

“Herbie in South India” A Spice Discovery & Cooking Experience DVD



Herbie in South India:

In 1998 I travelled to South India with a film crew from Channel 9's FRESH. During the two week sojourn we visited spice plantations, cooked recipes with well-known Indian chefs and I even had a go at showing the Indians how to make a curry, which I must say they loved!

These recipes are all relatively easy to make, and watching the DVD and using them, will make the task of creating an Indian taste sensation even easier.

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Special Acknowledgements to the production crew who made filming these segments in South India such a wonderful experience:

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Footage courtesy of	Fresh – Channel 9 Sydney



Cochin-style barbecued seafood

Ian 'Herbie' Hemphill

Serves 4

INGREDIENTS:

2 tablespoons grated onion
6-8 curry leaves, crumbled
pinch medium ground chilli
1 teaspoon garam masala
½ teaspoon salt
4 king tiger prawns, peeled and deveined
2 rock lobsters, halved lengthways
1 red onion, finely sliced
½ cup coriander leaves
1 lime, cut into wedges

METHOD:

- Pound the onion and curry leaves together in a pestle and mortar to form a coarse paste.
- Stir in ground chilli, garam masala and salt and mix well.
- Brush mixture evenly onto seafood and allow to marinate for 30 minutes or as long as possible.
- Heat a barbecue grill or plate over medium high heat and cook seafood 4-5 minutes on each side or until cooked through.
- Serve hot, topped with onion rings, coriander and lime wedges.



Prawn Moilee

Serves 4

INGREDIENTS:

16 medium prawns
1½ teaspoons ground turmeric
1 teaspoon salt
2 tablespoons coconut oil
2 sprigs curry leaves (20-30 leaves)
1 red onion, sliced
3-4 small green chillies, sliced
1 x 2cm piece fresh ginger, julienned
2 cloves garlic, cut into julienne strips
2 tomatoes, diced
200ml thick coconut cream

METHOD:

- Mix the prawns with 1 teaspoon of the turmeric and salt. Set aside for 10 minutes.
- Meanwhile, heat coconut oil in a pan over medium heat and add half of the curry leaves; heat for 1-2 minutes or until leaves are crisp. Remove and set aside.
- Add onion, chilli, ginger and garlic to the same pan and cook 4-5 minutes or until onions have softened and garlic is golden.
- Stir in tomatoes and remaining curry leaves and simmer further 2 minutes.
- Stir in turmeric and cook a further 30 seconds.
- Add coconut cream and mix well; add prawns and simmer 2-3 minutes or until prawns are cooked.
- Serve with steamed rice and garnish, topped with fried curry leaves.



Payasam

Jenni Jose K, Cochin, India
Serves 8

INGREDIENTS:

ada

250g rice
½ cup water
100mls coconut oil
banana leaves, washed and cut into 24cm squares

molasses jaggery sauce

1 cup water
750g molasses jaggery, grated
1 litre coconut milk
600g coconut cream

seasoning

½ teaspoon ground ginger
1 teaspoon ground cardamom
½ teaspoon ground cumin
100g ghee
150g cashews
100g raisins
2 kathali bananas
1 tablespoon sugar

METHOD:

- To make the ada, soak rice in cold water, drain and grind to a fine powder. Pass through a sieve and set aside in a large bowl. Slowly add enough water to form a smooth batter. Mix in coconut oil to form a batter the consistency of pouring cream.
- Soften banana leaves by running leaves over a flame; set aside.
- Pour a little batter onto each leaf and spread batter thinly. Roll up leaf and tie to secure with string.
- Bring a large pan of water to the boil and drop in banana rolls; cook gently for 10-15 minutes. The rice batter will have solidified into translucent sheets.
- Remove from banana leaves and place into chilled water for a few minutes. Remove cleaned ada and cut into squares.
- To make the molasses jaggery sauce; place water into a saucepan and bring to the boil. Add jaggery and stir to dissolve completely. Strain mixture to remove any residue and scum and pour into a thick bottomed saucepan or uruli.
- Cook over high heat until sauce is syrupy and thick. Add cooked ada pieces and continue boiling until reduced by one third (15-20 minutes). Stir in coconut milk.
- Add ground spices to coconut cream and add cream to molasses syrup. Bring to the boil. Turn off heat and set aside.



