

Traditional chapatti with pumpkin
Local tuna salad and fried curry leaves
1 portion

1/2

Chapatti

Ingredients

4

Flour (for dough) 150gr

Water 75ml

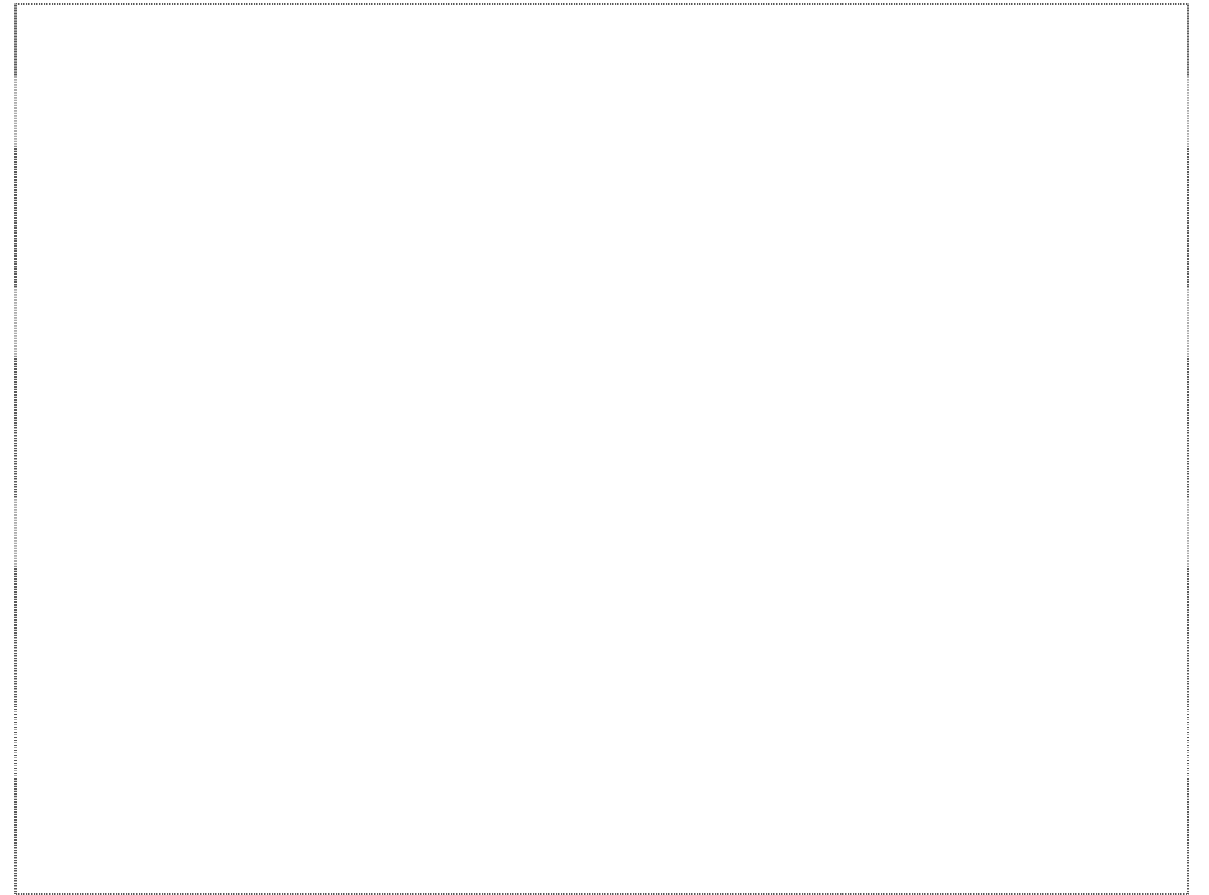
Salt 1gr

Flour (for dusting) 10gr

Preparation of the Chapatti dough:

- Sift flour and add the salt, pour warm water and commence mixing forming the dough whilst adding the remaining water as required.
- Knead thoroughly to form firm dough divide the dough into 40gr pieces and shape into round balls. Dust the work surface, place the dough balls and roll out the dough to approximately 1mm thick form a circle using a rolling pin.
- Heat a thick bottomed non stick pan, place the rolled dough and cook on both thin sides.
- Cut the Chapatti into a very thin julienne and fried until get crisp.

