Pakodas

Louis is Mamai's son-in-law and Nita's husband. During the summer Louis goes out every morning at 3 am with Papai to fish. During the winter (the tourist season) he and Nita run a small beach shack in Suanto Vaddo called Prince Louis's Shack. You'll find it by heading up the road beside the Bahrat Bar, opposite the Ronil Royale, carrying on past Tito's Bar down to the beach and turning left on to the beach.

Ingredients

For the batter

½ lb. Media or Gram flour (made from lentils rather than wheat)

½ teaspoon cornflour

1 stock cube

1 egg

4 drops soya sauce

Enough water to make a smooth batter

For the filling

1 skinned and boned chicken

10 cloves of garlic

1 inch ginger (peeled)

1 lemon (called sweet lime in Goa)

Salt and pepper

Method

Cut the chicken into small pieces. Make a paste by crushing the garlic, grating the ginger, adding the salt and pepper together with the juice of the lemon. Liberally coat the chicken with this paste and set aside for at least ½ an hour.

Dissolve the stock cube in the water and make a smooth but fairly stiff batter with the ingredients above, flour each piece of marinated chicken, batter and deep fry until golden.

For Prawn Pakodas simply substitute fresh prawns for chicken.

Samosas

These delicious pastries can be filled with just about any meat, fish or vegetable - Go on - Experiment!

Ingredients

For the Pastry

5 oz. plain flour

¼ teaspoon baking powder

A pinch of salt

1 oz. ghee

Enough water to make a smooth dough

For the Filling

1 tablespoon ghee

1 onion

1 green chilli

1 teaspoon [Garam Masala](#)

½ lb. lean, minced lamb or chicken or fish a mixture of peas, potatoes, carrots and green beans.

2 teaspoons mango powder (or the juice of ½ a lemon)

A few sprigs of fresh coriander

Method

Sift the flour, salt and baking powder together, rub in the ghee and add enough water to make a smooth dough.

Fry the onion in the ghee until transparent, grind and add the dry spices and the finely chopped chilli and fry to release the flavour. Add the meat or whatever, salt and pepper and cook, stirring until done. Add the mango

powder and the roughly chopped coriander and cook for another couple of minutes.

Make a sticky flour paste with 2 teaspoons of flour and a little water.

Knead the dough for 2 or 3 minutes then make small balls which roll out into 5 inch circles. Cut each circle in half and spread the straight edge with flour paste. Fold end to end so the straight edge sticks to itself and press it along its length to make sure it sticks. Part the open edge and fill with the filling. Paste up and seal the open edge as you did the straight edge.

Deep fry and serve with the ubiquitous tomato ketchup

Potato Baji

This is a favourite for breakfast served with puri but it also make an interesting starter.

Ingredients

1 lb. potatoes

2 large onions

1 large tomato

1 teaspoon [Garam Masala](#)

½ teaspoon turmeric

1 teaspoon salt

½ tablespoon ghee

Method

Peel the potatoes and onion. Chop the potatoes into ½ inch squares and chop one onion into a fine dice. Cook the diced onion and the potato cubes with the turmeric in the salted water for about 10 minutes.

Dice the second onion and the tomato and fry together in the ghee in a frying pan, adding the [Garam Masala](#) when the onion is transparent. Strain the potato and onion mixture and add to the frying pan and cook for 10 minutes, turning gently.

Aloo Bonda

Ingredients

For the batter

½ lb. Media or Gram flour (made from lentils rather than wheat)

½ teaspoon cornflour

¼ teaspoon chilli powder

1 egg

4 drops soya sauce

Enough water to make a smooth batter

A pinch of salt

For the filling

1 lb. potatoes

2 green chillies

1 inch ginger (peeled)

1 onion

A few sprigs of fresh coriander

Salt and pepper

2 teaspoons mango powder (or the juice of ½ a lemon)

Method

Sift the flour, salt, cornflour and chilli powder together. Beat the egg and add to the flour mixture. Add the soy sauce and enough water to make a smooth batter.

