

SUNDAYTABLE

CHEF PRAVIN JHA



TALKS ABOUT KITCHEN SOJOURNS AND ALL THAT MAKES FOR GOOD FOOD

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PICS: KD BHATT

CANTONESE VEGETABLES

**INGREDIENTS**  
Cabbage (cut in triangles): 10 gm; Carrot (cut in triangles): 10 gm; Cauliflower (cut in triangles): 10 gm; French beans (cut in triangles): 10 gm; Broccoli (cut in triangles): 10 gm; Zucchini (cut in triangles): 10 gm; Babycorn (cut in triangles): 10 gm; Bell pepper (cut in triangles): 10 gm; Spinach (cut in triangles): 10 gm; Tofu (cut in triangles): 10 gm; Red chilli powder: 1 tsp; Ginger and garlic (chopped): 1 tsp; Onion (chopped): 1 tsp; Salt: to taste; White pepper: 1 tsp; Vegetable stock: as required; Rice vinegar: 1 tsp; Spring onion: 1 tsp; Sesame seeds: 1 tsp

**METHOD**  
Mix all the triangle cut vegetables, blanch and keep aside. Heat oil, add chopped ginger, garlic, green chillies and onion. Add vegetables, toss for a minute, add vegetable stock, seasonings and dissolved cornflour and rice vinegar. Remove from flame and garnish with spring onion.



FUN WITH FUSION

What's interesting for a chef is that you can mix, match and experiment to create new dishes

Being a chef and a foodie, anything new excites me. However, I believe it is only a matter of taste that takes time to develop before you begin to like something. And the boundaries are now getting blurred considering people have started accepting new flavours and foods. All the cuisine across the world has something unique to offer. And with a little creativity one can create Italian or Mexican food with Indian spices and ingredients too.

The idea is to mix two different kinds of ingredients to produce something new that is simple and classy. Combining some of the most simple and offbeat ingredients in the right amount to create some delectable dishes is a yummy thought in itself. Mexican dishes made with *ghar ka parantha*, chilli flakes and peanut paste are not only innovative but interesting. Similarly, Chinese food can be made with ingredients like capsicum, celery sticks, Indian cabbage in place of Chinese cabbage, cayenne pepper, rice vinegar and other Indian ingredients too.

This mix and match trend is gradually changing our local cuisine, transforming it into a whole new interesting concoction. And this will surely cast a spell on the *Amdavadi* foodie. Bon appétit!

— As told to Chetna Kapoor



PANEER MANGOLIAN

**INGREDIENTS**  
Paneer: 180 gm; Red bell pepper: 1; Yellow bell pepper: 1; Ginger (chopped): 1 tsp; Garlic (chopped): 1 tsp; Salt: to taste; Pepper: to taste; Orange crush: 2 tsp; Vegetable stock: as required

**METHOD:**  
Cut paneer into triangular pieces. Baste it with corn-flour, salt, and crushed black pepper. Deep fry and keep aside. Heat oil and add chopped ginger and garlic. Add bell peppers, vegetable stock and orange crush. Add salt and pepper. Cook for a minute. Add paneer and remove from flame. Garnish with spring onion and serve hot.

SPICY CHINESE POTATO SALAD

**INGREDIENTS**  
Potato with skin (diced): 150 gm; Bell pepper (minced): 1 tsp; Celery (minced): 1 tsp; Green onion (chopped): ½ cup; Sesame oil: 2 tsp; Ginger (grated): 1 tsp; Honey: 1 tsp; Lemon juice: 1 tsp; Spring onion: 1 tsp; Cayenne pepper: to taste

**METHOD**  
Boil potato till it gets tender, drain and chill it for 20 mins. Take a salad bowl, combine red bellpepper, celery, green onion, vinegar oil, chopped ginger, honey, lemon juice, spring onion sauce and cayenne pepper. Add chilled potatoes and toss well. Set aside to marinate at room temperature for 20 mins. Serve at room temperature. Garnish with spring onion.



FISH CAKES

**INGREDIENTS**  
White fish fillet: 1.4 pound; Dried shitake mushroom: 20 gm; Dried shrimp: 1 tsp; Scallion: 3 stalks; Garlic: 1 tsp; Chicken powder: 1 tsp; White pepper: ½ tsp; Bread crumbs; Lemon juice: to taste; Fish sauce: to taste; Palak: 50 gm; Soy sauce: 1 tsp

**METHOD**  
Soak dried shitake mushroom and dried shrimp in hot water for 30 mins. Chop mushroom and shrimp finely. Dice scallion stalks and keep aside. Mince the fish, mushrooms, scallions in the processor. Add chicken powder, white pepper, lemon juice to the mixture and mix. Make pattis and coat with bread crumbs. Fry the cakes in a non-stick frying pan. Remove from flame. Garnish with parsley. Serve with wilted palak with garlic and soy sauce.



— Pravin Jha is the Executive Chef at Hotel Cambay Grand