

Grits With Chicken And Tomatillo Green Chili

Grits Are Ground Dried Corn; Combine With Sour Cream Pan Sauce To Get A Rich Dish

By Katie Workman

Grits are ground dried corn. Traditionally, grits most often come from white corn. The whole shebang is similar to polenta, from the ground dried corn (usually yellow in the case of polenta) to how it is prepared. Grits are usually a bit creamier in texture after being cooked, and appear on plates or in bowls at breakfast, lunch and dinner in the South.

For breakfast, grits are usually served in a sweet way, with maple syrup or brown sugar on top, and generous amounts of butter (basically whatever you use to top oatmeal is appropriate for grits). For lunch or dinner, they usually take a savory twist – then they are more akin to rice or mashed potatoes in the way they round out a meal.

Here, they are enriched with some cream and cheese for an addictively fine base for quickly sauteed chicken breasts and a slightly creamy sauce. One little can of green chilies packs a nice amount of piquancy but not too



much heat.

There are lots of ways to get acquainted with grits. Once you get to know them, be prepared for a deep, lifelong relationship.

Ingredients:

2 cups water
1 cup whole milk
Kosher salt and freshly ground pepper to taste
3/4 cup quick cooking (not instant) grits

3 tablespoons unsalted butter, cut into pieces

1/2 cup heavy cream
1/4 cup grated Parmesan
4 (8-ounce) boneless, skinless chicken breasts
1 tablespoon olive oil
1 teaspoon finely minced garlic
1 (4-ounce) can diced roasted green chilies
1 cup chicken broth
1/2 cup sour cream

Place the milk and water in a saucepan with salt and pepper, and bring to a simmer over high heat. Reduce the heat to medium and slowly add the grits, stirring constantly. Reduce the heat to medium-low and simmer, stirring frequently for about 8 minutes until the grits are smooth and creamy. Stir in the butter, heavy cream, and Parmesan until the

butter is melted and the grits are hot and very creamy.

While the grits are simmering, season the chicken breasts with salt and pepper. In a large skillet, heat the olive oil over medium high heat. Add the chicken breasts and saute until done, about 4 to 5 minutes on each side. Remove the chicken breasts to a plate and set aside. Do not wipe out the skillet!

Add the garlic to the skillet and saute over medium heat for 1 minute, until it starts to colour. Add the green chilies, turn the heat up to medium high, then add the broth and stir to scrape up all the little flavourful bits that may be stuck to the bottom of the skillet. Simmer for about 4 minutes until the mixture reduces slightly. Whisk in the sour cream until well combined and heat just until the mixture is hot, but don't allow it to come to a simmer.

Scoop some hot grits onto individual plates. Place a chicken breast on each plate, on top of the grits, and pour the sauce over the chicken breasts. Serve hot.

No Oven? You Can Still Bake A Delightful Cake!



By Athul Domichen

I live in a bachelor pad with no oven facility. Even though I love to cook, all I have available are a mini electric stove and an electric rice cooker. This easy cooker cake recipe is meant for people who share my plight. The recipe requires minimal ingredients and preparation is as simple as it can get. Remember that for cakes you can't take too much liberty in changing the quantity of ingredients; also, timing and attention are important. Without further ado, here are the ingredients.

All purpose flour/Maida – 1 and 1/2 cup
Sugar – 3/4 cup
Baking Powder – 2 teaspoons
Salt – 1/2 teaspoon
Eggs – 3
Butter – 2 tablespoons
Milk – 1/3 cup
Dry raisins (optional)

(Tip: If you don't have milk, you can substitute it with the same quantity of water and another tablespoon of butter)

That's it. Only seven ingredients, most of which an average kitchen would have. In my cake I ended up substituting water and butter for milk because I decided to make it on a whim while I was watching a food related show and was too lazy to walk to the grocery and leave the comfort of my basement abode in the summer heat. Now let us get to the preparation.

First step is to mix the dry ingredients. Take the flour, sugar, baking powder, and salt and mix gently yet thoroughly with a whisk or a fork. Break the eggs into a separate bowl, add half of the butter (it would help if you microwave the butter for 15-20 seconds or so if it is slightly frozen), add the milk and whisk vigorously everything is mixed well. Pour the egg-mix into the dry ingredients (or vice versa – gently sift the flour mix to the egg mix with a sieve) while gently whisking and after pouring start mixing well. Keep mixing until a soft batter like consistency is reached all over.

Coat the rest of the butter inside the cooking vessel on the sides and bottom.

This step is very important as it avoids the cake sticking to the vessel once done and it becomes a whole lot easier to take it out. Pour the batter in the vessel gently and evenly. Lift the vessel and tap down on a flat surface so that any air bubbles formed inside the batter are gone.

Place the lid and cook for 40 minutes in your electric rice cooker. Keep a timer, if possible. There are chances that the cooker will stop automatically in between. Do not open the lid.

Wait for a minute and turn it on again. I've noticed that different cookers call for

varied off-and-on times. Attention is important. If you have a steamer option in your cooker and can set a 40 minute time, that could be the best option.

After 40 minutes, remove the vessel from the cooker. Let it rest for 5 minutes. Take a right-sized plate and turn the vessel upside down on it. If the cake doesn't fall immediately, a gentle tap or two should do it. The cake is ready. Have it warm, lukewarm, or cold; as you like it.

If it doesn't turn out as good as you expected the first time around, try again. Practice makes perfection.

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Ananas Aur Malai Champ

Traditional sweets are of the essence when it comes to birthdays or other summer family gatherings and the celebrations are simply incomplete without home-cooked food.

Here are some mouth-watering recipes by Chef Sudipta Saha, The Pllazio Hotel, Gurugram. Ingredients

500 gms of raw pineapple
500 gms of raw papaya
300 gms of sugar
1 litre milk
200 gms of khoya
Saffron

Method

Boil milk for 20 minutes at a moderate temperature.

Add khoya when it gets thick.

Refrigerate for one hour.

Boil pineapple and papaya for 5 minutes. Add sugar, pineapple, papaya to a kadhai.

Cook till it becomes sticky and add saffron.

Make small balls of the milk mixture. Dip it in the pineapple and papaya mixture.



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