

Vietnamese Coffee and Condensed Milk Panna Cotta

COOKING
CHANNEL



Recipe courtesy of Donal Skehan

Show: Follow Donal to Vietnam Episode: Hanoi Kitchen

Everywhere you go in Vietnam there are people drinking Vietnamese ice coffee with sweetened condensed milk (Ca Phe Sua Da). I always enjoy watching the ritual, which involves a waiter pouring hot water over ground coffee beans in a little metal filter set over a glass with sweetened condensed milk at the bottom. Once the hot coffee is done dripping, you stir it all together and pour it over ice for a perfectly chilled coffee with a wonderfully sweet flavor. Here I've adapted the drink to make this delicious panna cotta, which, thanks to a bare minimum of gelatin, has a lovely, soft, almost mousse-like texture. ...

Level: Intermediate

Total: 4 hr 30 min
(includes cooling and setting time)

Active: 50 min

Yield: 6 to 8 servings

Ingredients:

Vanilla Cream and Espresso Cream:

- 600 milliliters (2 1/2 cups) cream
- One 400-grams (14-ounce) can sweetened condensed milk
- 50 grams (1.75 ounces) superfine sugar
- Pinch sea salt
- 1 vanilla bean, split lengthwise, seeds scraped out
- 50 grams (1.75 ounces) espresso beans or 3 teaspoons good-quality instant espresso powder
- 1 tablespoon cocoa powder
- 2 1/2 teaspoons powdered gelatin or one 7-gram sachet or 6 gelatin leaves

Final Espresso Layer:

- 1 tablespoon superfine sugar
- 120 milliliters (1/2 cup) freshly brewed espresso
- 1/2 teaspoon powdered gelatin or 1 gelatin leaf
- Chocolate-covered espresso beans or 1 teaspoon good-quality espresso instant powder, to decorate, optional

Directions:

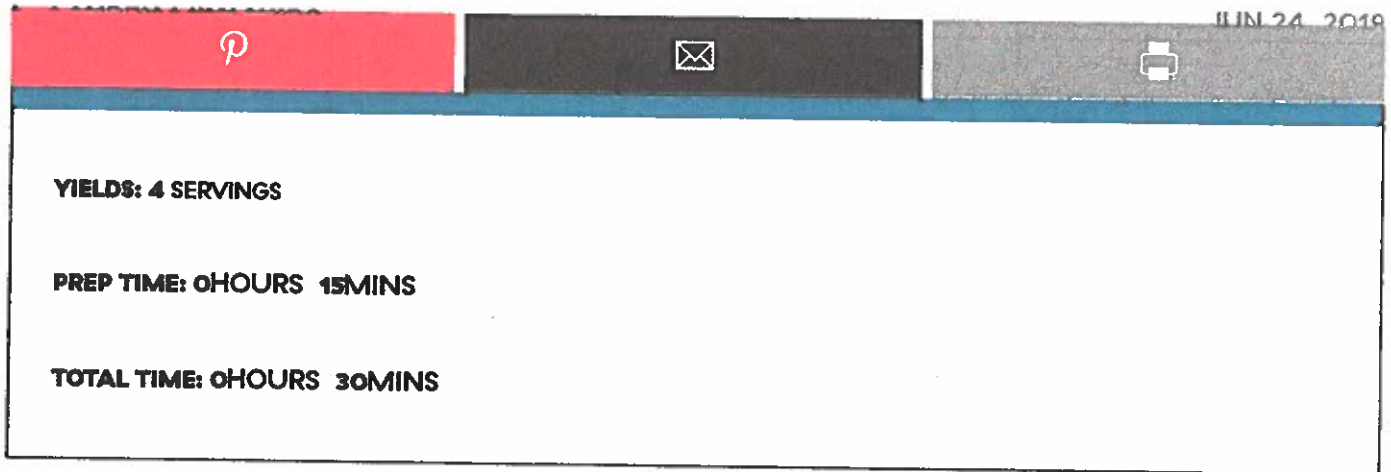
- 1** For the cream layers: Put the cream in a saucepan over medium heat and add the condensed milk, sugar, salt and vanilla bean and seeds. Bring to a simmer, stirring to dissolve the sugar, then turn off the heat and leave to infuse for 10 minutes. Remove the vanilla bean.
- 2** Pour half of the infused cream into a second saucepan and add the espresso beans and cocoa powder. Bring to a simmer, whisking to combine, then set to one side for 20 minutes to allow the flavors to infuse. Strain into a jug and return to a clean saucepan.
- 3** Divide the powdered gelatin between two bowls. Add 2 tablespoons water to one of the bowls and allow to sit for 5 minutes. Then place the bowl over a saucepan of simmering water and allow the gelatin to melt. Gently whisk the melted gelatin into the vanilla cream, and then pour into a measuring jug. Cover with plastic wrap and chill for about 20 minutes until just beginning to set.
- 4** Meanwhile, dissolve the remaining gelatin in 2 tablespoons water, as before, and then whisk into the espresso cream. Pour into a separate measuring jug, cover with plastic wrap and chill for about 20 minutes.
- 5** Pour about a quarter of the vanilla cream into six to eight 1-cup glasses or similar and cover with plastic wrap. Stick the glasses in the freezer for about 5 minutes until the layer is just set.
- 6** As soon as the vanilla cream is set, pour over a layer of the coffee cream—you decide how thick or thin you want the layers. Return to the freezer for 5 minutes, until set, and then repeat the layers with the rest of the vanilla and espresso cream. (If you find that either mix is setting too quickly in the jugs, just leave them at room temperature.) Refrigerate for at least 1 hour.
- 7** To make the final espresso layer: Stir the sugar into the espresso until dissolved. Meanwhile, put the gelatin and 2 tablespoons water into a bowl, set aside for 5 minutes and then set over a saucepan of simmering water. Allow the gelatin to melt, then stir it into the espresso and leave until cool but still pourable. Pour a thin layer over each panna cotta and return to the fridge for another hour or so until set.