Notes



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Tuna salad

Ingredients

Fresh Tuna	50gr
Onion	40gr
Chili Githeyo	1gr
Lime juice	10gr
Pumpkin	200gr
Copy leaves (Copy fai)	20gr
Salt to season	
Garnish:	
Curry leaves (fried until crisp)	5gr

Preparation of the Tuna salad:

- Crush the onion and chili with lime juice and salt. Add in coconut, tuna and mix them well. Add copy fai leaves and combine well.
- Squeeze water out of the pumpkin and season with salt and pepper

Notes

Muranga tholhi kiru garudhiya (Drumstick curry)

1 portion

Ingredients

Drumstick (young one skinned off cut into 2 inches)	1 pcs
Bilinbi ripped	1 pcs
Semi-dried tuna (cleaned, cut into pieces)	50gr
Red onions (sliced thinly)	20gr
Garlic cloves (sliced thinly)	1 pcs
Curry leaves	3 pcs
Pandan leaf	1 inch
Coconut milk	20ml
Water	50ml
Salt to season	

Preparation

- Put the water into a small pan and heated up.
- Add onions, garlic, curry leaves, pandan leaf, ginger and drumstick, boil until all the ingredients are cooked.
- Add tuna, bilinbi, coconut milk and seasoning. Bring to boil and remove from heat.

Note: to give more thickness and rich flavor, add 50 grams of yellow lentil to the drumstick.

