

Tale of 2 Cuisines

Mexican & Bengali

Chicken Curry

Ingredients

2 lbs chicken breast (cut into chunks size of your choice)
3-4 medium size potato cut into 4 pieces and fried (optional)
3-4 shallots, 6-8 green chilies / jalapenos
For marinating the chicken
10 Garlic cloves (chopped)
1 tsp. of Ginger and garlic paste
A pinch of turmeric powder
1/4 tsp. of red chili powder
Salt to taste
3 bay leaves
8 whole cardamoms
1 tsp cumin powder
1/2 tsp. coriander powder
1 tsp. cumin seeds roasted and ground
1/2 cup of cooking oil
1 nutmeg crushed
1 bunch of coriander leaf



Instructions

1. Marinate the pieces of chicken with turmeric powder, salt, coriander powder, cumin powder, red pepper powder, and 1-2 tbs of cooking oil and the garlic /ginger paste. Let it sit there for 15 mins.
2. Heat up heavy bottom pan, add 1-2 tbs of oil and fry the potatoes till brown on every side. Take out and keep aside.
3. Fry the chopped shallots until it gets golden brown, then add the marinated chicken at this point, cook at medium heat for 20 min, (TIP- If the oil comes out by the side of pan, chicken is fried well).
4. Add 1-2 cups of water (we want a thick gravy so don't add too much water) and add the fried potato.
5. Cook first on high flame and then lower the flame and cook till tender. We don't want the gravy to be too dry.
6. Let it cool and sprinkle fresh chopped coriander leaves. Serve with rice of your choice.

Borhani



Ingredients:

- 1) Yoghurt plain, 1 tub (medium size)
- 2) Mint, 4 leaves
- 3) Roasted cumin, 1/2 tsp
- 4) Pepper corn, 4
- 5) Salt to taste
- 6) Brown sugar, a pinch
- 7) Cilantro, few leaves
- 8) 1 green chili

Instructions:

Add 2 glasses of water and blend everything together for a couple of mins.

Mole Poblano

Ingredients

- 6 mulato chilies
- 2 ancho chilies
- 3 pasilla chilies
- 1 chipotle chili
- 4 chicken breasts
- pinch of thyme
- 2 bay leaves
- 1 roughly chopped carrot
- 1/2 medium white onion
- 1 roughly chopped celery sticks
- Black pepper corns
- 10 allspice pepper corns
- 4 whole cloves
- 1/2 cinnamon stick
- 1/4 tsp. anise seeds
- 1/4 tsp. cilantro seeds
- 7 tbsp. sesame seeds
- 1/2 cup peanuts
- 100g tomatoes
- 50 g green tomatillo
- 2 cloves garlic clove
- 1/2 medium white onion



- 20 almonds
- 40 g green pumpkin seeds
- 20 g raisins
- 1 white corn tortilla
- 3 dry white bread slices
- 50 g Mexican drinking chocolate bar
- Salt to taste
- Sugar to taste

Instructions

1. **Prepare the chicken broth.** In a large pot boil water, chicken breasts, 1/2 medium white onion, 1 garlic clove, black pepper corns, bay leaves, thyme and salt until chicken is cooked and tender, about 40 minutes. Let it cool in the broth. Set aside.
2. **Prepare the chilies.** Remove stems, veins and seeds, saving some seeds to check on spiciness. Fry chilies in hot

oil without burning the skin. Do this in batches turning them over. The chiles will release the stingy oils into the air, so beware of keeping the kitchen well ventilated and the extractor on. Set aside in a bowl covering the chiles in warm water, letting them sit for 1 hour. Drain well and blend with 1 cup of broth until a thick paste is formed. Add broth as needed to loosen blades. Set aside.

- 3. Prepare the seeds, spices and nuts.** Toast peanuts, pepper corns, cloves, cinnamon stick, anise, cilantro and sesame seeds (it's preferred to do it separately because the all have different toasting times). Grind thoroughly and set aside. Fry almonds and pumpkin seeds until golden brown and set aside.
- 4. Prepare the thickeners.** Roast tomatoes and garlic until the skin is slightly burnt. Blend with garlic and some broth. Fry one by one the chopped onion, raisins, tortilla and bread until golden brown, and add gradually to the blender with 1 cup of broth, adding more as needed until a thick paste is formed.
- 5. Combine all ingredients together.** In a deep frying pan with oil fry chili paste scraping the bottom constantly so it doesn't stick and burn. Cook for 5 minutes. Add the thickening paste and cook for another 5 minutes, stirring constantly and scraping the bottom of the pan. Add the chocolate with 1 cup of broth and cook for 5 more minutes. Add 4 more cups of broth, salt and rectify sweetness and cook for 40 minutes on low heat.
- 6. Serve** on the chicken and decorate with sesame seeds.

Agua de tamarindo



Ingredients

8 large tamarind pods
½ cup sugar
Water

Instructions

- 1.** Boil tamarind and sugar in water for one minute. Let stand for ±2 hrs. until the pulp is softened – the time depends on the dryness of the pods.
- 2.** Free the pulp from the seeds and strain.
- 3.** Adjust water and sweetness.