

Regional Specials – Indian Chinese

March 2020

APPETISERS

Crispy Mushrooms (Vegan) - £5.50

Crisp fried chestnut mushrooms tossed in a ginger and chilly flavoured sauce

Fish Shu Mai - £7.25

Steamed dumplings made with chopped fish, ginger and spring onions, served with a spicy crushed peanut chutney

MAINS

Chilly Chicken - £11.95

The most popular Indian-Chinese dish - diced chicken in a spicy chilly garlic sauce with diced onions and peppers

Hot Garlic Tofu (Vegan) - £9.50

Silken tofu in a peppery garlic and soy sauce, with ginger and spring onions

Egg Fried Rice - £4.25

Basmati rice stir fried with eggs and spring onions

DESSERT

Toasted Coconut and Jaggery Ripple Ice Cream - £6

Served with coconut crumble

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

Indian Chinese Cuisine

Indian Chinese cuisine is the adaptation of Chinese seasoning and cooking techniques to Indian tastes. This cuisine is said to have been developed by the small Chinese community that has lived in Kolkata (formerly Calcutta) for over a century. Most of these people are of Hakka origin; however, the dishes of modern Indian Chinese cuisine, such as Chicken Manchurian, bear little resemblance to traditional Chinese cuisine. Today, this Chinese food has become an integral part of the Indian culinary scene. In fact, Chinese cuisine ranks as India's favourite cuisine (after local food), growing at about 8% annually. It is the most favoured option when young people go out to eat and the second favourite (after south Indian cuisine) when families dine out.

Culinary styles often seen in Indian Chinese include chilli (spicy, battered- fried), Manchurian (a sweet and salty brown sauce) and Szechwan (a spicy red sauce). These correspond only loosely, if at all, with authentic Chinese food preparation.

Foods tend to be flavoured with spices such as cumin, coriander seeds, and turmeric, which with a few regional exceptions, such as Hunan and Xinjiang, are traditionally not associated with much of Chinese cuisine. Hot chilli, ginger, garlic and yogurt are also frequently used in dishes.



This makes Indian Chinese food similar in taste to many ethnic dishes in Southeast Asian countries such as Singapore and Malaysia, which have strong Chinese and Indian cultural influences.

Some of the popular Indian Chinese dishes are; Hot and Sour Soup, Sweet Corn soup, Spring Rolls, Chilli Chicken or Paneer, Chicken or Vegetable Manchurian, fish or prawns in hot garlic Sauce, Chow mein (stir fried noodles), Chicken Lollipops(wings), Sweet and Sour Prawns, Chop Suey, banana toffee fritters with ice cream and of course, deep fried ice cream!