Notes

Haa Alifu reef fish curry with pandan scented rice 2 portions

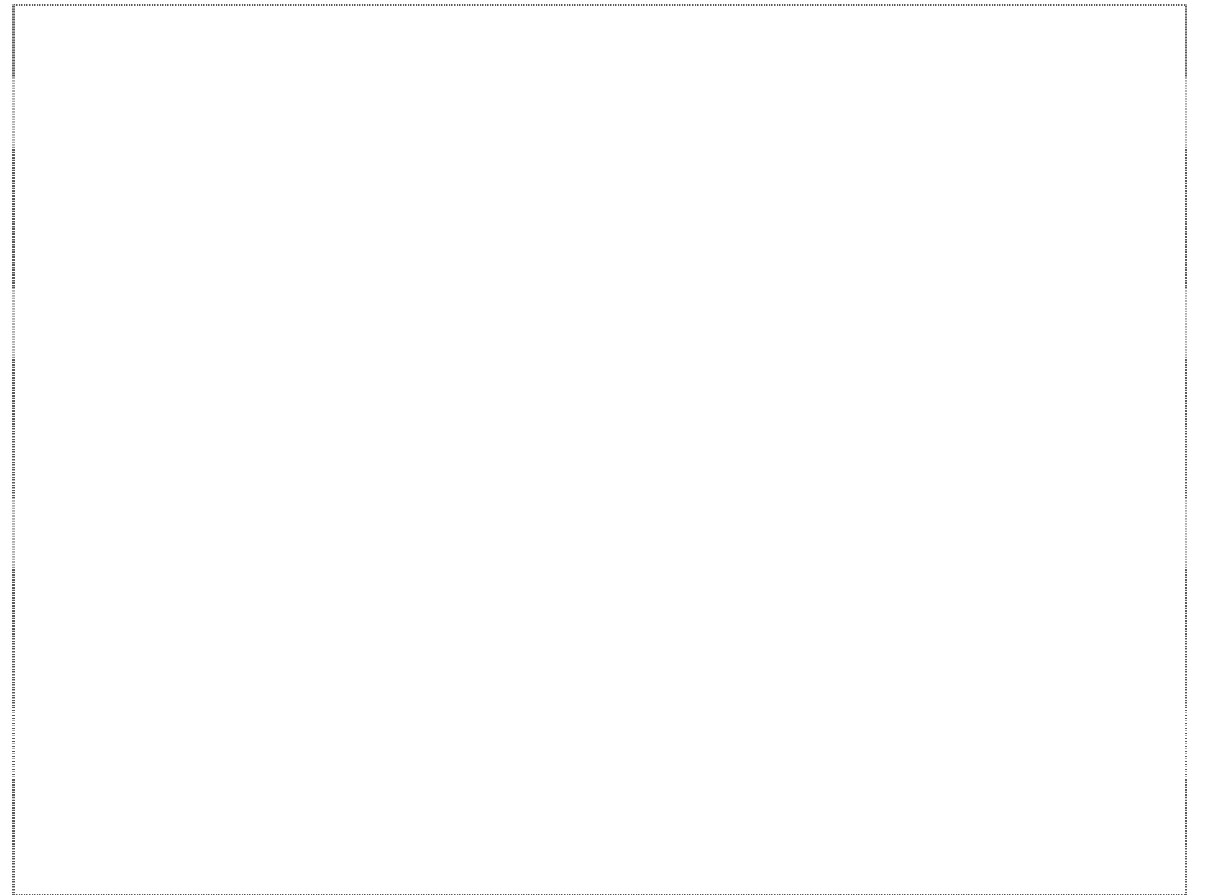
Ingredients

Red snapper skin on	200 gram
Curry powder	10 gram
Sliced onion	50 gram
Chopped garlic	2 gram
Chopped ginger	2 gram
Pandan leaves	10 gram
Coconut curry paste	10 gram
Curry leaves	2 gram
Ghee oil	2 gram
Coconut milk	20 gram
Basmati rice	20 gram
Salt	

Preparation

- Clean the fish, scale it off. Fillet it and cut into 1 inch cubes.
- Marinade with salt, pepper and curry powder.
- Heat the pot using ghee oil, sautéed onions, garlic, curry leaves and pandan until golden brown.
- Add curry paste to the pot, pour coconut milk and reduce the heat, season with salt and pepper.
- Put the fish into the pot simmer 5 minutes until the fish is cooked.
- Cook the rice by adding some pandan leave in the water for aroma.
- Serve curry on the bowl with the rice on the side.

Notes



Maldivian pancake with coconut
basil and green apple sorbet, mango sauce
2 portions

1/2

Coconut filling

Ingredients

Coconut	50gr
Palm honey	20gr
Pandan leaves	1 inch
Rose water	1 ml

Preparation of the Coconut filling

- Using a thick bottomed pan, bring the coconut sugar and rose water to boil.
- Stir constantly to avoid the mixture getting stuck to the bottom.
- When the mixture loosens from the sides of the pan. Remove from heat, allow cooling.

Pan cake dough

Ingredients

Flour	100gr
Sugar white	50gr
Egg	1 nos
Milk fresh	80ml
Jasmine water	50ml
Butter	5gr

Preparation of the Pancake

- Beat the egg and sugar into a bowl. Mix the milk, flour and jasmine water into the beaten and whisk all the ingredients together to form a smooth pancake batter.
- Grease the pancake pan with a little butter and heat. Pour on sufficient batter to make a pancake, cook pancake on both sides until golden brown.

Notes

Maldivian pancake with coconut
basil and green apple sorbet, mango sauce
2 portions

2/2

Basil and green apple sorbet

Ingredients

Fresh basil	10 gram
Green apple puree	700gram
Glucose	150 gram
Sugar	150 gram
Water	150ml

Preparation of the Sorbet

- Mix basil leaves with water and strain it. Boil sugar and glucose with water, add apple puree and basil water.
- Place into ice cream machine until frozen.

Mango sauce

Ingredients:

Fresh Mango purees	150gr
Sugar	20 gram
Cinnamon	5gram
Cardamom	5 gram

Put the ingredients into pan with slow heat, keep stirring until desired consistency.

Notes

Huni havaadhu Maldivian curry paste (Coconut curry paste) 2 portions

Ingredients

Coconut (<i>grated</i>)	50gram
Fennel seed	5gram
Cumin seed	5gram
Peppercorns	2gram
Cinnamon stick	5gram
Cardamom	2gram
Turmeric powder	1gram
Onion (<i>sliced</i>)	20gram
Garlic (<i>sliced</i>)	5gram
Ginger (<i>sliced</i>)	5gram
Green chili	1pcs
Curry leaf	10pcs

Preparation

- Mix all the ingredients and toast them in a large wok over a low heat until the coconut has turned golden brown. When toasting the ingredients it is necessary to stir the contents at regular intervals to ensure even browning of the coconut. Toasting of the curry mix is best done in small quantities at a time.
- Once toasted, let cool down and grind the mixture to a semi coarse stage. Keep it in an airtight container until required.
- To make the coconut curry paste, blend the required amount of mixture to a smooth paste.
This curry paste can also be used raw without toasting.

Notes