

# COTOLETTE DI CONIGLIO ALLA BENGALESE

#Game4Spice

Quite obviously this is not a Bengali dish but it does champion the blend of five spices, Panch Phoran, so prevalent in Bengali cuisine. Here, I've scented an escalope of rabbit (prepared like in Italian cuisine) with this fragrant spice mix, then panéed and shallow-fried it. Pheasant and partridge breasts work equally pleasingly treated this way. The accompanying kale and potato dish is a recipe I derived from the cookbook of Minakshie DasGupta, founder of Kewpie's Kitchen, arguably the most famous restaurant in Calcutta. A spiced tomato and apricot chutney (also featuring Panch Phoran) is the perfect condiment but so would be any seasonal, spicy, fruity chutney.

## INGREDIENTS (SERVES 2)

- ❖ 2 rabbit (hind) legs, boned and flattened into escalopes, halved if large
- ❖ 2 tsp *Ground Panch Phoran* (below)
- ❖ Chilli powder, a few pinches (optional)
- ❖ Salt and freshly ground black pepper
- ❖ Plain flour, for coating
- ❖ 1 egg, beaten
- ❖ Breadcrumbs (ideally Panko) for coating
- ❖ Oil, sufficient for shallow frying
- ❖ Lemon slices or wedges and coriander sprigs, for garnish
  
- ❖ *Ground Panch Phoran:*  
Equal quantities (e.g. 1 tsp) cumin seeds, fennel seeds, black onion seeds (kalonji/nigella), black mustard seeds, and fenugreek seeds, ground per step 1

## DIRECTIONS

1. To make the *Ground Panch Phoran* simply put the five types of seeds in a spice or coffee grinder and grind to a powder. Alternatively, grind them using a pestle and mortar as the powder does not need to be ultra-fine.
2. Dust the rabbit escalopes on both sides with the *Ground Panch Phoran* and chilli powder if using. Set aside for half an hour or fridge for longer.



*Cotolette di Coniglio alla Bengalese, Bandhakopir Dalna, Tomato and Apricot Chutney*

3. Put the flour, egg and breadcrumbs in separate shallow bowls and heat the oil in a frying pan. Season the escalopes with salt and freshly ground pepper, then pass them through the flour, then the egg and then coat with the breadcrumbs.
4. Shallow fry the escalopes (in batches if necessary) over a medium heat for 2-3 minutes per side until golden then allow them to drain on a plate lined with kitchen paper, keeping each batch warm while cooking the next. They should rest for a few minutes.
5. Serve the escalopes with the lemon slices or wedges and the coriander sprigs.

## SEASONAL SIDE

### BANDHAKOPIR DALNA DRY CABBAGE (KALE) CURRY

Peel and dice (1-1½ cm) 125g potatoes and fry them in 2 tsp oil until lightly browned. Remove and keep aside then lower the heat and add 75g washed and drained kale leaves with a sprinkling of salt. Simmer over a medium heat for 3-5 mins, lid-on, then add a paste made from ½ tsp ground cumin and ¼ tsp each of cayenne pepper, ground coriander, and turmeric plus a splash of water. Mix well and cook for 1-2 mins until the spice paste is incorporated then add 1 bay leaf and enough water (approx. 100ml) to finish cooking the potatoes. Return the potatoes to the pan and simmer over a medium heat until they are cooked and the liquid has all but evaporated. Stir in a knob of butter, a scant sprinkling of garam masala and chopped fresh coriander then serve.

