

My Goa

The place where I grew up. It's not like the India you know. It's different.

Here, it's all about the beaches, colours, sunsets, the art, the architecture & crazy nights. It's East meets West, a kaleidoscopic blend of Indian & Portuguese cultures beautifully illustrating the unity in diversity of Goa.

The lifestyle here is chilled, carefree, sweetened by sun, sea, sand & spirituality. And the nightlife... well, let's just say they are the spice of life!

When you think of Indian cuisine, you'll probably imagine spicy, rich flavourful foods. The usual images of curries & masala based dishes come to mind. But Goan flavours are different & unique. It is a blend of Portuguese & Indian cultures & that is reflected in its food.

Here it is all about the spices. Each spice I use reminds me of my time growing up carefree. Each one a memory from my childhood.

Come see, hear, feel, smell & taste the Goa I know & love. All my experiences, my memories, my childhood, I'm bringing a piece of me to KL.

I hope you enjoy my food & take away tastes that will linger in your memories.



Sapna Anand

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Host : Fast Indian Cooking with Sapna on the Asian Food Channel

Others : Le Cordon Bleu Dusit Culinary School, Bangkok, Thailand (Intensive Pastry)
: University of Reims Champagne-Ardenne, France (Hautes Etudes du Goût)



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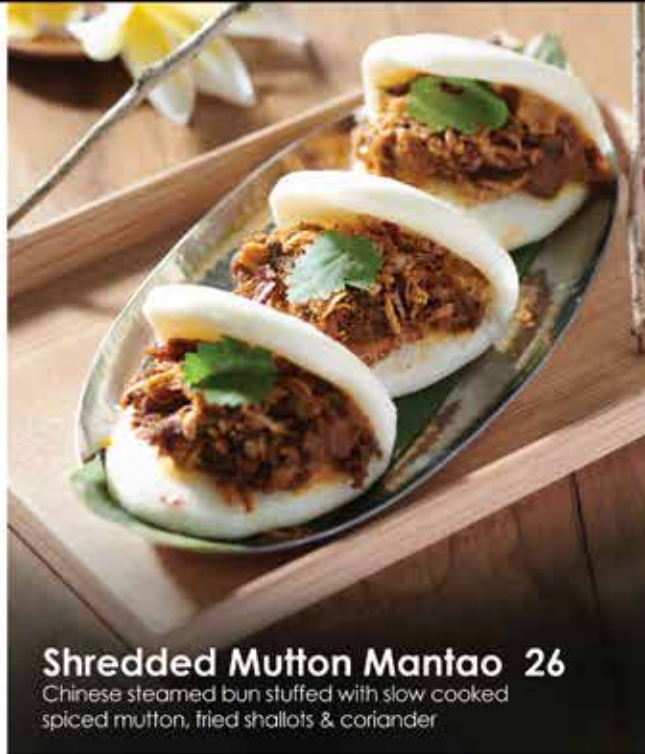
Rava Seafood Fry (E) 29

A must have in Goa is the fresh seafood delicately coated in spices & crusted with semolina

"Fresh seafood is synonymous with Goa. Seasonal seafood is much loved & part of a Goan meal. Every household has their own style of making this dish. It is the one dish that is enjoyed by every community in Goa. If you ever come to Goa, do drop by a typical beach shack & order the Rava Seafood Fry. Get a bottle of beer, sit back & watch the sunset whilst munching on crispy deliciousness!"

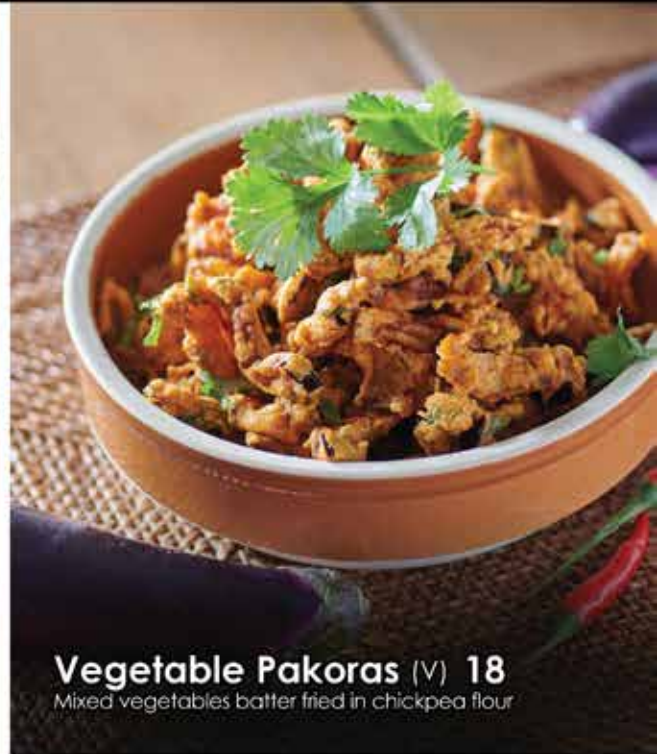
(V) - Vegetarian (E) - Egg (N) - Nut (D) - Dairy

