



Crepe Pouched with Apple and Cinnamon on a Bed of Honey



Paal Kozhukattai

Sweet Comforts

On wet, grey days, a sugar rush is the ultimate lifter. In the mood for chic French desserts or feel like a traditional South Indian delight? Here's a choice of both: Try your hand at these easy-to-make delicacies specially from Puducherry

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Crepe Pouched with Apple and Cinnamon on a Bed of Honey

FOR THE CREPE
10 ml milk, 100 gms flour, 5 gms sugar, water for dough

FOR THE FILLING
15 gms sugar, 10 gms cinnamon, cashew nuts, raisins, 1 apple, cubed

FOR THE GARNISH
15 ml honey and mint leaves

METHOD FOR THE CREPE

Mix flour, sugar, milk and adequate water to make a fluffy batter. Heat a non stick pan to medium heat and spread the batter on it to make a thin, round crepe. Cook on one side and remove when lightly brown.

FOR THE FILLING

In a saucepan add apple, cashew nuts, raisins, cinnamon and sugar. Cook on a slow flame until apple softens. Allow it to cool. Fill the crepe with it and press ends together to make a pouch.

TO ASSEMBLE

Pour honey to create a bed in the centre of a shallow plate and place two pouches on it. Serve with apple slices and mint leaves.

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750 ml milk, 20 ml coconut milk, 10 ml ghee, 100 gms rice, raw, 50 gms sugar, 20 gms cashew nuts, almonds and pistachio, flakes, 5 eggs, a pinch of cardamom powder, salt to taste, saffron petals to garnish



Wattappam

METHOD

Mix the raw rice with warm water, sugar, ghee and a pinch of salt. Roll the mix into small balls and steam them. Pour milk in a saucepan, add sugar and stir well until sugar dissolves. Add nuts, coconut milk, ghee and the steamed balls and mix carefully to keep the balls from breaking. Bring it to a boil until the steamed rice balls float to the top. After it thickens, add cardamom powder. Pour into a mud pot or glass and leave it to cool. Garnish with saffron petals.

Wattappam

100 ml coconut milk, 50 ml fresh cream, 100 gms palm jaggery, broken in uniform sizes, 20 gms cashew nuts, almonds and pistachios, 10 gms raisins, 2 eggs, a pinch of cinnamon, a pinch of nutmeg powder

METHOD

Melt the jaggery using the double boiler method. Strain it. In a mixing bowl, mix the eggs, coconut milk, cream, raisins, cinnamon, nutmeg powder and nuts in a bowl. Add the jaggery and blend in. Pour the mix into individual

dishes or special wattappam cups. On a shallow baking tray, pour water to cover its base and place the filled bowls. Bake at 140°C for 40 minutes (no need to pre-heat the oven). Refrigerate and serve cold.

Orange and Almond Cake with Chocolate Mousse

FOR THE ORANGE AND ALMOND CAKE
50 ml refined oil, 100 gms sugar, 75 gms



Orange and Almond Cake with Chocolate Mousse

almond powder, 25 gms almond flakes, 25 gms bread crumbs, 2 gms baking powder, 2 eggs, rind of an orange

FOR THE CHOCOLATE MOUSSE
200 gms dark chocolate, chopped uniformly, 2 egg whites

FOR ORANGE SAUCE
100 ml orange juice

METHOD

FOR THE ORANGE AND ALMOND CAKE
In a bowl add the rind to eggs, sugar, baking powder and almond powder. Mix well. Add the bread crumbs, almond flakes and oil and mix.

On a baking tray, place butter paper on the cake mould and pour the cake mixture in it. Pre-heat the oven to 160°C for 10 minutes and bake at the same temperature for 30-40 minutes. When done, allow to chill.

FOR THE DARK CHOCOLATE MOUSSE
Melt the chocolate in a saucepan using the double boiler method. Once it is molten, stir it to a shiny and smooth texture. In a small bowl, whip the egg whites (using a blender) until it reaches a thick consistency. Add the molten chocolate into the mix gradually and

allow it to cool in the refrigerator.
TO ASSEMBLE
Reduce the orange juice using the double boiler method to make orange sauce. Pour sauce onto plate and place the orange cake over it. Pipe a mould of chocolate mousse above the cake and garnish with mint leaves. ♦

Recipes courtesy Chef E Saravanan, Villa Shanti, 14 Suffren Street, Puducherry 605001. Inquiries: (0413) 4200028 The ELLE DECOR team travelled and stayed in Puducherry courtesy Villa Shanti. Website: www.lavillashanti.com