Title: Homestyle Goan Recipes

Subtitle: Traditional Comfort Food from a Goan Kitchen



✨ Introduction

This book is not about fancy food or restaurant-style cooking.
It is about everyday Goan meals, cooked slowly, using simple ingredients, just the way it is done in Goan homes.

After sharing many recipes on my blog, *Goan Regular Recipes*, readers often asked for a small book that focuses on daily meals—chicken curry, prawns curry, vegetable bhajis, saar, rice and dal, and one traditional sweet that reminds us of festivals and family.

This book is that collection.

All the recipes here are:

- Home-style
- Easy to follow
- Made with ingredients found in Indian kitchens
- Different from my previous cookbook

If you are new to Goan cooking, this book will guide you gently.
If you already love Goan food, these recipes will feel familiar—like home.



About the Author

Puja Naik is a home cook, food blogger, and the voice behind **Goan Regular Recipes**, a space dedicated to preserving and sharing authentic Goan home-style cooking.

Her love for cooking comes from everyday life—watching meals being prepared in the kitchen, learning traditional methods, and understanding that good food does not need to be complicated. Puja believes that the true taste of Goan cuisine lies in simple ingredients, coconut-based masalas, slow cooking, and food made with care.

Through her blog and cookbooks, she shares recipes that are practical, comforting, and rooted in Goan households—not restaurant kitchens. Her focus is always on food that families actually cook and eat daily.

This book is a continuation of that journey, bringing together every day Goan meals and traditional flavours for readers who want honest, home-cooked food.

When she is not cooking or writing, Puja enjoys documenting Goan food traditions and connecting with readers who love regional Indian cuisine.



📖 Recipe List

1. Goan Home-Style Chicken Xacuti (Coconut Masala)
2. Goan Prawns Curry
3. Tomato Saar – Goan Style Curry
4. Goan Cabbage Bhaji (Cabbage Stir-Fry)
5. Goan Raw Banana Bhaji (Kelyachi Bhaji)
6. Channa Ros (Goan White Peas Curry)
7. Patoli – Sweet Steamed Turmeric Leaf Delight
8. Goan Mackerel Uddamethi Recipe | Traditional Konkani Fish Curry
9. Sukya bangadache Kismur RECIPE (dry mackerel kismur)
10. Goan Prawns Cutlet Recipe | Crispy New Year Special Home-Cooked Snack
11. Traditional Goan Sannas Recipe | Soft Steamed Rice Cakes
12. Goan Red Snapper Rava Fry (Tamso Fry) | Crispy Fish Recipe
13. Goan Nevri (Gujiya) Recipe | Coconut & Jaggery Filled Sweet for Festivals



Copyright © 2026 by Puja Naik

All rights reserved.

No part of this book may be reproduced, stored, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the author, except for brief quotations used in reviews.

This book is for personal use only. It may not be resold, shared, or distributed in any format without permission.



Disclaimer

The recipes in this book are based on personal experience and traditional home cooking practices. Results may vary depending on ingredients, cooking methods, and individual preferences.

The author is not responsible for any allergic reactions, food-related issues, or outcomes resulting from the preparation or consumption of the recipes in this book. Readers are advised to use their own judgment and take necessary precautions while cooking.

Recipe Notice

All recipes in this book are original, home-style preparations.
This collection does **not repeat recipes** from the author's previously published cookbook.



Dedication

This book is dedicated to my family,
who taught me that food is not just about taste,
but about love, patience, and togetherness.
Every recipe here carries a piece of home.







🌶️ Goan Chicken Xacuti

🌶️ Goan Chicken Xacuti

A traditional Goan curry bursting with flavour and spice

Chicken Xacuti (pronounced *sha-koo-tee*) is one of Goa's most loved traditional curries. Made with roasted coconut, whole spices, and poppy seeds, this dish is bold, aromatic, and deeply rooted in Goan heritage. It is often prepared as a weekend or festive special that brings families together around the table.

⏱️ Recipe Details

- **Servings:** 3
- **Cooking Time:** 20–25 minutes
- **Recipe by:** Puja Raghuvir Naik

📜 Ingredients

For Marination

- 1 kg chicken, cut into pieces
- ¼ tsp turmeric powder
- 1 tsp salt
- 1 tsp ginger-garlic paste
- 2 tsp curd

Marination Paste

- ½ bunch fresh coriander leaves
- 5 green chillies

For Xacuti Masala Paste

- 1 tsp oil
- 2 onions, chopped
- 2 green chillies
- 1-inch piece ginger
- 5 garlic cloves
- ½ bunch fresh coriander leaves
- 1 cup grated coconut

Whole Spices (Xacuti Masala)

- 2-inch cinnamon stick
- 3 cardamoms
- 1 tsp aniseeds
- 1 tsp black peppercorns
- 1 tsp poppy seeds
- 1 tsp coriander seeds
- 8 dried red chillies (preferably Kashmiri)
- 1 flower mace (javitri)
- 1 star anise
- ¼ piece nutmeg
- ½ tsp turmeric powder

👩‍🍳 Directions

1. Marinate the Chicken

Wash the chicken thoroughly. Marinate with salt, ginger-garlic paste, turmeric powder, curd, and the marination paste made by grinding coriander leaves and green chillies.
Cover and rest for at least 30 minutes.

2. Prepare the Masala Base

Heat 1 tsp oil in a pan. Add chopped onions, green chillies, ginger, and garlic. Sauté until the onions turn golden.
Add grated coconut and cook until it becomes golden brown. Switch off the heat and allow it to cool.

