



LEELI KOLMI NI CURRY

By Chef Cyrus Todiwala OBE DL

Quite simply translates as green prawn curry. A simple curry that does not need a great deal of preparation and yet one of the most delightful curries you will eat.

INGREDIENTS

COCONUT MILK	1 to 1 ½ can or the extract of two coconuts
BROKEN CASHEW NUTS	150 g
ONION	One medium finely sliced
GARLIC	Three cloves finely crushed
GINGER	One & a half inch piece finely crushed.
GREEN CHILLIES	Two seeded and finely chopped
CASSIA BARK	Two inch piece
CARDAMOM	Four green
CLOVES	Four
TURMERIC	½ teaspoon
CORIANDER POWDER	One level tablespoon
CUMIN POWDER	One teaspoon
CHOPPED CORIANDER	Two tablespoons
OIL	Two tablespoons
FRESH CURRY LEAVES	Eight to Ten shredded
THE PRAWNS	

White king prawns (but a good white fish such as sea bass is also great or black tiger prawns) which we feel give the best flavour. Use any fish or prawns you like or prefer.

METHOD

- First Boil 300-400ml dish of water and soak the cashew nuts for at least two to three hours
- Take a casserole & add the oil.
- When just hot and hazy add the cracked cardamom, cloves and cassia bark & sauté for a minute on medium heat.
- Add the sliced onions and sauté until hazy or translucent. Do not allow to brown therefore keep the flame on a medium setting.
- Add the garlic, ginger, shredded curry leaves and green chillies, again taking care not to brown.
- The above process should not take more than five minutes.
- Mix the turmeric, cumin & coriander powders in approx 100 to 150 ml of water and add.
- Blend the coconut milk and the cashew nuts in a blender or processor until you have a smooth paste. Add the soaking water if required to give it a single cream consistency. Retain the water and do not discard until the end
- As soon as the liquid tends to dry add the coconut milk mixture and stir continuously for a minute or two.
- Do not cover the pan and bring the contents slowly to the boil stirring slowly but effectively. By effectively I mean stirring right from the bottom.
- Add salt, taste & simmer for a minute or two
- Cook for a further minute or two and then add the fish or prawns
- The latent heat in the curry will be adequate to cook the fish or prawns through ready for serving within five to six minutes.
- Best served with fried papads and plain rice or a light cumin pulao.

PALAV, PULAO, PILAV

All add on to make the same thing. The word pilaf is also used in England as well as the USA. There are several ways and several styles, there are regional styles and domestic styles. Basically a pulao is rice which is first tempered in a bit of oil with flavourings and then part boiled and part steamed.

INGREDIENTS

Normally you will take 100g of rice per person. If we were to take 500g this is what you would need, basmati or other good long grain.

ONION SMALL	Peeled halved and sliced thinly
CINNAMON STICK	One, two inch piece
CARDAMOM	Two to three
CLOVES	Two to three
CUMIN SEEDS	One teaspoon
OIL OR GHEE	Three table spoons of oil or two of ghee.

METHOD

- Wash your rice if need be and drain.
- Heat the oil in a casserole approximately 10" in dia. and fry the spices for a minute or two until they change colour.
- Remember to first crack the cardamom before adding to the oil. This is for two reasons, one to give a better flavour and secondly so that the cardamom does not explode because the air gets trapped inside when frying.
- Add the onion and sauté for a minute or two until they go pale but not colour.
- Add the rice and saute for two to three minutes stirring regularly so that all the grains get evenly heated and fried.
- You must also at this stage keep the water ready in a kettle or another pan.
- Your rice should normally take 1 ½ times to twice times the quantity of water in weight. Therefore for 500gms of rice you may need 1000ml of water approximately
- However rice does differ in qualities and levels of absorption.
- I therefore recommend that you first add one litre, stir well, clean the sides of any loose grains, lower the heat to simmering point, add salt, cover and cook.
- Once your rice has reached the boiling point first, always lower the heat to just about simmering level.
- Stir firstly after every minute or so gently by taking in from each side, and clearing the sides before covering the pan again.
- If you see that the water is rapidly absorbed, add a little more water and check at the next turning, after checking the grains.
- To finish the rice you can also use your oven.
- Heat to gas mark 5 or equivalent and at the half way stage place the casserole in the oven for approximately fifteen to twenty minutes.
- If you cook the rice on the open flame it has to be finished a) on a very slow fire, b) stirred from time to time very gently so that you do not break the grains. This is done, by using the folding method.
- In the oven the rice will need less water and the grains will come out better separated.