

1. Buckwheat Margarita

Ingredients:

- Buckwheat Bread: 4 slices
- Butter or Mayonnaise: 1tsp
- Tomato: 1 Medium cut into slices
- Onion : 1 Medium cut into rings
- Bell Peppers : 1 Medium cut into slices
- Basil Leaves: 4 to 5
- Pizza Sauce 2 to 4 tsp
- Crushed Sea Salt as per taste
- Crushed Black Pepper as per taste
- Mozzarella Cheese: 80 Grams Grated

Preparation:

1. Toast the bread slices in the OTG till golden brown
2. Apply butter or mayonnaise to the slices on one side.
3. Apply pizza sauce onto the slices
4. Arrange the tomato slices, onion slices, and bell peppers
5. Sprinkle crushed sea salt and crushed bell pepper as per the taste.
6. Sprinkle grated mozzarella cheese onto the each slice.
7. Microwave the slices till the cheese is melted and gets a light brown crust.

Serving Suggestion: Serve hot with Mustard sauce or Tomato Ketchup.

Gluten-free Recipes



2. Poached Fish Sautéed with Bok Choy in Soy Scallion Sauce

Ingredients:

- Sea Bass Fillet : 2
- Salt as per taste
- Pepper as per taste
- White wine : for Poaching - 240ml
- Water - 160ml
- Bok Choy - 2 bunches
- Sesame Oil - 1 tablespoon
- Roasted Which & Black Sesame Seeds : For garnish
- Light Soy Sauce : 2 tablespoons
- Scallion: 1 medium sized cut in flakes
- Lemon Slice - 1 unit

Preparation

1. Take a deep pan, add water and white wine and bring it to a boil.
2. Add fish fillets, lemon slice along with a pinch of salt and poach it until the fillets are cooked.
3. By the time the fish is poached, Sauté the Bok Choy & Scallion flakes in sesame oil along with Salt & pepper as per the taste. Add Light Soy Sauce and sauté.
4. Place the Poached fish on the plate. Pout the over light soya sauce with sautéed bok choy & scallions.
5. Garnish it with roasted sesame seeds.

Serving Suggestion:

Can be served with Steamed Rice or with Soba Noodles.



Chef Ishijyot Surri
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About the Author : Chef Ishijyot Surri, the brainchild behind MULK - an Iconic Indian Restaurant in Mumbai, earned his Culinary Certification from IHM - Aurangabad in association with the University of Huddersfield, UK. Having been fortunate enough to have gotten a chance to work with Taj Hotels, reputed hospitality management, while he was studying, he was mentored by culinary expert, Chef Ananda Soloman. He is also a co-owner at the known Cafe Bliss-a café chain with a multi-city presence having outlets in Mumbai, Nashik, Gwalior and Goa.

