



Kerala

Autumn 2024

Enter Via Laundry

Please be aware that the images on this menu are from Helly's travels and may not precisely depict the actual dishes served at the restaurant. Our versions are more polished and creatively reimagined. These images and stories highlight the dishes that inspired our menu.

For Autumn 2024, we invite you on a culinary journey to Kerala. In local language "Kera" means coconut, and hence the name Kerala translates to the land of coconuts.

Apart from coconuts, Kerala is blessed with fertile land that produces a variety of spices. The spice plantations here grow pepper, cinnamon, cardamom, cloves, nutmeg, turmeric, and more. Tea and coffee also thrive abundantly, along with variety of exotic fruits.

These exquisite spices and produce are incorporated into local cuisine in various ways. With its rich cultural diversity, Kerala stands out as one of the most exciting places for culinary enthusiasts. In my research and travels, I recognized three major food cultures: Mappila cuisine, Syrian Christian cuisine, and native/Brahmin cuisine. Each of these culinary styles is unique in its own way. Although they all use similar produce that is available to them, their food differs in technique.

Our goal in creating this menu was to encompass all three major types of cuisine, with a focus on Malabar and some other special dishes deeply embedded in the current food culture. My team and I have endeavored to present lesser-known dishes to you, offering our interpretation that utilizes seasonal produce as well as Australian Native produce.

We believe that using seasonal and native produce lies at the core of Indian food philosophy, and we aim to carry forward this ethos through our menu.

We hope you enjoy this meal.

Team Enter Via Laundry



Rasam

At Grand Hotel Kochi

Rasam is enjoyed not only in Kerala but also in most of South India. It is a warm, spicy, and sour broth that is typically consumed with rice or on its own. Various spices like pepper, cumin seeds, coriander seeds, fenugreek seeds, mustard seeds, hing, red chilies, and turmeric are added. For acidity, ingredients such as tamarind, lime, and tomatoes are used. The dish is refreshed with curry leaves and coriander.

In an effort to retain the spicy and sour elements of the traditional dish while adapting it for Melbourne's summer, our version features Jerusalem artichoke, lemon myrtle, pepper, green chilies, and coriander. We serve this warm broth with diced Jerusalem artichoke, mustard seeds, pine mushrooms and urad dal.



Syrian Christian Pork Roast

At Sebastian's Family Home in Nellimattom

A Syrian Christian pork specialty pork roast is a smokey lightly spiced snack that is enjoyed midday along with some steamed tapioca on special occasions. The Sebastian family tells me that each house has a wood fire stove that is built with clay and the pork is cooked overnight for for 12 hours.

Everyone in family takes turns to replace the wood and scrape the pot resulting in a beautifully tender meat.

Our version for this snack is pork lightly smoked with paperbark and dressed with Davidson plum jam and dusted with podi (a blend of roasted lentils and spices)



Kallumakai Fry

From a snack shop in Kannur

Kannur in Kerala is situated in the Malabar region, the northern part of Kerala. Due to its strategic location, it boasts several ports and has been a magnet for traders for centuries. One community that came for trade and settled here were the Arabs in the 3rd century BCE. This is the origin of Mappila cuisine. The Arabs brought their own techniques, and Indian spices enriched the recipes.

One such dish from Mappila cuisine is Kallumakai, made from mussels. Kallumakai translates to "fruits of stone." Mussels are stuffed with spiced rice flour, steamed, and then lightly fried in red chili, which is what we have done here. We are serving this with chili and saltbush.



Karimeen Pollichattu

The Grand Hotel Kochi

Yes, you guessed it right! The Grand Hotel in Kochi is an institution and offers some of the best food in Kerala. I highly recommend this place. We had Karimeen (Pearl Spot fish) Pollichattu, fish here, wrapped in banana leaf with spices, curry leaf, onion, and tomatoes, fried in coconut oil. "Pollichattu" means grilled. This is a very popular dish in Kerala, while north enjoys this dish with chicken the south prefers fish Pollichattu.

Local Seafood Pollichattu

For our version we are using local seafood that is cooked in a banana leaf and dressed with a sauce made of grilled tomatoes, mountain pepper, aniseed myrtle, finger lime and curry leaf.



Sadhya

BTH Sadhya Kochi City

Sadhya is eaten during Onam, the harvest festival. There are several types of Sadhyas, Hindu community prefers a vegetarian Sadhya, though you will also find one with meat and fish. Sadhya is almost always served on banana leaf with rice in center. Our version brings you

Red rice, puli inji (Tamarind and ginger chutney), Avial (Coconut with seasonal vegetables and curry leaf), Beetroot Thoran (stir fry with shredded coconut), Errisery (Pumpkin, coconut and black gram), Pulliserry (Yogurt, turmeric and mustard), Sambar (Lentils, spices with carrots and ash gourd), Aplam (cracker), Uperi (banana chips).



Kunji Pathiri

Sameera Mehaboob's family home, Kannur

Sameera and her sister Muneera have a wealth of knowledge when it comes to Mappila cuisine. Sameera teaches ethnic cuisine to culinary students, equipping them to preserve their unique heritage.

The sisters showed me how to make Kunji Pathiti. "Kunji" means tiny, and these delicious little pathiri are flavored with fennel and coconut, mixed with a spicy sauce made with chicken or beef flavored with tomatoes, coconut, curry leaf, and Kerala garam masala.

In our version, we've prepared kunji pathiri with kangaroo tail, Kerala spices, tomatoes, curry leaf, puffed rice, preserved gooseberries, and fennel cream.



Kannur Cocktail

Juice Corner Cocktail, Kannur

Islam being the major religion in Kannur alcohol is not consumed much in the region. A fruit cocktail (without alcohol) though is favorite among locals as a choice of beverage. A blend of red papaya, boiled carrots, cantaloupe and some frozen milk is blended into a smoothie and garnished with toasted cashew, sultanas and pomegranate resulting in a refreshing luscious orange drinks fit for any time of the day.

For our main dessert we have a cashew sponge with carrot, red papaya and cantaloupe sorbet, leaf caramel and persimon.

People who made this menu possible - Mehaboob Family, Fiona Arakal, Sebastian Family, Oneal Sabu, Muhammed Shihad, Hezu, Thank you for sharing your knowledge, time and culture!

