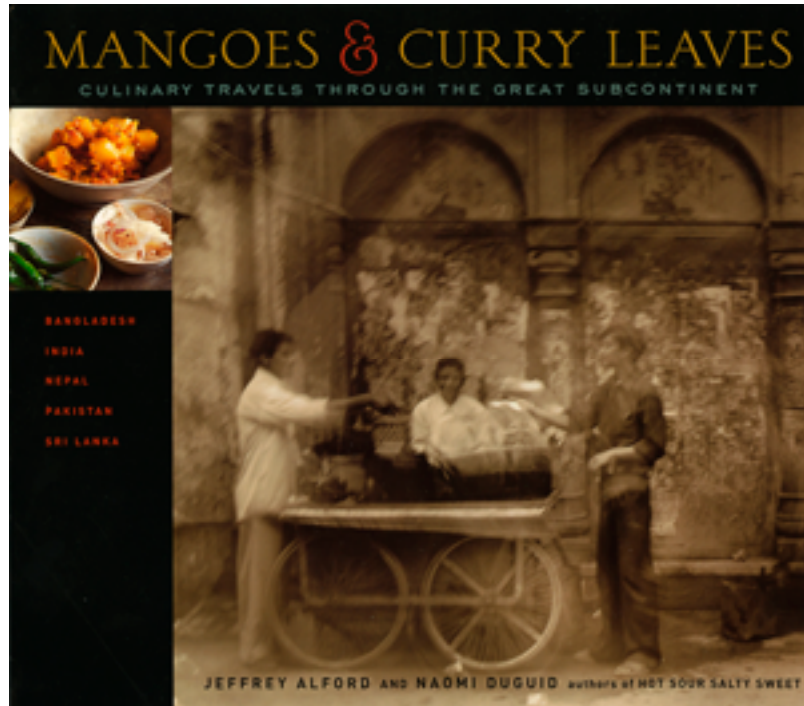


RECIPES FROM NAOMI DUGUID & JEFFREY ALFORD  
authors of Hot Sour Salty Sweet

The first two recipes are adapted from our latest book *Mangoes & Curry Leaves: Culinary Travels Through the Great Subcontinent*. The sweet baking recipes are adapted from our last book *HomeBaking: The Artful Mix of Flour and Tradition Around the World* -- All our books except our first *Flatbreads and Flavors: A Baker's Atlas*, (published in 1995 by William Morrow) are published by Artisan, and in Canada by Random House Canada.



### BANGLA DAL WITH A HIT OF LIME

Tok means sour in Bengali, sour from lime or green tomato or an acidic fruit, or, as here, from tamarind. The name of this Bangladeshi classic is tok dal and it's become one of our favorite versions of simple dal.

Masoor (red dal) is cooked until soft, then tempered with simmered onions, tamarind, and spices. The combination is given a fresh finish with a squeeze of lime juice from the lime wedges that are served alongside. We serve this often as part of a weeknight supper, with plain rice, a stir-fried green, and perhaps a green salad or a fresh chutney alongside.

- 1 cup masoor (red dal), rinsed and drained
- 5 cups water, or more if needed
- 1 heaping tablespoon tamarind pulp, chopped
- 4 tablespoons vegetable oil, or 2 tablespoons each vegetable oil and mustard oil
- 1/2 teaspoon ground coriander seed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 teaspoon turmeric
- 1 tablespoon minced garlic
- 1 1/2 cups thinly sliced onion
- 1 teaspoon salt, or to taste

accompaniments:

lime wedges

About 1/2 cup fresh coriander leaves and stems, optional

In a heavy saucepan, add the dal to 5 cups water and bring to a boil. Skim off foam for the first few minutes of boiling. Lower heat to medium and simmer for about 20 minutes.

Meanwhile, place the tamarind pulp in a small bowl. Scoop out about 1/4 cup boiling liquid from the pot of dal and add it to the tamarind pulp. Stir well and then set aside for several minutes to soak. Place a fine sieve or strainer over a small bowl and press the dissolved tamarind through the strainer, and into the bowl. Discard the pulp; set the tamarind liquid aside.

Half-cover the dal and lower the heat to medium-low. Cook until completely soft and soupy, about another 10 to 15 minutes, adding another cup or more of water if the mixture looks very thick. Set aside over low heat.

Heat the oil in a wok or heavy skillet or karhai over medium heat. Add the coriander, cumin, and cayenne and stir-fry for about fifteen seconds or until a little fragrant, then add the turmeric and the garlic and onion and stir-fry until the onion is very soft and tender, about 10 minutes.

Add the reserved tamarind liquid to the dal, then add the onion mixture and stir well. If you want a thinner more soup-like texture, add another cup or more of water. Add salt, then cook for another five minutes or so to allow flavors to blend. Taste and adjust seasonings if you wish, then serve hot, accompanied by lime wedges. Instruct your guests to squeeze lime juice on generously and to sprinkle on fresh coriander leaves if they wish.

Serve with rice, a fresh salad, and a stir-fried vegetable dish or a simple grill.

Makes 4 to 5 cups; serves four.

## BEAN SPROUT SAMBOL

This Sri Lankan sambol is more of a salad than it is a sambol (they're usually like a cross between a hot salsa and a chutney). It has some fiery heat from fresh green cayenne chiles, but the shredded coconut and cool crisp sprouts balance out the heat. It's a great little dish.

Buy fresh sprouts, regular mung bean sprouts, at an Asian grocery, and wash them well. To chop them, hold a bunch in your hand and cut crosswise into approximately 1-inch lengths.