3. Roast the Spices

In the same pan, dry roast all the whole spices on a low flame for 3–5 minutes until aromatic. Let them cool.

4. Grind the Masala

Grind the roasted spices along with the onion-coconut mixture into a smooth paste using a little water.

5. Cook the Xacuti

Heat 2 tbsp oil in a heavy-bottomed pan. Add the ground masala and sauté for 5 minutes.
Add the marinated chicken and mix well. Cover and cook on medium heat, stirring occasionally, until the chicken is tender and well coated with masala.

6. Final Touch

Garnish with fresh coriander leaves and switch off the heat.

🍽️ Serving Suggestions

Serve hot with:

- Steamed rice
- Goan pav (local bread)
- Roti or naan

📝 Notes

- Xacuti tastes best when slightly thick and well-coated with masala.
- Adjust red chillies based on your spice preference.
- This dish develops deeper flavour if rested for a few minutes before serving.





Goan Prawn Curry

🍤 Goan Prawn Curry

An authentic, spicy, coconut-based curry straight from a Goan kitchen

Goan Prawn Curry is a beloved dish in coastal Goan homes. Made with freshly ground coconut masala, tangy tamarind, and succulent prawns, this curry brings together warmth, spice, and simplicity in every spoonful. Best enjoyed with steamed rice, it is comfort food at its finest.

🕒 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–20 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

🛒 Ingredients

- Fresh prawns, cleaned and deveined
- 2 tsp red chilli powder
- 2 tsp turmeric powder
- 1 tsp coriander powder
- ½ onion, chopped
- ½ tomato, chopped
- 1 green chilli, slit
- 2–3 tbsp grated coconut

- 1 small tamarind ball (marble-sized)
- 2 kokum petals (sola) – optional
- Salt, to taste

👨‍🍳 Method

1. Clean & Marinate the Prawns

Remove shells, heads, and veins from the prawns.
Avoid washing them repeatedly to retain their natural flavour.
Marinate with salt, 1 tsp turmeric powder, and 1 tsp red chilli powder.
Keep aside.

2. Prepare the Masala Paste

Grind grated coconut, tamarind, coriander powder, remaining turmeric powder, and red chilli powder into a smooth paste.
Add a little water if required.

3. Cook the Gravy

In a pan, add the ground masala paste and allow it to simmer.
Add chopped onion, tomato, green chilli, and kokum petals (if using).
Let the curry boil gently for 4–5 minutes.

4. Add the Prawns

Add the marinated prawns to the simmering gravy.
Cook on medium heat for 5–6 minutes until the prawns are just cooked and tender.

5. Serve

Serve hot with steamed rice or traditional Goan boiled rice.

🌼 Tips for Perfect Goan Prawn Curry

- Do not overcook the prawns—they turn rubbery.
- For extra richness, drizzle ½ tsp coconut oil over the curry before serving.
- You can add drumsticks or raw mango slices for a traditional variation.

Goan-style Prawn Curry – a coconut-based seafood curry best served with steamed rice.





🍅 Tomato Saar – Goan Style Curry

🍅 Tomato Saar – Goan Style Curry

Tomato Saar is a light, comforting Goan curry made using ripe tomatoes, coconut, and simple everyday spices. Quick to prepare and gently spiced, this dish is a staple in many Goan homes and is often served during lunch or dinner with rice or chapatis.

Simple yet flavourful, Tomato Saar brings warmth and balance to a home-cooked meal.

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–20 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

📜 Ingredients

- 3 medium ripe tomatoes
- 4 tbsp grated coconut
- 10 curry leaves
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp asafoetida (hing)
- 1 tsp turmeric powder
- 1 tsp red chilli powder
- 3 dried red chillies

- 4–5 garlic cloves, lightly crushed
- ½ tsp sugar
- Salt, to taste
- Fresh coriander leaves, for garnish
- 1½ cups water (for grinding and consistency)
- 1 tbsp oil

👩‍🍳 Method

1. Prepare the Base

Roughly chop the tomatoes and grind them into a smooth puree using ½ cup water. Keep aside.
Grind the grated coconut with ¾ cup water to make a smooth paste. Set aside.

2. Temper the Spices

Heat oil in a kadai. Add mustard seeds and allow them to splutter.
Add cumin seeds, curry leaves, and dried red chillies.
Add asafoetida and crushed garlic cloves. Sauté gently until the garlic loses its raw aroma.
Keep the flame low to avoid burning the spices.

3. Build the Curry

Add the tomato puree and cook for about 5 minutes.
Stir in the coconut paste and mix well.
Add turmeric powder, red chilli powder, sugar, and salt to taste.

4. Simmer & Serve

Allow the curry to simmer on low heat until slightly thickened and well blended.
Garnish with freshly chopped coriander leaves.

🍛 Serving Suggestion

Serve hot with steamed rice or Goan chapatti.
A side of pickle or fried papad completes this comforting meal.

🌟 Tip

Tomato Saar pairs beautifully with a simple dal or vegetable bhaji for a wholesome Goan meal.





Goan Cabbage Bhaji (Cabbage Stir-Fry)

🥬 Goan Cabbage Bhaji (Cabbage Stir-Fry)

📝 About the Recipe

Cabbage is a leafy vegetable available in green, red, purple, and white varieties. In Goan homes, cabbage is cooked simply with coconut, mustard seeds, and green chillies. This light, nutritious, and flavourful bhaji is a regular part of everyday meals and pairs perfectly with rice, curry, or chapati.

