

"Bengali cuisine is one of the most exciting in Britain today offering a true experience of the subtle spicing that makes Indian food so special. A special cuisine needs a special restaurant and Sesame certainly fits the bill".

Peter Grove editor Mood Food Magazine

"As a result of the exceptionally positive feedback we have received from our customers about your restaurant over the past year, we are delighted to present you with a Toptable Gold Award. This is a genuine accomplishment ... and we are delighted to say your restaurant achieved the highest rating".

Karen Hanton, Founder, toptable April 2010.

**Top rated golden award winner in 2010
by toptable online bookers**

"West Bengal, India's largest state, and the former East Bengal, now Bangladesh share a unique and delicious cuisine which has been around for thousands of years. Mustard seeds, the aromatic nigella seeds, and the unique spice mixture, Panch Phoran make Bengali cuisine distinctive and they appear in some of the dishes on this special menu. Unlike most of India, beef is enjoyed by Bengalis and the menu offers the classic Beef Bhuna. Bengalis adore fish too; hilsa, baim, chital, and pomfret appears in various dishes. There's Lamb Rejala, and several chicken classics, some, correctly, on the bone. Vegetables include the unmissable Lal Sag (red spinach), two fine aubergine dishes and the wonderful dal bhuna lentil dish. In the 19th century, Bengal became famous for its sweets and sweetmeats, and no Bengali meal would be complete with a dessert. We rarely get to taste authentic Bengali cuisine, so when a restaurant with the skills of Sesame stages their Festival, it is an opportunity not to be missed."

**Pat Chapman, Founder, The Curry Club,
Proprietor, Cobra Good Curry Guide.**

If you ask a Bengali for the shortest description of Bengali food, the answer is likely to be rice and fish. Vegetarians might say subji (veg.) and rice. An invitee to a Bengali house will enjoy great hospitality, an elaborate, well-cooked meal including varieties of fish, vegetables and meat, and of course sweets.

Bengali people are considered to be great foodies and the appreciators of good taste. It is true that staple Bengali food comprises rice and fish. Fish recipes also form a part of every festive celebration in Bengal. Hilsa, Chital, Bhakti, Magur, Carp, Rui and Prawns are some common varieties of fish cooked. The typical Bengali food has a distinctive taste, due to the use of mustard oil and panch-phoran (mix of five special spices). The perfect blend of sweet and spicy flavours in dishes is considered the forté of Bengali/Bangladeshi cuisine. Sesame's chefs have produced a menu to showcase this exciting cuisine giving customers another chance to take their palate on a culinary tour of another part of the mystic sub-continent.

**Special
Dine-in
Offers***

Monday - Free Curry Night !

Order 2 main dishes and receive the least expensive dish free.

Wednesday - Banquet Night !

Three course meal for £11.95

Sunday - Buffet

Three course meal for lunch or dinner £9.95

*A minimum spend of £10 per head after discount is required on these offers.



Indian and Thai Fine Cuisine

Bengali Food Festival from 1st June - 31 July 2010



**toptable
2010**
top rated by
online bookers

Free Delivery

020 8949 2211

Opening Hours

Lunch: 12.00pm -2.30pm

Evening: Sundays -Thursdays: 6.00pm-11.30pm

Fridays and Saturdays: 6.00pm-12.00am

Sesame Restaurant and Takeaway

216 Kingston Road, New Malden, Surrey KT3 3RJ

Tel/ Fax: 020 8949 2211/3755

Web: www.sesamerestaurant.co.uk

Email: info@sesamerestaurant.co.uk



Vegetarian Starters

Singara 🌶️ £3.25
Homemade filled cones with spiced potatoes stuffed in a pastry, deep fried and served with tamarind sauce

Beguni 🌶️ £3.25
A famous Bengali snack of deep fried aubergines in light batter and served with tamarind sauce

Non-Vegetarian Starters

Mustard Hilsa Kofta 🌶️ £4.25
Minced Bangladeshi national Hilsa fish lightly spiced then deep fried and served with tartare sauce. It is said this tasty fish can be cooked in over 50 ways and these minced balls with spices are good example.

Chital Kofta 🌶️ £4.25
Lightly spiced minced balls of succulent Bangladeshi sweet water Chital fish are deep fried and served with tartare sauce.

