

Goan

Cooking



Presented by Goan Overseas Association of Victoria
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Introduction

The Goan Overseas Association of Victoria is pleased to present the first in a series of presentations on Goan Cooking to anyone that is interested in knowing and learning more about Goan Cooking.

Goan cooking, as it has evolved, is a fusion of diverse flavours, ingredients and culinary techniques, in this case Portuguese and Konkani, to create a unique cuisine that has stood the test of time.

Rice in all its forms and fish are still the main Goan diet: curried or fried, pickled or dried, at least one variety of seafood ranging from sardine and mackerel to the kingfish, prawns, oysters, crabs, clams grace the Goan table at every meal.

The dishes selected for the presentation are based on the traditional and authentic Goan style of cooking that is cooked in most Goan households across the world.

We are grateful for the support received in this venture particularly from the Victoria Multicultural Commission and we acknowledge the contribution and efforts of all those involved in the presentation and in particular our culinary experts for creating the recipes and presenting them.

Joe Alphonso
President
Goan Overseas Association of Victoria

Commonly used Goan Ingredients

1. **Kashmiri chillies:** Goa has a variety of locally grown chillies, but the chilli of choice today is the Kashmiri chilli. The fiery red colour it imparts to a dish disguises its mildness.
2. **Goa vinegar:** Made from coconut palm toddy – used in the cooking of meat, poultry and pork dishes, and as a pickling agent.
3. **Goa jaggery:** Pyramids or rounds of dark brown or black palm jaggery – used in coconut-based sweets.
4. **Bimblim/Bilimbi:** Sour, gherkin-shaped fruit – used as a souring agent.
5. **Cocum:** A deep red grape-sized berry. The skin is dried and used as a souring agent in fish and vegetable dishes.
6. **Bombil** or Bombay duck is a slim, soft fish, tastes best batter or crumb fried. When dried, it is the perfect monsoon accompaniment to fish curry and rice, when fresh fish is scarce. Fry chopped, dried Bombay crisp; crumble into vinaigrette of onions, green chillies, vinegar and salt.
7. **Dried prawns:** Roasted and added to coconut curries and vegetable dishes, relishes and chutney.
8. **Toddy:** Fresh sap of the coconut palm – used as a raising agent in breads and cakes.
9. **Goa rice:** Locally grown rice is parboiled before milling and has plump reddish grains with a nutty flavour.
To cook Goa rice: Boil in plenty of water with salt to taste, on moderate heat, for at least ½ hour. Drain. Cook the rice longer to make pex (a rice Goan comfort food eaten with dried up fish curry or salt fish or pickle).
10. **Chourizo:** There are a number of local versions of the Portuguese garlic sausage. They are stuffed with a spicy filling of cubed pork marinated in spices, vinegar and a dash of feni and sun-dried or smoked over wood fires.
To cook: Boil whole sausages in water. When cooled, add a few whole pearl onions or thickly sliced onions and cook for a few minutes more. Cut the sausages into 2” pieces and serve in their own gravy as an accompaniment to pulaos.

Pork Vindalho

Preparation time: 20 min.

Cooking time: 20 min.

Ingredients:

Fatty pork meat (boneless)	500 gm
Red Kashmiri chilies (dry)	15
Cumin seeds	1 tsp
Mustard seeds	1/2 tsp
Black pepper (whole)	3/4 tsp
Turmeric powder	1/8 tsp
Ginger & garlic paste	2 tbsp
Tamarind juice	1/2 cup
Onion, medium sized	2
Vegetable Oil	1 cup
Brown vinegar	3/4 cup
Salt	1tsp
Sugar (optional)	

Method:

Cut the pork meat into medium cubes and set aside. Cut onions into large cubes. In a pan add 1 cup oil and fry the onions on a medium flame till brown. Add ginger & garlic paste and mix together. Add the pork meat and salt and fry for five minutes. Then cover the pan, lower the flame, and let the meat cook till nearly done. Grind chilies, cumin seeds, mustard seeds and black pepper, including turmeric in vinegar, add a litter water if required. Add ground spices to the pork meat, and let it cook for another 10 minutes. Lastly add in the tamarind juice.



Sorac Plain curry

Preparation time: 10 min.
Cooking time: 7 min.

Ingredients

Coconut milk	1 tin / 400 ml
Water	300 ml
Onion small, chopped	1
Tomato small, chopped	1
Chilly powder	1 tblsp
Coriander powder	2 tblsp
Turmeric powder	½ tsp
Garlic crushed	2 cloves
Tamarind	1 golf ball size (Soaked in 1 cup of water)
Sugar	½ tsp
Salt to taste	

Method

Put all the above ingredients into a pot and bring to a boil stirring occasionally. Reduce heat and simmer for about 7 mins.



Goa Fish Curry

Preparation time: 20 min.
Cooking time: 7-8 min.