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–20 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

🧂 Ingredients

- 2 cups cabbage, washed and finely chopped
- ½ cup freshly grated coconut
- 2 green chillies, slit or chopped
- 1 onion, finely chopped
- 1 tsp mustard seeds
- 1 tsp turmeric powder
- 1–2 tbsp channa dal, soaked for 15–20 minutes
- Salt, to taste
- 1 tsp oil

🍳 Method

1. Prep the Cabbage

Wash the cabbage thoroughly and chop it into small, even pieces.

2. Temper & Sauté

Heat oil in a pan.
Add mustard seeds and allow them to splutter.
Add the chopped onion and sauté until it turns golden brown.

3. Cook the Cabbage

Add the chopped cabbage to the pan and cover with a lid.
Cook until the cabbage softens and reduces in volume.

4. Add Spices & Coconut

Add turmeric powder, green chillies, soaked channa dal, and salt.
Mix well, then add the grated coconut.

5. Final Cook

Cover again and cook on low flame until everything is well combined and cooked through.
Stir gently and switch off the heat.

🍽️ Serving Suggestions

- Serve hot with steamed rice and Goan curry
- Enjoy as a dry side dish with chapati or bhakri

🌿 Tips

- Soaking channa dal helps it cook faster and adds a pleasant bite.
- Adjust green chillies according to your spice preference.
- Fresh coconut enhances flavour—avoid skipping it.





Goan Raw Banana Bhaji (Kelyachi Bhaji)

🍌 Goan Raw Banana Bhaji (Kelyachi Bhaji)

📌 **Servings**: 3
⏱️ **Cooking Time**: 15–20 minutes
🍛 **Cuisine**: Goan
👩‍🍳 **Author**: Puja Raghuvir Naik

📝 About the Recipe

Raw Banana Bhaji is a classic Goan vegetarian dish made with tender raw bananas, fresh coconut, and mild spices. Nutritious, filling, and easy to prepare, this bhaji pairs beautifully with **rice and curry** or **chapati**. It's a staple in many Goan homes, especially on vegetarian meal days.

🧂 Ingredients

- 2 raw bananas (kelyo)
- ½ cup freshly grated coconut
- 1 onion (finely chopped)
- 1–2 green chilies (slit or chopped)
- 1 tsp mustard seeds
- ½ tsp turmeric powder
- Salt to taste
- 1 tsp oil
- *(Optional)*: a pinch of sugar or 1–2 kokum petals for balance

---

🍳 Method

1. **Prepare the Raw Banana**
    - Peel the raw bananas and cut into small cubes.
    - Keep them soaked in water to prevent discoloration.
2. **Temper the Base**
    - Heat oil in a pan.
    - Add mustard seeds and let them splutter.
    - Add chopped onion and sauté until golden brown.
3. **Cook the Banana**
    - Add turmeric powder and the chopped raw banana.
    - Mix well, add a little water, cover, and cook until soft.
4. **Finish with Coconut**
    - Add green chilies, salt, and grated coconut.
    - Mix gently and cook on low flame for 5 minutes until flavors combine.
5. **Serve**
    - Turn off the heat and serve hot.

🍽️ Serving Suggestions

- Serve with **steamed rice and Goan curry**
- Enjoy as a dry side dish with **chapati or bhakri**

🌿 Tips

- Always use **tender raw bananas** for best texture.
- Do not overcook; the bhaji should be soft but not mushy.
- Coconut gives authenticity—avoid skipping it.





Channa Ros (Goan White Peas Curry)

🍛 Channa Ros (Goan White Peas Curry)

📌 **Servings**: 3
⏱️ **Cooking Time**: 15–20 minutes
👨‍🍳 **Author**: Puja Raghuvir Naik

📝 About the Recipe

Channa Ros is a traditional **Goan vegetarian curry** made with white peas and a coconut-based spice paste. It is commonly prepared during **religious occasions** and special vegetarian days. Mildly spicy, aromatic, and comforting, this curry pairs beautifully with **rice, roti, or Goan pav**.

🧂 Ingredients

- 200 g white peas (dried)
- ½ cup freshly grated coconut
- 1 onion
- ½ tomato (chopped)
- 1 tsp coriander seeds
- 1 tsp red chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 tsp poppy seeds (khus-khus)
- 5 black peppercorns

- 3 cloves
- 1-inch cinnamon stick
- 1 tsp mustard seeds
- Few curry leaves
- Small ball of tamarind
- Salt to taste
- Oil

🍳 Method

1. **Soak & Cook the Peas**
    - Soak white peas overnight in water.
    - Next morning, pressure cook with salt and water for **4 whistles**.
    - Switch off the gas and keep aside.
2. **Prepare the Masala**
    - Heat a little oil in a pan.
    - Roast the onion until golden brown.
    - Add grated coconut, coriander seeds, cumin seeds, fennel seeds, poppy seeds, peppercorns, cloves, cinnamon, chilli powder, and turmeric powder.
    - Roast until aromatic.
3. **Grind the Paste**
    - Let the roasted mixture cool slightly.

- Grind it with tamarind and a little water into a smooth paste.

4. **Cook the Curry**
   - Heat oil in a pan.
   - Add mustard seeds, curry leaves, and cumin seeds; let them splutter.
   - Add the ground masala paste and boil for **10 minutes**.
5. **Add Peas & Finish**
   - Add the cooked peas and salt to taste.
   - Add chopped tomato and simmer for another **5 minutes** until flavors blend well.

