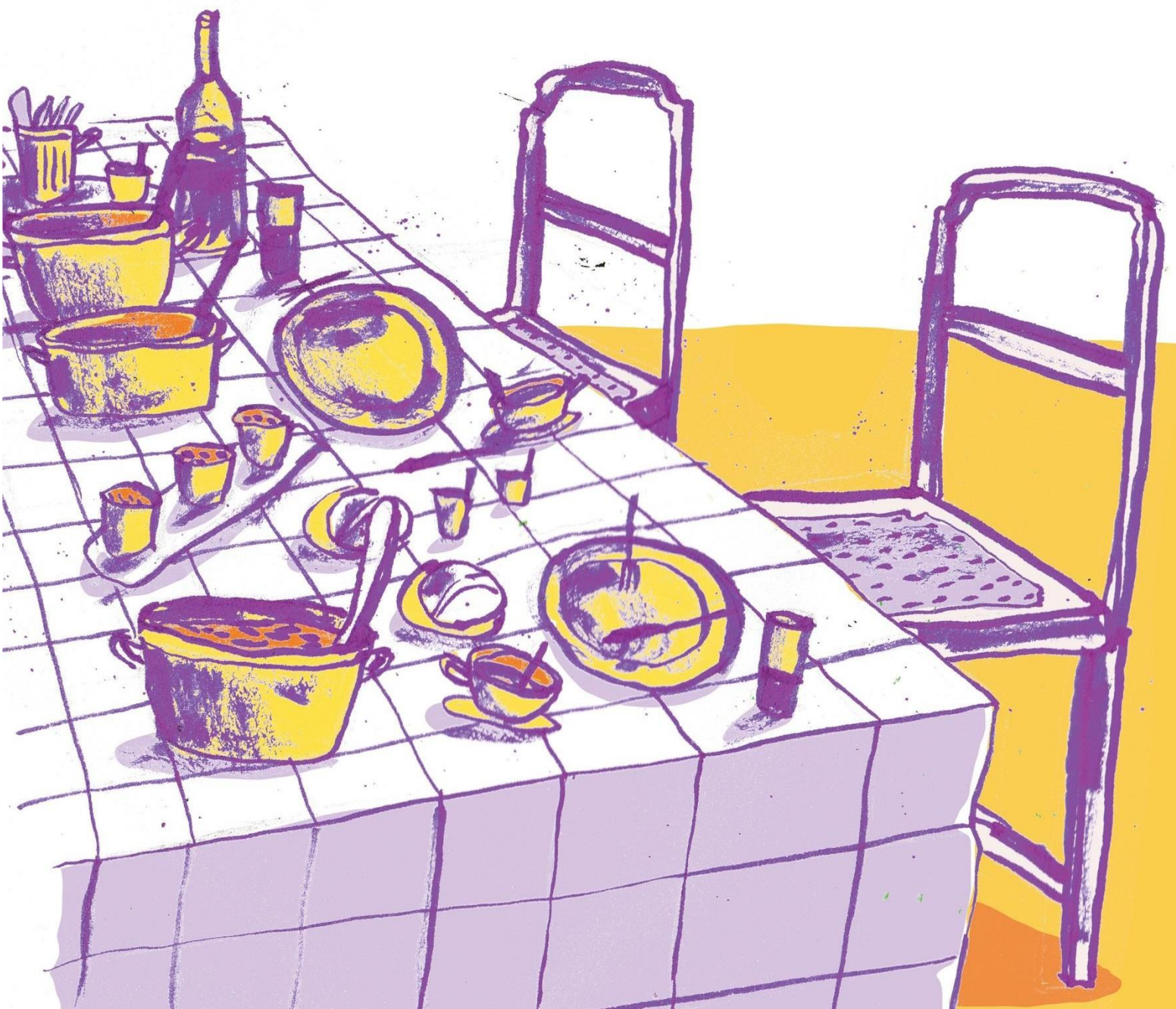


# KOT NOU

A different way of interpreting Mauritian food



Kot Nou embraces the Mauritian tradition with emphasis on creativity and playfulness.

Here, prepare for a culinary voyage through the diversity of Mauritian flavours.

# APPETIZERS & STARTERS



## APPETIZERS

Satini brinzel, Satini kotomili ek pipangay, Satini dal  
Eggplant chutney, Coriander and sponge gourd  
chutney, Dhol chutney  
[VEGAN, GLU]

The appetizers are served with local chips: Taro, cassava, bread fruit  
and sweet potato.

## STARTERS

Lasoup pomedeter ek kreson  
Watercress and potato velouté  
[VEGAN]  
Rs 150

Or

Nou lamer trio

Fish vindaloo

[FSH, MTD]

Octopus salad

[MLS]

Smoked Marlin roulade filled  
with bitter gourd vindaloo

[FSH, MTD]

Rs 350

Or

POZ salad

Lentil and pickled chayote, grilled eggplant, roasted  
sweet potato wedges, carrot, green pawpaw,  
tomato and onion chutney, watercress

Tamarind vinaigrette

[VEGAN]

Rs 300

The starters are served with 'pain maison' & butter.

# MAIN COURSE



## MAURITIAN SPECIALITIES TRIO

The specialities trio is served with steamed rice, pulses, local greens, vegetable fricassee, and a coconut chutney.

