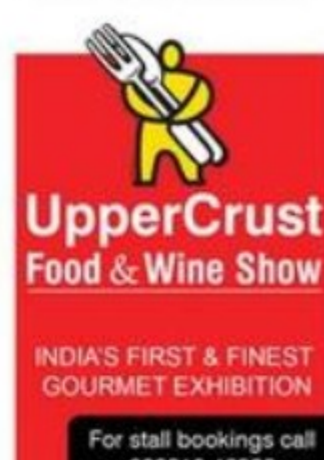




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## East Meets West

The Anglo-Indian community have been a staple feature in the tapestry of this nation. Think of the aunties in their frilly dresses and gentlemen in their three-piece suits reliving the days of the Raj. Which one of us doesn't have an Anglo-Indian friend in our midst whose company we always enjoy?

So who exactly is an "Anglo-Indian?"

The term "Anglo-Indian" originally referred to British colonials residing in India. Their prolonged stay in the country resulted in the emergence of a race of people born to British fathers and Indian mothers, who also called themselves Anglo-Indians. But perhaps the greatest treasure this tiny, fun loving community has to offer is its culinary tradition that has survived the test of time long after the sun set on the British Empire.

Anglo-Indians who were influenced by the Portuguese, British, Dutch and French, incorporated the many herbs and spices that grew around them and developed their own cuisine that is definitely delicious. Most spices used in this cuisine can be found in any Indian kitchen.



Nestled in Bangalore, we meet Bridget Kumar – the Queen of Anglo Indian Cooking, whose cookbook – Anglo-Indian Cuisine, A legacy of The Past – is a bible for Anglo Indian food lovers. The delicious cutlets, Railway Mutton Curry and other dishes that symbolise this cuisine all feature in the pages of her book. Infact this enterprising lady has written a total of six recipe books on the subject.

"Anglo-Indian cuisine could be said to be influenced by the various European invasions in India and evolved over centuries to what it is today. Throughout the colonial period, many new hybrid cuisines came into existence. The Indian khansamas or cooks of those times innovated new dishes, which combined some of the flavours of India with those of Britain and Europe and vice versa. Spices and other ingredients were added to Western dishes giving them a mild Indian flavour," says Kumar.

Thus soups were seasoned with cumin and red chillies, roasts were cooked in whole spices like cloves, pepper and cinnamon,

rissoles and croquettes came to be flavoured with turmeric and garam masala. The concept of "curry" which started out as a watery concoction with the addition of a few spices to meat and vegetables became the 'food fashion' of the time. Worcestershire sauce, Mulligatawny Soup, meat jalfrezie, ketchup, etc were some of the first innovations or culinary inventions of those early cooks or khansamas to cater to the new craze for 'Indian spice flavoured food'.

Tracing the roots of this cuisine, we can see it evolved over many hundred years as a result of reinventing and reinterpreting the quintessentially western cuisine by assimilating and amalgamating ingredients and cooking techniques from all over the Indian sub-continent.

Thus a completely new contemporary cuisine came into existence making it truly "Anglo" and "Indian" in nature, which was neither too bland nor too spicy, but with a distinctive flavour of its own.

It became a direct reflection of the multi-cultural and hybrid heritage of the new colonial population.

However over a period of time, Anglo-Indian cooking became more Indian than British and became more regional based. Local ingredients and flavours of a particular region were incorporated in the dishes while the basic ingredients remained the same throughout the country. Coconut based curries were popular in Anglo-Indian dishes in the south while mustard oil and fresh water fish were popular ingredients in the Anglo-Indian dishes of Calcutta and the rest of West Bengal.

"Anglo-Indian cuisine is a gourmet's delight. It is the extremely unusual blend of tastes that makes this cuisine so unique. Much of the food has rhyming alliterative names like doidol, kalkal, Ding-Ding, Posthole, etc. The very nomenclature of the dishes is unique and original, and synonymous only to the Anglo-Indian Community. It is a true reflection of both worlds where the Indian oriented curry is given as much importance as the English roasts and bakes," Kumar suggests.

