

Antipasti Bhojan ka Parichay



The Antipasti, or the preamble to the meal, is an introduction that sets the stage for what's to come. With just the right amount of flavour and detail, it readies the palate for the complete experience.

Much like perfect antipasti, this section is a preamble to the organisation that Future Generali India Insurance Company is, outlining its credos and strengths, setting context to what's about to come.

Balsamic Grilled Grape & Honey Thyme Burrata Salad



Serves
2-3 people



Prep time
5-10 minutes



Cook time
5-10 minutes



Easy Grilled Balsamic grapes over shreds of honey and thyme marinated burrata, finished with fresh greens and toasted Pine nuts.

For the grilled grapes

Ingredients

- 10 to 12 pcs California grapes or local grapes, cut into half
- 1 tbsp or 15 ml balsamic vinegar
- 1 tbsp or 15 ml honey
- 2 tsp or 10 ml olive oil
- Salt and cracked pepper, to taste

Method

- Marinate the grapes for 10-15 minutes with balsamic vinegar, honey, olive oil, salt and cracked pepper
- Heat a grill pan and add grapes for a minute and not more than two or until they get grill marks
- Transfer back to the marination bowl to season and set aside

For the honey thyme burrata

Ingredients

- 120 gm Burrata cheese
- 2 tsp or 10 ml Honey
- Salt and cracked pepper, to taste
- 1 sprig of thyme, plucked

Method

- Marinate the burrata cheese with the honey, cracked pepper, salt, thyme and set aside.
- You can either serve the burrata whole or tear it into smaller pieces for the salad.



To assemble the salad

Ingredients

- Grilled grapes
- Marinated burrata
- Handful of Arugula leaves
- Thyme leaves for garnish
- Balsamic glaze for garnish (optional)
- Olive oil for garnish

Method

- Arrange the grilled grapes, arugula leaves and Burrata cheese on a platter.
- Drizzle balsamic reduction, and olive oil on the components and serve chilled.

Green Chana and Plum Chaat



Serves
2-3 people



Prep time
5-10 minutes



Cook time
4-5 minutes



Green Chana, Baby Potatoes, and Tangy Plum Chaat folded in with sweetened Beetroot Yogurt and Minty Green Chutney.

Ingredients

- 150 gm green chana, sprouted and boiled. You can also use chickpeas
- 50 gm or half an onion, chopped
- 50 gm or half a tomato, chopped
- ½ green chilli, chopped (you may add more as desired)
- 5 gm or 1 tsp chaat masala
- 5 gm or 1 tsp red chilli powder
- 5 gm or 1 tsp toasted cumin (jeera) powder
- Black salt, as per taste
- 1 tbsp lemon juice, freshly squeezed
- 1 tsp honey
- 50 gm or approx. 3-4 tbsp coriander, chopped.

Method

- Mix all the ingredients together and allow the chaat to chill in the refrigerator for 30 minutes. You can also serve it at room temperature
- Adjust seasoning according to preference
- Place the slices of plums as a base for the chaat
- Spoon a portion of the green chana chaat onto the plums
- Drizzle beetroot yogurt and mint chutney to garnish
- Top with sprigs of fresh coriander



- To assemble the chaat
- Plums, thinly sliced.
- Beetroot yogurt (50 gm yogurt mixed with 10 ml boiled beetroot puree) (optional)
- Mint chutney (optional)

Lasooni Palak & Ricotta Bruschetta



Serves
2-3 people



Prep time
10-15 minutes



Cook time
10-15 minutes



Seasoned Garlic and Spinach spread over Crostini, topped with crumbly Fresh Ricotta. An Indian bruschetta take instead of Palak Paneer, we can make a creamy spinach topping for the bruschetta with burnt garlic ricotta spread.

For the bruschetta

Ingredients

- ½ Baguette, sliced (you can always substitute with a loaf of local bread)
- 2 tbsp or 30 gm butter
- ½ tsp or 2.5 gm cumin powder
- 1 tsp or 5 gm garlic, chopped

Method

- In a bowl, add softened butter, cumin powder, garlic, salt and pepper
- Apply the butter mixture on the slices of baguette and toast till golden brown. Set aside.

For the spinach and ricotta mixture

Ingredients

- 150 gm spinach leaves, chopped
- 1 tbsp or 15 gm garlic, chopped
- 1 tbsp or 15 gm butter
- 2 tsp or 10 ml olive oil
- ½ green Chili, chopped
- 2 tsp or 10 gm cumin (jeera) seeds
- Salt & pepper, to taste
- 2 tbsp or 30 ml fresh cream
- 3 tbsp or 50 gm crumbled ricotta cheese or paneer
- 1 tsp lemon juice

Method

- Heat the olive oil and butter in a pan for 30 seconds.
- Add garlic, cumin and green chili and sauté for two minutes.
- Add the spinach and cook for another 2 minutes
- Season with salt and pepper. Add the cream and cook for 30 seconds
- Take off the heat and allow the mixture to cool down
- Once cooled, fold the spinach mixture into the ricotta cheese, season with lemon juice and serve on top of the toasted bruschetta
- Garnish with microgreens and fried garlic

