



# cooking class

Put on an apron and chef's hat and join us for a Mauritian cooking class, where you can discover the secrets of our recipes.

Our chefs will teach you some tasty local dishes, so you can take our recipes home and impress your family and friends.

# TRADITIONAL MAURITIAN CHICKEN CURRY

vegetarian option: replace chicken by eggplant

For 2 persons

## INGREDIENTS

500 g chicken thigh, deboned	1 tsp ginger paste
50 g onions	1/2 tsp garlic paste
50 g crushed tomatoes	1 fresh chilli
2 tsp saffron powder	4/5 curry leaves
1 tsp coriander powder	4 tsp oil
1 tsp cumin powder	Thyme, parsley, salt and pepper to taste

## METHOD

- Make the marinade for the chicken: Make the masala spice mix by combining the saffron, cumin and coriander with 1 cup of water. Coat well all chicken pieces. Set aside for 1 hour.
- Heat oil in a pan and sauté the chicken pieces for about 5 minutes or until golden brown.
- Add the finely chopped onions, garlic and ginger then the tomatoes, the curry leaves, thyme, chilli and the remaining marinade liquid.
- Stir quickly, add salt and pepper and allow to simmer for 10 minutes in a covered pan until the chicken is cooked.
- The curry leaves can be replaced by 1 tsp of all spice.

# FISH VINDALOO

vegetarian option: replace fish by eggplant

For 2 persons

## INGREDIENTS

500g tuna or firm fish, cut into medium cubes

1 tablespoon mustard seeds

2 tsp mustard paste

1 tablespoon saffron powder

4 cloves of garlic, flaked

2 medium onions, sliced

2 medium green chillies, sliced lengthwise

Salt and pepper to taste

1/4 cup white vinegar

Oil

## METHOD

- Marinate the fish in the saffron powder, salt and pepper 1 hour prior.
- Heat oil in deep frying pan, fry the fish until light golden brown.
- Drain excess oil from the fish and put it on a paper towel.
- Heat oil, and fry onions, garlic and chillies for 2 minutes.
- Add the mustard grain and paste, the vinegar and keep stirring for 1 minute.
- Add the fried fish pieces and stir-fry further for a couple of minutes on low heat.
- Add salt and pepper to taste.
- Store in a jar in the fridge.

# FLAMBEE BANANA

## INGREDIENTS

2 bananas, peeled and cut lengthways

20g butter

30ml Mauritian rum

## For caramel

100 gm brown sugar

50 ml water

1 orange

## METHOD

- Set a medium nonstick frying pan over medium heat then add the sugar, water, orange juice and allow sugar to melt until caramelized then reserved on side.
- Heat the frying pan and add butter till melted then add the bananas and add caramel; cook for 1-2 minutes.
- Pour in the rum, light and flambee for 3 seconds until flame dies down.

# CASSAVA PANCAKE

## INGREDIENTS

300 g cassava flour

50 g gluten free all purpose flour

4 eggs

100 g white sugar

50 g oil or melted butter

500 ml full cream milk

## METHOD

- Combine eggs, sugar, milk, oil into a bowl and whisk in the flour into a smooth batter. Set aside for 10-15 mins.
- Set a medium frying pan or crepe pan over a medium heat and carefully wipe it with some oil. When hot, ladle 1 scoop of the batter mix in the pan and cook pancake for 1 min on each side until golden, keeping them warm.
- Serve with sugar, honey or chocolate sauce.