

Dinner and A Book Episode #404

Fusion Cuisine (literally two kinds of cuisine.)

Menu:

Ginger Chicken
Cilantro Infused Polenta
Potato Salad with Sesame Mayonnaise
Teriyaki-Style Parsnips
Peach and Jalapeno Pepper Salsa

Recipes:

Ginger Chicken

1 tsp. Black Pepper
1/2 tsp. Turmeric Powder
1/2 tsp. black mustard seed
Fennel seeds
10 tbsps. Ginger (paste)
4 tbsps. Vegetable Oil
1/2 tbsp Red Chili Powder
2 pieces Cinnamon
5 cloves Garlic
1 Chicken (skinless, boneless)
2 nos. Red Chilies
1 Onion
1 Tomato
Cilantro for garnishing

Put the chicken pieces in to a bowl and add the turmeric and 1 tsp. salt. Chop ginger finely and put into a blender along with about 2 tbsps water. Blend to a paste. Squeeze the juice through a strainer over chicken, discarding the pulp. Mix well. Cover and refrigerate for at least four hours but preferably overnight. Heat oil in a wok over a medium heat. When hot add chilies, mustard seeds, fennel and cinnamon. Stir for a few seconds until the mustard seeds pop. Add the garlic and stir, then add the onion and stir and sauté until soft and just starting to brown. Add the tomatoes and fry for 2-3 minutes. Add chicken and its marinade, cayenne pepper and remaining salt. Stir and fry on a high heat for about 6 minutes until browned. Cover, turn heat to low and cook for 10-12 minutes, stirring occasionally. Remove the cover and sprinkle in the black pepper. If there is any liquid left turn up the heat and dry off before serving. Sprinkle with freshly chopped coriander.

Cilantro Infused Polenta

1-quart water
1-cup polenta

Cook quickly. Add grated Parmesan cheese and finely chopped cilantro. Serve as a bed for the Ginger Chicken.

Potato Salad with Sesame Mayonnaise

400g potatoes
40g ham
80g cucumber
6 tbsp mayonnaise
10 g sesame seeds
1 tsp soy sauce
A pinch of salt and pepper

Cut the potatoes into fine julienne strips and pre-boil for about 5 minutes. Cut the ham and cucumber into fine julienne strips and leave to one side. Drain the potatoes very well and leave until cool. Grind the sesame seeds and mix the ingredients together for the sesame mayonnaise. Just before serving, combine the potatoes, ham, and cucumber with sesame mayonnaise. Garnish with parsley and serve immediately.

Teriyaki-Style Parsnips

2 parsnips
1 tbsp vegetable oil
1/2 tbsp sesame oil
2 tbsp soy sauce
1 tbsp brown sugar
1 tbsp sesame seeds

Cut the parsnips into batons. Heat the vegetable oil in frying pan and cook parsnips until softened then add brown sugar and soy sauce. Pour the sesame oil over the parsnips and sprinkle over the sesame seeds and mix well. Serve either hot or at room temperature.

Peach and Jalapeno Pepper Salsa

2 peaches, peeled and chopped
Jalapeno, minced
Juice of lime

Mix together and serve with chips, preferably dried parsnip, beet and squash chips.