While Anglo-Indian cuisine could be said to be influenced by the various European invasions in India, it was the British, who actually left an indelible mark on Indian cuisine. This new cuisine was often called "Club food," referring to the food served even today in country clubs throughout India. Roasts, stews, bakes, sandwiches and white bread are a legacy of the British, and Anglo-Indians took these to new heights, making them part of their daily cuisine. Other dishes such as fish and chips, cutlets, croquettes, sausages, bacon, ham, egg variants, puddings, custards, etc became part of the Anglo-Indian culinary repertoire. The Sunday English breakfasts of eggs, bacon and kippers, buttered toast, cheese, butter, jams, English roast dinners complete with steamed vegetables, roast potatoes, Yorkshire Pudding and gravy, English sausages, colloquially known as "bangers with mash", pies and puddings, especially the Yorkshire Pudding and bread pudding, etc became very common in Anglo-Indian homes. Anglo-Indian food is therefore the delicious result of the British Raj in India.

Thus it could be rightly said that Anglo-Indian cuisine was perhaps among the first examples of fusion food in India. Many of the dishes have a unique history behind their existence. There is a certain glamour about Anglo-Indian cuisine with its quaint names like Railway Lamb or Mutton Curry, the Dak Bungalow Curry, Grandma's Country Captain Chicken, Colonel Sandhurst's Beef Curry, Veal Country Captain, Anglo-Indian Mince ball (kofta) Curry or Bad Word Curry, Bengal Lancer's Shrimp Curry, Pork Bhooni, Chicken/Meat Jal Frezie, Devil Pork Curry, Calcutta cutlets (Kobhiraji cutlets), Fish Kedgeriee, Double Onions Meat Curry (Do Piazza), Meat Glazie/Glassey (fruity meat curry), etc. etc. All these dishes were a direct throwback to the conditions prevailing at the time of the Raj!

The Anglo-Indians are good eaters and more over great hosts. Food is the centre of social gatherings and the meal table will be full of meats and different rice preparations, chutneys and sweets.

The main course is the centre point of the Anglo-Indian dinner table and has to consist of lots of meat dishes like pork, beef, and chicken made in different ways like roasts, baked dishes and food cooked and served in the same dishes (casseroles). Chicken Country Captain, Fish Moilee, Mince Ball Curry, Beef in Green Masala Curry, Roast Leg of Lamb, Beef Roast, Pork Vindaloo, meat and pasta bakes and meat and potato casseroles to name a few.

Just like the Parsis, the Anglo-Indians aren't overly fond of veggies. Their vegetables options often circling around foogath of different vegetables which is a dry preparation of stir fried vegetables done with mustard seeds, curry leaves, onions and ginger garlic paste and mixed with grated coconut. The vegetables may include beans, cauliflower, cabbage, carrots. Other preparations are fried potato wedges tossed with salt and pepper powder, baked brinjal or masala brinjal or fried brinjal with batter.

The meal is well complimented with different chutneys and pickles, mostly home-made. Devil's chutney, sweet mango chutney or coconut chutney and lime pickle or the brinjal pickle.

Desserts of the community include mainly rich cakes like the plum cake or the fruit cake which is generally served with a generous helping of rum sauce and nut and raisins. Also the simpler desserts may include the baked ones consisting of the caramel custard with different flavours, mainly coconut, bread and butter pudding and coconut cream tart and other puddings.

At the Taj West End Hotel in Bangalore, chefs pay homage to this unique cuisine with a superb menu that draws inspiration from the Colonial era.

Chef Sandip Narang and his culinary brigade have put in their best foot forward and have tried to bring out the flavour of the menu's double iwc replica watches heritage by reviving the old forgotten dish to suit the present day tastes and palates. Signatures include Mulligatawny (Coconut and curry-flavoured lentil soup with lamb or chicken), railway mutton cutlet (minced lamb and potato patty), Liver and Onions (crumb-fried liver served with fried onions and potato), Country Captain (lamb stew flavoured with raisins and brown onions served with Indian bread), Roast Duck with orange sauce, strawberries with fresh cream and meringue, sour cherry crumble and many more.

