



**AAPPAYON**  
BY SHAWKAT OSMAN



# Simple soul food

## KASUNDI SAUCE

### Ingredients

20 green chillies  
1½ tbsp yellow, mustard seeds  
6 garlic cloves, peeled  
2 small green mangoes, peeled, pitted, and shredded into fine julienne  
3 tsp salt  
2 cups water

### Method

Put all the ingredients in a food-processor. Pour 2 cups water and grind or blend to a smooth liquid. Put mixture in sterilised jars and keep in a cool dark place. Use after two weeks. Refrigerate the jar after opening.

## YELLOW RICE

### Ingredients

500g basmati rice  
3 tbsp ghee  
1½ tsp turmeric powder  
5 cups coconut milk  
½ tsp salt

### Method

Heat a heavy pan over a medium flame. Add rice, ghee and turmeric powder. Sauté until rice starts popping. Pour coconut milk and cook, stirring for a few moments. Add a little water if necessary and sprinkle salt. Cover the rice after it is tender, allowing it to cook in its own steam.

## GREEN BANANA CUTLET

While 'aalur chop' (potato cutlet) is proba-

bly the most popular among deep-fried snacks, Bengalis make 'chops' from all kinds of vegetables and dals, with or without stuffing. Deshi cooks employed by British clubs and families in colonial India began applying the term 'chop' to any fried snack they prepared. In this recipe, green bananas substitute potatoes, once quite scarce in the tropical countryside.



### Ingredients

6 green bananas  
2 tbsp onion, chopped  
1 tsp black pepper  
1½ tsp cumin powder  
8 green chillies, chopped  
2½ tsp salt  
½ cup lettuce, chopped  
½ cup cabbage, chopped

2½ tbsp mustard oil  
1½ tbsp soya oil

### Method

Boil and mash the green bananas. To these add chopped onion, pepper, cumin powder, chopped green chilli, salt chopped lettuce, chopped cabbage and mustard oil. Mix well to merge all the ingredients, knead using your knuckles to form a soft dough. Take 3 table-spoons of banana dough and form a flat patty, pointed at one end. Brush ¼ teaspoon soya oil on a non-stick pan and shallow-fry the patties in batches, 3 minutes on the first side and 2 minutes on the other.

## PEPPER WATER

Pepper Water and its extended form, mulligatawny soup, originated in Madras. It's broth or soup is eaten on its own, rather than poured over or mixed with rice - no doubt, considered a novelty by the local cooks at the time it started appearing on the British officers' tables. Nothing of the sort was consumed in the subcontinent. So when local cooks were asked to prepare a soup the closest thing they could whip up was 'rasam' (broth) made from black pepper, tamarind and water, which in Tamil is called 'molo tunny/milagu tunni' (papper water).

### Ingredients

1 kg beef, with bones  
8 cups water  
3+2 sprigs curry leaves

