


**FUSION FLAVOURS**  
 CHIANGMI TALUKDER LENA


# Cooking savouries with fruits



Cooked fruit is a great way to add variety, colour, flavour, acidity, sweetness, and lightness to our everyday meals. Cooking intensifies the flavour of fruits and creates an appealing texture, especially in unripe fruits. The two methods of cooking fruits are either by moist cooking or dry heat.

Poaching, stewing, sauces, or compotes (fruit cooked in a sugar syrup with spices) are examples of moist cooking, whereas dry heat methods of cooking include grilling, broiling, roasting, baking, or sautéing. No matter what method we use, it is necessary to take care not to overcook. Exposure to heat breaks down fruits' cell walls, which results in water loss. The less time fruits are exposed to heat, the better they retain their shape. Quick cooking methods are best for ripe fruits.

Summer is the right time to pick up seasonal fruits and make salad, side dishes, barbeque and pairing with meat. The combination of fruit and meat is surprisingly controversial. A lot of people

actually find the idea of using both in the same dish unappealing, especially when it comes to the more unusual pairings. The main challenge is finding the right combinations. When the right types of fruit and meat are paired with each other, this extra contrasting dimension enhances the flavour and appeal of the dish.

**CRISPY ORANGE BEEF**  
**Ingredients**

*For marinate —*  
 500g boneless beef (bite size thin sliced cut)  
 2 tbsp soy sauce  
 1 tbsp vinegar  
 1 tsp crushed black pepper  
*For sauce —*  
 2 tbsp oyster sauce  
 ½ cup orange juice  
 1 tbsp ketchup

1 tbsp sugar  
 2-3 tbsp chilli paste  
*For frying and stir frying —*  
 ½ cup potato or corn starch  
 5-7 cloves garlic, chopped  
 2 big size onion, diced  
 1 red bell pepper, diced  
 ½ orange, thin slice

**Method**

Soak thinly sliced beef in the marinade

for at least 4 hours. Prepare the sauce by mixing all ingredients and set aside. Turn on the heat medium with oil for deep frying. Mix ½ cup of starch with the beef and drop the beef carefully into the oil and fry for 6-8 minutes, until brown and crispy. Remove beef from frying oil and place on a plate with a kitchen tissue to absorb the extra oil.

Again, heat a frying pan for stir frying on low medium heat using the beef fried oil. Adjust the oil amount. Put garlic, onion, bell pepper and stir fry for few minutes. Pour the sauce mixture and let it simmer for a minute then put the fried beef, sliced orange and stir fry for a while. Serve hot.

**TANGY MANGO PRAWN**  
**Ingredients**

1 big mango semi-ripen, julienne cut  
 6-8 big size prawn  
 2 cloves garlic, finely chopped  
 6-8 fresh red and green chilli coarse paste  
 2 tbsp fish sauce  
 2 tbsp oil

**Method**

Heat a wok with oil on medium-low flame. Shallow fry chopped garlic and chilli paste. Add prawn and fry until colour changes. Add fish sauce and mango. Stir fry for a minute. Tangy mango prawn is ready to serve!