Peel the potatoes and chop into ½ inch dice. Boil in salted water until soft.

Chop the onion and the chillies finely, grate the ginger, chop the coriander roughly and add to the potatoes. Stir in the mango powder and mix thoroughly.

Form the potato mixture into small balls, dip each in batter and deep fry.

Vegetarian Dishes

There is a strong vegetarian tradition in India, especially amongst Hindu people who make up 40% of Goa's population and many of the Europeans who live there. Most restaurants will have a good vegetarian selection and will often do veg. and non-veg. versions of the same dishes. The basis of most of this cuisine is the rich variety of dahls which are grown in the drier parts of India. Some will crop with as little as 4 days rain per year.

Justine's Dahl

Justine is just lovely and as well as designing the cover of this book, she paints very clever Tin Tin T shirts to sell at Anjuna market. When it comes to cooking however, it must be said that she belongs to the 'bung it in' school. Her dahl is therefore somewhat variable but here's the basic recipe.

Ingredients

½ lb. Split red lentils

2 Onions

2 Tomatoes

6 green chillies

1 inch fresh ginger (peeled)

5 cloves garlic

½ teaspoon salt

½ teaspoon turmeric

1 tablespoon ghee

Method

Boil the lentils with the turmeric in enough salted water to cover them plus an extra inch for 20 minutes.

Chop the ginger, garlic, chillies, onions and tomatoes and fry together in the ghee until the onion is transparent.

Add the lentils to the frying pan together with anything else that's hanging about in the kitchen and cook together for about 10 minutes.

This flexible dahl can be made into a soup by adding more water or into a main dish by cooking it until most of the water is absorbed.

Maggie's Stuffed Bindi and Potatoes

Maggie manages the Banana Grove Restaurant at the CSM resort in Kobra Vaddo. Turn towards the beach between Tatophanie and the bike shop. She also manages three unmanageable daughters one of whom is Cookie the beautician, whom we met earlier. Such is their hospitality, I can't afford to visit Maggie and her family too often or I would soon weigh 20 stone plus! Her stuffed vegetables are delicious but contain about 1 million calories per portion.

Ingredients

1 cup Media or gram flour

1 teaspoon chilli powder

¼ teaspoon saffron

¼ teaspoon cumin

10 sprigs of fresh coriander

2 tablespoons mango powder

¼ teaspoon sugar

½ teaspoon salt

1 or 2 tablespoons ghee

1 pinch Asafoetida

12 good sized sound bindi (okra or lady fingers)

or

6 egg sized potatoes

Method

Sift together the flour and the powdered ingredients. Add the salt, saffron, sugar and cumin and mix well. Roughly chop the coriander leaves and add to the mixture and make the whole into a paste with some of the ghee.

For Bindi

Slit the bindi on one side down its length and press the spice paste inside.

For Potatoes

Peel the potatoes, cut a deep cross in each and press the spices mixture into the cross.

Take a deep pan, put the rest of the ghee in it and warm it gently. Add a pinch of Asafoetida. Lay the bindi or potatoes cut side up in the ghee. Cover the pan with a concave lid. Flood the top of the lid with cold water and cook on a slow fire for 15 minutes for bindi or 30 minutes for potatoes.

Maggie's Channa Masala

Ingredients

½ lb. Channa Dahl (*Chick Peas*)

1 teaspoon salt

¼ teaspoon saffron

½ teaspoon turmeric

4 fresh red chillies

1 onion

1 tablespoon ghee
1 pinch Asafoetida
¼ teaspoon mustard seed
2 tomatoes
1 tablespoon [Garam Masala](#)

Method

Soak the channa in plenty of water overnight and throw away the water.

Cover the channa with water and add two more inches. Add the salt, saffron, turmeric and red chillies and boil until soft or cook in a pressure cooker for about 10 minutes.

Peel and chop the onion, chop the tomatoes and fry in the ghee until the onion is transparent. Add the rest of the spices and fry gently for 10 minutes.

Strain the channa reserving any remaining water. Mix the channa with the spice mixture and add sufficient of the reserved water to make a sauce.