🍽️ Serving Suggestions

- Serve hot with **steamed rice**, **chapati**, **roti**, or **Goan pav**.
- A perfect dish for **festive vegetarian meals**.

🌿 Tips

- For a Satvik version, avoid onion and increase coconut slightly.
- Adjust spice levels according to taste.
- The curry thickens on resting—add water if reheating.





Patoli – Sweet Steamed Turmeric Leaf Delight

🌿 Patoli – Sweet Steamed Turmeric Leaf Delight

🌸 Festival Note

Patoli is a cherished seasonal delicacy prepared during **Shravan**, especially for **Nag Panchami**. Steamed in aromatic turmeric leaves and filled with sweet coconut and jaggery, Patoli fills the home with a fragrance that signals festivity and devotion.

As elders say, *"When the aroma of steaming Patoli fills the house, we know the gods are pleased."*

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–30 minutes
- **Cuisine:** Goan / Konkan
- **Author:** Puja Raghuvir Naik

📝 Ingredients

- Rice flour (or wheat flour) – 1 cup
- Freshly grated coconut – 1 cup
- Jaggery – ¾ cup, grated
- Salt – a pinch
- Ghee – for greasing
- Turmeric leaves – 6, cleaned and washed

- Water – as required
- Steamer or cooker (without whistle)

👩‍🍳 Method

1. Prepare the Filling

In a pan, combine grated coconut and jaggery.
Cook on low heat until the jaggery melts and blends well with the coconut.
Switch off the heat and keep aside.

2. Prepare the Batter

In a bowl, mix rice flour and a pinch of salt.
Add water gradually to make a smooth, spreadable batter.
The batter should be thick but not runny.

3. Assemble the Patoli

Grease each turmeric leaf lightly with ghee.
Spread a thin layer of batter evenly on the leaf.
Place a spoonful of coconut-jaggery filling in the centre.
Fold the leaf sideways to seal the filling.

4. Steam the Patoli

Arrange the folded Patolis in a steamer or pressure cooker without whistle.
Steam for 12–15 minutes.
Once cooked, gently peel open the turmeric leaves and serve warm.

💡 Cooking Tips

- Always use **fresh, tender turmeric leaves** for the best aroma.
- If using wheat flour, keep the batter slightly thicker.
- Serve warm with a light drizzle of ghee for extra richness.





Goan Mackerel Uddamethi Recipe | Traditional Konkani Fish Curry

🐟 Uddamethi – Goan Mackerel Curry

📝 About the Recipe

Uddamethi is a signature Goan fish curry prepared using **mackerel**, **fenugreek (methi) seeds**, **urad dal**, and **coconut**. The name comes from *"Uddam"* (urad dal) and *"Methi"* (fenugreek), the two key ingredients that give this curry its distinctive earthy, tangy, and mildly bitter flavour.

This traditional curry is deeply rooted in Goan home cooking and is best enjoyed with steamed rice or Goan pao.

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–30 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

🧂 Ingredients

- 2 mackerel fish, cleaned and cut into pieces
- 1 onion, chopped
- 1 tsp fenugreek seeds (methi)
- 1 tsp urad dal
- 1 tsp rice
- ½ cup freshly grated coconut
- 1-inch piece ginger, chopped
- 1 tsp coriander seeds or coriander powder
- 2 tsp turmeric powder
- 2 tsp red chilli powder (adjust to taste)
- 1 small ball tamarind
- 2–3 black peppercorns
- Salt, to taste
- 1–2 tsp oil

🐟 Marinate the Fish

Wash the mackerel pieces thoroughly.
Marinate with salt, 1 tsp turmeric powder, and 1 tsp chilli powder.
Keep aside while preparing the curry base.

🔥 Prepare the Masala Paste

Heat 1 tsp oil in a pan.
Add half of the chopped onion and sauté until golden brown.
Add a few methi seeds, coriander seeds or powder, grated coconut, and 1 tsp chilli powder.
Fry until the coconut turns golden brown.
Switch off the heat and allow the mixture to cool.
Grind it with tamarind into a smooth paste.

🌾 Enhance the Masala

Dry roast the rice and black peppercorns in a pan until aromatic.
Add this to the ground masala and grind briefly once again.

🍛 Cook the Curry

Heat a kadai or pan with 1 tsp oil.
Add the remaining methi seeds, urad dal, and chopped ginger. Sauté for a minute.
Add the ground masala paste and adjust consistency with water.
Bring to a gentle boil.
Add the marinated mackerel pieces and salt to taste.
Cover and cook on low flame for 10–12 minutes until the fish is cooked and flavours are well blended.

🍽️ Serving Suggestions

Serve hot with:

- Goan steamed rice
- Ukade rice
- Goan pao (bread)

This curry tastes even better after resting for a few hours as the flavours deepen.

🌿 Tips & Variations

- Use kingfish or sardines if mackerel is unavailable.
- For extra heat, add a pinch of crushed black pepper before serving.
- Do not skip urad dal or methi seeds—they define the unique flavour of Uddamethi.



Sukya bangadache Kismur RECIPE (dry mackerel kismur)

🐟 Suko Bangdo Kismur (Dry Mackerel)

A rustic Goan delicacy that's bold, smoky, and irresistibly tasty

Suko Bangdo Kismur is one of the most flavourful traditional Goan dishes made using **dry mackerel**, fresh coconut, onion, and chillies. The fish is first roasted, giving it a deep smoky aroma that blends beautifully with coconut and spices.

Simple yet powerful in taste, this dish is a favourite in Goan homes and is often enjoyed with rice, pez (rice gruel), or chapati.