- 8** Serve the panna cottas on small plates with a spoon and decorate with chocolate-covered espresso beans or a sprinkling of espresso instant powder, if liked.
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Asian Chicken Lettuce Wraps



JUN 24 2019

YIELDS: 4 SERVINGS

PREP TIME: 0 HOURS 15 MINS

TOTAL TIME: 0 HOURS 30 MINS

INGREDIENTS

- 3 tbsp. hoisin sauce
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. rice wine vinegar
- 1 tbsp. Sriracha (optional)
- 1 tsp. sesame oil
- 1 tbsp. extra-virgin olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tbsp. freshly grated ginger
- 1 lb. ground chicken
- 1/2 c. water chestnuts, drained and sliced
- 2 green onions, thinly sliced
- Kosher salt
- Freshly ground black pepper
- Large leafy lettuce (leaves separated), for serving
- Cooked white rice, for serving (optional)

DIRECTIONS

- 1 Make the sauce: In a small bowl, whisk together hoisin sauce, soy sauce, rice wine vinegar, Sriracha, and sesame oil.
- 2 In a large skillet over medium-high heat, heat olive oil. Add onions and cook until soft, 5 minutes, then stir in garlic and ginger and cook until fragrant, 1 minute more. Add ground chicken and cook until opaque and mostly cooked through, breaking up meat with a wooden spoon.
- 3 Pour in sauce and cook 1 to 2 minutes more, until sauce reduces slightly and chicken is cooked through completely. Turn off heat and stir in chestnuts and green onions. Season with salt and pepper.
- 4 Spoon rice, if using, and a large scoop (about 1/4 cup) of chicken mixture into center of each lettuce leaf. Serve immediately.

LAUREN MIYASHIRO Food Director

Lauren Miyashiro is the Food Director for Delish.com.

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Chicken Tikka Masala

★★★★★
5 from 48 votes

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Chicken Tikka Masala is creamy and easy to make right at home in one pan with simple ingredients! Full of incredible flavours, it rivals any Indian restaurant! Aromatic golden chicken pieces in an incredible creamy curry sauce, this Chicken Tikka Masala recipe is one of the best you will try!



Course: Dinner

Cuisine: Indian

Servings: 5 - 6 people

Calories: 580 kcal

Author: Karina

Ingredients

For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken thighs cut into bite-sized pieces
- 1 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon Kashmiri chili (or 1/2 teaspoon ground red chili powder)
- 1 teaspoon of salt

For the sauce:

- 2 tablespoons of vegetable/canola oil
- 2 tablespoons butter
- 2 small onions (or 1 large onion) finely diced
- 1 1/2 tablespoons garlic finely grated
- 1 tablespoon ginger finely grated
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons ground cumin

- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 14 oz (400g) tomato puree (tomato sauce/Passata)
- 1 teaspoon Kashmiri chili (optional for colour and flavour)
- 1 teaspoon ground red chili powder (adjust to your taste preference)
- 1 teaspoon salt
- 1 1/4 cups of heavy or thickened cream (use evaporated milk for lower calories)
- 1 teaspoon brown sugar
- 1/4 cup water if needed
- 4 tablespoons Fresh cilantro or coriander to garnish

Instructions

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 10 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Melt the butter in the same pan. Fry the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add garam masala, cumin, turmeric and coriander. Fry for about 20 seconds until fragrant, while stirring occasionally.
5. Pour in the tomato puree, chili powders and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
6. Stir the cream and sugar through the sauce. Add the chicken and its juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce, if needed.
7. Garnish with cilantro (coriander) and serve with fresh, hot basmati rice.

