

## Indian Recipes

*Indian food is strongly influenced by religion, mainly Hindu, Parsi or Muslim and consists of many regional and traditional cuisines.*

### **Avial – [V]**

*This recipe is from Southern India and is a mixed vegetable dish.*

Serves 4

2½ tbsp vegetable oil

1 tsp cumin seeds

½ medium onion, sliced

1-2 green chillies, sliced in half lengthwise

¾ tsp ground turmeric

Salt to taste

2 medium carrots, peeled and chopped

2 medium potatoes, peeled and cut into chunks

½ cucumber, halved lengthwise, seeds removed, chopped into thirds

1 small mango, skinned stoned and diced

50g shallots, peeled and halved

10g fresh ginger, peeled and halved

60g desiccated coconut, soaked in water to just cover

2 small handfuls of frozen peas

12 fresh or dried curry leaves

5-6 tbsp plain yoghurt

Heat the oil in a large non-stick pan. Add the cumin, onion and chillies, and cook until the onions are soft and beginning to colour.

When the onions are cooked, stir in the turmeric, salt, carrots and potatoes. Cover the pan and cook over a low heat, stirring often. If necessary, add a splash of water to prevent the vegetables from burning. After about 15 minutes, add the cucumber and mango. Cover the pan again and cook for a further 5-10 minutes until all the vegetables are tender.

Meanwhile, place the shallots, ginger and coconut (complete with its soaking liquid) into a blender. Blend to a fine paste before adding to the pan, along with the peas. Cook for a further 5 minutes, stirring thoroughly. Tear the curry leaves into the pan and stir in the yoghurt.

To serve, take the pan off the heat and pour the coconut oil over the vegetables, if using. Spoon the mixture on to 6 serving plates and serve with basmati rice.

### **Balti Kashmiri Fish**

*Balti was first served in restaurants in the Midlands in the 1970s by the large numbers of Pakistani and Bangladeshi people who came to live in England. Balti curries are stir-fries, cooked and served in a wok-like dish known as a karahi or Balti pan. Although made popular in the UK, the Balti came from Baltistan, an area of northern Pakistan.*

*This is a lovely spiced recipe from Pakistani Kashmir. The aromatic spices, yoghurt and nuts make a superb authentically-flavoured fish dish. The use of yoghurt in cooking is normally associated with the vast plains of Northern India. You can leave the nuts out if you have an allergy to nuts. The marinade prepares the fish for its short cooking.*

Serves 4

200ml milk  
½ tsp turmeric  
450g fish fillets or steaks, any type, cut into pieces  
1 tbsp ghee or sesame oil  
1 tsp cumin seeds  
½ tsp coriander seeds  
½ tsp fennel seeds  
5cm cube of fresh ginger, finely chopped  
10g Greek yoghurt  
20 cashew nuts (optional)  
1 tbsp fresh coriander or parsley, chopped

Add the milk to the turmeric and soak the fish in it for 1½ hours.

Heat the ghee or oil in a large stir fry pan and stir-fry the seeds for 30 seconds. Add ginger and continue cooking for about another 30 seconds.

Add yoghurt then, once simmering, add the fish with its marinade. Gently simmer, stirring, for about 10-15 minutes, or until the fish is cooked right through. Add the salt to taste. Garnish with nuts (optional) and fresh herbs. *(Note that we do not use nuts in schools).*

Serve with bread and chutney.

### **Chicken with Apricots - *Jardaloo Boti* from Bombay**

*Chicken with apricots is a popular Parsee dish, the Persian influence shows because it is the Hunza or Afghani apricots that are used. With the opening of the Suez Canal in 1869 Bombay became the gateway to India, attracting a cosmopolitan population.*

Serves 4

2 tbsp oil  
1 onion, very finely chopped  
5cm ginger, peeled and grated  
2 plump garlic cloves, finely chopped  
5cm cinnamon stick  
3 green cardamoms  
1 tsp chilli powder  
1 tsp cumin powder  
2 tomatoes, chopped  
400g lamb or chicken breast, cut into strips  
¼ tsp garam masala powder  
Black pepper  
A few drops vinegar  
1 tsp sugar  
50g ready to eat dried apricots, chopped (*jardaloo*)

Heat the oil in a cooking pot, and fry the onions for about 10 minutes until golden brown. Add the ginger and garlic. After 3 minutes add the cinnamon and cardamoms. After a further minute add the chilli and cumin powders and stir well. Add tomatoes and cook for 5 minutes.