Fish

Fish is *the* thing to eat in Calangute. It comes fresh out of the sea every day caught by local men in hand made nets from what are essentially dugout canoes with an outrigger and a small outboard engine. For the freshest of fish, walk along the beach near where you are staying and look out for either beached boats or little triangular boat sheds covered in palm thatch. Ask someone what time your local boats come in each morning and meet them as they do.

If you don't want to get up early, have a look in Calangute market after 9 am where you will see the fishermen's wives sitting on the ground selling last night's catch of mackerel, pomfret, kingfish, shark, prawns and tiger prawns.

Traditional Fish Curry

This is the basic curry that most Goan fishing families eat most of the time and makes use of whatever fish was caught last night and has not gone to the market.

Ingredients

- 1 Coconut
- 15 Dried red chillies
- 5 dessertspoons Coriander seed
- ½ teaspoon Turmeric
- ¼ teaspoon Cumin
- ½ teaspoon Black pepper
- 2 dessertspoons Tamarind
- 1 Onion
- 3 Green chillies

6 cloves Garlic

½ inch Ginger (peeled)

2 lbs Mixed fish - skin, bones, heads and all

Salt to taste

Method

Gut and salt the fish and set to one side.

Grate the coconut on an Adow. Grind the red chillies, coriander seed, turmeric, cumin, black pepper, garlic and ginger together in the masala stone. Soak the tamarind until it forms a pulp, remove any stones and add the pulp to the masala stone with the coconut and mix to form a paste.

Chop the onion and slice the green chillies finely and add to the paste.

Wash off the fish, chop into 2 inch wide chunks, mix with the paste, cover with well water, bring to the boil and simmer gently till the fish is cooked.

Serve with Goan field rice.

One of the reasons that Goans have such beautiful teeth is that when they eat fish, they eat the whole fish including the skin, bones and the head.

Fried Small Fish

Ingredients

Any fish too small to go to the market or to put in the fish curry

10 cloves of garlic

1 inch ginger (peeled)

1 lemon

Salt and pepper

Ghee for frying

Method

Make a paste by crushing the garlic, grating the ginger, adding the salt and pepper together with the juice of the lemon. Liberally coat the fish with this paste and set aside for at least ½ an hour.

Fry the fish in the ghee and serve with boiled rice or chapattis.

Fish Fingers

Ugh! I thought when I saw this on Das' menu at the Athens Bar in Baga. Then, one day Scott ordered some and I tried one. They were delicious! Succulent strips of fresh fish, deep fried in a flour and water batter - nothing like Cap'n Bird's Eye at all.

Louis' Mackerel Recheiado

These mackerel are grilled with a red masala which is best made at least 3 days before you need to use it. It keeps in an airtight jar in the fridge.

Ingredients

6 Fresh mackerel

10 cloves of garlic

1 inch fresh ginger (peeled)

½ lb. Dried red chillies (yes half a pound)

½ teaspoon turmeric

½ teaspoon cumin

½ teaspoon black pepper

10 cloves

3 inches cinnamon

2 Onions

1 teaspoon sugar

2 tablespoons palm toddy or white wine vinegar

Salt

Juice of 1 lemon

Method

Peel and chop the onion and grind together with all the other ingredients except the fish in a masala stone to form a smooth paste.

When ready to cook the fish, gut them and open each fish along each side of the backbone. Sprinkle all the exposed surfaces with salt and lemon juice and set aside for ½ an hour.

Spread the masala on all the exposed surfaces, inside and out and grill each side until the fish is cooked

If you are feeling lazy or want to try a slightly different recipe, there's a lady in Calangute market most days who sells jars of her own, home made red masala.

Meat Dishes

It has been said that if you throw a coin in the air in Goa it will land on a nun, a priest or a pig. This is no longer the case but, because of Goa's mixed religious heritage, and fondness for pigs, Goan cooking makes much more use of beef and pork than the rest of India.