Nutrition Facts	
Chicken Tikka Masala	
Amount Per Serving	
Calories 580	Calories from Fat 369
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 19g	95%
Cholesterol 250mg	83%
Sodium 1601mg	67%
Potassium 973mg	28%
Total Carbohydrates 17g	6%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 36g	72%
Vitamin A	37.9%
Vitamin C	23.6%
Calcium	17.1%
Iron	23%
* Percent Daily Values are based on a 2000 calorie diet.	

Pork Meatball Banh Mi

BY JEANNE THIEL KELLEY BON APPÉTIT JANUARY 2010



Vietnamese hybrid sandwiches called *banh mi* are great for lunch or a casual dinner.

YIELD: Makes 4 sandwiches

INGREDIENTS

Hot Chili Mayo:

- 2/3 cup mayonnaise
- 2 green onions, finely chopped
- 1 tablespoon hot chili sauce (such as sriracha)*

Meatballs:

- 1 pound ground pork
- 1/4 cup finely chopped fresh basil
- 4 garlic cloves, minced
- 3 green onions, finely chopped
- 1 tablespoon fish sauce (such as nam pla or nuoc nam)*
- 1 tablespoon hot chili sauce (such as sriracha)
- 1 tablespoon sugar
- 2 teaspoons cornstarch
- 1 teaspoon freshly ground black pepper
- 1 teaspoon coarse kosher salt

Sandwiches:

- 2 cups coarsely grated carrots

- 2 cups coarsely grated peeled daikon (Japanese white radish)**
- 1/4 cup unseasoned rice vinegar
- 1/4 cup sugar
- 1 teaspoon coarse kosher salt
- 1 tablespoon Asian sesame oil
- 4 10-inch-long individual baguettes or four 10-inch-long pieces French-bread baguette (cut from 2 baguettes)
- Thinly sliced jalapeño chiles
- 16 large fresh cilantro sprigs

PREPARATION

Hot Chili Mayo:

Stir all ingredients in small bowl. Season with salt. do ahead Can be made 1 day ahead. Cover and chill.

Meatballs:

Line rimmed baking sheet with plastic wrap. Gently mix all ingredients in large bowl. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1-inch meatballs. Arrange on baking sheet. *DO AHEAD* Can be made 1 day ahead. Cover and chill.

Sandwiches:

Toss first 5 ingredients in medium bowl. Let stand at room temperature 1 hour, tossing occasionally.

Preheat oven to 300°F. Heat sesame oil in large skillet over medium-high heat. Add half of meatballs. Sauté until brown and cooked through, turning meatballs often and lowering heat if browning too quickly, about 15 minutes. Transfer meatballs to another rimmed baking sheet. Place in oven. Repeat with remaining meatballs.

Cut each baguette or baguette piece horizontally in half. Pull out enough bread from each bread half to leave 1/2-inch-thick shell. Spread hot chili mayo over each bread shell. Arrange jalapeños, then cilantro, in bottom halves. Fill each with 1/4 of meatballs. Drain pickled vegetables; place atop meatballs. Press on baguette tops.

*Available in the Asian foods section of many supermarkets and at Asian markets.

**Available at some supermarkets and at Asian markets.



Karen Tataraka <ktataraka@westonct.gov>

Gajar ka Halwa

1 message

Karen <kanneben@aol.com>
To: ktataraka@westonct.gov

Thu, Feb 27, 2020 at 11:09 AM

Gajar ka Halwa**Ingredients**

- 4 1/4 Cups Whole milk
- 2 1/4 lbs Grated carrots
- 1 Cup Sugar
- 1/4 Cup Ghee
- 1 tsp Ground cardamon
- Garnishes

Directions

1. Bring the milk to the boil in a large, heavy-based pot. Add the carrots and cook over medium heat, stirring constantly, for about 25 minutes, or until carrots are soft and most of the liquid has evaporated. Add the sugar and cardamom and cook for another 20-25 minutes until it dissolves and the milk is completely absorbed.
2. Add the ghee and cook for 5 minutes. Turn out on to serving plate and decorate with slivered almonds, pistachios and raisins.

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HOW TO MAKE PANEER ★★★★★

Homemade paneer recipe , making paneer at home is easy following this simple recipe. Paneer made at home is softer & more fresh than the store bought one.

