The Bombay East-Indian cooking class

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East Indians predominantly Catholics are a Kokni now Marathi speaking, ethnic group, based in and around the city of Mumbai (formerly *Bombay*). These people are of the original Marathi ethnic group and had been evangelized by the Portuguese, while retaining much of their pre-Christian traditions. From the early days of the British East India Company, there were no other Indian Christians in the North Konkan except the East Indian Catholics. The British found it expedient to adopt a designation which would distinguish the Christians of North Konkan who were British subjects and the Goan/Mangalorean Catholics who were Portuguese subjects. The East Indian cuisine is a unique blend of Koli, Maharashtrian and Portuguese cuisine, distinct and aromatic.

Fish Kujit

Ingredients:
- 1 King fish or any choice of fish. (Cut the fish of your choice to pieces, wash and salt.)
- 1 big onion
- 6 green chillies
- 1" piece ginger
- 2 tomatoes
- Juice of half coconut to be extracted i.e coconut milk or 1 can
- salt and vinegar to taste

Grind to paste:
- 6 flakes garlic
- 1 tsp cumin
- 1 ½ tsp dry coriander powder
- ½ tsp turmeric powder
- 6 pepper corns

Method:
- Slice the onions, ginger, chillies & tomatoes.
- Heat oil and fry the ginger, chillies, onions and then the tomatoes.
- Now add the ground paste masala & its masala water and cook for a while.
- Now add the coconut milk, salt to taste and finally the fish.
- When the curry comes to a boil add 2 tbsp vinegar. Serve with steamed white basmati rice.

Semi-dry coconut Chicken

Ingredients:
- 1 kg chicken cut into pieces
- 1 large onion
- 15 gms tamarind, make juice
- 200 gms shelled green peas (optional)
- 2 potatoes diced
- 1 sour lime
- Clarified butter (ghee) or oil
- Milk of ¼ coconut or ½ can

Grind to paste:
- 3-4 dry red chillies
- 1 tsp dry coriander seeds
- 1 tsp sesame seeds
- 4 cloves
- 1 tsp turmeric powder
- ¼ coconut scraped
- 1 tsp roasted gram /chana daal
- ½ cumin seeds
- 3 tsp Khus khus / poppy seeds
- 12 pepper corns
- 2 sticks cinnamon
- 4 flakes garlic
- 1 tsp groundnuts /peanuts

Method:
- Slice onion and fry in 2 tbsp Ghee/oil.
- Add ground paste and fry.
- Add chicken pieces, minimum water to cook chicken.
- When nearly done add the potatoes and peas.
- When vegetables are done add tamarind and sour lime juice to taste.
- Let it simmer for five minutes and when meat is quite done, add coconut milk.
- Simmer for a few minutes and put off the fire as curry thickens.
- Serve as a side with bread or steamed rice.

Coconut cordial

Ingredients:
- 2 cups grated coconut fresh/frozen (225 gms)
- 450 gms sugar
- 1 cup 2% milk
- 2 drops almond essence (optional)
- Rose pink coloring
- 2 tsp butter

Grind to paste:
- Coconut with milk.

Method:
- Mix coconut paste and sugar.
- Cook while continuously mixing till it leaves the side of the utensil (on medium flame).
- Add almond essence.
- Add food color as per the desired intensity… lighter the better.
- Butter a pan lightly.
- Pour the hot mixture carefully to level it in the pan.
- Let it cool for a while (2-3 hrs).
- Cut it into diamond or square shaped cubes before it solidifies.
- Let air dry completely.
- Eat fresh or leave in a cool place.

Fish fry

Ingredients:
- Fresh fish pieces
- 1 ½ tsp cumin seeds
- 1 tsp turmeric powder
- 6 Chillies
- 6 Garlic gloves
- Leaves of fresh coriander /cilantro
- 1 inch piece Ginger
- Rice flour
- Salt and vinegar to taste
- Oil to fry

Grind to paste:
- Grind the cumin, turmeric, chillies, garlic, coriander, ginger and salt with a little vinegar

Method:
- Wash, clean and salt the fish
- Apply the paste and marinate for ½ hour.
- Apply rice flour to the fish.
- Shallow fry the fish in hot oil till golden brown.
- Serve with rice.

Ingredients and groceries were obtained from the Indian stores, Whole foods and Kroger in Charlottesville.