

MAIL TODAY

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EAT, PRAY & LOVE

RAW AND MANGO DAULAT KI CHAAT, MANGO CANDY BRITTLE



Today, foam and air are the rage in molecular gastronomy. India has been eating milk foam since Mughal times. Bawal ki chaat in Delhi, minich in Lucknow, mahan malai in Kanpur, or malayo in Varanasi — they are all the same milk-foam treat, made only in winter. At Indian Accent, we prepare flavoured daulat ki chaat which is served all year round.

INGREDIENTS FOR RIFE MANGO MIX

- Mango pulp 50 ml
- Double cream 20 ml
- Milk 30 ml
- Sugar (if required) to taste
- Butter — 20 gm

■ 1 cup grated hard cheese (local) — 80 gm

■ Black pepper crushed — to taste

FOR RAW MANGO MIX

- Raw mango 20 gm
- Mint leaves, chopped 10
- Double cream 20 ml Milk 40 ml
- Sugar (if required) to taste TO SERVE Mango candy brittle as garnish (optional)

METHOD PREPARE RIFE MANGO MIX

■ Blend ripe mango pulp with cream and milk in a blender. The mixture should be of a pourable consistency. Add sugar to taste only. If the mixture is not sweet enough. Strain the mixture through a fine sieve or muslin cloth. Keep chilled.

PREPARE RAW MANGO MIX

■ Cut the raw mango with skin into chunks. Cook in a saucepan along with mint leaves, cream and milk till the mixture is of a pourable consistency. Add sugar to taste only if the mixture is too sour. Strain through a fine sieve or muslin cloth. Keep chilled.

SERVE

■ Put the two mixtures in two separate siphon guns. Charge with cream chargers (also known as nitrogen chargers). Discharge a large helping of ripe mango foam in a bowl. Top with smaller dollops of raw mango foam. Serve garnished with broken mango candy brittle pieces.

The cookbook gives you a glimpse of the Indian Accent restaurant's menu.



HAJI ALI-INSPIRED CUSTARD APPLE CREAM

Custard apple, called sharta or sitaphal in Hindi, is a fruit unique to India. It is available only for three months during winter. Delicate in taste, it is, however, tedious to eat as it contains many seeds. There is a juice stall outside the Haji Ali shrine in Mumbai where I chanced upon Sitaphal cream for the first time. Coming from Bihar, I thought sitaphal was red pumpkin. Little did I know it was also the name of the fruit! I knew as custard apple! Haji Ali Sitaphal cream became such a temptation that we would sneak out of the college

hostel late at night to eat it. When creating the Indian Accent menu, I knew I had to pay homage by including Haji Ali in the name of the dessert we serve.

INGREDIENTS

- Custard apple (Sitaphal/sharta) 250 gm
- Fresh double cream 130 gm
- Fine sugar (if required) 1 tbsp
- Amaranth laddoo — 1

METHOD

■ Scrape out pulp from the custard apples. Run the pulp through

a fine sieve to remove the seeds. Check to ensure that all seeds have been removed. Add fresh cream to the sieved pulp. Add sugar only if required, in case the custard apple is not sweet enough. Chill the custard apple and cream mixture for at least 2-3 hours. Serve when chilled. Place the custard apple cream in a bowl. Serve with an amaranth laddoo.

LET TALK ABOUT YOUR FAVORITE DRINKING

IF YOU are looking for a reservation at this popular and acclaimed restaurant, chances are that you may have to wait for weeks or even months to get one. In fact, the rumour is that even well-heeled and well-connected clientele have to pull some strings to secure a reservation if they are in a hurry. The Indian Accent restaurant at New Friends Colony (West) is undoubtedly among the most successful and talked about eateries in the national capital right now. And the man who has cooed its sumptuous success story is one of the most recognised faces to Indian gastronomy — chef Manish Mehrotra.

Combining innovation with fresh ingredients, what chef Mehrotra creates in his kitchen and brings to your plate is nothing less than a delectable magic. The food at Indian Accent has received rave reviews from critics as — and it has fetched some coveted awards.

It is the only restaurant from India in

Chef Manish Mehrotra reveals his most popular recipes in Indian Accent Restaurant Cookbook

the S. Pellegrino list of 100 Best Restaurants in the World 2015. And it's only the food critics who can't get enough of what the Indian Accent is serving. Its customers love it so much that, it is the No 1 restaurant in India on Trip Advisor.

Recently, chef Mehrotra came out with the Indian Accent Restaurant Cookbook, sharing some of the



most loved and lauded recipes of the restaurant. The cookbook offers a host of recipes that promises to excite and satisfy your palate. Chef Mehrotra, who is also fondly called 'Manishro Mehrotra', shares with MAIL TODAY a couple of his favourite recipes from the cookbook. Try them... Hol-