© Swasthi's Recipes

Prep Time

55 minutes

Cook Time

20 minutes

Total Time

1 hour 15
minutes

Servings

4 people

Author

Swasthi

INGREDIENTS (1 CUP = 240ML)

- 1 ½ liters full fat milk or 6 cups
- 1 ½ to 2 tablespoons Lemon juice or vinegar or ¼ cup curd or yogurt

Equipment needed

- 1 colander or strainer
- 1 cheese cloth or muslin cloth or fresh handkerchief
- 1 large bowl to collect whey
- 1 to 2 heavy objects

HOW TO MAKE THE RECIPE

Preparation to make paneer

1. Pour milk to a heavy bottom pot & bring it to a boil on a medium heat.
2. Keep stirring occasionally to ensure the milk doesn't get scorched at the bottom.
3. Meanwhile spread a cheese cloth or muslin cloth over a colander.
4. Place this over a large bowl to hold the whey.

How to make paneer

1. **If using homogenized milk from packets or cartons** : - When the milk comes to a boil, pour lemon juice or curd or vinegar.
2. **If using Non-homogenized milk from milkman or farm** : - When the milk comes to a boil, turn off the milk and wait for 5 mins. Slowly incorporate the vinegar or lemon juice.

3. Then gently stir the milk until you see the entire milk begins to curdle.
4. If the milk doesn't curdle fully, then pour some more lemon juice. Stir & wait until the entire milk curdles.
5. You should see clear whey at this stage, else turn on the stove and put back the milk on the stove. Boil until the milk curdles completely.
6. Turn off the stove as soon as you see the whole pot of milk curdles.
7. If you continue to cook at this stage, paneer can become hard.
8. Pour some cold water or add ice cubes to stop the paneer from cooking further.
9. Allow the paneer to settle for 1 min.
10. Gently pour the entire paneer along with whey to the colander.
11. Rinse it under running water to remove the smell of the lemon juice.
12. If using yogurt you can skip rinsing. If you like lemony paneer then also just skip the rinsing part.

How to set paneer

1. Wring the cheese cloth and make a knot.
2. Squeeze any excess whey or water and hang it for 30 mins.
3. Hanging the paneer helps to get rid of whey quickly and will set the paneer well.
4. Place muslin cloth on a plate & place a heavy object on it for the paneer to set.
5. Discard the whey from the plate.
6. I usually put a pot or cast iron pan over the paneer and then place a 2 kg rice pack or oil container.
7. After 1 to 2 hours, remove the cloth and cut it to cubes.
8. Refrigerate the homemade paneer and use up with 2 to 3 weeks. Or freeze up to 3 months.
9. Whenever needed just add the blocks to 2 cups hot water and rest for 10 to 15 mins.
10. Drain and use up in the paneer recipes. Avoid overcooking the paneer after adding it to the curry.

NUTRITION (estimation only)

Calories: 229kcal | Carbohydrates: 18g | Protein: 11g | Fat: 12g | Saturated Fat: 6g |
Cholesterol: 37mg | Sodium: 161mg | Potassium: 495mg | Sugar: 19g | Vitamin A: 610IU |
Vitamin C: 2.1mg | Calcium: 424mg | Iron: 0.1mg

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Paneer with spinach



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4-5

This is a wonderful velvety dish with large, fresh cubes of paneer. There are just enough spices for a good background flavour and aroma.

By Anjum Anand

From Indian Food Made Easy

Ingredients

750g/1½lb baby spinach, washed

3 tbsp vegetable oil

1 tsp cumin seeds

1 large onion, chopped

thumb-sized piece of fresh ginger, peeled and sliced into long julienne

1½ tbsp chopped garlic

1-2 green chillies, whole

2 tsp ground coriander

salt, to taste

250g/8³/₄oz ready-made paneer (available from some supermarkets and Asian grocers), cut into cubes

½-1 tsp garam masala

6 tbsp whole milk, or 4 tbsp double cream

1-2 tsp lemon juice, or to taste

Method

1. Blanch the spinach in hot water for three minutes or until wilted. Drain into a colander and run cold water over it until cool. In a food processor or blender, blend to a smooth paste and set aside.
2. Heat the oil in a large non-stick pan. Add the cumin and fry for about 30 seconds, until fragrant, then add the onion and fry over a low heat for about six minutes, until soft. Add the ginger, garlic and chillies and cook for a further minute.
3. Add the ground coriander and salt to taste. Cook for another 30 seconds then add the spinach and a splash of water if necessary. The mixture should be loose but not watery. Bring to a boil and then simmer for three minutes.
4. Add the paneer cubes, garam masala and milk or cream. Stir and cook for a few minutes or until the spinach is nice and creamy. Stir in the lemon juice to taste. Serve with pilaff rice or naan bread.

PANCAKE DAY
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