Payasam - Continued

- In a separate pan heat ghee and fry cashews until golden brown; remove. Add raisins to hot ghee and fry until puffed up. Add cashews and nuts to payasam.
- Mash bananas with sugar and stir into mixture. Spoon a little into serving bowls and serve hot or cold.

Mango Dhal

Serves 4

INGREDIENTS:

150g yellow split lentils (dhal), soaked in water overnight
1 small green mango, peeled and grated
2 small green chillies, chopped
1/3 cup coconut oil
2 teaspoons black mustard seeds
pinch turmeric
pinch chilli powder
½ teaspoon asafoetida
salt, to taste
6-8 curry leaves

METHOD:

- Drain lentils well and place into a pan along with the mango and chillies; cover with cold water and simmer for 40 minutes or until tender. Mash lentils lightly and set aside.
- Heat 2 tablespoons of the coconut oil in a pan and add half the mustard seeds; allow seeds to crackle and then stir in spices. Cook for one minute or until fragrant.
- Add lentils and salt and simmer for 5-10 minutes.
- Just before serving, heat remaining coconut oil in a small pan and add mustard seeds and a pinch of turmeric & asafoetida. Pour hot fragrant oil over dhal and serve immediately as part of a meal.



Pearl Spot Fish

Anu from Phillipkutty's Farm

Serves 4

INGREDIENTS:

¼ cup coconut oil
10 cloves garlic, chopped
2cm piece ginger, thinly sliced
3-4 small green chillies, chopped
2 red onions, sliced
1 sprig fresh curry leaves
1 tablespoon red chilli powder
½ teaspoon ground turmeric
2 tablespoons ground coriander
½ teaspoon crushed black pepper
3 cardamom pods
3 whole cloves
1 small cinnamon stick
2 tomatoes, chopped
1 tablespoon coconut vinegar
½ cup water
pinch salt
4 whole pearl spot fish, gutted and scored

METHOD:

- Heat oil in a pan over medium heat and add garlic, ginger, chilli, onions and curry leaves.
- Cook gently for 5 minutes or until garlic is lightly golden and onion has become transparent. Stir in ground spices and mix well.
- Lightly crush cardamom pods, cloves and cinnamon in a mortar and add to curry; cook a further 1-2 minutes or until fragrant.
- Add tomatoes, vinegar and water and season with a good pinch of salt; simmer 2-3 minutes.
- Place fish onto the masala curry and cook, covered for 2-3 minutes. Turn over and cook a further 3 minutes or until fish is cooked.
- Add extra water if sauce is too dry.
- Serve fish with India Appam (rice noodles).



Braised Black Pepper Beef

Chef Manoj at Spice Village
Serves 4-6

INGREDIENTS:

1kg beef tenderloin, trimmed

masala marinade

1 tablespoon extra virgin coconut oil
½ cup grated fresh coconut
2 eshalots, peeled and sliced
2 teaspoons coriander seeds
5 small dried red chillies, seeds removed and chopped
3 sprigs curry leaves
1 tablespoon crushed black pepper

braising curry sauce

1 tablespoon extra virgin coconut oil
1 cinnamon stick, broken up
2 teaspoons cardamom pods
1 teaspoon whole cloves
1 red onion, finely sliced
4 cloves garlic, chopped
3cm piece ginger, peeled and cut into thin strips
1-2 small green chillies, chopped
2 sprigs curry leaves
pinch salt
½ teaspoon chilli powder
½ teaspoon ground turmeric
½ teaspoon garam masala
2 teaspoons ground coriander
2 teaspoons crushed black pepper
1 teaspoon ground fennel seeds
water
1 large tomato, peeled and chopped
100ml coconut cream

finely sliced curry leaves to serve

METHOD:

- For the masala marinade: heat half the oil in a pan over medium heat and add coconut and eschalots and cook, stirring frequently until onion has softened and browned.
- Stir in coriander seeds, dried chilli and curry leaves and cook a further 2-3 minutes or until mixture is dark and very dry. Add crushed pepper and mix well.



