

JAPANESE CURRY KATSU



First we start by peeling and prepping carrots, potatoes, cubed pork, onions, garlic and ginger (all fresh)

Cook the onions, garlic and ginger till clear before adding the pork

Cook the pork until its no longer pink, and add four cups of chicken broth alongside 1 tbsp of ketchup, 1 tbsp of honey, and 1 tbsp of soy sauce (apples optional)

Boil for 15 mins until the potatoes get soft while skimming the surface

Add the roux (if we are using boxed) and slowly dissolve each cube

Allow the curry to boil for an additional 10 minutes until thickened

Finally we serve with calrose rice

On the side, during this process we make the Katsu

To do this we mallet pork cutlets until thin

Season the pork with salt and pepper

Bread with seasoned flour, egg and panko

Shallow fry each cutlet (3 minutes each side first cook, 1 min each side second cook)

During the process the cutlets are left to rest on a wire rack

Once all is done, we cut to the katsu vertically, and lay on top a bowl consisting of half rice, half curry

Lomo saltado

(Peruvian-Chinese Beef Stir-Fry)



Ingredients

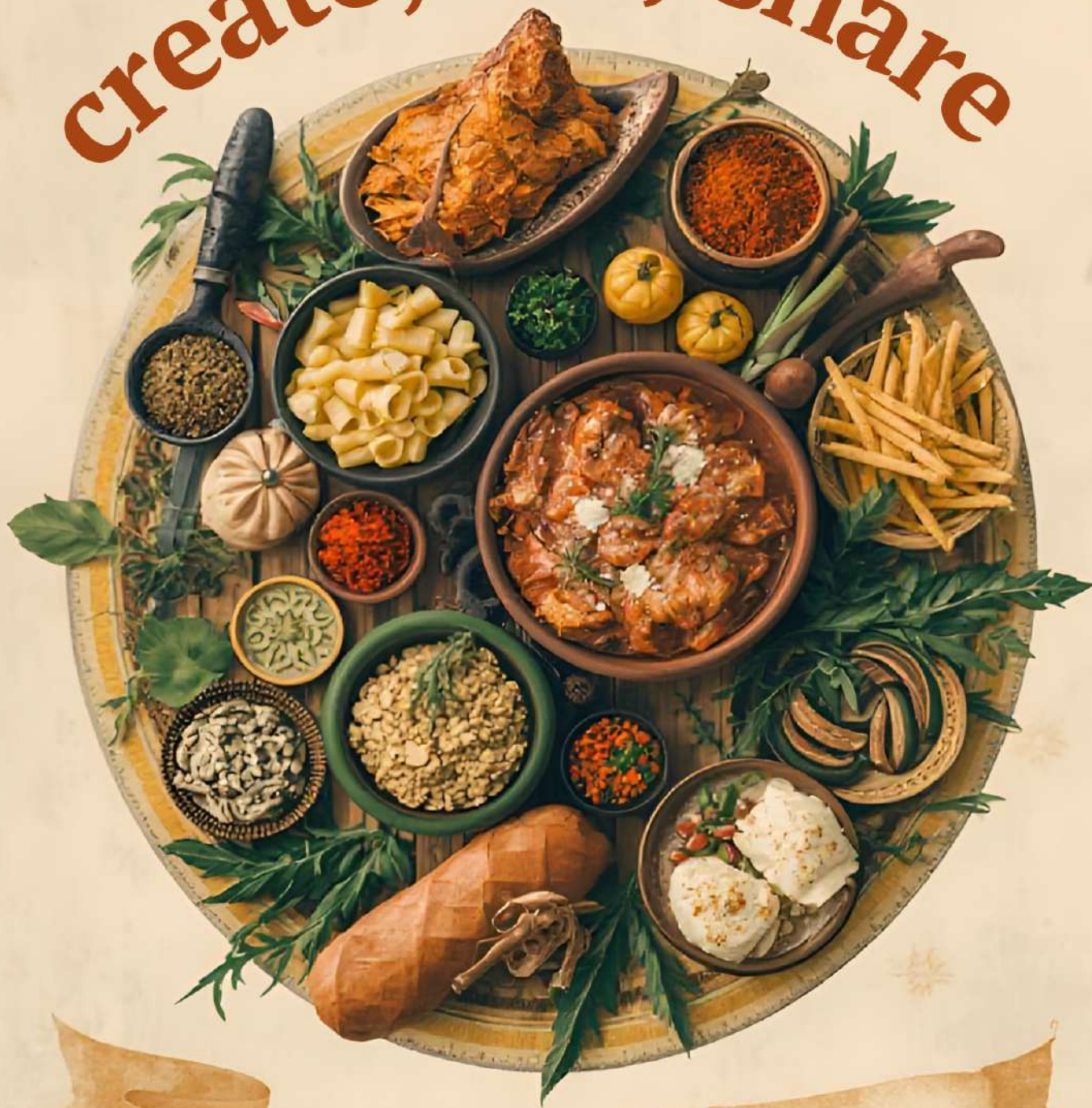
- 450-500 grams beef (sirloin or fast fry cut)
- Mix of finely cut carrots and cucumber
- 1 red bell pepper, chopped (for spicy variation, you can substitute 2 yellow chilli peppers)
- 5 shitake mushrooms, chopped
- 1 bunch of green onions, chopped finely
- 1-2 red onions, cut into rings
- 1 tablespoon crushed garlic
- 1 tablespoon peeled, crushed ginger
- 1 tablespoon pisco or red wine
- 2 tablespoons vinegar (preferably rice vinegar, although apple cider vinegar works too)
- 2 tablespoons soy sauce
- 4 tablespoons oil
- 1 teaspoon sugar
- 1 tablespoon corn starch, dissolved in a little bit of water
- Salt, pepper, and cumin to taste (can also add some coriander leaves if desired)
- Cooked French fries (about 250 g)

Cut up beef into thin strips and stir fry with the garlic in hot oil in a wok. Remove and set aside.
Add chopped shitake mushrooms and incorporate red onions and peppers, carrots, cucumber and ginger
and stir fry. Add vinegar.

