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Opening Extract from...

Mr Todiwala's Bombay

Written by Cyrus Todiwala

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MEAT & POULTRY

POUSSINS

PERI-PERI

CHICKEN COOKED

THE HOT PORTUGUESE WAY

Serves 4

The peri-peri chicken of Goa is named after the Piri-Piri or bird's eye chilli, brought to Goa by the Portuguese from South America. They also planted it in Mozambique and Angola and it now thrives in many parts of Africa. The Goans, however, changed the style of the original Peri-Peri chicken which was simply cooked in a paste of crumbled red chillies, lime juice and lots of garlic. However, to make a traditional Indian peri-peri paste is very time consuming, so, here is a simplified recipe which would be to a Goan absolute taboo... but it works! The same chilli is the base also for the famed Goan Pork Vindaloo, which derives from another Portuguese dish of meat and wine (which evolved into vinegar and then the spices, including the fiery chillies, added).

Wipe the poussins inside and out with paper towels and make three or four slashes on the breasts on each side of the breast bone so they form 'V' shapes along it . Make a few slashes on the legs and thighs too.

Mix the turmeric and lime juice together and rub it well into the chicken. Chill in the refrigerator for about an hour.

Meanwhile, mix all the other ingredients for the chicken together to form a paste and taste for seasoning. If you find it mild add more chilli powder.

Rub the masala well into the chicken on all sides and leave to marinate in the refrigerator for at least 2 hours or, if possible, overnight.

Before cooking the chicken, prepare the potato dish. Grease a large ovenproof frying pan with a little olive oil and lay the thickly sliced tomato in a single layer. Drizzle with more olive oil on the top too, sprinkle liberally with salt and pepper. Preheat the oven to 180oC/350oF/gas 4. Place the poussins in a roasting tin right-side up and, if not sitting straight, press down firmly on the legs. The birds will take on a plump look and sit perfectly.

Place the chicken in the oven and after 10 minutes reduce the temperature to 150oC/300oF/gas 2.

Meanwhile mix the onion rings with the sliced potatoes in a bowl. Add a little olive oil and toss well. Season and set aside.

After 30 minutes remove the poussins from oven. Carefully lift out the poussins onto a plate. Spread the onion and potatoes evenly in the roasting tin. Put the poussins back back on top and return to the oven.

After about10 minutes place the frying pan with the tomatoes over a high heat and let the tomato slices brown on the bottom. Do not flip over but just lift to check that the slices are browning. Transfer the pan to the top shelf of the oven. Remove the chicken and turn them over breast side down on the onion and potato and place back in the oven. Check to see if potatoes are almost tender.

If so, after 2 minutes, switch off the oven and let it all rest in the oven for a good 10 minutes.

Carefully lift out the poussins and cut in halves. Mix the onions and potatoes, check the seasoning and plate in a separate dish. Serve the chicken along with the potatoes and onions, the pan of tomatoes, a mixed salad and some crusty bread.

- For the chicken
- Poussins (spring chicken)
- 2 oven-ready
- Ground turmeric
- 1 teaspoon
- Lime
- Juice of 1
- Chilli powder
- 1 1/2 heaped tablespoons
- Ginger and garlic paste (see page 000)
- 1 heaped tablespoon
- Or use garlic cloves & fresh ginger
- 3 crushed and 2 teaspoons grated
- Garam masala
- 1 teaspoon
- Ground cumin
- 1 teaspoon
- Ground coriander
- 2 teaspoons
- Cider (apple cider) vinegar
- 2 tablespoons
- Salt
- 1 teaspoon
- Olive oil
- 3 tablespoons

- For the potatoes
- Red onions
- 2, sliced into rings
- Potatoes
- 3, thickly sliced
- Beef tomatoes
- 2 large, cut in 1 cm (1/2 in) thick slices
- Olive oil
- Salt (preferably sea salt)
- Freshly ground black pepper
- Mixed salad and crusty bread
- To serve





**For the masala**

Red chillies

6–8 *dried*

Cumin seeds

1 1/2 *teaspoons*

Coriander seeds

1 1/2 *tablespoons*

Cinnamon stick

2.5 *cm (1 in) piece*

Cardamom pods

4–5 *green, split*

Cloves

4–5

For the chicken

Dried apricots

200 *g (7 oz)*

Hot water

250 *ml (8 1/2 fl oz/1 cup)*

Sunflower or rapeseed oil

4 *tablespoons*

Cinnamon stick

2 x 2.5 *cm (1 in) piece*

Onions

2, *chopped*

Boneless chicken

500–600 *g (1 lb 2 oz – 1 lb 5 oz),**cut in 2 mm (3/4 in) dice*

Garlic and ginger paste

2 *heaped tablespoons*

(page 000)

