

GOURMET SNACKS FOR DUMMIES

ARUBA ADIL

Sometimes Sun Chips dipped in Nutella just don't cut it. The ingredients used in these recipes are not *only* available in the deepest parts of the Amazon rainforest; you'll totally find them at the bazaars or grocery stores.

Chili Chocolate Crostini

Slice a French baguette into diagonal 1-2 inch pieces and place them on a baking tray. Lightly drizzle olive oil on top and bake for 3 minutes. While the crostinis are baking you can prepare the chili chocolate. Carefully deseed a red chili and cut it into very thin slices. Take out the crostinis, flip them over and place a dark chocolate piece on the center of each slice, then sprinkle the chilies on top. Bake for a further 3 minutes.

Honey-glazed Carrots

Peel and rinse 1 or 2 carrots under cold water and chop evenly. Place the carrots in a saucepan with enough water to bring to boil. Sprinkle a few pinches of salt and cook for 20 minutes or till tender. Drain and set aside. Melt two tablespoons of butter in a separate pan. Add one teaspoon of honey and one teaspoon of brown sugar and stir until sugar has dissolved. Add only ¼ of a teaspoon of lemon juice to the mixture right before stirring in the carrot. Stir gently until the carrots are completely coated; continue cooking under low heat until carrots are glazed. Serve



with freshly chopped parsley or just a light sprinkling of pepper.



Garlic Shrimp

Peel the shells off the shrimps, leaving just the tail. Don't forget to de-vein the digestive tract that runs along the curved back of the shrimp. Toss the shrimps in olive oil; add salt and pepper (to taste), and finely chopped garlic. Be generous with the garlic if you are looking for an intense burst of flavour. Evenly spread the shrimps on a baking tray and drizzle the remaining olive oil on top. Roast until pink and stiff. The precise timing depends on the size – if you are using medium



sized (2-3 inches) shrimps then roast for at least 6 minutes. Serve with (seedless!) lemon wedges. Pro-tip: De-veining the digestive tract can be a little tricky, don't try to rip it out, make a small slit with a knife and gently remove it. Or just buy the packaged shrimps.

Deep-fried Lamb Brain

Place the lamb brains in a bowl of cold water for 2 hours, changing the water every half hour with fresh cold water until the brains are thoroughly cleansed. Fill a pan with water and add some chopped onions, plenty of salt, a little vinegar and any green herb of your choice (e.g. mint leaves, basil). Gently submerge the brains in the water and let it simmer for around 6 minutes. Bring to boil and immediately remove the brains. Cut each brain into four pieces by separating each lobe and cutting into half. Drop each brain segment into a freshly whisked egg mixture and then carefully pick them up and roll in a bowl of flour. For more flavors, you can use spices like garam masala, paprika or oregano to the flour. Deep fry the brain segments in hot oil until brown and crispy, for at least 3 minutes. Drain on paper towels or newspaper and serve with dipping sauce.