Choose your 3 Mauritian specialities from the list below

Rs 500

### NOU TERWAR

**Kari bef sek**

Dry Beef curry with raisins, toasted almonds and fried onions

[BEF, NUT]

Or

**Kalia Poul**

Chicken and potato curry in a spiced yoghurt sauce

[MLK]

Or

**Rougay pwason**

Fish simmered in a creole tomato sauce

[FSH]

Or

**Salmi Kanar**



Duck stew Mauritian-style

### NOU LAKOUR

**Rougay soza**

Soja pieces stir-fried in a creole tomato sauce

[VEGAN, SOY]

Or

**Kari gato pima**

Chilli bite dumpling simmered in a curry sauce

[VEGAN]

Or

**Vinday banann**

Green banana stir-fried in a saffron and mustard seed sauce

[VEGAN, MTD]

# DESSERTS



Lasiet frwi fre sezon

Seasonal fruit platter, local tropical sorbet

[VEGAN]

Rs 225

Or

Fer labous dou duo

Passion fruit flan

[VEGAN, SOY]

Chocolate sweet potato fondant and coconut cream

[VEGAN, GLU]

Rs 240

Or

Feyte banann

Caramelized banana mille-feuille

[ EGG, MLK, GLU]

Rs 225

Or

Papay dan zardin

Green papaya pearls and mini vanilla entremets

[GLU, EGG, MLK]

Rs 225



# LEXIQUE



## TARO ROOT

In Mauritian cuisine, this tuber can be cooked in several ways: as soup, purée, fritters, grilled or boiled. The green foliage of the plant, the taro leaves (“Brèdes Songe” in French) are eaten boiled. We distinguish 2 types of taro root, the “purple” and the “taro curry” of whitish colour.

“BRÈDES” “Brèdes” are young leaves and stems that are cooked in broth or stewed. There are different varieties: Chayote, Turban squash, watercress, basmati, etc. “Brèdes mouroum” are the leaves known as Moringa, very good for your health!

**CHAYOTE** Its name ‘Christophine’ is a tribute to Christopher Columbus. It was he who brought it back from Mexico. With a similar taste to zucchini, we eat this cucurbit in salads, sauteed or in curries. The tender leaves of the plant (“cœurs de chou chou”) are eaten boiled.



## TURBAN SQUASH

This popular vegetable, similar to pumpkin, is used in salads, soups, fritters, fricassee, grilled or as jam. The young shoots of the plant are excellent to boil.

## LADY FINGER

Known by the names of “gombo” or “okra” in the West Indies, its mucilaginous consistence becomes firmer during cooking. We prefer it in salads, sauteed with saffron or in curry.



## SNAKE GOURD

This threadlike vegetable from the Cucurbits family has a pale green skin, with a white and tender pulp, comparable to that of zucchini or chayote.



## LUFFA OR LOOFAH

This cucurbit, native to India, was probably introduced by Mahé de La Bourdonnais. It is found in Africa, India and China. This rough-skinned, ribbed vegetable has a spongy pulp similar to the lady finger. If you let it dry, it becomes a sponge to be used for the body.

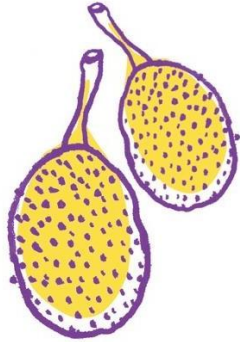
## MAURITIAN TOMATO

This variety of small, sour-tasting tomato that grows in Mauritius, is a key ingredient in Mauritian cuisine, where its usage is preferred over real tomatoes. The Mauritian tomato (“pomme d’amour” in French) was discovered in Mexico by the Spaniards in the 16th century. Much like onion, Mauritian recipes without this tomato are rare. It is the most cultivated vegetable in Mauritius.

**KAFFIR LIME** This agrum was brought to Mauritius in the 18th century by Pierre Poivre, after a voyage to Indonesia. This small lime with rugged peel and sour-tasting juice with strong flavour can replace vinegar. The leaves of the plant are also used to season certain sauces and fish dishes.

## BREADFRUIT

The breadfruit was discovered by James Cook in Tahiti during his first round-the-world trip. It is eaten savoury or sweet. The pulp of this fruit is generally used as starch, it reminds of a mixture between manioc, sweet potato and potato. It is prepared as fritters, soup, chips, puree, boiled or grilled.



## TAMARIND

The tamarind is a sweet and sour fruit that comes from India. The tamarind pods contain a pulp especially used as a condiment for soups, sauces, chutneys or for the preparation of tamarind syrup used as a very refreshing drink in Mauritius.

## CURRY LEAVES (“KARIPOULAY” IN CREOLE)

The aroma of the leaves of this bush reminds of that of curry, hence its name. In Mauritius, this spice, considered essential in the preparation of all good curries, is also used in many other dishes, giving them a very particular spiced taste.



Prices are in Mauritian rupees.

All prices are inclusive of 15% government tax and exclusive of 10% discretionary service tips.

Please note that allergen abbreviations do not include trace amounts of allergens that dishes may contain.

Please notify the restaurant manager should you have any food allergies.

SOYA	[ SOY ]
CELERY	[ CEL ]
NUTS	[ NUT ]
PEANUTS	[ PNT ]
MUSTARD	[ MTD ]
LUPINS	[ LUP ]
SULPHATES	[ SUL ]
SESAME	[ SSE ]
GLUTEN	[ GLU ]
MILK	[ MLK ]
EGG	[ EGG ]
CRUSTACEAN	[ CRU ]
FISH	[ FSH ]
MOLLUSK	[ MLS ]
ALCOHOL	[ ALC ]
VEGETARIAN	[ VEG ]
PORK	[ PRK ]
BEEF	[ BEF ]