Ingredients

Coconut milk	1 tin / 400 ml
Water	300 ml
Chilly powder	1 tblsp
Coriander powder	2 tblsp
Turmeric powder	½ tsp
Garlic crushed	2 cloves
Raw mango powder	2-3 tbsp
Sugar	½ tsp
Prawns	500 gm
Raw mango	4 Slices
Fish (pomfret), sliced	500 gm
Salt to taste	

Method

Put all the above ingredients except the fish into a pot and bring to a boil stirring occasionally. Add the fish and simmer for about 7 mins or until cooked.



Prawn & Raw Mango Curry

Preparation time: 20 min.

Cooking time: 10 min.

Ingredients

Coconut milk	1 tin / 400 ml
Onion small, chopped	1
Water	300 ml
Chilly powder	1 tblsp
Coriander powder	2 tblsp
Turmeric powder	½ tsp
Garlic crushed	2 cloves
Raw mango powder	2-3 tbsp
Sugar	½ tsp
Prawns	500 gm
Raw mango	4 Slices
Salt to taste	

Method

Heat little oil in a pan, sauté the onions till transparent. Add the cleaned and de-veined prawns in and fry along with the onion for a minute

Add the coconut milk, water and spices and bring to a boil. Then add the raw sliced mango. Simmer for about 5 mins or till prawns and raw mango is cooked through.



Beef Potato Chops

Preparation time: 20 min.
Cooking time: 20 min.
Makes 3-4

Ingredients

Beef mince	250 gms
Garlic paste	¼ tsp
Ginger paste	¼ tsp
Garam masala	½ tsp (of clove, pepper & cinnamon)
Turmeric powder	¼ tsp
Onion, large (thinly chopped)	1
Green chilly	1
Green coriander, chopped	1 tbsp / 6 gm
Sugar (optional)	1 tbsp
Salt	½ tsp
Vinegar	1 tbsp / 15 ml
Vegetable Oil	4 tbsp/ 60 ml + for frying
Frozen green peas (optional)	2 tbsp
Potatoes, medium, boiled, mashed	3 / 375 gm
Eggs, beaten	2
Breadcrumbs	1 cup approx

Method

Gently heat the oil in a pan; sauté the onions till slightly brown. Add the mince and fry till gently brown. Add the ginger, garlic paste, turmeric and garam masala powder along with salt and stir & fry the mince for 4-5 mins.

Add the chopped green chilly & coriander. Add vinegar (as required) & sugar for taste. Finally add green peas.

Boil 3 medium sized potatoes with salt. Cool and mash the potatoes. Take a handful of mashed potato (depending on how big or small you want them to be) flatten it on your palm & fill it with a tbsp of the cooked mince. Then pinch together to seal. Pat into a round shape with the help of some breadcrumbs. Dip the potato chop in the egg, roll again in breadcrumbs & gently shallow fry in pan till lightly brown on both sides.



Ale Bele

Coconut & Jaggery Pancakes

Preparation time: 15 min.
Cooking time: 15 min.
Makes 12-15

Ingredients

For the crepes:

Plain flour	1 cup
Salt	¼ tsp / 1 gm
Egg	1
Egg yolk	1
Milk	1+1/4 cup
Vegetable Oil or butter for cooking	



For the filling

Grated coconut (fresh or frozen)	2 cups / 150 gm
Grated jaggery (available in grated form)	3 tbsp / 60 gm

Method:

Sift flour and salt into a mixing bowl. Make a well in the centre and drop in the whole egg and egg yolk and add the oil. Using a wooden spoon, stir rapidly from the centre to blend the egg/oil with the flour. As the mixture thickens, add the milk by degrees, stirring from the centre and making bigger circular movements as more flour is folded in. When all the flour is blended, beat well and add remaining milk. The resulting batter should be the consistency of thin cream. If mixture is too thick add a bit more milk to get the desired consistency.

Strain, cover and allow the mixture to stand for at least 30 minutes to enable the starch cells in the flour to swell and soften. Sometimes, the mixture becomes too thick, in which case add a little more milk.

While mixture is standing, prepare the filling by combining coconut with jaggery – amounts will depend entirely to your taste buds.

Heat a small non-stick frying pan. When hot, spread some oil. You can use a cloth dipped in oil to spread it on the pan. Pour in sufficient batter to coat base thinly, tilting pan if necessary to spread evenly. Cover and cook till upper surface is bubbly. Turn and cook on other side. When turned over the top should be slightly browned. Remove from pan and place on a plate with browned side under.

Oil pan again, and pour sufficient batter for another pancake. While it is cooking, return to the cooked pancake. Place sufficient filling on the pancake. Roll once from the top, then take the sides in and then roll the rest. Stack the pancakes in the serving dish. By now, the pancake in the pan should be ready to flip over. Continue this process till all the mixture is used.

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