



:: Nicole's Zoom Cooking Class ::

September 2018

Veggie Pakora

Super Crispy Rum Battered Fish

3 Super Sauces for Fish

Garden Salad

Dark Chocolate Salted Caramel Tart

P L E A S E R A T E U S !



See the last page!!!



YOU!

Veggie Pakora

I love pakora! Whenever Adam and I went to the *Mughal Gardens Restaurant* in Baltimore this was the first thing I ordered. I'm not too sure which chutney I prefer with them... the tamarind or the cilantro so I provided both for you here. I love both chutneys as well!

- 1 ¼ Cup garbanzo flour
- ¼ Cup rice flour
- 2 Teaspoon salt
- 1 ½ Teaspoons curry powder
- 1 Teaspoon cumin
- ¼ Teaspoon baking powder
- 1 Cup water
- 1 Cup broccoli, finely chopped
- 1 Cup sweet potato, peeled and finely chopped
- 1 Cup zucchini, finely chopped
- 1 Cup onion, finely chopped
- 1-2 Jalapenos, finely chopped
- ½ Cup cilantro

In a large bowl combine flours, salt, spices and baking powder. Add water to form a thick batter. Let the batter rest for 5 minutes.

Next, mix in all the finely chopped vegetables making sure everything is evenly coated by the batter.

In a heavy pot, heat the vegetable oil to 350° F / 177° C. Carefully spoon a tablespoon of batter into the heated oil. Allow the pakoras to cook for a few minutes before turning; they should be golden brown on all sides. Remove with a slotted spoon and allow pakoras to drain on a dish towel before serving.

Serve warm with tamarind chutney or cilantro-mint chutney.

Tamarind Chutney...

- 1 Cup tamarind pulp
- 2 Cups water

- ½ Cup brown sugar
- 1 Teaspoon ground cumin
- ½ Teaspoon salt
- 1 Teaspoon ground ginger
- 1 Teaspoon garam masala
- ½ Teaspoon cayenne powder (more or less to your taste)

In a small saucepan bring water and tamarind to a boil and let sit for 10 minutes. Strain and process the tamarind in a sieve to remove all the pulp from the seeds.

In a separate pan toast the cumin, garam marsala and ginger until fragrant, about 2 minutes. Add the tamarind pulp, sugar and salt and simmer for 10 minutes so the flavors combine. If the sauce is too thick thin it out with a few tablespoons of water.

Store the sauce in an airtight container in the fridge.

Serve with pakora or samosa.

Cilantro-Mint Chutney...

- 1 Bunch cilantro
- 1 Bunch mint
- 1 Chopped jalapeno
- ¼ Inch ginger, peeled and chopped
- Juice of ½ a lime
- ½ Teaspoon salt
- 1 Teaspoon cumin
- 1 Teaspoon sugar
- ¼ Cup water (optional)

Pick the mint leaves off the stems... there should be twice as much cilantro as mint. Put everything in the bowl, a food processor, or blender and puree until a thick paste is formed. Use the water to control the desired consistency.

Super Crispy Rum Battered Fish

Adam fell in love with the concept of rum and fish doing his own research, and so I had fun building on out an option for him. What could be better? :-)

- 2 Pounds skinless boneless fish, about 8 fillets
- ½ Cup rice flour
- Oil for frying

- 1 Cup all purpose flour
- 1 Cup rice flour
- 1 Teaspoon salt
- ½ Teaspoon black pepper
- 1 Egg, beaten
- 1 ¾ Cup cold club soda
- ½ Cup rum

Combine all the dry ingredients. In a separate bowl beat the egg and whisk in the cold soda water. Gradually add the dry ingredients whisking until the flour has been incorporated into the liquid.

Preheat oil to 350° F / 177° C.

Season the rice flour with salt and pepper or you can use your favorite dry seasoning like old Bay or cajun seasoning. Season the fish fillets with salt and pepper on both sides and then dust them with the seasoned rice flour. This will help the batter to cling to the fish.

Dip individual fillets into the batter and then gently place them in the hot oil. Fry until golden brown on both sides about 8 over minutes, depending upon the thickness of the fish. Allow the fish to drain on a wire rack over a cookie sheet. Keep the cooked fish fillets warm in a preheated oven while you cook the other fillets.

Serve warm with your favorite tartar sauce or vinegar.