Mamai's Festival Food

Mamai and her family are staunch Catholics and celebrate the major feasts such as Christmas and Easter with special food. They also celebrate some other feasts in ways which you might not immediately recognise. There is for example the feast of St. John the Baptist in June, where legend has it that when Mary visited his mother, Elizabeth, the babe (St. John), leapt twice in her womb. This story has resulted in a local tradition of parties of men dressed in red costumes calling at each house in turn in order to jump in the well and then be rewarded with a bottle of feni.

Whatever the festival, Mamai produces Green Chilli Beef, Pork Sorportel, Chicken Xiacuti, Pulau Rice (page 12) and Palm Toddy Rice cakes. Here are her recipes, but if you want to cheat, you can buy packets of ready made masalas for most of these recipes in Mapusa market.

Green Chilli Beef

Ingredients

2 lbs. beef

8 green chillies

1 teaspoon black pepper

2 onions

1 tomato

3 sticks of cinnamon

1 bunch fresh coriander

¼ teaspoon turmeric

¼ teaspoon salt

1 dessertspoon palm toddy or white wine vinegar

10 cloves of garlic

1 inch fresh ginger (peeled)

1 tablespoon ghee

Method

Cut the beef into ½ inch squares and set in a pan. Add salt and cover with water. Bring to the boil and simmer gently until the beef is tender and all the water is absorbed. More water can be added if required.

Chop and fry the onions in the ghee until transparent. Add the chopped tomatoes and a little salt and fry together for 2 minutes.

Grind together the green chillies, black pepper, cinnamon, coriander (including the stalks), turmeric, vinegar, garlic and ginger in the masala stone and add to the onion and tomato mixture. Fry for 5 minutes.

Add the masala mixture to the beef together with two cups of water, mix well, bring to the boil and simmer until all the water has evaporated - probably about 15 minutes.

Pork Sorportel

When Goans kill a pig, they use everything except the squeak. What doesn't go into Sorportel goes into Goan Pork Sausages which are better bought from Calangute or Mapusa market than made at home.

Ingredients

2 lbs. boneless pork

1 pigs liver
1 pigs heart
1 pigs tongue
2 pigs kidneys
2 onions
6 green chillies
12 dried red chillies
1 teaspoon of black peppercorns
12 cloves of garlic
1 inch fresh ginger (peeled)
1 teaspoon cumin
8 cloves
2 inches of cinnamon
1 small cup palm toddy or white wine vinegar
1 tablespoon of ghee
½ cup of palm feni
salt

Method

Cut the boneless pork into hand sized pieces and put in a deep pan with the liver, heart, kidneys and tongue. Cover with water bring to the boil, reduce the fire and simmer for about 15 minutes.

Strain and reserve the water. Cut all the meat into ¼ inch cubes.

Make the masala by grinding all the spices except the chillies in the masala stone with enough of the vinegar to make a smooth paste.

Chop the onions and fry in the ghee until transparent add the masala and fry for a few minutes to release the flavour of the spices. Add the cubed meat to this mixture and fry for 5 minutes turning all the time.

Add the reserved water, any remaining vinegar, and the feni together with the chopped green chillies and salt to taste and simmer for about ½ an hour.

Chicken Xiacuti

Ingredients

1 skinned and jointed chicken

10 cloves of garlic

1 inch fresh ginger

Juice of 1 lemon

Salt and pepper

1 coconut

8 red chillies

½ teaspoon cumin

1 teaspoon coriander seed

1 teaspoon poppy seed

½ teaspoon fenugreek seed

8 peppercorns

5 cloves

1½ inches cinnamon

1 teaspoon aniseed

½ teaspoon saffron

3 onions

1 tablespoon tamarind

2 tablespoons ghee

salt

Method

Make a paste by grinding together the garlic, ginger and lemon juice. Liberally coat the jointed chicken with this paste and set aside for at least ½ an hour.

Grate the coconut on an adow and brown the grated coconut in a dry pan and set aside.

Soak the tamarind to a pulp and remove any stones.

Roast the dry spices in the dry pan for a few minutes then grind them together roughly with a little water.

