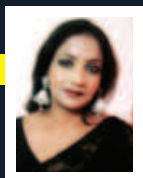


DESHI MIX
SALINA PARVIN



Make the SAUCE at home



HOT CHILLI GARLIC SAUCE

Ingredients

1 cup chopped chilli peppers (about 100 grams)
3 tbsp vegetable oil
2 hands garlic, crushed or minced
3 shallots, medium size, minced
½ cup tomato purée
½ cup rice vinegar
3 tbsp sugar
Salt to taste
1 tsp fish sauce

Method

Rinse, clean and remove stem of the chillies. Blot dry with paper towel. Wearing rubber gloves, mince the chilli peppers.

In medium saucepan, heat oil then add minced garlic and shallots. Over medium heat sauté garlic and shallots for 1 minute or until light brown and fragrant. Add tomato purée and minced chilli peppers. Let the sauce come to a simmer then lower heat to keep at a low simmer. Add fish sauce, salt, vinegar, and sugar. Mix well.

Continue simmering for 5 minutes. This will break down the chilli peppers and soften them to create the smooth consistency. Transfer hot sauce to blender and blend until smooth. Taste the hot sauce to further customise the hot sauce to your liking. Add more sugar, vinegar if needed. Blend one last time till smooth. Pour into sterilised jar and use safe canning techniques to store for longer.

TOMATO AND BASIL SAUCE

Ingredients

500g tomatoes, chopped
3 tbsp extra virgin olive oil
1 large onion, chopped
2-4 garlic clove, crushed
1 tsp chilli flakes

2 tbsp vinegar

2 tsp sugar

Bunch of basil leaves, cut into small pieces

½ tsp salt

½ tsp freshly ground black pepper

Method

Heat oil in a saucepan and gently cook the onions and garlic until softened. Stir in the tomatoes, chilli flakes, vinegar and sugar. Bring to a simmer and cook slowly for 45 minutes to 1 hour. Stir in the basil and season with salt and pepper. Remove from heat and allow it to cool. Now pour the mixture into the food processor. Blend the mixture for a smooth sauce and serve.

TAMARIND SAUCE

Ingredients

1 cup tamarind
3 cups water
½ cup jaggery/sugar
1 tsp roasted ground cumin
1 tsp roasted ground coriander
1 tsp red chilli powder
1 tsp chaat masala
½ tsp ginger powder
¼ tsp black salt
Salt to taste

Method

In a bowl, add tamarind and hot water to cover it. Allow the tamarind to soak for about 30 minutes. Squeeze the pulp by hand and then transfer the soaked tamarind to the blender and blend until smooth. Pass it through a mesh sieve to collect all the fibre. Now add the spices powder to the tamarind pulp, and stir to combine. Place the pan on heat, bring the sauce mixture to a boil and allow it to

simmer for 5-7 minutes.

Add the salt, taste and adjust the seasoning accordingly. Once the sauce has cooled down, transfer to a sterilised jar.

FRESH GREEN SAUCE

Ingredients

1 cup fresh mint leaves
1 cup fresh coriander leaves
4 garlic cloves, peeled
3 tbsp fresh lemon juice
3 green chillies

¼ cup olive oil

Salt and sugar to taste

Method

Place all the ingredients in a food processor. Process on high speed until blended. Add more lemon juice or salt if desired. Remove from food processor and serve with fish, chicken or whatever you wish.

HONEY MUSTARD SAUCE

Ingredients

½ cup mayonnaise
1 tbsp Dijon mustard
1 tbsp yellow mustard
3 tbsp honey
1 tbsp vinegar
¼ tsp garlic powder
¼ tsp paprika
¼ tsp freshly ground black pepper
Salt to taste

Method

Combine all the ingredients in a bowl and whisk or stir continuously until smooth. Use

immediately or refrigerate until ready to use.

WHITE SAUCE

Ingredients

500ml whole milk

1 onion, halved

1 bay leaf

2 clove

50g butter

50g flour

Method

Gently bring whole milk to the boil in a small saucepan with onions, studded with bay leaf and cloves. Turn off the heat and leave to infuse for 20 minutes. Melt butter in another saucepan, then add plain flour. Stir continuously until a paste forms, this is called roux. Continue cooking for 2 minutes. Remove the spices from the milk. Add the infused milk to the roux gradually, stirring as you go, until get a smooth sauce. Cook for 5-10 min, stirring continuously, until the sauce has thickened. Season to taste.

MEXICAN CHOCOLATE SAUCE

Ingredients

2 cups chocolate chips

1/3 cup sugar

1/3 milk

1/3 cup water

1 tsp vanilla extracts

Method

Heat sugar and water in a saucepan. Pour in milk and simmer for few minutes. Whisk in chocolate chips until smooth. Add vanilla extract and mix well. Remove from heat and serve. Use for everything because this stuff is magical.

Photo: LS Archive/Sazzad Ibne Sayed

