



KERALA FISH CURRY

Prep time: 15 minutes

Cook time: 15 to 20 minutes

Serves 4

3 tablespoons oil

10 fresh curry leaves

1 onion (about 1/3 lb/ 150g), sliced

One 1-inch (2.5cm) piece fresh ginger, peeled and cut into thin strips

4 fresh green chili peppers slit open lengthwise

½ teaspoon ground turmeric

2 cups (500m) coconut milk

2 teaspoon salt

4 firm white fish fillets, about 4 to 6 ounces each (sea bass, halibut or for works well)

1 teaspoon toasted and coarsely ground coriander seeds

1 teaspoon toasted and coarsely ground cumin seeds

½ teaspoon crushed red pepper

For the sauce

First make the sauce. Heat 1 tablespoon the oil in a large frying pan over medium heat; add the curry leaves, onions, ginger and green chilies and cook, stirring the onion is soft. About 5 minutes.

Add the turmeric, followed by the coconut milk and 1 teaspoon of salt, and bring to a simmer. Cook for 3-5 minutes, until the sauce begins to turn glossy and thickens enough to coat the back of a spoon lightly. Set aside.

Heat the remaining oil in a large, heavy-bottomed frying pan over high heat, and the scallops and sear for about 1 minute per side, until golden brown. Move the pan off the heat. Sprinkle the remaining salt on both sides. Mix together the coriander seeds, cumin seeds and the chili flakes and spread to give an even crust. Place the pan back on heat and cook for another 30 seconds on each side. Serve with the coconut sauce.



LEMON RICE

Prep time: 10 minutes plus 40 minutes for soaking

Cook time: 15 minutes

Serves 4

2 cups (420 g) uncooked basmati rice

8 cups (2 liters) water

1 teaspoon ground turmeric

1 teaspoon salt

3 tablespoons oil

2 teaspoons black mustard seeds

3 dried red chili peppers

2 teaspoons dried chana dal (yellow split peas)

6 to 8 fresh curry leaves

1 cup (100 g) unsalted peanuts

Juice of 2 lemons, plus more if needed

Lemon wedges, for serving

1. Soak the rice for 30 to 40 minutes. Carefully pour out the soaking water and wash the rice in several changes of water, until the water runs clear. Leave it to drain in a fine-meshed strainer for about 15 minutes.
2. In a heavy-bottomed saucepan, bring the water to a boil with the turmeric, rice and salt. Lower the heat and simmer for 10 to 12 minutes, partially covered, until cooked. Drain the rice thoroughly in a fine-meshed strainer and return the rice to the saucepan. Set the pan aside, off the heat, covered.
3. Heat the oil in a small skillet over medium heat. Add the mustard seeds and, when they start to pop, add the dried red chili peppers, chana dal, curry leaves and peanuts. Cook for a minute, stirring

constantly or until the chana dal and the nuts are lightly browned. This technique is known as tempering.

4. Pour the contents of the skillet into a mixing bowl. Add the rice, lemon juice and salt; mix well until incorporated. Taste for lemon and salt, and adjust according to taste. Serve with lemon wedges.



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CRISPY OKRA FRIES

Prep time: 10 minutes

Cook time: 15 minutes

Serves 4

About 1 pound okra

Cooking oil for frying

1/2 cup chick pea flour (besan)

2 tablespoons Rice Flour

1/2 teaspoon turmeric powder

1/2 teaspoon red chili powder

1 teaspoon carom seeds (ajwain) Optional

4 teaspoons chaat masala

Salt to taste

Lime Wedges for garnish

1. Wash the okra and dry thoroughly. Remove the top stem of each and then cut lengthwise into thin slices.
2. Add 2 to 3 tablespoons of oil to a deep skillet and heat over medium heat.
3. Put the okra in a large mixing bowl and sprinkle over all of the dry ingredients except the salt and chaat masala
4. Season with salt just before frying (or else the okra will release water and become soggy).
5. Deep-fry the okra a few at a time until crisp. Remove and drain on paper towels. Repeat with remaining okra in batches, adding more oil as needed.
6. Sprinkle with chaat masala and serve hot