3 to 4 green cayenne chiles, destemmed, or substitute jalapenos, for milder heat and a different flavour

1/2 cup fresh or frozen grated coconut

1/3 cup finely chopped asian or substitute european shallots or red onion

1/2 teaspoon salt

1 tablespoon water  
1 tablespoon lime juice  
1/4 pound, about 2 cups, bean sprouts, cut into 1 inch lengths (see Headnote)

Place the chiles, coconut, shallots (or onion), salt, water, and lime juice in a food processor and process briefly, just until the chiles and shallots are chopped but not pulverized. Alternatively, use a stone mortar and pestle to grind chiles, coconut, and shallots to a coarse paste with the salt and water, then transfer to a bowl and stir in the lime juice.

Turn out into a serving bowl, add the mung bean sprouts, and toss to mix well. Serve as part of a rice meal for a hot and fresh flavor, or as a salad with a non-South Asian meat-and-potatoes meal.

Serves four.

## POTATO-APPLE PASTY

Makes one double-crust eight-inch apple pie with a thick tender potato crust; serves 6 to 8

We found a version of this delicious hearty pie in Dorothy Hartley's extraordinary classic cookbook *Food in England* (first published in 1954 and now reissued). It's a country pie that was originally made as a filled pastry baked on a girdle or iron plate over a fire. We find it easier to bake the pie in a pie plate in the oven. Chopped apple goes into a sturdy (yet tender) envelope of potato-based dough which bakes until it is hot and golden.

Eat the pie hot out of the oven. It makes a wonderful accompaniment to a savory course such as roast pork, or a warming treat with tea on a chilly fall or winter afternoon. Leftovers are delicious the next day.

crust:

1 pound potatoes, peeled  
Water  
About 1 ounce (1 heaping tablespoon) butter  
About 1 cup all-purpose flour, plus extra for surfaces  
1/4 teaspoon salt  
1/4 teaspoon powdered ginger  
1 tablespoon sugar

filling:

2 large or 3 medium-sized firm apples, peeled and thinly sliced  
About 1 1/2 ounces chilled butter, in four thin slices  
Scant 1/2 cup sugar

Preheat the oven to 400 degrees fahrenheit.

Cut up the potatoes, bring to a boil in water and cook until tender. Drain, add the 1 ounce butter and immediately mash while hot, adding the salt, ginger, and 1 tablespoon sugar. When the potatoes are smooth, add 1/2 cup flour and stir. Add another scant 1/2 cup flour and stir and knead in, then turn the dough out onto a lightly floured surface and knead until smooth, several minutes.

Cut the dough in half and roll each half out to a round about 9 inches in diameter.

Lightly grease an 8-inch pie plate and line with half the dough. Place on the shell the chopped apples, mounded up in the middle. Drape the other rolled-out pastry sheet over the mounded apples and press the edges together firmly to seal. Make an X-shaped cut, each arm of which should be about 2 inches long, over the central mound of the pie. Bake it in the center of the preheated oven at 400 degrees fahrenheit.

After 45 minutes, the pie should be touched with golden brown. Cut four thin slices from the end of a pound of very cold butter. Lift the pie from the oven and quickly slip a slice of cold butter under each flap of the cut top of the pie. Sprinkle onto each slice of butter about 2 tablespoons sugar (under each flap). Place the pie back in the oven to bake for another 5 minutes. It will be golden brown all over.

Take out, let stand five minutes, and serve, hot or warm.

## RICOTTA-STREUSEL PIE

Makes one streusel-topped 10-inch diameter cheesecake; serves 8

Yeasted pies and cakes have great texture and keep well. This comfortable take on cheesecake has a yeasted flatbread base, and the slightly sweetened cheese filling is topped with struesel, sweetened rich crumbs of flavor. There are two short waits, as the batter and the dough ferment and gain flavor, then into the oven it goes.

crust:

3 tablespoons sugar

3/4 cup milk

2 teaspoons yeast

About 1 3/4 cups pastry flour or cake flour, or substitute about 1 1/2 cups all-purpose flour

Pinch salt

streusel:

1/3 pound (scant 1 1/2 sticks) cold unsalted butter, cut into small chunks

1/3 cup sugar ,br> 1 cup all-purpose flour

filling: 300 grams ricotta or cream cheese

2 large eggs

1/4 cup sugar

1 teaspoon vanilla extract

1/4 teaspoon cinnamon  
Pinch salt

Stir the sugar into the milk, then stir in the yeast to dissolve. Stir in one cup flour to make a smooth batter. Set aside, covered, to rest for an hour.

Sprinkle on the pinch salt and 1/2 cup more flour (1/4 cup if using all-purpose), and stir to mix. Turn out onto a well-floured surface and knead until smooth. The dough will be quite soft. Cover with plastic wrap and set aside to ferment for an hour.

Meanwhile, prepare the streusel: Work all the ingredients together, rubbing the lumps of butter between your thumb and fingers to blend them together, until you have small floured lumps. Set aside in a cool place.

Prepare the filling: Place the filling ingredients in a bowl and beat together, by hand or with a mixer, until smooth. Set aside.

Preheat the oven to 350 degrees Fahrenheit.

Butter a 10-inch cast-iron or other oven-proof skillet. Press the dough into the skillet with your finger tips. Let it rest, then press more to stretch it out to the edge all round. Spread the filling on the dough, leaving a narrow rim all round. Sprinkle on the streusel, then and bake in the center of the oven at 350 degrees for 35 minutes, until just set.

Let cool 15 minutes or more before serving. Serve from the skillet, or transfer to a large flat plate for serving.

These recipes were found at <http://hotsoursaltysweet.com> and are changed on a weekly basis. Please visit often.