

## **Goan Food Fiesta**

The most surprising aspect of Goa's food is that for so small a state it offers an intriguing variety of foods- each as colourful and full of zest as its people. The food offers a whole host of influences including Christian, Hindu, Brahmins (both Hindu and Christian) and that of the non –Brahmins (both Christian and Hindu). There are the various Kashmiri influences, Muslim and Portugese (who came in the early sixteenth Century and stayed until the middle of the twentieth).

The result is an exquisite cuisine- one a rich variety of culinary styles, which each style boasting a distinct flavour. Rice for example is eaten by all – and at both meals – but the gravies of each style are at complete variance. They use the same names and, more often than not, the same ingredients for a delicacy and yet their aroma, flavour, taste, texture and colour can be completely different. There are subtle differences not withstanding all the common ones.

Goa is a rich paradise of contradictions and at Indian Zing we aim to bring you a memorable taste of it.

### **Menu**

#### **Starter**

##### **Goan vegetable cutlets (Almomdegas) £5.00**

Vegetable with herbs and spices flattened on banana leaves and pan seared. Served with red Goan chutney and seasonal salad.

##### **Mussels Caldine £6.50**

A mussel broth of fresh green herbs and spices with a virgin extract of coconut milk.

##### **🌶️ Goan lamb patti £6.00**

Roughly chopped lean lamb with fresh herbs and spices stuffed into spicy potato mash. Served with roasted vegetable relish mint and seasonal salad.

##### **🌶️ Sarapatel £6.00**

A pork pickle mellowed at least 24 hours with a distinct flavour of dried red Goan paste marinated in Palm vinegar. Served with sanna (a steamed rice cake), raddish and beetroot salad.

##### **🌶️ Chicken recheio £6.00**

Chicken breast stuffed with recheio masala (red hot chillies and spices and palm vinegar), spices and herbs. Served with sanna (steamed rice cake).

#### **Main cours**

##### **Caldinho de legumes £9.00**

Exotic tropical vegetable and mushroom in mild cashew nut, green herbs curry with a virgin extract of coconut milk.

##### **🌶️ Prawn peri- peri £13.00**

Medium size jumbo prawn slit on its shell and marinated with peri- peri masala (chillies and spice soaked in palm vinegar, stone ground with Portuguese influenced VINU), seared on a hot pan with roasted aubergine and fine long beans.

##### **🌶️ Goan fish Ambottik £ 9.50**

Seasonal fish poached in Stone ground spices and herbs with kokum and goan red chilli, recommended with plain boiled rice.

##### **🌶️🌶️ Pork Vindaloo £ 9.50**

Slow cooked spices penetrate through the meat giving an almost dried pickle effect. Recommended with lemon rice or sanna.

##### **🌶️ Chicken caffreal £9.00**

A traditional Goan - Portuguese grill marinated in fresh green herbs and palm vinegar. Served with chicken and fresh green herb jus.

##### **🌶️🌶️ Lamb Xacuti £9.80**

Lamb seared with roasted spices and star anise, herbs and simmered till tender finished with virgin extract of coconut milk.

#### **Rice**

**Sanna (Steamed soft rice cake with coconut milk) £2.50**

**Steamed Red rice (unpolished red rice) £2.50**

**Fresh coconut rice (long grain rice with fresh coconut, mustard and curry leaves) £3.00**

#### **Dessert**

##### **Bebinca £ 5.50**

Multi-layered traditional goan gateaux made up of virgin extract of coconut milk, flour; with a dash of cointreau and orange zest.

🌶️ Spicy

🌶️🌶️ Very Spicy