

கிறிஸ்மஸ் கிச்சன் ஸ்பெஷல் ||

தூத்துக்குடி மாவட்டம் பல சிறப்புகளுக்கு பெயர் பெற்ற ஒரு மாவட்டம், பல குறிப்பிட்ட உணவு வகைகளும் அடக்கம். அதில் மிகவும் பிரசித்தம்; கிறிஸ்து பிறப்பு, புத்தாண்டு என்றாலே தெருக்கள் தோரும் வாழைப்பழ இனிப்பும், நொய் இனிபின் மணம்தான் எல்லோரையும் கிறங்கடிக்கும். எனவே இன்றைய **வாங்க!, இன்று என்ன சமையல்** பகுதியில் தூத்துக்குடி வட்டார சில சமையல் வகைகளை "கிறிஸ்மஸ் கிச்சன் ஸ்பெஷல்" சமையல் குறிப்புகளாக அதிலும் மீன் பிரியர்களுக்காக செய்முறை விளக்கத்துடன் அறிய தந்திருக்கின்றோம்.

Vazhapazha Innippu

Ingredients

- Banana (Vallapazham) 5
- Sugar 200 gm.
- Ghee As Required

Method

- ❖ Peel off the bananas and put them in a big pan. Mash them nicely and add sugar. Mash the mixture again. Keep the pan on the stove and keep stirring. Keep medium flame and add ghee. The mixture starts thickening. When it reaches consistency and the color becomes dark brown, put off the flame and keep stirring. Spread ghee in plates and pour the mixture in them. Allow it to cool for one day and cut into small pieces.

Noi Innippu

Ingredients

- Semolina(Noi or Ravai) 1 Kg
- Sugar 1.5 Kg.
- Coconut 2 Nos.

Method

- ❖ Take milk by grinding the coconut kernel and adding water a little. Add sugar in the milk and keep the mixture in the stove and stir. When the mixture starts thickening pour semolina and keep stirring. When the mixture reaches consistency, add two drops of vanilla essence.

FISH FRY

Boneless fish fillets coated with a blend of Indian spices and then deep fried to perfection

Ingredients

- Boneless fish fillets 500 gms.
- Red chili powder ½ tsp.
- Ground cumin 1 tsp.
- Ground coriander ½ tsp.
- Garlic, crushed 3 nos.
- Ground anise seeds (fennel) 1 tsp.
- Lemon juice 1 tbsp.
- Oil For deep-frying
- Salt To taste

Method

- ❖ Remove skin from fish, rinse and pat dry with paper towels. Cut into large chunks.
- ❖ Mix together cumin, coriander, ground anise, chili powder, garlic, lemon juice and salt, blending to a smooth paste.
- ❖ Spread over fish, cover and refrigerate for an hour.
- ❖ Half fill a deep pan or Kadhai with oil and heat.
- ❖ Fry the fish, until golden brown.
- ❖ Drain on paper towels. Serve hot.

FISH CURRY

Boneless fish fillets cooked in a blend of coastal spices and coconut milk. A typical Indian curry

Ingredients

- Boneless fish 12 fillets
- Mustard seeds 1 tsp.
- Garlic, chopped 8 cloves
- Ginger, julienne 1" 1 no.
- Green chilies, slit lengthwise, deseeded and julienned 6 nos.
- Onions, grated 150 gms.
- Curry leaves 24 nos.
- Tomatoes, pureed & strained 3 nos.
- Turmeric powder ½ tsp.
- Coconut milk 2 cups
- Vinegar 1 tbsp.
- Coriander leaves 1 tbsp.
- Oil 2 tbsp.
- Salt To taste

Method

- ❖ Heat oil in a pan and season with mustard seeds.
- ❖ Stir over medium heat until they begin to splutter.
- ❖ Add garlic and ginger and stir for a minute. Add green chilies. Add onions and sauté until brown. Add turmeric powder, curry leaves and tomatoes. Fry for 2-3 minutes.
- ❖ Add the coconut milk. Bring to a boil.
- ❖ Add fish, salt and vinegar. Cover and simmer for a few minutes till the fish is tender. Stir only once or twice and very gently to make sure that the fillets do not break.
- ❖ Taste and adjust the seasoning. Garnish with coriander leaves and serve with Steamed Rice.

TANDOORI FISH

Delicious grilled fish marinated in Yogurt and spices

Ingredients

- Fish 800 gms.
- Ginger 1 cm. piece
- Cumin seeds 1 tsp.
- Chili powder ½ tsp.
- Amchoor 1 tsp.
- Turmeric powder ½ tsp.
- Ghee 1 tbsp.
- Garlic 1 tbsp.
- Salt to taste
- Dry mint leaves 1 tsp.
- Lime juice 1 tsp.
- A little curd

வாங்க, இன்று என்ன சமையல்

Method

- ❖ Grind together garlic, ginger, cumin seeds to a smoothpaste. Add amchoor, chili powder, salt and Curd/Yogurt.
- ❖ Clean and remove the skin of the fish and cut the fish crosswise into desired size pieces. Sprinkle with lime juice and set aside for 10 minutes.
- ❖ Marinate the fish with the ground paste for 3 hours.
- ❖ Remove the excess marinade, brush the wire mesh with oil and place the fish on it in the preheated tandoor / grill. Cook for 3 to 4 minutes.
- ❖ Turn the fish over and smear with Ghee. Continue cooking for another 3 to 4 minutes until done. Brush the ungreased side with ghee and return to tandoor /grill for another minute.

SPICY FISH

No one can eat just one - you won't be able to resist this spicy fish.

Ingredients

- Fish(centre bone river fish) 1 kg.
- Malt vinegar ½ cup
- Ginger paste 3 tbsp.
- Garlic paste 3 tbsp.
- Green chili paste 4 tsps.
- Ajwain 3 tbsp.
- Red Chili Powder 1 tsp.
- Turmeric ½ tsp.
- White pepper powder ½ tsp.
- Gram flour 1 cup
- Orange colour Few drops
- Oil to fry
- Salt to taste

Method

- ❖ Wash the fish and cut into 1/2" thick slices and pat dry.
- ❖ First Marination:
 - - Dissolve salt in vinegar and leave the fish in this marinade for atleast 25 mins.
 - - Remove, place between two napkins and press gently to remove the excess moisture.
- ❖ Second Marination:
 - - Mix the ginger,garlic & chili paste, ajwain, red chillis, turmeric, pepper and salt with gram flour.
- ❖ Add 7 tbsps of water and orange colour and make a paste of coating consistency.
 - - Apply the paste on both sides of the fish and arrange them on a tray atleast an inch apart. Keep aside for 20 mins.
- ❖ Heat ghee in a frying pan and fry the fish over medium heat until well cooked.

GRILLED FISH

Grilled spiced pamphlet. A real treat for sea-food lovers

Ingredients

- Pomphret,big 1 no.
- Garam masala 1 tsp.
- Coriander powder 1 tsp.
- Vinegar 2 tbsps.
- Ginger garlic paste 1 tbsp.
- Chilli powder To taste
- Oil 1 tsp.
- Salt To taste

Method

- ❖ Rub the fish with salt, chilli powder, garam masala, vinegar, coriander powder and ginger garlic paste. Keep it aside.
- ❖ Line a pan with oil and grill the fish.
- ❖ Serve hot.
