

COCONUT PULAO

Ingredients

- 1 cup basmati rice (soaked for 30 minutes then drained)
- 1½ cup fresh coconut milk
- 2 bay leaves
- 2 medium size onions, chopped
- 1 tsp ginger garlic paste
- 2 green chillies
- 2 cardamom pods
- ½ inch cinnamon stick
- 4 tbsp ghee/oil
- Salt to taste
- Handful Roasted cashew nuts
- Handful pomegranate pods

Method

Heat a rice cooking pan on medium-low flame with ghee or oil. Put bay leaf, cardamom, cinnamon and fry until aroma spreads. Add chopped onion, ginger-garlic paste and stir fry until colour changes. Add soaked and drained rice, stir fry for a minute. Add coconut milk and cover with a lid. Cook on low medium heat for 30 minutes. Add green chillies, nuts and garnish with pomegranate.



HAWAIIAN STUFFED POTATOES

Ingredients

- 4 big size potatoes
- ½ cup fresh pineapple, small diced
- ½ cup boneless chicken, small diced
- 1 medium size onion, finely chopped
- 1 tsp crushed black pepper



- 1 tsp ginger-garlic paste
- 1 tsp soy sauce
- 1 tsp oyster sauce
- 2 tsp olive oil
- ¼ cup shredded cheese
- 1 tsp crushed oregano

Method

Wash and boil potatoes with skin. Slice vertically and divide into half. Scoop out the inside of the potatoes and transfer into a bowl and set aside.

Heat a pan with medium-low flame with oil. Add chopped onions, ginger-garlic paste, chicken, and pepper. Stir fry for a while. Add soy sauce and oyster sauce, cook until chicken gets tender. Add pineapple and stir fry for another minute. Allow it to come at room temperature.

Stuffed the potatoes with the cooked

meat filling. Put shredded cheese and sprinkle oregano on top of potatoes. Bake for 10 minutes at 200° C.

YOUNG COCONUT SHELL CURRY

Ingredients

- 1 young coconut with coconut water
- ½ cup minced chicken
- 2 medium size chopped onion
- 1 tbsp ginger-garlic paste
- ½ tsp turmeric powder
- ½ tsp crushed cumin
- ½ tsp red chili powder
- 4-5 green chillies
- ¼ cup oil
- ½ cup holy basil/lemon basil leaf
- Salt to taste

Method

After collecting the coconut water in a bowl, use a cleaver to divide into half

and to open the coconut. Use a spoon to scrape young shells from the fibred skin. After collecting all the shells, soak into the coconut water for about 20 minutes.

Take out from water, make thin slices of all the shells and soak again into that water.

Heat a cooking pan with oil on medium flame. Add onion and sauté until colour changes. Add ginger-garlic paste, turmeric, red chilli, cumin powder, salt and sauté. Add chicken, drained coconut shells and stir fry. Use little water to cook until chicken and shells get tender, if necessary. Lastly add green chillies and basil, stir fry until oil comes out. Serve with hot steam rice.

Food and Photo: Chiangmi Talukder Lena

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