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

🧂 Ingredients

- 1 dry mackerel (suko bangdo)
- ½ cup freshly grated coconut
- 1 onion, finely chopped
- 1 green chilli, finely chopped
- 1 tsp red chilli powder
- ½ tsp turmeric powder

- Salt, to taste
- 1 tsp coconut oil
- 1 tsp cooking oil
- Fresh coriander leaves, for garnish

Method

1. Roast the Mackerel

Roast the dry mackerel over an open flame or in a pan until aromatic. Allow it to cool slightly, then remove the skin and break the fish into small pieces.

2. Season the Fish

Add coconut oil to the roasted mackerel pieces and mix well.
This enhances flavour and softens the texture.

3. Prepare the Kismur

Heat cooking oil in a pan.
Add chopped onion and green chilli.
Sauté until the onion turns soft and translucent.

4. Add Spices & Coconut

Add turmeric powder and red chilli powder.
Add the mackerel pieces, grated coconut, and salt.
Mix well and cook on low flame for about 5 minutes, stirring gently.

5. Finish & Serve

Garnish with fresh coriander leaves.
Serve hot.

🍽️ Serving Suggestions

- Best enjoyed with steamed rice or pez (rice gruel)
- Tastes excellent with chapati
- Works well as a spicy side dish in a Goan thali

🌶️ Tips

- Adjust chillies according to your spice preference.
- Coconut oil adds authenticity—do not skip it.
- Ensure the mackerel is well roasted to remove excess moisture and strong smell.





Goan Prawns Cutlet Recipe

🦐 Goan Prawns Cutlet (Home-Cooked Style)

Crispy on the outside, soft and juicy inside

The New Year calls for warm gatherings, joyful moments, and comforting home-cooked food. In many Goan homes, seafood snacks hold a special place during celebrations, and **prawns cutlet** is one such favourite.

Crispy on the outside and soft inside, this simple yet flavourful snack is made using everyday kitchen ingredients and traditional Goan flavours. Perfect for festive evenings, tea-time, or special family moments, Goan Prawns Cutlet brings together taste, tradition, and the joy of home cooking.

👩‍🍳 Recipe Details

- **Servings:** 3–4
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

🧺 Ingredients

For the Cutlet Mixture

- 250 g prawns, cleaned and deveined
- 1 small onion, finely chopped
- 2 green chillies, finely chopped
- 1 tbsp ginger-garlic paste

- 1 small potato, boiled and mashed
- 2 tbsp coriander leaves, chopped
- ½ tsp turmeric powder
- ½ tsp red chilli powder (adjust to taste)
- ½ tsp garam masala
- Salt, to taste
- 1 tbsp oil

For Coating

- 2 tbsp maida (all-purpose flour)
- Water, to make a thin slurry
- Bread crumbs, as needed

For Frying

- Oil, for shallow or deep frying

👩‍🍳 Method

1. Prepare the Prawns

Finely chop the prawns or pulse once in a mixer.
Do not grind into a paste.

2. Cook the Mixture

Heat oil in a pan.
Add chopped onions and sauté until soft.
Add ginger-garlic paste and green chillies. Sauté until the raw smell disappears.

3. Add Prawns & Spices

Add chopped prawns, turmeric powder, red chilli powder, garam masala, and salt.
Cook for 3–4 minutes until the prawns are cooked and the mixture dries slightly.

4. Mix & Cool

Switch off the flame.
Add mashed potato and coriander leaves.
Mix well and allow the mixture to cool completely.

5. Shape the Cutlets

Shape the mixture into oval or round cutlets.

6. Coat the Cutlets

Dip each cutlet into the maida slurry, then roll in bread crumbs to coat evenly.

7. Fry

Fry the cutlets in medium-hot oil until golden and crisp on both sides.
Drain on tissue paper.

🍋 Serving Suggestions

- Serve hot with mint chutney, tomato ketchup, or lemon wedges
- Perfect with evening tea
- Makes an excellent starter for Goan meals or festive spreads

---

✨ Home-Cooked Tips

- You can replace potato with bread soaked in milk
- For extra Goan flavour, add a pinch of pepper powder
- Shallow frying works well for a lighter version





Traditional Goan Sannas Recipe | Soft Steamed Rice Cakes

🍥 Sannas (Goan Steamed Rice Cakes)

Soft • Fluffy • Lightly Sweet

Sannas are soft, fluffy steamed rice cakes that hold a special place in Goan homes. Traditionally prepared during **Christmas, weddings, feasts, and festive lunches**, these mildly sweet rice cakes pair beautifully with spicy Goan curries.

Light, spongy, and delicately sweet, Sannas are a perfect balance to rich dishes like sorpotel, pork bafat, or chicken curry.

👩‍🍳 Recipe Details

- **Cuisine:** Goan
- **Texture:** Soft & spongy
- **Taste:** Mildly sweet
- **Author:** Puja Raghuvir Naik

🥥 Ingredients (Traditional Home Style)

- 2 cups Goan rice or idli rice
- ½ cup freshly grated coconut
- ½ cup toddy (sura)

OR (Yeast Option):

- ½ tsp dry yeast
- 2 tbsp warm water
- 1 tsp sugar
- 2 tbsp sugar (adjust to taste)

- ½ tsp salt
- Water, as required

👩‍🍳 Method (Step-by-Step)

1️⃣ Soak the Rice

Wash the rice thoroughly and soak it for **5–6 hours or overnight**.

2️⃣ Grind the Batter

Grind the soaked rice and grated coconut together using a little water to make a **smooth, thick batter**.