Tomatoes

4, *chopped*

Salt

To taste

Coriander (cilantro) leaves

1–2 *tablespoon chopped*

Bread or chapatis (page 000),

or boiled rice (page 000)

To serve

JAR DALOO MA MURGHI

CHICKEN WITH APRICOTS

Serves 4

This sounds very basic but it is a very popular Parsee chicken dish served at festive occasions, weddings etc. The Parsee tradition of cooking with dry and fresh fruits dates back to our ancestry from Persia. The Persians, incidentally, were the first to establish cooking as an art as well as design it into a culinary form. The apricots used here come from India or Pakistan and have a stone which, when cracked, yields a tasty nut. You can find them in Indian food stores. They taste richer and less tart than other dried apricots. We Parsees would garnish this with Sali – crisp straw potatoes. You could buy crisp potato sticks and heat briefly in the oven.

Grind the masala ingredients in a clean coffee grinder, small food processor, mortar with a pestle or in a small bowl with the end of a rolling pin. Set aside.

Soak the apricots in the water for 2–3 hours (or overnight if more convenient) until soft and swollen. The Indian apricots will have a stone inside, which you may like to remove before putting them into the gravy. We do not do so at home, instead we put them on the side when we eat the meal and then crack and eat them later. If you do, they may lose their texture and pulp into the sauce.

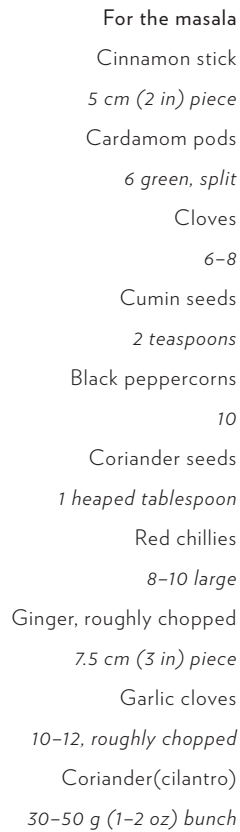
When ready to cook the chicken, heat the oil in a heavy-based pan until hazy and add the cinnamon sticks. When they have absorbed some of the oil and puffed a bit – about 1 1/2 minutes – add the onions and brown slowly.

When the onions are browned add the ginger and garlic and the prepared masala and sauté well until the oil, which has been absorbed, is released slowly around the edges of the onions.

Add the chicken and sauté for 4–5 minutes or until half done. Add a little salt, the chopped tomatoes and the soaked apricots and any residual soaking water, mix well, cover and simmer until the chicken is tender, about 30 minutes.

If the sauce is too thin, uncover and cook for a few minutes until rich and thick but take care not to overcook the chicken. If really necessary, remove the chicken with a slotted spoon before boiling the sauce rapidly to thicken and reduce, then return the chicken to the pan.

Stir in the chopped coriander, taste and re-season, if necessary. Serve with bread or chapatis, or boiled rice.



MEAT & POULTRY



- Ground cumin
 - 2 teaspoons
- Ground coriander
 - 2 teaspoons
- Warm water
 - 250 ml (8 1/2 fl oz/1 cup)
- Cumin seeds
 - 1 teaspoon
- Potatoes
 - 2-3 large
- Double (heavy) cream
 - 100 ml (3 1/2 fl oz/scant 1/2 cup)
- Egg yolks
 - 3-4
- Salt
 - To taste
- Lean minced (ground) lamb
 - 500 g (1 lb 2 oz)
- Cinnamon stick
 - 2 x 5 cm (2 in) pieces
- Red chillies
 - 2-3 whole dried,
broken into pieces and seeded
- Red onions
 - 2, finely chopped
- Fresh ginger
 - 10 cm (4 in) piece, finely chopped
- Garlic cloves
 - 2, finely chopped
- Tomatoes
 - 2, chopped
- Coriander (cilantro) chopped
 - 8-10 sprigs
- Rapeseed oil
 - 2 tablespoons



INDIAN NAME GINGER COTTAGE PIE

Serves XX

This is an Anglo-Indian dish with no real Indian equivalent name. It will make you see the British favourite in a completely different light and, again, allow you see how diverse and inclusive Indian cooking can be.