Braised Black Pepper Beef - Continued

- Remove and cool slightly. Spoon masala into the bowl of a food processor with remaining coconut oil and process until smooth. Rub evenly over beef and refrigerate overnight.
- Heat a barbecue or char-grill plate over medium high heat and cook beef for 8-10 minutes or until medium rare. Remove and set aside.
- For the braising sauce; heat oil in a pan over medium high heat and add cinnamon, cardamom and cloves. Allow to crackle before adding the onion, garlic, ginger and green chilli. Cook stirring for 2-3 minutes to allow the onion and garlic to soften.
- Reduce heat to low and add spices to pan over the onions and stir in enough water to form a thick sauce consistency. Add tomatoes and cook a further 2 minutes.
- Meanwhile, slice beef thinly and lay over the braising curry sauce; cover and simmer 10-15 minutes before drizzling over coconut milk.
- Serve topped with extra finely sliced curry leaves.

Avial (mixed vegetable curry)

Serves 4

INGREDIENTS:

500g mixed vegetables (brinjal, pumpkin, cucumber, string beans, eggplant, yam, potato, drumstick, snake gourd etc as available) cut into long thick slices

¼ cup onions sliced into big pieces

4 green chillies, split lengthwise

3 sprigs curry leaves

½ teaspoon whole cumin seeds

3 eschalots, sliced

½ teaspoon turmeric

salt to taste

2 cups fresh coconut grated (or 2 cup desiccated coconut soaked in water for 5 minutes then squeezed to remove water)

½ cup plain yoghurt

1 tablespoon coconut oil

METHOD:

- Place the vegetables, onions, chillies and half the curry leaves in a saucepan with ½ cup water, turmeric and salt. Steam gently over low heat until vegetables are almost cooked.
- Puree the cumin, eschalots and coconut in a blender or pestle and mortar until it turns into a rough paste. Stir in yoghurt. Add the coconut paste to the vegetables and continue to cook until vegetables are tender.
- Heat coconut oil in a saucepan over medium heat and add remaining curry leaves; allow leaves to crackle and pour over the curry. Serve immediately with rice.



Appam (coconut milk appam)

Rosa at Johnny's Farm

Serves 6

INGREDIENTS:

1¼ cup rice flour

¾ cup water

4g dried yeast

1½ cups coconut milk

3 tablespoons sugar

½ teaspoon salt

METHOD:

- Place 1½ tablespoons of rice flour and water into a saucepan and mix well. Bring to the boil and cook until thick; remove and cool completely.
- Combine cooled thickened rice flour with yeast, coconut milk, sugar and remaining rice flour; mix well to form a thick batter. Allow mixture to stand at room temperature for upto 3 hours to ferment.
- Just before cooking, stir in salt and mix well.
- Heat pan over medium heat and pour in a ladleful of appam mixture. Tilt pan to allow mixture to cover the base and cook, covered for 2-3 minutes.
- Remove to a plate and keep warm. Repeat with remaining batter.
- Serve appams with any meat curry.



