

Food Court

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May it Please the Palate

NICK ROUMEL

Kedgeree: A dish out of the Raj

(This week, Nick Roumel welcomes guest columnist Ashish Joshi.)



In season 4 of "The Crown," Margaret Thatcher, after giving her ministers a good tongue lashing, invites them to her home for a meal of kedgeree, which she lovingly prepares for them. Fans of British dramas may also recall scenes from Downton

Abbey, showing the gentry sitting down to a leisurely breakfast where the kedgeree had a place of honor on the dining room sideboard. Kedgeree is a wonderful example of fusion food, of how one recipe transmutes into another when prepared by a people whose taste, culture, and habits are foreign to those who enjoy the original dish. For Kichchi, the parent dish, is a common food in India and is a combination of dal and rice boiled together with spices (while this doesn't sound too appetizing, a properly made kichchi is a delight to both make and eat, especially with a dollop of hot ghee on the top). The British adopted kichchi as a breakfast dish, dropped or toned down the spices (can't risk sweat on the stiff upper lip), substituted smoked or fresh fish for the dal, added boiled egg, anglicized the name, and dekho, kedgeree was born.

To define just what constitutes an authentic kedgeree is a good way to provoke an argument, and a heated one at that. But given the polarized world we live in, what's an additional argument or two. Like many Anglo-Indian dishes, kedgeree, though a breakfast dish, serves equally well as a lunch or supper dish.

Kedgeree

Ingredients

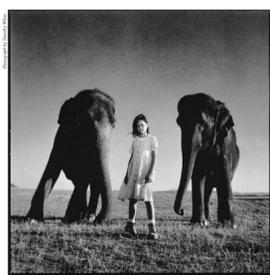
1 can of smoked herring / kipper fillets
2 eggs
1-2 bay leaves
1 large onion, chopped
6-7 thin matchsticks of fresh ginger
6-8 oz long-grained rice
1 tbsp butter, at room temperature
Salt and pepper
½ tsp turmeric
1 tsp curry powder or garam masala
Fish stock
1 tbsp Worcestershire sauce
50 ml cream, warmed
Chopped parsley, for garnish

Directions

Heat the oil in a heavy saucepan and fry the onions until transparent, then add the bay leaves, ginger, turmeric, curry powder or garam masala, and stir fry for 20-30 seconds. Add in rice and stir until it is glazed. Add fish stock to the rice so that the rice is nicely submerged. Cover the pot and cook until the rice is cooked and flaky and the liquid is absorbed by the rice (add extra stock during the cooking, if necessary, to prevent the rice from sticking).

Meanwhile, hard-boil the eggs, peel them and cut them into quarters. Drain the canned fish and flake the fillets with a fork. Add the fish, butter, salt and pepper (to taste), cream, and Worcestershire sauce to the hot rice and mix it in. Arrange the boiled eggs on the top and generously sprinkle it with parsley.

Ashish Joshi is the owner and managing partner of Joshi: Attorneys & Counselors. He serves as the lead counsel in high-stakes, complex family law and divorce cases including cases involving severe parental alienation. He has counseled and/or represented clients in state and federal courts across the United States and internationally. Joshi serves as a senior editor of Litigation, the flagship journal of the ABA's Section of Litigation.



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Reindeer Pecan Brownies

Festive and Flavorful Holiday Snacks



Gingerbread Pecans

Gingerbread Pecans

Prep time: 5 minutes
Cook time: 40 minutes
Yield: 2 cups (6 servings)

1 large egg white, beaten
2 cups raw pecan halves
2 tablespoons granulated sugar
2 tablespoons light brown sugar
2 teaspoons gingerbread spice blend
1 pinch salt

Preheat oven to 300 F. Line baking sheet with parchment paper; set aside.

In large bowl, use fork to whisk beaten egg until frothy. Add pecans and stir until coated. Sprinkle pecans with granulated sugar, brown sugar, gingerbread spice and salt. Stir to coat evenly. Spread pecans in even layer on prepared baking sheet.

Bake pecans 40 minutes, stirring halfway through. Allow pecans to cool completely.