3️⃣ Fermentation

Add toddy *(or activated yeast)*, sugar, and salt to the batter.
Mix gently.

Cover and keep in a warm place for **6–8 hours**, until the batter rises and becomes airy.

👉 **Do not over-mix after fermentation.**

4️⃣ Steam the Sannas

Lightly grease sannas moulds or idli plates.
Pour the batter into moulds, filling them **¾ full**.

Steam on medium heat for **12–15 minutes**.
Check with a toothpick—it should come out clean.

5️⃣ Cool & Serve

Allow the sannas to cool slightly, then gently remove from moulds.

Perfect Sannas should be:

- Soft

- Spongy
- Lightly sweet

🍽️ Serving Suggestions

Sannas taste best with:

- Sorpotel
- Pork Bafat
- Chicken Curry
- Vegetable Xacuti

They also taste good **plain with tea** 🧉.

💡 Home Tips for Perfect Sannas

- Batter should be **thick but pourable**
- Too much sugar can stop fermentation
- Always steam on **medium heat**
- Fresh toddy gives the best flavour

🎄 Why Sannas Are Special in Goan Homes

Sannas are more than just food.
They represent **tradition, celebration, and togetherness**.
No Goan Christmas or festive table feels complete without a plate of soft, fluffy Sannas





Goan Red Snapper Rava Fry (Tamso Fry) | Crispy Fish Recipe

🐟 Goan Tamso Rava Fry (Red Snapper Fry)

Crispy • Tangy • Coastal Classic

📝 About the Dish

Tamso, also known as **Red Snapper**, is a flavourful fish with a firm texture and a mildly sweet, nutty taste. Widely enjoyed along the Goan coast, this fish pairs beautifully with traditional Goan spices and a crisp semolina (rava) coating.

Shallow-fried to golden perfection, **Goan Tamso Rava Fry** delivers a delicious balance of heat, tang, and crunch, making it a favourite seafood dish served with rice, curry, or enjoyed on its own with a squeeze of lime.

👩‍🍳 Recipe Details

- **Cuisine:** Goan
- **Servings:** 3
- **Cooking Time:** 15–20 minutes
- **Author:** Puja Raghuvir Naik

🧂 Ingredients

- 3 whole Tamso (Red Snapper), cleaned and butterflied
- 2–3 tbsp semolina (rava/suji), for coating
- 1 tsp red chilli powder
- 1 tsp turmeric powder

- 1 tsp ginger-garlic paste (optional)
- 2 tbsp tamarind water
- Salt, to taste
- Oil, for shallow frying

Method

1. Prepare the Fish

Clean the fish thoroughly and make a butterfly cut along the belly to allow the masala to penetrate well.
Rub a little salt over the fish and keep aside.

2. Make the Marinade

In a bowl, mix red chilli powder, turmeric powder, ginger-garlic paste (if using), tamarind water, and salt to form a smooth, thick paste.

3. Marinate the Fish

Stuff the masala into the slits and coat the fish evenly on both sides.
Allow it to marinate for **at least 10–15 minutes**.

4. Coat with Semolina

Lightly coat each marinated fish with semolina on both sides.
Do not press the rava too hard—just a light coating is enough.

5. Fry to Perfection

Heat oil in a frying pan over medium heat.
Place the fish carefully into the hot oil and shallow fry until both sides turn **golden brown and crisp**.

6. Serve Hot

Serve immediately with steamed rice and Goan curry, or enjoy as a standalone dish with lemon wedges and onion rings.

🔪 Preparation Tips

- **Freshness Matters:** Choose fresh red snapper with clear eyes, firm flesh, and a mild sea aroma.
- **Butterfly Cut:** Helps the masala flavour the fish from inside out.
- **Deboning Option:** For children or elderly guests, debone the fish after marination for easier eating.

🍋 Marination Tips

- **Resting Time:** 10–15 minutes is ideal; up to 30 minutes for stronger flavour.
- **Balance the Tang:** Adjust tamarind according to its sourness to avoid overpowering the spices.

🔥 Cooking Tips

- **Crispiness Trick:** Use fine rava for an even, crunchy crust.
- **Oil Temperature:** Oil should sizzle gently, not smoke. Medium heat ensures even cooking.
- **Avoid Overcrowding:** Fry in batches to maintain crispness.

🍽️ Serving Suggestions

- Serve with Goan rice and coconut curry
- Pair with sol kadhi and salad for a complete coastal meal
- Garnish with lemon wedges, onion rings, and fresh coriander





Goan Nevri (Gujiya) Recipe | Coconut & Jaggery Filled Sweet for Festivals

🪔 Neveri / Gujiya – Sweet Coconut Pastry

🌸 Festival Note

Neveri, also known as **Gujiya** in North India, is one of Goa's most loved festive sweets. Traditionally prepared during **Diwali** and **Ganesh Chaturthi**, this crisp, golden pastry hides a sweet coconut filling inside.

Every Goan household has its own version—made with rava, coconut, jaggery, sugar, or even chana dal—each carrying memories of family gatherings and festive joy.

