

Classic Corner

Authentic Goan cuisine is getting harder to find these days. We've found a restaurant which is committed to preserving the cross-cultural flavours of India's smallest state, Goa.



Among the world's first fusion foods is authentic Goan cuisine. Olde Goa restaurant Chef Savio has chosen the perfect location in London for his restaurant. One of Savio's favourites is Recheado.

"Recheado is a very aromatic, flavourful and quite a hot Goan masala that can be used for marinating, stuffing and frying any kind of seafood. Recheado means "stuffed" in Portuguese ; fish stuffed with plenty of this masala and fried. Every Goan family will probably have their own recipe for this masala. I use mackerel, or sea bream, but an alternative can be red snapper or any kind of meaty white fish. Plus, the dish is excellent with tiger prawns or stuffing squids and crab!

"This masala can be prepared in advance and kept it in a container in the fridge for a few months. The ingredients in the following recipe will be enough for cooking 10-12 small fish.. <

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As judged by Nigel Barden, Radio 2's Drive time chef, Brett Sutton, Exec chef at the East bury Hotel and Charles Campion, Master chef judge and restaurant critic

GOAN RECHEADO

INGREDIENTS

Mackerels, sea bream snapper or other white fish
12 dried red chilli peppers (e.g. Kashmiri,)
20 black peppercorns
1 teaspoon coriander powder
1 teaspoon cumin seeds or 1/2 teaspoon of cumin powder
12 garlic cloves, peeled
1/2 teaspoon turmeric powder
1 teaspoon white sugar/ brown
3-4 tablespoons vinegar – Goan toddy is the best
Small ball of dried tamarind or juice of one lime
1 teaspoon salt (or to taste)

HOW TO COOK

- Soak the dried chilli peppers in a little bit of water. I recommend using Kashmiri chili – which are sweeter and give a lovely red colour, .
- If you have dried tamarind, also soak it in a little bit of water for about 5 minutes and then squeeze out the juices and pulp, discard the skin.
- First put the red chilli peppers and vinegar into a blender and blend it till you get a smooth paste.

- Next, add garlic cloves, peppercorns, turmeric, coriander, cumin powders, sugar, salt and tamarid or lime juice and blend it all until you get a fine paste.
- Clean the fish and make a few shallow cuts on them. Stuff the fish with some of the masala as well as rubbing the paste on the outside. Now marinate for about 15 minutes and fry or grill. I like a really hot sauce with my dish called amobtik but you can simply serve with basmati rice and a mixed leaf salad!

