

Malabar Junction

Saturday 28th May

An Indian Fish and Seafood Dinner



Kerala, situated on the lush and tropical Malabar Coast, is one of the most popular tourist destinations in India. Named as one of the "ten paradises of the world" by the National Geographic magazine, it has been the main centre of the Indian spice trade since around 3,000BC.

However you don't have to travel to Kerala in Southern India for this dinner, just to Tottenham Court Road! Tucked away in a corner of Great Russell Street, you'd be forgiven for not noticing this restaurant from its unprepossessing exterior. However a pleasant surprise awaits you inside.



Malabar Junction is a South Indian restaurant with a real difference. The interior of the ground floor restaurant is much larger than you'd expect and the décor is very tasteful – in fact more like a French restaurant in a conservatory setting with its elegant glass domed ceiling and greenery.

Malabar Junction offers a combination of authentic Cochin, Malabar and Travancore cuisine in the Keralian tradition, drawing attention to the fundamental difference between North and South Indian food. As you'd expect, many Keralian dishes are based on seafood and fish. However the difference is that the cuisine is rich, gently spiced and tasty without being mouth-searingly hot and blasting like North Indian food.

Although the restaurant has meat and vegetarian dishes their speciality is fish and seafood. Consequently the organiser felt it would be appropriate to opt for a dinner featuring these. Our menu tonight has a selection of dishes that will give you an idea of the style of Keralian cuisine and comprises the organiser's favourite dishes from the main menu - Cochin Prawn Curry and Fish Nilgiri - with others from their party menus or that are being prepared specially for us and not generally available.

Starters: served with pappadums

Travancore Chilli King Fish

Cubes of boneless king fish cooked with onions, capsicum, tomato, curry leaves with mild chilli sauce and soya sauce in a dry preparation

King Prawn Poriyal

King Prawns and browned sliced onions in a lightly spiced masala sauce.

Uthappam

South Indian "pizza" made of rice and lentil batter with masala toppings

Main Courses: served with Coconut Rice and Pilau Rice

Cochin Prawn Curry

King prawns in a mild gravy of coconut, Keralian spices and curry leaves

Fish Nilgiri

Pan seared fish cooked in coconut milk and special Malabar dark masala sauce

Kottayam Fish Mappas

Fish in coconut milk with coriander, mild red chillis, turmeric & curry leaves

Kovalam King Prawn

King prawns in a thick creamy gravy made from onion, ginger, mild green chilli and finished with crushed black peppers

Kalan

A traditional South Indian dish of green bananas cooked in a yoghurt based gravy with onion, turmeric, mustard seeds and garnished with sweet mango

Aviyal

A Keralite mixed vegetable dish cooked with coconut, yoghurt, cumin and spices

Desert

Semiya Payasam

Vermicelli cooked in cardamom flavoured milk with raisins and cashew nuts

Generous quantities of house red and white wine will be served.

Mr. Yoosuf T Kasim, the General Manager, is delighted to welcome the IWFS London Branch to The Malabar Junction and has given us a very much reduced price for this dinner.

Venue:	Malabar Junction, 107 Great Russell Street, WC1B 3NA
Mobility Rating:	1 for restaurant; 4 to toilet facilities
Nearest Tube:	Tottenham Court Road – the restaurant is barely 3 minutes walk from The Dominion Theatre
Time:	7.15pm
Dress:	Smart casual
Price p/person:	£49.00 Members / first guest £52.00 Additional guests
Organiser:	Carole Goldberg Tel: 020 8421 5957
	e-mail: carole.goldberg@iwfs.co.uk