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Shredded Mutton Mantao 26

Chinese steamed bun stuffed with slow cooked spiced mutton, fried shallots & coriander



Vegetable Pakoras (V) 18

Mixed vegetables batter fried in chickpea flour



Stir Fried Bhindi (V)(N) 18

Lady fingers batter fried & wok tossed with chickpeas & curry leaves

Goan Fried Masala Chicken (E) 18

Chicken strips marinated in a Goan red spiced paste, fried to perfection served with Goan mayo dip

"Recheado or Goan red spice paste is your quintessential base for seafood or meat sauces. It is a blend of chillies & 8 spices & is cooked with Goan coconut vinegar with meat or seafood. It is the staple ingredient of day to day dishes in Goa. Spicy, flavourful, it's a taste of Goa you won't forget easily."

Lamb Seekh Kebab 26

Lamb mince marinated in Goa's special homemade spice rub, grilled in a tandoor oven

Chicken Cutlet (E) 18

Minced chicken cooked in a special blend of spices in a panko crust

"Inspired by the Portuguese dish Fofos de Bacalhau (Fried Cod Cakes), this traditional Goan dish is given a twist using chicken as salted cod is extremely difficult to find in Malaysia. Our Chicken Cutlet is savoury to the palate & it goes so well with a cold beer."

Paneer Pea Cutlet (V)(E)(D) 20

Crispy golden crumbed coated paneer with spiced mashed pea filling served with sweet tamarind sauce & hung yoghurt spiced dip

"Inspired by the streets of Kolkata & is usually served with 2 sauces. Mustard sauce, which is a must, as mustard seeds grow in abundance in West Bengal & a hung yoghurt."



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Tandoori Chicken Mango Salad 28

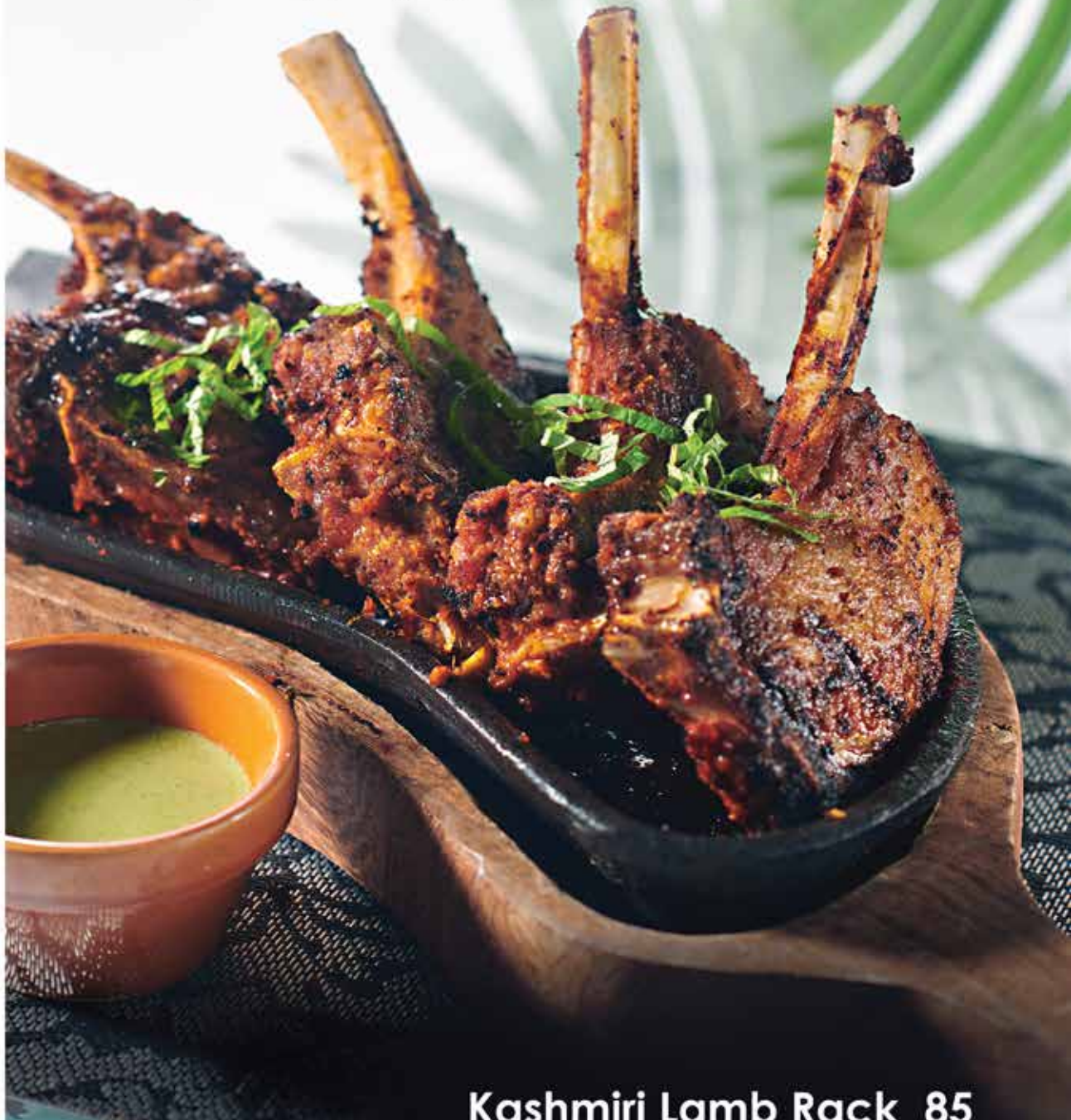
Tandoori chicken, fresh mangoes, assorted greens, arugula, feta, tossed in creamy herbed avocado dressing