"The menu lacks the spiciness of the Indian food and the blandness of English food thus making it a perfect marriage of the two. The Anglo-Indian menu experience at the Taj West End thus aims to connect people and help them relive an era," says Chef Sandip Narang.



## Beet Gajar Ki Chop

- 250 g beetroot
- 150 g carrot
- 100 g potatoes
- 200 g breadcrumb
- 25 g ginger, chopped
- 25 g carom seeds
- 10 g cumin powder, roasted
- 12 g salt
- 50 g coriander, chopped
- 180 g, roasted peanut
- 20 g green chilli, chopped
- 1000 ml oil, for frying
- For the batter:**
- 200 g refined flour
- 8 g salt
- For the dip:**
- 100 g mint
- 400 g spring onion
- 20 g jalapeno
- 20 ml lemon juice
- 200 g mayonnaise

**For dip:**  
Blend mint, spring onion and jalapeno with some ice to hold colour. Mix this paste with lemon juice and mayonnaise, check seasoning.

**For chop:**  
Peel and cut beet, carrot and potatoes into small pieces, boil them separately in water. Once boiled, grate beetroot, carrot and potatoes individually. Sauté for a while. Add grated beetroot, carrot, potatoes, peanuts. Season with roasted cumin powder and salt, give shape of your choice. Dip into flour batter and roll in the breadcrumb. Fry in hot oil and serve hot.

**Note:** Unique taste and colour will come from the beet and carrot. Serve hot and sprinkle cajun spice on top with mint mayonnaise...

## Calcutta Devilled eggs

Serves: 04 portions

- Eggs, hard-boiled and peeled 8
- Oil, sunflower or peanut 30 ml + frying
- Onions, chopped finely 20 gms
- Ginger, chopped 10 gms
- Green chillies, deseeded and chopped 1-2
- Shrimps or fish, minced finely 100 gms
- Turmeric powder 1/2 teaspoon
- Curry powder 1 teaspoon
- Mustard, kasundi 1 teaspoon
- Sugar 1/2 teaspoon
- Lime juice 1/2 lime
- Salt to taste
- Pepper powder black to taste
- Flour 15 gms
- Breadcrumbs 150 gms

Heat oil in a kadhai; add onions, ginger and chillies and sauté well. Add turmeric and curry powder. Add shrimp/fish mince. Cook well on a high flame, add salt and pepper and lime juice. Scoop the mixture. Add kasundi mustard. Mix well. Make thick slurry of flour mixed with water and little salt. Halve an egg lengthwise, scoop yolks, mash and mix into fish mixture. Stuff mixture back into egg and combine two halves together. Dip into slurry and then in breadcrumbs, ensuring an even coating. Repeat with rest of eggs. Deep-fry in hot oil, till colored light brown. Drain on kitchen paper towels using a slotted spoon. Serve with ketchup.



## Dak Bungalow Roast Chicken

- 1-1.2 kg whole chicken (skinless)
- salt to taste
- 1/2 tsp black pepper powder
- 1 tbsp paprika powder
- 60 g ginger-garlic paste
- juice of 2 limes
- 500 g yogurt
- 1 tsp coriander powder
- 1 tsp cumin powder
- a pinch of turmeric powder

Make a mixture of lime juice, salt and pepper and apply to the chicken. Set aside for an hour.

Mix the ginger garlic pastes, paprika, coriander, and cumin and turmeric powders. Whisk yogurt, add above spice pastes into this and mix well. Adjust seasoning. Apply the above mixture to chicken and ensure it is coated evenly.

Place on a roasting tray and bake/roast in an oven at 175° C for about an hour,

ensuring the breast side is down. Check halfway into cooking and turn chicken if necessary.

When cooked, let it stand for 15 minutes at room temperature and place on a platter.

Garnish with quartered boiled eggs if required (optional).

