



Cookbook Dinner Series

March 1st thru 7th 2010

Vij's

Elegant Indian Cuisine
by Vikram Vij and Meeru Dhalwala

Soups

Soup du Jour	daily selection from our own recipe book	<i>amical</i>	3/5
Tomato Soup en Croute	our signature soup with a puff pastry crust	<i>amical</i>	6
Ginger-Coriander	tomatoes, curry leaves & chicken stock	<i>page 45</i>	3/5

Appetizers, Sides & Salads

Jalapeno Coucous Cakes	homemade Indian cheese (<i>Paneer page 34</i>) grated into couscous and sautéed	<i>page 53</i>	10
Chapatti Flat Bread	served with Mango Chutney (<i>page 159</i>) Cucumber Raita (<i>page 156</i>) and Turmeric Curry (<i>page 44</i>)	<i>page 172</i>	10
Curried Chicken Liver Pate	European dish prepared with Indian ingredients- garam masala, turmeric & fenugreek seeds	<i>page 42</i>	8
Mussels with Tomato Cream Curry	green lip half shell mussels steamed with ginger, cream, carrots & tomato broth	<i>page 118</i>	12
Sautéed Arugula & Spinach Salad	warm wilted greens served over Paneer, roasted cashews , coconut milk and tomatoes	<i>page 47</i>	12

amical appetizers and salads

Olive Twists 7	Whitefish Pâté 8	Sesame Tuna 12	Caesar Salad 5/8	House Salad 4/7
-----------------------	-------------------------	-----------------------	-------------------------	------------------------

Regular amical entrees are available if our Indian menu items do not suit your tastes. See your server.

Entrees ala carte

Japanese Eggplant	baked eggplant served with tamarind, kalonji curry and warm couscous	<i>page 132</i>	17
Vij's Family Roasted Chicken	one half bird with a creamy cilantro-coriander-cumin curry sauce	<i>page 92</i>	17
Chicken in Lemon-Ghee Dressing	grilled breast of chicken marinated & prepared with roasted garlic, cashews & a spicy tomato curry	<i>page 104</i>	18
Fresh Michigan Whitefish	house preparation choices: <i>herb, parmesan, nut crust or blackened</i> , served with rice & roasted vegetables	<i>amical</i>	18
Salmon Potato Cakes	boiled yam & russet potatoes with flaked salmon, cilantro, onion and <i>garam masala (page 26)</i>	<i>page 122</i>	18
Lamb Curry	stewed cinnamon-scented lamb shank in a cumin & clove scented sauce finished with yogurt	<i>page 80</i>	20
Pork Tenderloin with Fig Stew*	pan-seared pork served over a fig and potato curry stew accompanied with spinach	<i>page 88</i>	20
Duck Breast in Lime leaf Curry*	crisp, refreshing lemon grass & coconut milk curry served with seared duck	<i>page 101</i>	22
Halibut in Coconut Curry*	marinated in mustard seed & fenugreek, then sautéed with a panko crust	<i>page 116</i>	28
Beef Tenderloin*	grilled tamarind-marinated filet with a black cumin curry	<i>page 73</i>	30
Mango Kulfi	mango Indian ice cream	<i>page 185</i>	7

Dinner served nightly 5:00 pm – 10 pm Lunch served Monday thru Saturday at 11 am Sunday Brunch 9 am-3 pm

Next Cookbook- **Fat** an appreciation of a misunderstood ingredient by **Jennifer McLagan** April 5th thru 11th 2010

*Michigan Food Law warns of certain risks associated with the consumption of raw or undercooked proteins
229 E. Front Street Downtown Traverse City, MI 49684 231 941-8888 www.amical.com