

Regional Specials - Goa

February 2019

APPETISER

Crab Masala - £8

Crab claw meat stir fried with ginger, chillies, and spices served in a crisp filo pastry basket accompanied with a coconut and cashew nut chutney

MAINS

Balchão de Camarão - £12.50

Balchao is a spicy Goan pickle. Our version is slightly toned down; with prawns in a thick coating sauce made with onions, dried shrimps, vinegar, cinnamon, cloves, mustard seeds and chillies

Chicken Xacuti - £11

Traditional Goan chicken in a thick coating sauce made with home ground roasted aromatic spices, poppy seed paste and coconut

Dali Thoy - £7

Toor lentils tempered with mustard seeds, curry leaves, garlic, and green chillies

DESSERT

Rum and Raisin Ice Cream - £5

Served on a toasted coconut crumble

All prices include VAT and exclude an optional service charge of 10%
All dishes may contain traces of nuts

Goa

Goa is located along India's west coast along the Arabian Sea. Seafood, coconut milk, rice and local spices are main ingredients of Goan cuisine. The area is in a tropical climate, with spices and flavours being intense.

The cuisine of Goa is influenced by its Hindu origins; four hundred years of Portuguese colonialism, and modern techniques. The state is frequented by tourists visiting its beaches and historic sites, so its food also has an international aspect.

The cuisine is mostly seafood based, with the staple foods being rice and fish. Kingfish is the most common variety, with others including pomfret, shark, tuna and mackerel. Shellfish are plentiful with crabs, prawns, tiger prawns, lobster, squid and mussels all being popular.



The Hindu food of Goa is unique, while Goan Christians are influenced by the Portuguese, who brought potatoes, tomatoes, pineapples, guavas and cashews from Brazil. Of these, tomatoes and potatoes were not accepted by the Hindus until the late 20th century.

The most important part of Goan spices, the chili, was introduced to Goan cuisine by the Portuguese and became immensely popular. All these above-mentioned ingredients were not used in Goan cuisine before the advent of the Portuguese.