Prawn Vada Masala

Serves 4

INGREDIENTS:

1 teaspoon dried chilli flakes
20 curry leaves plus extra for garnish
1 tablespoon finely chopped shallots
500g green prawns, peeled and chopped
pinch salt
½ teaspoon chilli powder
2 tablespoons coconut oil
2 cloves garlic, finely chopped
1 red onion, sliced
4 green chillies, sliced
2cm piece ginger, julienne
1 teaspoon fenugreek seeds
1 teaspoon brown mustard seeds
150g tomatoes, sliced

METHOD:

- Crush half the chilli flakes, 6 curry leaves and shallots and mix with chopped prawns.
- Add salt and chilli powder, and then form into balls; flatten slightly.
- Heat half the oil in a frying pan over medium heat and cook prawn cakes in batches for 1-2 minutes; remove and set aside.
- Heat remaining oil in the same pan, add fenugreek, mustard seeds and the remaining chilli flakes and cook until seeds pop.
- Add chopped garlic, green chilli, ginger and onions and cook 2-3 minutes.
- When lightly brown, add sliced tomatoes, curry leaves and salt to taste.
- Cook until tomatoes have softened.
- Serve the masala over the prawn cakes. Garnish with fried curry leaves.



Herbie's Saturday Curry

(From Spice Notes & Recipes by Ian Hemphill published by Macmillan)

2 tbsp curry powder:

(The following curry powder can be made anytime and the remainder kept in an airtight jar for later use)

- 5 tbsp coriander seed
- 2 tbsp cumin seed
- 3 tsp turmeric
- 2 tsp ginger
- 1 tsp yellow mustard seed
- 1 tsp fenugreek seed
- 1 tsp cinnamon quills
- ½ tsp cloves
- ½ tsp cardamom seed
- ½ tsp chilli (more or less to taste)
- 1 ½ tsp black pepper

2 tbsp oil

1 tbsp panch phora

1 onion, chopped

500 g beef, lamb or chicken cut into 2 cm cubes (mutton or goat)

2 tsp lemon juice

1 can (400 g) whole peeled tomatoes

1–2 cups of water (depending on desired consistency)

2 tsp garam masala

2 tsp chaat masala

3 dried long chillies

2 tbsp large garlic flakes

2 tbsp tomato paste

8 curry leaves

1 tsp methi (fenugreek leaves)

Heat a heavy-based pan on the stove, add curry powder and dry-roast, stirring continuously with a wooden spoon for around 2 minutes, being careful not to burn. Add oil and make into a paste, then add panch phora and stir until seeds start popping. Add onion and stir for 2 minutes; do not overcook. Add meat, about 6 pieces at a time, making sure each piece is browned and coated with spices. Add lemon juice, tomatoes and water, roughly chopping tomatoes while stirring. Sprinkle garam masala and chaat masala over surface and drop in whole chillies and garlic flakes. Add tomato paste, curry leaves and methi, stir, then turn off heat. Place in ovenproof pot with lid on and cook in an oven at 125°C for 2 hours. Remove from oven, allow it to cool and store in the refrigerator ready to heat and serve the next day.



Vegetarian Sambar

(From Spice Notes & Recipes by Ian Hemphill published by Macmillan)

1 cup lentils or yellow split peas, soaked and cooked in 4 cups water until soft
2 tbsp mustard oil
2 tbsp sambar powder
3 tbsp ground coriander seed
3 tbsp besan flour
1 tbsp ground cumin seed
1 ½ tsp coarsely ground black peppercorns
¾ tsp each of salt, ground fenugreek seed, amchur powder, brown mustard seeds
and mild chilli powder
½ tsp each of ground cinnamon quills and Alleppey turmeric powder
8 curry leaves, dried and chopped
¼ tsp asafoetida powder

2 cups vegetables, such as eggplant, potato, okra and carrot, chopped into 1cm
pieces*
2 cups water
½ tsp salt
steamed rice and coriander leaves, to serve

Heat the oil in a large saucepan and stir in the sambar powder. Stir for one minute
and then add the vegetables and stir-fry for a further two minutes. Pour in the water
and salt, cover and simmer until vegetables are cooked. Add the mushy lentils or
peas and simmer for another five minutes.

Garnish with fresh chopped coriander leaves and serve hot over rice. Serves 4 as a
meal.

When two or three vegetables are used there is a subtle blending of flavours. For a
more distinctive flavour, make the sambar with only one type of vegetable.

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