3 Super Sauces for Fish

It took me the better part of a day to figure out which sauce to serve with the Crispy Rum Battered Fish. Tartar sauce would be the traditional choice, but I love Spicy Mayo... and then I came across this interesting taco sauce and here we are with 3 sauces from which to choose!

Wickedly Good Fish Taco Sauce...

This nice little taste enhancement is similar to my Zesty Sauce with a few extra ingredients to add punch.

- ½ Cup Sour cream
- ½ Cup mayo
- ½ Teaspoon cumin
- ½ Teaspoon ground coriander
- ½ Teaspoon dried dill
- ½ Teaspoon dried oregano
- ¼ Teaspoon ground chipotle chili powder
- ½ Teaspoon capers, minced
- 1 Jalapeno, seeded and minced
- 1 Tablespoon fresh cilantro chopped
- Juice of half a lime

In a small bowl whisk all the ingredients together. The sauce should have the consistency of a pourable creamy dressing, if it is too thick add more lime juice.

Cover the sauce and refrigerate for at least an hour.

Serve chilled.

Spicy Mayo Sauce...

I use this sauce on everything!! Burgers, chicken, fried fish, I especially like it with fries.

- 1 Cup mayonnaise
- 3 Tablespoons Sriracha (more if you want it spicy)

¼ Teaspoon chilli powder

Whisk all the ingredients together in a bowl. Serve immediately or store in an airtight container in the refrigerator.

Traditional Tartar Sauce...

Tartar sauce is a traditional accompaniment to fried seafood.

⅔ Cup mayonnaise
6 Cornichons, minced
1 Tablespoon fresh parsley,minced
1 Tablespoon capers, drained and minced
1 Tablespoon red onion, minced
1 Tablespoon lemon juice
Dash hot sauce (optional)

Whisk all the ingredients together in a bowl.
Cover and chill for at least an hour before serving.

Nicole's Rainbow Garden Salad

Quite simply, this is one of my favorite garden salads. It is easy to make, colorful, and extremely good for you (with vegetables a good rule to follow is that each color represents particular batches of vitamins and minerals). Good tasting. Good for you. Easy-to-make. Not a bad combination!

The Dressing...

- ½ Teaspoon crushed red pepper flakes
- 1 Clove garlic, minced
- ¼ Cup rice wine vinegar
- 2 Teaspoons sugar
- 1 Tablespoon soy sauce
- ½ Cup olive oil

Combine the dressing ingredients in a small jar and shake to blend. Set aside.

The Garden Salad...

- 1 Head romaine lettuce, washed and cut into pieces
- ¼ Red cabbage
- 2 Carrots, peeled and shredded
- 1 Small red onion, thinly sliced
- 1 Yellow bell pepper, thinly sliced
- 1 Cucumber, cut into thin 1/2 rounds

Combine all the vegetables in a large bowl. Drizzle the dressing over the vegetables and toss to coat evenly. Season with salt and freshly ground black pepper. Serve.

Enjoy!

Dark Chocolate Salted Caramel Tart

Notes: I don't need to say much here. The title says it all.

The Pastry...

- 24 Whole oreo cookies
- ½ Cup butter, melted

Preheat oven to 350° F / 177° C.

Crush the oreos using a food processor until you have a fine crumb. In a medium bowl mix together the oreo crumbs and the melted butter until well combined. Press the crumbs into the bottom and up the sides of the tart pan. Bake for 8 minutes and cool before filling.

The Caramel...

- ½ Cup butter
- ⅔ Cup brown sugar
- ¼ Cup heavy cream

Combine butter and sugar in a small saucepan, cook over medium heat whisking constantly. When the mixture starts to bubble, continue whisking and cook for 1 minute and then remove from heat.

Carefully and slowly whisk in heavy cream until smooth. Let the caramel cool for 20 minutes before pouring into the prepared crust. Set the tart in the freezer of 30 minutes until just chilled and set.

The Finishing Touches...

- 1 Cup heavy cream
- 12oz Dark chocolate, roughly chopped

In a saucepan bring the heavy cream to a simmer over medium heat. Place the chocolate pieces in a glass bowl and pour the heavy cream over the chocolate

pieces. Let the mixture sit for 5 minutes, then whisk until completely smooth. Remove the tarts from the freezer and pour the chocolate ganache over the caramel and chill the tart until it is set or ready to serve.

Before serving, sprinkle the top of the tart with flaky sea salt.

And, Voilà!, you're ready to spoil yourself rotten!

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Thank you!