Chop 2 of the onions and fry them in ½ the ghee until they are transparent. Add the masala and cook to a thickish paste.

Chop and fry the other onion in a deep pan in the rest of the ghee then toss in the chicken pieces and brown them. Add the masala, the coconut and the tamarind pulp and sufficient water to make a sauce.

Cook until thick.

Palm Toddy Rice Cakes

Although slightly sweet, these rice cakes are served with meat dishes alongside breads and rice. Joggery is the first stage of sugar production and you can buy it in Mapusa market. The juice is squeezed from the sugar cane and boiled with limestone to produce a solid brown mass which looks and tastes a bit like fudge - but not a lot. You will recognise a joggery factory by the piles of sugar cane outside, both squeezed and unsqueezed. Just walk in and ask to try a little.

Ingredients

1 lb. ground rice

1 coconut

¼ bottle fresh palm toddy

or 2 sherry glasses of sweet sherry and 1 teaspoon yeast

¼ lb. joggery or Demerara sugar

Well water

Method

If using sherry, mix the yeast with a little white sugar and water and set aside in a warm place to ferment for ½ an hour.

Grate the coconut on an adow and mix it with the ground rice and sugar and gradually add the toddy or yeast mixture then the sherry.

Add enough water to give the consistency of thick soup. Set aside in a warm place to ferment for ½ an hour.

Set a large steamer boiling and ladle the mixture into coffee saucers. Steam for 15 to 20 minutes and then allow to cool in the saucers. Serve cold with meat dishes.

Chicken Cafreal

Ingredients

1 skinned and jointed chicken

6 green chillies

1 inch ginger (peeled)

12 cloves garlic

1 tablespoon coriander seed

1 teaspoon cumin

1 teaspoon [Garam Masala](#)

1 teaspoon mango powder

2 onions

Method

Chop 1 onion and grind together in the masala stone with the chillies, ginger,

garlic, coriander, cumin, and [Garam Masala](#) and a little water to make a smooth paste. Mix in salt to taste and the mango powder.

Coat the chicken pieces with the masala and set aside for at least an hour - half a day would be better.

Chop the other onion and fry in the ghee until transparent and add the coated chicken pieces. Stir fry until the chicken is cooked.

Pork Vindaloo

Not the violently hot vindaloo you get in Indian Restaurants in England, this vindaloo, although fairly hot, is distinguished by the Goan use of palm toddy vinegar and tomato puree.

Ingredients

2 lbs. lean pork

1 large onion

5 dried red peppers

½ teaspoon cumin

½ teaspoon black peppercorns

4 cloves

½ teaspoon green cardamom

½ teaspoon mustard seed

½ teaspoon turmeric

1 inch fresh ginger (peeled)

2 inches cinnamon

5 cloves of garlic

1 teaspoon dry mango powder or the juice of ½ a lemon

3 tablespoons palm toddy or white wine vinegar

2 tablespoons tomato puree

½ teaspoon jaggery or Demerara sugar

2 tablespoons palm feni

Salt

1 tablespoon ghee

Method

Cut the pork into ½ - 1 inch squares, salt it and set aside. In the masala stone, grind the dried red peppers, cumin, black peppercorns, cloves, green cardamom, mustard seed, turmeric, fresh ginger, and cinnamon with the vinegar, add the tomato puree, jaggery, and feni and mix the masala in with the meat. Leave to stand for at least an hour.

Chop the onion and the garlic, fry the onion in the ghee until it is transparent, add the garlic and cook for a few more minutes. Add the spiced meat and brown all over. Add enough water to form a thickish sauce and simmer until the meat is tender.

Puddings

There doesn't seem to be a strong, distinctive Goan tradition of puddings except for Bibinca. So I've included the Indian puddings that I like best. The Infantaria Pasteria, on the left, about 2 hundred yards towards Baga from the traffic island in Calangute, sells delicious pastries, cakes and other sticky fattening delights and is well worth a visit.