Fish Tikki 🌶️ £4.25
Minced fish patties flavoured with cardamom, cloves, coriander, griddled fried and served with tamarind sauce

Chingri Bora 🌶️ £4.25
Marinated delicacies of minced prawn and spinach dumpling deep fried and served with tamarind sauce

Chicken Pakura 🌶️ £3.50
Cubes of boneless chicken marinated with spicy batter, deep fried and served with tamarind sauce

Side dishes

(£2 to be added for main dish)

Begun Bhaza 🌶️ £3.25
Sliced aubergines marinated with turmeric, red chilli powder and pan fried

Dal Bhuna 🌶️ £3.25
Yellow lentils tempered with assorted spices and finished with coriander

Lal Sag Bhaji 🌶️ £3.25
Red (Bangladeshi) baby spinach cooked home made style with garlic, onion, red dry chilli and herbs

Sabji Sunduri 🌶️ £3.25
Seasonal fresh vegetable combination cooked with onion, green chilli, garlic and punch phoran

Main Dishes

Mustard Hilsa Kofta 🌶️ £7.95
Minced Hilsa (Bangladeshi national fish) cooked with Bangladeshi spices and flavoured with mustard seeds.

Chitol Kofta Curry 🌶️ £6.95
Minced Chitol (Bangladeshi sweet water fish) cooked with Bangladeshi spices and flavoured with coriander leaf.

Fish Malai Curry 🌶️🌶️ £6.95
Bangladeshi fresh water fish cooked in coconut based cream gravy and hint of mustard

Chingri Sharisha 🌶️ £6.95
A tasty, delightful prawn dish cooked with mustard seeds and named after an equally delightful Bengali girl.

Baim Kosha (Bhuna) (with bones) 🌶️ £6.95
Cubes of fresh water Baim fish (also know as Zig Zag Eel) cooked in spicy thick sauce and flavoured with roasted cumin seed powder

Roast Chicken (two pieces) 🌶️🌶️ £6.95
Marinated chicken on-the-bones cooked in mild yoghurt based sauce

Murg Kalia 🌶️🌶️ £6.95
Cubes of chicken cooked in a mild almond-based gravy and flavoured with saffron. Kalia is a city in Bangladesh.

Lamb Rejala 🌶️🌶️ £6.95
Cubes of lamb cooked in exotic rejala sauce and flavoured with yoghurt and green chilli. This is a classic Bangladeshi dish.

Beef Bhuna 🌶️ £6.95
Cubes of boneless beef cooked in a traditional thick (hot) sauce from Bangladesh, which is one of the few areas of the subcontinent where beef is eaten.

Murg Pulao 🌶️ £8.50
Nawabi pulao rice cooked with chicken, traditionally on-the-bone and served with Raita or a sauce

Chicken Kacchi Biryani 🌶️🌶️ £8.50
(minimum 5 portions, prior order only, min 24 hours advance notice)
Chicken and basmati rice cooked together with light Bangladeshi spices and served with a sauce

Slightly hot 🌶️ medium hot 🌶️🌶️ very hot 🌶️🌶️🌶️ nuts 🌰

Fish Biryani 🌶️🌶️ £8.50
Fish cooked with basmati rice served with vegetable gravy.

Tandoori Pomfret 🌶️ £8.95
Marinated pomfret, the famous flat fish, flavoured with ajwain (thyme), fennel seeds, mustard, garlic and yogurt sauce. Roasted in clay oven and served with mint sauce.

Rice and Bread

Nawabi Pulau Rice £3.95
Basmati rice cooked with ghee, garlic in slow heat

Chawal £2.00
Steamed long grain basmati rice

Nan £1.90
Bread baked in a clay oven

Chapati £1.90
Whole wheat flower thin bread baked on a towa (griddle)

Lacha Paratha £1.75
Fine flower bread baked on towa (griddle) with ghee

Dessert

Laccha Semai £2.95
Vermicelli cooked with milk and assorted nuts

Borfi £2.95
Little hard and sweet cottage cheese

Golab Jamun £2.95
Soft cottage cheese dumpling in warm sugar syrup

Bengali
Food
Festival