Available as vegetarian with just grilled paneer (D)

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SHARING PLATES



Kashmiri Lamb Rack 85

Lamb rack grilled with a homemade Kashmiri spice rub, served with mint chutney

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Goan Chilli Prawn 38

A Goan beach shack speciality. Prawns cooked in garlic butter & coriander leaf

"This dish always brings me back to my carefree teenage days. After college, my friends & I used to hang out at the beach & watch the blazing sunsets. We would park ourselves at one of the many beach shacks & order a basket of French fries, a bowl of these fresh prawns which is served with loads of local bread to mop up the yummy juices."



Goan Squid Masala 28

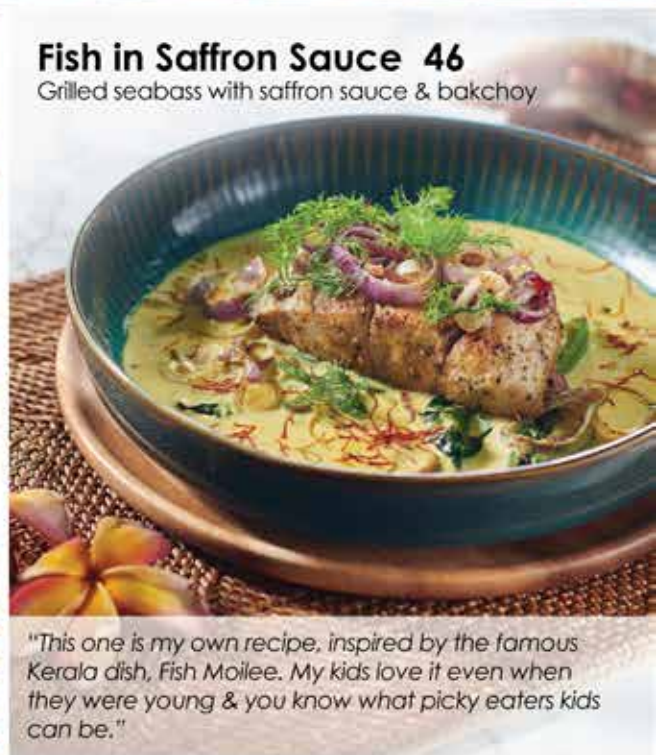
A balance of sweet & sour flavours when squid is wokked with Goan red paste

Goan Prawn Masala also available at 38



Fish in Saffron Sauce 46

Grilled seabass with saffron sauce & bakchoy



"This one is my own recipe, inspired by the famous Kerala dish, Fish Moilee. My kids love it even when they were young & you know what picky eaters kids can be."

Panaji Fish Parcel 32

Snapper fillet marinated in a spiced green chilli paste & grilled

"The most popular fish market in Panaji, Goa's capital city, is a riot of colours & smells. I go there every time I visit Goa. Every day fisherman haul their catch to sell. Women from the surrounds also bring their home-grown vegetables to the market. One of the more common wares is the turmeric leaf which grows in abundance & is commonly used in cooking & dessert dishes. My Panaji Fish Parcel makes use of this antioxidant rich leaf as a wrap. So simple yet so good!"



Garlic Butter Prawn 58

Fresh water prawns cooked in creamy garlic & curry leaf butter sauce

Konkan Ghee Roast Chicken Tortillas 22

Sweet & tangy chicken cooked in ghee & spices served over tortillas with spicy mayo dressing



"This is a dish that originates in Kundapur, a coastal town in the Indian state of Karnataka & has become very popular in Goa. It is slow cooked purely in ghee with spices, jaggery (Indian cane sugar) & tamarind. This is my mother's recipe which I am proud to share with you."