Bibinca

You will almost certainly be offered Bibinca, the traditional 'pancake' cake, during your stay in Goa. If not, give it a try at the Infantaria. It is quite time consuming and expensive to make and I'm not wild about it but, it's traditional, so here's the recipe.

Ingredients

2 lbs white sugar

2 coconuts

20 egg yolks

2 teaspoons ground green cardamom seed

½ teaspoon grated nutmeg

About 4 oz. plain flour

1 cup ghee

Method

Grate the coconuts on an adow, transfer to the masala stone and grind with water for a few minutes. Squeeze out the 'milk' in a muslin cloth and return the coconut to the stone. Repeat until you have 3 cups of coconut 'milk'. Or do the same in a liquidiser.

Beat the egg yolks. Mix the sugar with the coconut milk until it is dissolved and add the nutmeg and cardamom. Add this mixture to the egg yolks, beating all the time. Make a lump free batter by slowly beating in the flour

until it is the same consistency as you would use for pancakes.

Take a deep pan with straight sides which will fit under your grill. Set the grill to medium. Just cover the bottom of the pan with ghee and heat it under the grill. Pour a 'pancake' of the batter on to the ghee and return to the grill until it is cooked. Cover the cooked pancake in ghee and run another pancake on top of it. Grill until cooked then repeat the process until you run out of batter or patience. When all is done, allow to cool, chill in the fridge, heat the outside of the pan in hot water and turn out on to a cold plate. Serve in thin slices decorated with edible pure silver leaf.

Jillebi

I love this sticky fried sweet!

Ingredients

4 cups plain flour

3 lbs ghee

½ teaspoon saffron

9 cups sugar

½ oz. yeast

Water to make a batter

Method

Mix the yeast and ½ a teaspoon of sugar and a little warm water and set aside in a warm place.

Make a flour and water batter of the same consistency as you would use for pancakes, mix in the working yeast, cover and set aside in a warm place.

Add 4 cups of water to the sugar and cook until it forms a thick syrup. Turn down the fire sufficiently to just keep the syrup warm. Soak the saffron in a tablespoon of hot water for 10 minutes and add it to the syrup.

Heat the ghee in a heavy frying pan. Take a funnel with a neck about ¼

inches in diameter and stick your finger over the end. Fill the funnel with batter and let it flow into the hot ghee in a spiral, starting in the middle and working outwards. Cook until golden, turn carefully and cook the other side until golden. Drop the cooked spiral into the syrup and cook the next one. repeat until all the batter is gone.

Serve hot or cold with a large bowl of water and a flannel.

Gulab Jamon

Ingredients

12 ozs sugar

1¼ pints water

½ teaspoon rose water

7 tablespoons powdered milk

3 teaspoons self raising flour

1 teaspoon semolina

8 small green cardamoms

¼ teaspoon saffron

1 oz. ghee

Milk

Ghee for frying

Method

Mix the sugar and water in a heavy pan and cook to a thick and lightly coloured syrup. Mix in the rose water and reduce the fire sufficiently for the syrup to stay just warm.

Grind the cardamom and mix with the other dry ingredients in a bowl. Rub in the ghee and mix in sufficient milk to form a soft dough

Remove the syrup from the heat.

Divide the dough and roll into small balls about an inch in diameter. Deep fry the balls in ghee until golden brown all over then transfer them to the syrup.

When all are done, bring the syrup containing the balls to the boil and remove it from the heat.

Serve hot or cold.

After Dinner

Stories

Walk round Anjuna market on Wednesday until you find a chap called Scott. He'll be selling the clever roll-up travelling backgammon sets that he makes and he probably won't be far away from Justine. Buy him a (large) beer and ask him to tell you the story of the chap from the Gan Tok Hilton. You should find it a worthwhile investment.

2006 Note

You won't find Scott in Anjuna Market any more but you will find him in Agua Amarga in Almeria Spain running a small gift shop in the summer and relaxing and making music in the winter.

And Finally

Have you ever wondered why Rizla make those big cigarette papers so big?



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Philip & Bobby Boyd

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