👩‍🍳 Recipe Details

- **Servings:** 3
- **Cooking Time:** 15–20 minutes
- **Cuisine:** Goan
- **Author:** Puja Raghuvir Naik

📝 Ingredients

For the Dough

- Maida (all-purpose flour) – 1 cup
- Rava (semolina/suji) – 2 tbsp
- Salt – a pinch
- Ghee – 1 tbsp
- Water – as required

For the Filling

- Rava – ½ cup
- Freshly grated coconut – ½ cup
- Cashews – 8 to 10, chopped
- Sugar – ½ cup (adjust to taste)
- Salt – a pinch
- Ghee – 1 tbsp

For Frying

- Oil – for deep frying

👩‍🍳 Method

1️⃣ Prepare the Dough

In a bowl, mix maida, rava, salt, and ghee.
Add water gradually and knead into a soft, pliable dough.
Cover and let it rest for **10–15 minutes**.

2️⃣ Make the Filling

Heat ½ tbsp ghee in a pan and roast rava until golden and aromatic. Keep aside.
In another pan, heat remaining ghee and sauté grated coconut until lightly golden.
Add chopped cashews and cook for a minute.
Combine the roasted rava with the coconut-cashew mixture.
Add sugar and a pinch of salt. Mix well and allow the filling to cool completely.

3️⃣ Shape the Neveris

Divide the dough into small marble-sized balls.
Roll each into a small round disc like a puri.
Place 1–2 tsp of filling in the centre.
Fold and seal the edges using a little water.
Use a gujiya cutter or press with a fork for a decorative edge.

4️⃣ Deep Fry

Heat oil in a kadai over medium heat.
Fry the neveris in batches until **golden brown and crisp**.
Drain on tissue paper and allow to cool before storing.

🍽️ Serving Suggestions

- Serve as a festive sweet during Diwali or Ganesh Chaturthi
- Enjoy with tea or as part of a traditional Goan sweet platter

---

💡 Cooking Tips

- Always cool the filling before stuffing the dough
- Coconut adds moisture, so fry well to avoid sogginess
- Store in an airtight container; best enjoyed within **4–5 days**



🌿 Essential Goan Ingredients

Goan home cooking is rooted in simplicity, freshness, and balance. While the dishes may look rich and flavourful, they rely on a small set of core ingredients that appear again and again in everyday meals and festive cooking. Understanding these essentials will help you cook Goan food with confidence and authenticity.

🥥 Coconut

Coconut is the heart of Goan cuisine. It is used in many forms—freshly grated, ground into masala pastes, extracted as coconut milk, or roasted for deeper flavour. Coconut adds richness, mild sweetness, and balance to spicy dishes. Fresh coconut is always preferred in Goan homes.

🌺 Kokum

Kokum is a dried fruit used for sourness, especially in fish curries and drinks like sol kadhi. It gives a gentle tang without overpowering the dish, unlike tamarind. Kokum also adds a light purple tint and is cooling in nature, making it ideal for coastal cuisine.

🌰 Tamarind

Tamarind is another important souring agent, commonly used in curries, gravies, and snacks. It adds depth and sharpness and is often combined with coconut to create a balanced flavour. In Goan cooking, tamarind is usually soaked and strained before use.

🐟 Dried Fish

Dried fish is a traditional staple in many Goan kitchens, especially during the monsoon season. Varieties like dry mackerel (suko bangdo) are used to prepare simple stir-fries and curries with coconut, onion,

and spices. Dried fish brings intense flavour and nostalgia to Goan meals.

🌶️ Masalas & Spices

Goan food uses a mix of whole and ground spices such as dried red chillies, coriander seeds, cumin, peppercorns, turmeric, fenugreek seeds, and urad dal. These are often roasted and ground fresh at home to make masala pastes, which form the base of many curries.

🍚 Rice Varieties

Rice is the staple food of Goa and is eaten daily. Short-grain rice is commonly used for steamed rice, while specific varieties are used for sannas, idlis, and sweets. Rice flour is also used in traditional festive dishes and snacks.

These essential ingredients form the foundation of Goan home cooking. Once your kitchen is stocked with them, you are well on your way to creating comforting, authentic Goan meals—just the way they are cooked in Goan homes.



🔥 Basic Goan Masalas & Cooking Techniques

Goan cooking is defined not by complicated recipes, but by thoughtful preparation. A few basic masalas and simple techniques bring out deep flavours, allowing everyday ingredients to shine. Understanding these fundamentals helps recreate authentic Goan food at home.

🌶️ Fresh Coconut Masala

One of the most common bases in Goan curries, this masala is made by grinding fresh coconut with dried red chillies, coriander seeds, cumin, garlic, and sometimes onion. The ingredients are often lightly roasted before grinding, giving the curry depth and aroma. This masala is used in fish, chicken, and vegetable dishes.

🟤 Roasted Masala

Roasting spices and coconut is a key step in many Goan recipes. Coconut is roasted until golden brown, while spices are dry-roasted until aromatic. This technique adds a rich, nutty flavour and a darker colour to dishes like Xacuti, Sukka, and Kismur.

🍳 Tempering (Tadka)

Tempering is the process of heating oil and adding spices such as mustard seeds, curry leaves, dried red chillies, garlic, or onion. This step is usually done at the beginning of a recipe to build flavour or at the end to finish a dish. Coconut oil is commonly used for authentic Goan taste.

🥥 Steaming

Steaming is an important technique in Goan cooking, especially for festive dishes. Sannas, Patoli, and other traditional sweets are gently steamed to preserve softness and natural flavours. Steaming ensures light texture and is preferred over baking or frying for certain foods.

🥄 Slow Cooking

Goan curries are often cooked on a low flame, allowing spices and coconut masala to blend slowly. This gentle cooking enhances flavour and gives the dish its characteristic balance. Rushing the process can dull the taste, while slow cooking brings warmth and depth.