Blend the ground cumin and coriander with the water in a small jug and set aside. Toast the cumin seeds gently in a dry frying pan for about 30 seconds until fragrant. Cool then crush in a mortar with a pestle (or in a small bowl with the end of a rolling pin). Set aside.

Boil the potatoes in plenty of water until the skins crack, drain well, peel whilst still hot by holding in paper towels or a clean cloth then pass through a potato ricer into a bowl or mash thoroughly with a potato masher.

Whisk the cream and egg yolks together thoroughly then and then beat into the potato until smooth and lump free, then add the crushed cumin and season to taste. Heat the oil in a flameproof casserole. When a haze forms add the cinnamon and sauté for a minute until is changes colour but does not blacken or burn, turn heat down to medium and add the red chilli pieces. Stir for a few seconds then add the onion. Sauté until the onions are soft and pale, 4-5 minutes, then add the ginger and garlic and sauté for 2-3 minutes until both are pale golden brown.

Reduce the heat to low and add the mince and prepared spice water. Break the mince up as much as you can so that you see no lumps and turn the heat up to medium, but continue stirring and breaking up until all the grains are separate. Bring to the boil, reduce the heat to medium and simmer, stirring every now and again so no lumps form, until the mixture is nearly dry. Stir in the chopped tomato and simmer for a few minutes until the tomato is pulpy. Season to taste and add the chopped coriander. Transfer to a flameproof serving dish.

Preheat the grill (broiler). Spread out the meat evenly in the dish, then either spread the creamed potato on top and rough up with a fork or pipe it. Cook under the grill until golden brown, about 5 minutes. Alternatively, preheat the oven to 190oC (375oF/gas 5) and bake for about 35 minutes.



DESSERTS





Almonds
6 blanched, thickly sliced

Pistachios
6–8 blanched, sliced

Raw cashew nuts
8–10, roughly chopped

Sunflower oil
3 tablespoons

Sultanas (golden raisins)
1 heaped tablespoon

Butter
2 tablespoons

Fine to medium (not too coarse) semolina
100 g (3 1/2 oz/generous 3/4 cup)

Caster (superfine) sugar, or to taste
3–4 tablespoons

Saffron strands (optional)
Pinch

Cold milk
*750 ml–1 litre
 (25 fl oz–34 fl oz/3–4 1/4 cups)*

Grated nutmeg
1/4 teaspoon

Ground cardamom
1/4 teaspoon

Natural vanilla extract
Few drops

Rose water
1 teaspoon

Rose petals (optional)
A few

DOODH NO RAWO

PARSEE SEMOLINA PUDDING

Serves 4–5

Typically Indian too but with the added Parsee extra in flavour and richness!

This is not a woman's recipe but that of a man, mine! It looks dreary but let me assure you that semolina will never taste the same again. Many of us Parsees also add egg yolks to the pudding for added richness, but that's optional. If you only have coarse semolina, whiz it in a food processor or coffee grinder briefly to refine.

Toss the nuts in the oil in a small frying pan over a medium heat. As soon as they are beginning to colour, add the sultanas and toss again. When the nuts are golden brown, Remove all with a slotted spoon and place immediately onto paper towels to drain and prevent further cooking.

Add the butter to the drained oil. As soon as it is melted and begins to foam add the semolina. Turn down the heat to medium–low.

With a wooden spoon or flat spatula, stir continuously to toast the semolina for about 8–10 minutes until lightly coloured, making sure you loosen it from the corners of the pan where it can stick and burn.

Add the sugar and continue cooking for a further 4 minutes. (You may or may not need more sugar, though I personally do not like it very sweet).

Remove from the heat to cool slightly for a few seconds. If adding saffron you must first roast the saffron gently in a small pan on a low heat shaking the pan about to distribute the heat evenly. When the saffron strands are crisp, they are ready.

Tip the saffron into the semolina, if using, then add 750 ml (25 ml/3 cups) milk all at once and stir a bit faster now so that no lumps are formed, or whisk it in. Return to the heat and cook, stirring gently, for 10–12 minutes until the semolina is thick and cooked. If the Rawo is becoming too thick add more milk as desired to make a thick pouring porridge (it will thicken more on cooling so best not to be too thick when hot).

When cooked and the desired consistency, add all the remaining ingredients except the fried nuts and sultanas. Cook for a minute or two and check the flavouring. If more milk has been added the flavourings and sugar may need to be increased to suit your taste.

Transfer the mixture to a serving bowl or dish and sprinkle with the fried garnish. Serve warm (but leftover rawo is great cold the following day).

You can garnish with a few rose petals. Most rose petals are edible and are widely used in India as garnish on sweets.