

SEVENTEEN

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INSIDE
AGENT MOHAN

REKINDLING
CONNECTIONS

WHERE RHYME
MEETS REASON

PLUS
'HEY, WE DESERVE
REPRESENTATION'

EVERYTHING SHE TOUCHES
ANJULA ACHARIA
URNS TO GOLD

Celebrating Her Husband's Legacy

Barkha was the force behind the late Floyd Cardoz.

Now she is stepping in front...

MABEL PAIS

Working silently and steadily behind the scenes, Barkha Cardoz was partner, wife, and mother, and played business collaborator and chef to her husband. The late Floyd Cardoz was a pioneering, New York's Indian-born American restaurateur, who won Top Chef Masters Season 3 in 2011, wrote cookbooks, and was a mentor and philanthropist of note.

THE CARDOZ SPICE LINE LEGACY

Floyd's New York restaurants were known for food

melding Indian flavors and spices with Western cuisine. Barkha Cardoz says, "Floyd...started making garam masala for everyone with just a few spices so you can use it everywhere – in curries, of course, and I've used it to make apple pie and Christmas cake."

Floyd Cardoz died in March 2020, shortly before he was to launch the Spice Line. He conceived the Spice Line in 2019. Barkha refused to let the project die with him.

"This is his legacy," she says. "It was his dream to get every person on the face of this Earth to have Indian spices in their kitchen cabinets. He just wanted everyone to love Indian flavors as much

as he did. He didn't get to do it completely. I can't sit quiet and let it go."

Barkha launched Floyd's initial three blends of spices: garam masala, Goan masala, and Kashmiri masala on October 4, 2020, two days after what would have been Floyd's 60th birthday. In October 2021, Barkha and her business partners launched 3 more blends: Green Tikka Masala, Chaat Masala and Vindaloo Masala. \$1 of every jar purchased goes to a charitable foundation. The blends are available at FloydCardoz.com/spices

Learn more about Barkha Cardoz at FloydCardoz.com/Barkha-Cardoz

SIGNIFICANCE OF EASTER TO BARKHA AND HER FAMILY

Barkha says, "Floyd and I grew up with different religious upbringings: He was Catholic and I am Hindu. When we started our life together, we knew that there were holidays that were special to each of us, and we wanted to share the joy of celebrating them with our boys (Peter and Justin, now 29 and 24 respectively). So started the traditions of all holidays in the Cardoz home."

Easter was special to each of them for different reasons. Their sons loved seeing their cousins and having fun Easter egg hunts together. For Floyd, it meant the change of seasonal ingredients gave him so many new ingredients to cook with. His garden was now also ready for planting, and that brought him immense joy. Barkha Cardoz loved Easter because it signaled new life and the earth shedding cold and dormancy, and coming alive with color in the form of daffodils and tulips.

THEIR DAY STARTED WITH MASS.

"It was then followed by the kids' Easter egg hunt, baskets filled with candy and goodies, and a beautiful meal prepared with love by Floyd," Cardoz says. "This centered around a fish and either a leg of lamb or a ham. We would have asparagus and peas, fresh greens, potatoes, and other spring veggies. Dessert was my joy — to feed and to eat. I loved making cookies, fruit tarts, and mango mousse, which was an all-time favorite that all the young ones enjoyed."



Barkha and Floyd Cardoz (in chef attire) at the Hawaii Food Fest in 2015.

PHOTO CREDIT: CARDOZ LEGACY LLC

*FLOYD AND BARKHA'S EASTER RECIPES***FLOYD'S SLOW - COOKED SALMON WITH FENNEL AND CORIANDER**

Salmon is a good fish to serve to a large group because it's usually universally liked. However, overcooked salmon can be a disaster. Floyd first prepared this for Christmas dinner at his home for about 40 people and it became his favorite method of cooking salmon for a big group.

Serves: 12

Cooking time: About 35 minutes

INGREDIENTS:

- 1½ lbs/680gms center-cut salmon, 1½ inches thick cut into 12 equal rectangles
- Sea salt
- Freshly ground black pepper
- 1 small fennel bulb
- 2 tablespoons salted butter, softened
- Minced zest and juice of 1 orange
- 24 thin slices garlic
- 2 tablespoons minced shallots
- 1 tablespoon minced peeled fresh ginger
- Leaves from 3 tarragon sprigs, thinly sliced
- 1 teaspoon coriander seeds, ground medium fine
- 1 teaspoon fennel seeds, ground fine
- 12 thin slices serrano chile (about 1 chile)
- 3 tablespoons olive oil

METHOD

1. Preheat the oven to 200 degrees Fahrenheit.
2. Season the salmon with salt and pepper

and set aside.

3. Remove and discard the fronds and the tough tops of the fennel bulb. Thinly slice the bulb and the remaining tender stalks, keeping them separate. Set aside.
4. Brush the bottom of a large Pyrex or ceramic dish with butter.
5. Sprinkle the thinly sliced fennel bulb over the bottom of the dish. Pour the orange juice over the fennel. Sprinkle salt and pepper. Sprinkle half of each of the following: orange zest, garlic, shallots, ginger, tarragon, coriander and fennel seed.
6. Arrange the salmon in a single layer in the dish. Place a slice of serrano and a slice of garlic on each piece of salmon. Sprinkle with the sliced fennel stalks and the remaining orange zest, garlic, shallot, ginger, tarragon, coriander and fennel seeds.
7. Drizzle the olive oil on top. Cover the dish tightly with plastic wrap.
8. Bake the salmon for 25 minutes. Avoid cooking it until it turns opaque and the white albumen comes out. Usually, when the salmon is done the plastic wrap is really tight and shiny and there's a little mist on the underside. But if you don't see the mist, just let the timer be your guide.
9. Remove the baking dish from the oven. Remove and discard the plastic wrap and serve.

Slow cooked salmon with fennel and coriander

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BARKHA'S MANGO MOUSSE

Floyd once confessed, "The first few times Barkha made this, I teased her mercilessly (it's not a chef's dish). But the Cardoz's friends' kids called it "Aunty Barkha's specialty of the house." Of all the dishes the Cardoz family serves up to their guests, the mango mousse is what they beg for. It had created magic for Floyd's future dishes.

Serves: 6

Cooking time: About 10 minutes / Inactive time: about 1 hour for cooling and 3 to 4 hours to set.

INGREDIENTS

- Two 3-ounce/85 gram packages orange-flavored Jell-O
- One cup boiling water
- One cup room temperature water
- 2 to 2¼ cups diced ripe mango (or 1 cup defrosted frozen or canned mango puree)
- 1 quart vanilla ice cream, slightly softened

METHOD

1. In a large bowl, combine the Jell-O and boiling water and stir until the Jell-O is dissolved. Add the room temperature water and stir to combine. Set aside to cool completely. (Make sure that the Jello-O mixture is completely cool before adding the mango and ice cream, or the mousse will be dense. However, don't let it sit so long that it gels and the mousse will become lumpy.)
2. If using ripe mango, puree it in a food processor or blender. You should have 1 cup.
3. When the Jell-O mixture is cool, stir in the mango puree. Gently fold in the softened ice cream until well incorporated. Transfer to a serving bowl, and refrigerate until set, 3 to 4 hours.
4. Spoon the mousse into cups to serve.

*Recipes: Slow-cooked salmon and mango mousse
– Excerpted from Flavorwalla by Floyd Cardoz
(Artisan Books). Copyright © 2016.*



Barkha Cardoz making mango mousse

Mango mousse