Goan Beef Vindalho 30

Beef cooked in traditional Vindalho spices, a Goan favourite

"The name Vindalho comes from the Portuguese Carne de Vinha D'alhos which is usually beef marinated in wine, vinegar & garlic. The Portuguese brought this dish to India in the 15th century & over time, spices were added to become this popular dish today. I remember my school days, my classroom used to be next to the canteen kitchen & when it got towards lunch time, the smell from the Vindalho wafted into my classroom. Now I can't even remember what I learnt or even my teacher's names, but I still recall what the nuns cooked!"

Chicken Tikka 26

Chicken marinated in spices & yoghurt & grilled in a tandoor, served with mint chutney

Mum's Kashmiri Curry Chicken (N)(D) 26

Chicken chunks cooked in a special blend of spices, served with a luscious creamy gravy

"My mum came up with this dish by pure chance. One day she was entertaining friends last minute & she realised that her cupboard was quite bare. So she grabbed what she could & came up with an odd combination of spices.....Kashmiri chilli powder, mustard seeds & cumin. And so an accidental hero was born. Her signature dish has now been passed on to me. This is true comfort food at its best!"

Butter Chicken (N) 26

Grilled chicken thigh in mild creamy curry sauce

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Malabar Mutton Curry 28

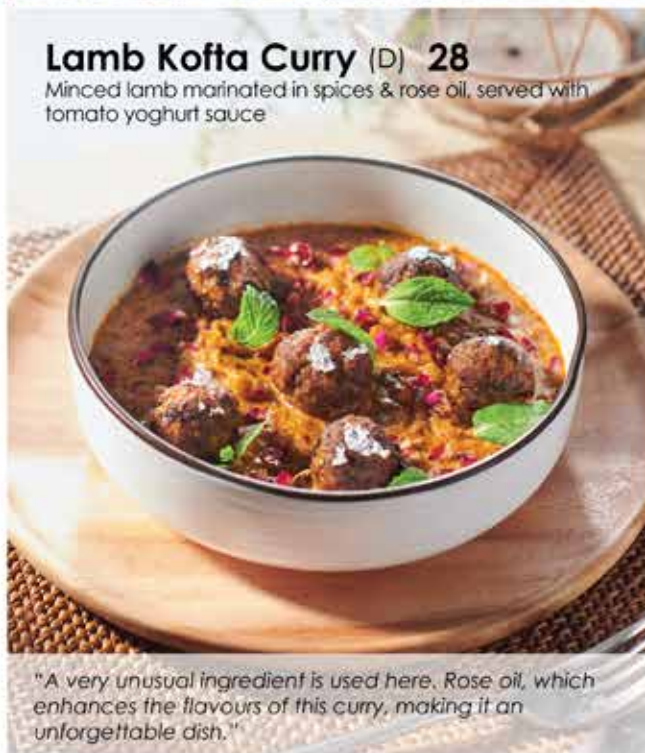
Mutton slow cooked with spices & served with your choice of poori or Kerala paratha

"Definitely an unusual combination but utterly delicious! Inspiration comes from Kerala where it is very popular & cooked normally with beef. Here we use mutton as it's my twist on the dish!"



Lamb Kofta Curry (D) 28

Minced lamb marinated in spices & rose oil, served with tomato yoghurt sauce



"A very unusual ingredient is used here. Rose oil, which enhances the flavours of this curry, making it an unforgettable dish."



Keema with Baked Egg (E) 30

Parsi style slow cooked spiced minced lamb baked with runny eggs

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Baingan Bharta (V) 20
[Tandoor Roasted Mashed Eggplant]

Eggplant roasted in a tandoor & cooked in a blend of spices.



Paneer Tikka (V)(D) 25

Indian cheese marinated in a blend of spices & grilled in the tandoor

Malai Pea Paneer Curry (V)(N)(D) 22

A tomato based creamy curry with green peas & fresh paneer

Palak Paneer (V)(D) 22

Pureed spinach & paneer in a mildly spiced sauce.

Mum's Dhal (V) 16

Slow cooked French brown lentils in mild spices

Grilled Cauliflower with Smoked Sauce (V) 28

Served with a mild smoked fennel tomato sauce & a sprinkle of parmesan



S I D E S

Plain Naan (V) 6

Garlic Naan (V) 8

Butter Naan(V) 8

Cheese Naan (V)(D) 8

Tandoori Roti (V) 8
(Whole Wheat)

Ghee Rice 8

Cranberry Rice (V) 8

Poori (V) 8

DESSERT

Kulfi (V)(D) 16

(Homemade Indian Ice Cream)

Available Flavours :

Rose / Mango / Caramel Candied Peanut



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