Reincorporate already fried beef. Add green onions, soy sauce, sugar, cumin, salt and pepper.
Mix and cook together.

Add the corn starch dissolved in water
Add cooked French fries and mix in enough so that they absorb some of the sauce and become part of the
overall mix (it makes them a bit soggy, but you don't want to make them too soggy).
Serve with rice.

create, eat, share



a taste of history



Mrs. Abelson's Brisket Recipe



Cooking Steps

1. One bottle of chili sauce
2. 4 tbsp brown sugar
3. 4 tbsp Worcestershire sauce
4. 2 packages of onion soup mix.
5. 1 cup Manischewitz wine
6. 4 tsp dry mustard powder
7. Preheat oven to 350°F.

Delicious Brisket

for one 5/lb brisket
(with extra sauce)

8. Line roaster with tin foil to create foil bubble around meat.
9. Cook for 3-3 ½ hours

CHARAN'S MOM'S CHICKEN RICE

Ingredients

- Chicken Thighs
- 1 Onion
- 1 Tomato
- Half a palm Ginger
- 2 cloves of Garlic
- 2 Thai Chilli Peppers
- 0.5 spoons of Salt
- 0.33 spoons of Turmeric
- 0.33 spoons of Chilli Powder
- 1.5 spoons of Garam Masala
- 1.5 spoons of Shan's Chicken Curry Powder
- 1 spoon of MDH Deggi Mirch
- 2 spoons of Ghee
- 1.5 cups of Uncooked Rice

Method

- ✓ Blend onion, tomato, ginger, garlic, and thai chilli peppers
- ✓ Put Ghee in pot and cook on medium until hot
- ✓ Put in blend and let it heat up
- ✓ Add all spices, mix and let it heat up
- ✓ Once heated add 0.25 cups of water and let it heat up again until water is gone. You keep repeating this until it's a nice dark red/orange colour and the ghee seems to be coming out of the blend again. In the end you should just have a thick red/orange paste. Honestly, this is the hardest step and takes some practice to get right.
- ✓ Once the blend is right, you add 1 cup of water and the chicken.
- ✓ Let the chicken cook (I know people think it's unsafe, but I like to eat the chicken to test if it's cooked. You can do what you need to)
- ✓ Once the chicken is done or close to done, add the uncooked rice into the chicken and the appropriate amount of water (usually 1:2 ratio) and let the rice cook in the chicken curry.
- ✓ Eat and enjoy!

Mum's Chocolate Cream Pie

Ingredients

One pie crust
¼ pound butter, room temperature
¾ cup white sugar
¼ tsp salt
2 eggs
2 ounces unsweetened chocolate
1 tsp vanilla extract
Whipping cream

Instructions

Melt the chocolate slowly and allow to cool slightly
Beat the butter, sugar, salt and eggs together until very smooth
Mix in the melted chocolate
Mix in the vanilla
Refrigerate for about 4 hours
Spoon into a pre-baked pie shell.
Garnish with whipped cream



Maharashtrian Masala Bhaat

Ingredients

- Ambemohar rice (mango blossom rice)
- Green chilies (adjust to spice preference)
- Ginger garlic paste – 1 tbsp
- Cumin seeds – 1 tsp
- Mustard seeds
- Bay leaves – 2
- Dagad phool (stone flower) – 1
- Star anise – 1
- Cloves – 2
- Whole black peppercorns – 3 to 4
- Cilantro (a generous amount)
- Lime
- 1 to 2 small green brinjals, diced
- 1 small onion, finely chopped
- 1 potato, diced
- Green capsicum, chopped
- Cashews
- Ghee
- Peanut oil
- Salt
- Turmeric
- Goda masala (regional spice blend)
- Red chili powder
- Curry leaves



Instructions

Heat a large pot and add peanut oil. Once warm, add cumin seeds, mustard seeds, and bay leaves, allowing them to splutter. Stir in the remaining whole spices, green chilies, ginger garlic paste, vegetables, and cashews. Let them steam, stirring occasionally.

Add the rinsed rice and fry it together with the vegetables. Stir in goda masala, red chili powder, and turmeric, allowing the spices to bloom for about a minute. Add water following the ratio of one cup of rice to two cups of water. Cook on low heat for 12 to 15 minutes. Presoaked rice will cook faster, while dry rice may need more time.

Once done, finish with freshly chopped cilantro, a squeeze of half a lime, and a generous spoonful of ghee. Serve hot with plain yogurt or alongside papadum.

TIP

For a quicker version, cook in an Instant Pot on stir mode and then pressure cook for 7 minutes