🧂 Balance of Flavours

A defining feature of Goan food is balance—spicy, tangy, mildly sweet, and savoury. Ingredients like coconut, kokum, tamarind, jaggery, and chillies are carefully adjusted so no single flavour overpowers the dish.



🏠 Kitchen Knowledge – Goan Home Cooking Basics

Goan home cooking is guided by experience, intuition, and simple kitchen wisdom passed down through generations. These small but important practices help bring out authentic flavours and ensure consistent results.

🥥 Choosing Fresh Ingredients

Freshness plays a key role in Goan food. Fresh coconut, good-quality fish, and locally sourced vegetables make a noticeable difference in taste. Whenever possible, avoid packaged substitutes for coconut and opt for freshly grated coconut.

🌶️ Adjusting Spice Levels

Goan food is flavourful but not always extremely spicy. Spice levels vary from home to home. Dried red chillies, green chillies, and peppercorns should be adjusted according to personal preference, keeping balance in mind rather than overpowering heat.

🐟 Handling Fish Properly

Fish should be cleaned gently and washed only once or twice to preserve flavour. A light marination with salt and turmeric helps remove raw smell and enhances taste. Avoid overcooking fish, as it becomes dry and loses its natural softness.

🍚 Rice Matters

Rice is more than a side dish in Goan homes—it is central to the meal. Well-cooked rice should be soft, separate, and not mushy. For sannas and traditional sweets, the correct rice variety and fermentation time are essential for texture.

🥄 Oil Usage

Coconut oil is commonly used in Goan cooking for its aroma and authenticity. Use it sparingly—Goan food is rich in flavour but not greasy. A small drizzle at the end of cooking often enhances taste.

🔥 Cooking on the Right Flame

Many Goan dishes benefit from slow cooking on a low to medium flame. This allows coconut masalas and spices to blend well. High heat is mainly used for frying and tempering, not for simmering curries.

🧂 Tasting as You Cook

Tasting while cooking is important. Adjust salt, sourness, and spice gradually. Goan cooking relies on balance rather than strict measurements.



⚠️ Common Cooking Mistakes to Avoid

Even simple recipes can lose their charm if a few basic mistakes are made. Goan home cooking depends on balance, patience, and attention to detail. Avoiding these common errors will help you achieve better flavour, texture, and authenticity.

🥥 Using Old or Dry Coconut

Fresh coconut is essential in Goan cooking. Using old, dry, or frozen coconut can dull the flavour of curries and sweets. Always choose fresh, moist coconut whenever possible.

🌶️ Overusing Spices

Adding too many spices or excess chilli can overpower the dish. Goan food is meant to be flavourful, not harsh. Spices should complement each other and allow coconut and main ingredients to shine.

🐟 Overcooking Fish

Fish cooks quickly. Overcooking makes it dry and breaks the pieces. Once the fish is added to the curry, cook on low flame and avoid stirring too much.

🍳 Cooking on High Heat

Many Goan curries and coconut-based dishes require slow cooking. High heat can cause coconut masala to stick, burn, or separate oil too quickly, affecting both taste and texture.

🧂 Adding Salt Too Early

In some dishes, especially those using dried fish or fermented ingredients, adding salt too early can make the dish overly salty. Taste first and adjust salt gradually.

🥥 Skipping Roasting Steps

Roasting spices or coconut may seem optional, but skipping this step reduces depth of flavour. Proper roasting brings aroma and richness that define many Goan dishes.

🍚 Ignoring Fermentation Time

For dishes like sannas and festive sweets, fermentation is crucial. Rushing this process can result in hard or flat textures. Allow enough time for the batter to rise naturally.

🥄 Not Tasting While Cooking

Tasting during cooking helps balance flavours. Adjust sourness, spice, and sweetness slowly instead of correcting everything at the end.

Avoiding these common mistakes will make your cooking smoother and more enjoyable. With a little patience and care, Goan home-style food turns out comforting, well-balanced, and deeply satisfying—just the way it should be.

Taste of Goa

📖 Glossary of Goan Food Terms

This glossary explains commonly used Goan and Konkani food terms found throughout the book. Understanding these words will help you cook with confidence and enjoy Goan home-style recipes more fully.

Bangdo

Mackerel fish, widely used in Goan cooking, both fresh and dried.

Suko

Dry or dried. Often used to describe dried fish dishes.

Kismur

A dry stir-fry made with coconut, onion, chillies, and either dried fish or prawns.

Xacuti

A traditional Goan curry made with roasted coconut and whole spices.

Saar

A light, thin curry or broth, often tomato-based, served with rice.

Bhaji

A vegetable dish or stir-fry, commonly prepared for everyday meals.

Sannas

Soft, fluffy steamed rice cakes, mildly sweet, traditionally served with spicy curries.

Patoli

A festive sweet made with rice batter and coconut-jaggery filling, steamed in turmeric leaves.

Nevri / Nevryo

A crescent-shaped festive sweet filled with coconut or jaggery and deep-fried.

Uddamethi

A traditional curry made using urad dal (*uddam*) and fenugreek seeds (*methi*), usually prepared with fish.

Kokum

A dried fruit used for sourness in Goan curries and drinks like sol kadhi.

Pao

Goan bread, soft and crusty, commonly served with curries and snacks.

Foogath

A dry vegetable stir-fry cooked with coconut and mild spices.

Tadka (Tempering)

The process of frying spices in hot oil to release flavour.

Ukade Rice

Steamed rice commonly eaten with Goan curries.

This glossary serves as a quick reference and adds cultural depth to your cookbook, making Goan cuisine easier to understand and enjoy.