Note: Pecans can be stored in airtight container for up to four days.

No-Bake Pumpkin Pecan Pie Bites

Prep time: 15 minutes
Chill time: 1 hour
Yield: 12 bites (6 servings)

Crust:

1 1/2 cups raw pecan pieces
3/4 cup pitted medjool dates (about 7 dates), soaked in hot water 10 minutes
1 pinch pink salt

Filling:

1/3 cup pumpkin puree
1/3 cup full fat coconut milk
1 teaspoon pumpkin spice
1/4 cup maple syrup

1 pinch pink salt
1 scoop collagen peptides (optional)
12 raw pecan halves, for topping

To make crust: In food processor, process pecan pieces, drained dates and salt until combined and "dough" starts to form into ball.

To make filling: In bowl, combine pumpkin puree, coconut milk, pumpkin spice, maple syrup, pink salt and collagen peptides, if desired. Whisk until smooth.

Line cupcake tin and evenly distribute crust mixture, about 1 1/2 tablespoons in each cupcake opening. Use fingers to press crust into even layer.

Evenly disperse pumpkin pie filling among openings until tins are about half full.

Top each with one pecan half and place in freezer at least one hour.

FAMILY FEATURES

The holidays are filled with delicious food – from indulgent breakfasts to decadent desserts – but snacks can get overlooked. Spice up this holiday season with festive snacks that are perfect for a quick on-the-go bite or a taste of your favorite holiday dessert.

Although beloved in pie, pecans are a versatile nut that can be used beyond the pie shell – add them to a snack mix, incorporate them into granola or munch on them straight from the bag. Delicious and nutritious, 1 ounce of pecans offers 3 grams of plant-based protein and 3 grams of fiber, plus 12 grams of "good" monounsaturated fats and only 2 grams of saturated fat – perfect to power you through long days of holiday shopping.

This holiday season, nosh on a handful of these spiced Gingerbread Pecans for a sweet and savory snack while decorating the house or wrapping presents late at night, or set out a bowl for the family to enjoy.

You can also make snack-sized versions of your favorite holiday desserts to have on-hand when you're craving a quick and tasty treat. Chopped pecans add a flavorful and nutrient-dense crunch to these paleo-friendly No-Bake Pumpkin Pecan Pie Bites, while pecan halves provide a festive touch to these Reindeer Pecan Brownies.

Discover more nutritious, delicious and festive recipes at AmericanPecan.com.

Reindeer Pecan Brownies

Prep time: 20 minutes
Cook time: 15 minutes
Yield: 20 brownies

Nonstick cooking spray
1 stick (1/2 cup) unsalted butter, melted
1 tablespoon pecan or canola oil
1 cup, plus 2 tablespoons, granulated sugar
2 large eggs
1 teaspoon vanilla extract
1/2 cup all-purpose flour
1/2 cup cocoa powder
1 teaspoon kosher salt
1/4 teaspoon espresso powder (optional)
1/4 teaspoon pink salt
20 raw pecan halves, cut in half
40 candy eyeballs
20 red chocolate candies
1/4 cup chocolate chips

Preheat oven to 350 F. Spray mini muffin tin with nonstick cooking spray.

In large bowl, whisk melted butter, oil and sugar until well combined. Add eggs and vanilla extract; beat until mixture is thick and pale in color, about 1 minute.

Sift in flour and cocoa powder. Add espresso powder, if desired, and salt. Using rubber spatula, fold dry ingredients into batter mixture until just combined. Batter should be thick.

Using 1-tablespoon cookie scoop, transfer batter to prepared mini muffin tin. Bake 13-15 minutes until toothpick inserted in center comes out mostly clean, with some lingering crumbs.

Add chocolate chips to heat-proof bowl; microwave until smooth and melted. Pour melted chocolate into sandwich bag and cut off small portion of one corner to use as tip. Use melted chocolate to "glue" on pecan antlers, candy eyeballs and red candy noses to brownies.

Allow chocolate to set before transferring brownies to airtight container.

Note: Brownies will stay fresh for up to three days.



No-Bake Pumpkin Pecan Pie Bites