

Goan Overseas Association Of Victoria

(Proudly serving the Goan Community of Victoria since 1979)



Goan Cooking



Introduction

The Goan Overseas Association of Victoria is pleased to present 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.

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 and we acknowledge the contribution and efforts of all those involved in the presentation.

Joe Alphonso
President

October 31st 2010



Our Lady of Rosary Church



Cathedral of Old Goa Church



Basilica of Bom Jesus Church



St. Francis of Assisi Church



CHURCHES OF GOA

Agonda Beach



Candolim Beach



Arambol Beach



Sinquerim Beach



Dona Paula Beach



Vagator Beach



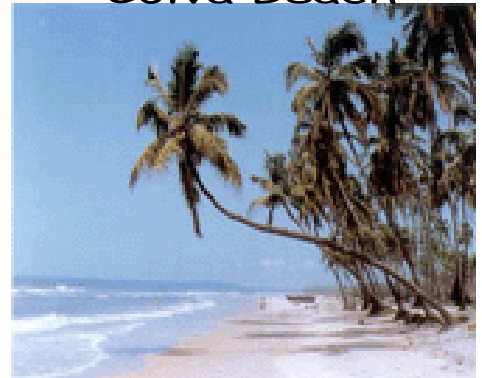
Baga Beach



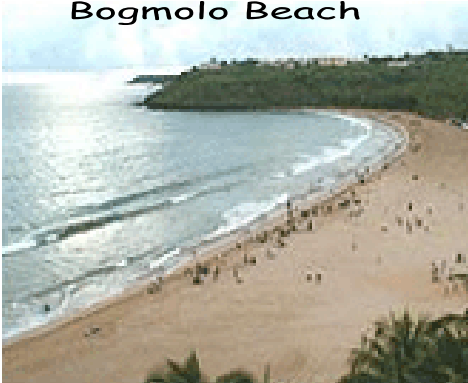
Anjuna Beach



Colva Beach



Bogmolo Beach



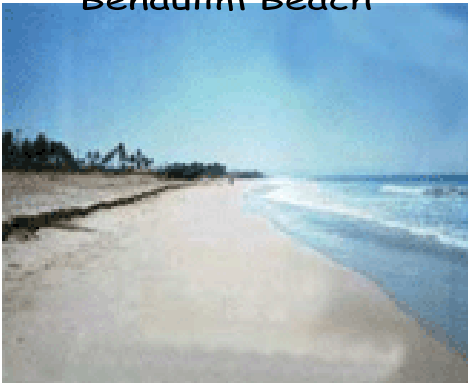
Cansaulim Beach



Majorda Beach



Benaulim Beach



Calangute Beach



Cavelossim Beach



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Goan Cooking

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.



Chicken Asado

Preparation time: 20 min.

Cooking time: 20 min.

Ingredients:

Chicken	750 gm
Green Chilies (chopped)	2
Red chilies (dry)	3
Black pepper (powder)	$\frac{3}{4}$ tsp
Turmeric powder	$\frac{1}{8}$ tsp
Ginger & garlic paste	2 tbsp
Vegetable Oil	2 tbsp. oil
Vinegar	$\frac{1}{2}$ tbsp
Lemon juice	1 tbsp
Salt	$\frac{1}{2}$ tsp or as required
Sugar	1 tbsp

Whole garam masala

Clove	6 pieces
Black peppercorn	8
Cinnamon stick (1")	3

Method:

Clean and cut the chicken into 12 pieces and apply salt. Grind ginger and garlic into a paste and apply to the chicken. Marinate the chicken with the pepper powder, turmeric, lemon juice and half tsp of sugar.

Heat oil, and add the whole garam masala (clove, pepper and cinnamon) and the red chilies. Mix chicken pieces and stir-fry for 3 minutes.

Add vinegar, sugar, slit green chilies and salt if required. Cover the pan and cook till chicken is tender and semi dry.



Prawn Ambot-Tik

Preparation time: 20 min.

Cooking time: 20 min.

Ingredients:

Prawns (shelled and deveined)	500 gm
Ginger (small)	1
Garlic	4 cloves
Onion, medium sliced	1
Vegetable Oil	2 tbsp
Cumin seeds	1 tsp
Black pepper corns	1 tsp
Tamarind (small piece)	1
Water	½ Cup
Kashmiri Red chilies	4

Method:

Sprinkle some salt on the prawns and keep aside for a few minutes. Grind garlic, ginger, turmeric, cumin seeds, black pepper corns, tamarind and red chilies to a paste.

Heat oil in a pan; add the sliced onion and sauté for till golden brown. Add the paste to the brown onions. Add ½ cup water and bring to a boil.

Add prawns that were set aside with salt. Cook till prawn is tender. Serve with rice or bread.



Beef Potato Chops

Preparation time: 20 min.

Cooking time: 20 min.

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.



Fish Caldinho

Preparation time: 20 min.

Cooking time: 20 min.

Ingredients

Fish (promfret/flake)sliced	500 gm
Coconut, grated	2 cups / 150 gm
Warm water	1/1/2 cups / 300 ml
Turmeric powder	1/ tsp 1
Cumin seeds	1 tsp / 20 gm
Coriander seeds	1 tbsp
Garlic, chopped	1 tsp
Onion, small, chopped	1/2
Green chillies,	1 chopped + 2 slit
Vegetable oil	2 tbsp / 30 ml
Onion, medium finely sliced	1
Salt to taste	

Method:

Wash the fish, apply 1 tsp salt and keep aside. Grind the coconut with 1/2 cup warm water, turmeric powder, cumin seeds, coriander seeds, garlic, onion, and 1 chopped green chillies to extract thick, spicy coconut milk.

Grind the coconut again with 1 cup warm water to extract thin, spicy coconut milk. Keep separate. Heat the oil in a pan; add the onion and sauté for 3 minutes till soft.

Add the thin coconut milk, salt and sugar; cook partially covered for 10 minutes.



Ale Bele

Coconut & Jaggery Pancakes

Preparation time: 20 min.
Cooking time: 20 min.
Makes 12

Ingredients

For the crepes:

Refined flour 1 ¼ cup / 125 gm
Baking powder a pinch
Salt ¼ tsp / 1 gm
Egg 1
Granulated sugar 1 tbsp / 20 gm
Milk 1+¼ cup
Vegetable Oil or butter for cooking

For the filling

Grated coconut (fresh or frozen) 2 cups / 150 gm
Grated jaggery (dissolved in 1 tbsp water) 3 tbsp / 60 gm

Method:

Mix all the dry ingredients together in a bowl. Beat the egg with the sugar till foamy. Mix in the milk. Pour this gradually into the flour mixture to prevent lumps from forming. Beat well for 1 minute. Leave to stand for 15 mins.

Grease and heat a 6" frying pan lightly with ghee; pour 2 tbsp batter into it, tilting to coat the base thinly. Cook covered for a minute. Remove and repeat till all the batter is used up.

For the filling, in a pan, add the jaggery syrup and coconut; cook for a few seconds. Remove from heat and cool. Place a little filling on each pancake and roll tightly. Serve on a dish and sprinkle with grated coconut.



Acknowledgements

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