

20. Our Mauritian Family Recipes

According to Lorna Purahoo, Mauritian cuisine is very very tempting and mouth watering. Food is an important part of Mauritian culture. Diversity is the keyword in the Mauritian cuisine, which consists of a mixture of Indian, Chinese and European. Once you try Mauritian food you will never be able to give it up.



Lorna Purahoo, Mauritius.

Source: GBRN Collection.

Biryani

Ingredients

2 kg chicken/meat/fish, cut into pieces

1 kg basmati rice, half cooked with a pinch of salt, 5 cardamom, 1 piece of cinnamon and 5 cloves and drained

1kg potatoes soaked with a pinch of yellow colour and then half fried

1 cup green peas (optional)

5 tablespoons cumin

½ tablespoon red chillies

½ tablespoon cloves ground

½ tablespoon cardamom

Dharmalan Dana

½ tablespoon cinnamon
½ tablespoon black pepper
1 tablespoon garlic paste
1 tablespoon ginger paste
½ cup crushed onions
3 cups fried onions
Chopped coriander and mint leaves
500 ml yoghurt
6 cloves
4 cardamon
2 cinnamon
4 green chillies
1 gm of jafran boiled in 1 cup of water
3 tablespoons ghee
3 tablespoons oil

Method

1. Marinate your chosen meat in ginger and garlic paste, cinnamon, cardamom, cloves, ground spices, crushed onions, green chillies, $\frac{3}{4}$ fried onions, chopped coriander and mint leaves, yoghurt and two cups of water. Add salt to taste. Melt the ghee in oil and add to mixture. Let marinate for 4 hours in a biryani pot.
2. Put a layer of half the cooked rice on top of the mixture followed by green peas and half of the remaining fried onions. Pour in half the jafran water. Top the remaining rice, pour the remaining jafran water and spread the remaining fried onions. Cover with lid and cook on low heat for about 30 mins.
3. Remove the lid and use a spoon to check whether the biryani at the bottom is dried. This means that cooking has been completed. If not, replace lid and allow to cook for another ten minutes.
4. Serve with chutney, cucumber and carrot salad and pickles.

Chapatis (Bread)

You will get about 5 or 6 (like roti)

Ingredients

3 cups of white flour

1 cup hot water

1/3 cup of oil

A pinch of salt

Method

1. Put the flour in a bowl. Put the water over the flour. Add the oil and the salt.
2. Mix everything with a spoon because of the hot water then you continue with your hands. Make dough with it. Break dough into 5 or 6 small pieces. Put some flour on a working surface then flatten each dough ball with a rolling pin.
3. Put a pan over medium heat and with a brush or a small piece of white cloth brush oil in the pan. The pan should be hot.
4. Put the chapatti in the pan brush oil on the chapatti turn over and take out. Put aside. Do the same with the other chapattis.

Chicken Curry

Ingredients

2 lbs chicken (cut in pieces)

2 or three potatoes (cut in cubes)

Ginger and garlic paste

3 spoons of curry powder

2 tomatoes

1 large onion

Green coriander

Dharmalan Dana

2 green chillies

Oil for cooking

Method

Marinate the chicken with salt and pepper. Heat oil and put the chicken in it. Put in some water so that the chicken can cook. Remove the chicken when you see that it is done. Cut onion and put in the remaining oil, curry powder, ginger and garlic paste and the tomatoes as well and mix well. Arrange the pieces of chicken and the potatoes mix well (if you feel that the curry needs a bit more of curry powder you can put some more depending on taste). Then put a cup of water over the curry and let it cook. When ready cut the chillies lengthwise and sprinkle the green coriander over it. *Serve with vegetable pickles and rice. Mauritians know that this is what we eat as comfort food when there are cyclones.*