

## Regional Specials - Syrian Christians' April 2019

### STARTER

#### Red Mullet Varuthathu - £8

Crisp fried fillets marinated with ginger, garlic, turmeric, Tellicherry pepper and dusted with rice flour, served with a coconut and cashew nut chutney

### MAINS

#### Chicken Ishtu - £11.50

Chicken, potatoes, carrots and cauliflower slow cooked in an aromatic coconut sauce

#### Beef Short Rib Ularthiyathu - £13

Spicy dry beef short rib dish made with freshly ground roasted spices, sliced coconut, shallots, green chillies and a hint of vinegar

#### Sambhar - £7

Tangy and spicy vegetable and lentil stew made with aubergines, carrots, cauliflower, pearl onions, mustard seeds and curry leaves

### DESSERT

#### Coconut Panna Cotta - £6

Served with mixed berries compote and a coconut tuile

All prices inclusive of VAT and exclusive of 10% optional service charge. All dishes may contain traces of nuts.

Please inform your server of any food allergies or intolerance

## Syrian Christians Community

The Christian Community of Kerala (in Southern India) traces back its origin to the advent of St. Thomas, the Apostle to India, who reached the Cranganore Port in AD 52. This community started to grow with the arrival of East Syrian settlers and Persian missionaries in 3rd century AD. It is said that the Christianity flourished here much before it was taken up by Europe.

Coconuts grow in abundance in Kerala and consequently it is widely used in the cooking. Kerala is also one of the major producers of spices such as black pepper, cardamom, cloves and cinnamon. Fish and seafood dishes are very popular because of the region's long coastline, numerous rivers and backwater networks and a strong fishing industry.

Syrian Christians rarely consume dairy products like milk or curd with fish and meats. Instead they use coconut milk as a substitute in preparations.

They are also expert wine makers and widely consume wine in contrast to their neighbours of other faiths.

Wine is generally prepared weeks in advance for festivals such as Christmas and Easter.

A favourite dish of Kerala Christians is "mappas", or chicken stew. Other dishes include; Istu (chicken/any meat stew made with vegetables and potatoes), Fish Fry, Meen Vevichathu (fish in fiery red chili sauce), Meat Thoran (dry curry with shredded coconut) and Oletherachi (dry and spicy beef dish).

