

April 2017 Regional Specials Menu Syrian Christians'

STARTER

Sardine Varuthathu £6

Crisp fried fresh sardines marinated with ginger, garlic, turmeric, Tellicherry pepper and dusted with rice flour

MAINS

Chicken Ishtu £10

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 £8

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

DESSERT

Toasted Coconut Panna Cotta £6

Served with summer 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 do not 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 grape-wine makers and widely consume wine in contrast to their neighbors of other faiths. Wine is generally prepared weeks in advance for festivals like Christmas and Easter.

Favorite dishes of Syrian Christians are 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).