



## Mango Fish Tacos



With the mango season on, stir up a khatta panna, make taco or try making a pudding using mango recipes.

- Ingredients:**  
 Peeled mango 1  
 Fish fillet 1  
 Salt as required  
 Ginger powder ½ tsp  
 Garlic powder ½ tsp  
 Black pepper powder 1 tsp  
 Refined flour 5-6 tbsp  
 Sugar ½ tsp  
 Tequila 1-1½ tbsp  
 Lemon juice 2 tbsp  
 Fruit beer 1-1½ cup  
 Sliced mango 1  
 Olive oil 2 tsp  
 Chopped capsicum ½ cup  
 Finely chopped onion 1  
 Mango pulp 4 tsp  
 Cream cheese 2 tsp  
 Chopped cabbage ½ cabbage  
 Finely chopped lettuce leaf 1  
 Buckwheat tacos 3  
 Mint leaves For garnish  
**Method:**

Chop mango and place in a plate. Take a fish fillet and cut it in slices. Sprinkle salt, ginger

powder, garlic powder and pepper to marinate the fish.

To make the batter, in a bowl, add refined flour, black pepper powder, sugar, tequila, lemon juice, fruit beer and whisk it well.

Beat the fish slices. Cut peeled mango into slices and place on each fish slice and roll the fish. In a hot pan, add olive oil, coat the fish with the batter and then fry it in the pan.

To make dip, in another bowl, add finely chopped capsicum, pinch of ginger powder, pinch of garlic powder, lemon juice, oil, sugar, salt, chopped mango, cream cheese and mix it well.

Chop ½ Cabbage and 1 Lettuce leaf and mix them together.

For presentation:

Take three buckwheat tacos. Take out the fish rolls from the pan and cut them into half. Spread the taco dip on each taco, place chopped cabbage and lettuce leaves over it, add fish rolls on the tacos and place them in a taco plate. Garnish it with mint leaves and serve it with dip.

## Baked Chicken Thighs With Lemon Pickles



Preserved lemons, aka lemon pickles, are a delicious and unique treat that have long delivered a ton of salty and acidic crunch to the cuisines of North Africa, the Middle East and South Asia - and to America in recent years.

Here they are sliced thin, layered with salt and left to cure at room temperature for 12 to 48 hours - your choice - although the longer they cure, the softer the texture and the stronger the flavour. Once cured, there's nothing left to do but rinse off your lemon pickles and decide which of a whole range of dishes they should glorify. You can add them as a garnish to soups, stews and roasted vegetables, chop and combine them with fresh herbs to top fish, slide them into a grilled cheese sandwich, or stir them into grain dishes.

What about those artichokes? They're in the recipe because they play so nicely with lemons. If you do roll with the canned or frozen kind, just be sure to pat the artichokes very dry and cook them in a hot pan to achieve a nice golden colour.

The beauty of this recipe is that

once the lemon pickles are good to go, it takes no time at all to throw everything together. And the chicken, combined with a bit of wine, creates its own natural sauce as it cooks.

### Baked Chicken Thighs with Artichoke Hearts/Lemon Pickles

- 2 1/2 lemons, preferably thin-skinned  
 3 tablespoons kosher salt  
 1 tbsp extra-virgin olive oil  
 8 medium chicken thighs  
 One 14-ounce can artichoke hearts, drained, or one 9-ounce box defrosted artichoke hearts  
 1/3 cup dry white wine  
 1/2 cup coarsely chopped fresh cilantro, parsley or dill  
 Rinse the lemons well and slice them crosswise 1/4-inch thick. Arrange half of the slices in one layer (or slightly overlapping) in the bottom of a baking dish or pie plate and sprinkle half the salt evenly over the slices. Repeat with the remaining slices, cover and leave at room temperature for at least 12 hours and up to 48 hours. Rinse the lemons and remove the seeds. Only half will be used in this recipe; keep the second half, covered, in the refrig-

erator for other uses.

Preheat oven to 350 F. In a large ovenproof skillet heat the 1 tablespoon oil over medium-high heat. Season the chicken with salt on the skin side, reduce the heat to medium and working in batches if necessary, cook the chicken skin side down until the skin is nicely browned. Transfer the pieces to a plate and repeat with the remaining chicken. Pour off all but 2 tablespoons of the fat left in the pan.

Pat the artichoke hearts very dry. Add them to the skillet and cook them over medium-high heat, turning them occasionally until they are golden. Turn off the heat, return the chicken to the skillet, skin side up, and add half the pickled lemon slices. Pour the wine over the skillet and put the skillet on the middle shelf of the oven. Bake the chicken for 20 minutes or until it is just cooked through. Transfer the chicken, artichokes and lemon slices to each of eight plates and pour some of the juice from the bottom of the skillet over each portion. Sprinkle with cilantro and serve right away. Pic: Sara Moulton via AP).

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