Add meat, garam masala powder and pepper, and stir-fry in the spices for about 5 minutes.

Add salt to taste, then cook slowly over a very low heat until tender, about 25 mins. Add more water if necessary.

When meat is cooked add vinegar and sugar and the chopped apricots. Cook for a few minutes, mixing well. Serve.

### **Healthy Vegetable Curry – [V]**

*A good basic curry dish for vegetarians and vegans*

1 tbsp olive oil  
1 red onion, thinly sliced  
2 large cloves garlic, finely chopped  
½ tsp freshly grated ginger  
1 green chilli  
½ tsp ground coriander  
½ tsp ground cumin  
½ tsp black mustard seeds  
½ heaped tsp turmeric  
450g sweet potato, diced with skins left on  
180ml vegetable stock  
100g spinach, coarsely chopped  
Handful of fresh coriander leaves, coarsely torn  
1 tbsp toasted flaked almonds

Heat the oil in a large saucepan and cook the onion, garlic, ginger and chilli. When the onion has softened, add all the spices and heat until they are becoming fragrant.

Add the sweet potato and stock and simmer for about 15-20 minutes until the sweet potato is soft. At this point add the spinach.

Once the spinach has wilted, the curry is ready to serve with coriander leaves, topped with flaked almonds. (*Note: we do not use almonds in schools*).

### **Chicken Tikka**

*A delicate mild dish that was developed for the British palate.*

Serves 4

4 skinless boneless chicken breasts, cut into quarters  
1 tsp lemon juice  
1 tbsp double cream  
3 tbsp Greek style yoghurt  
1½ tbsp finely grated cheddar cheese  
1 tbsp ginger or garlic paste  
6 cardamom pods  
½ tsp ground cumin  
½ tsp ground nutmeg  
1 small green chilli, finely chopped  
melted butter for basting  
salt

Sprinkle the chicken with the lemon juice and some salt and place in a bowl and set aside.

In another bowl, whisk all the remaining ingredients except the melted butter together until the cheese blends in. Mix in the chicken, check the seasoning, then cover and place in the fridge for at least 3 hours or overnight.

Place the chicken pieces on a baking sheet, touching each other. Baste with melted butter. Heat the grill and place the chicken underneath. Cook under a medium heat until golden brown. Turn the chicken over carefully so that the pieces do not separate and grill until the other side is browned. The total cooking time should be about 12-15 minutes.

Serve with a light tomato salad.

### **Goan Fish Curry**

*Fish curry is commonly cooked in Goa. It is a staple part of the diet and the vast majority of Goans cannot do without it. Masala is a mixture of spices, seasonings and herbs, finely chopped or puréed together to form a savoury paste that is used as the basis for a dish. A fresh chutney is also known as a Masala.*

Serves 4

450g white fish (coley, cod or tilapia)  
¼ tsp ground turmeric  
5 tbsp oil  
1 onion, finely sliced

2cm piece of fresh ginger, finely shredded  
2 green chillies, finely shredded  
300ml fish stock  
4 tbsp tamarind pulp (*available from supermarkets*)

*For the Masala:*

50g dried red chillies  
2 tsp coriander seeds  
1 tsp cumin seeds  
6-8 cloves garlic  
4cm piece of fresh ginger  
1-2 tsp ground turmeric  
250g fresh or frozen grated coconut

Put all the ingredients for the Masala into a blender and mix to a smooth thick paste adding enough water to process the mixture. It should not be runny.

Sprinkle the fish with the turmeric and some salt and set aside.

Pour the oil into a large, heavy-based pan and heat until it forms a haze. Add the onion, ginger and green chillies. Sauté until softened.

Add the Masala and cook, stirring frequently until the oil begins to separate out from it.

Add the stock and bring to the boil, then stir in the tamarind. Simmer for 5 mins, then check the consistency. It should be like a pouring sauce. If it is too thin, then simmer for a little longer. Taste and adjust the seasoning.

Add the fish and simmer over a medium heat for 3-4 mins to allow the fish to cook in the heat of the sauce. This will prevent the fish from breaking up.

### **Chapatis – [V]**

*This is a typical recipe for this Indian bread. It can be difficult to roll them out in even circles. In hotels and restaurants throughout India there is always a specialist employed to create them. They can be served with curries and other Indian savoury food.*

Makes 10-12

250g wholemeal flour  
1 tsp salt

1 tbsp oil  
Melted ghee or oil for frying

Sift the flour and salt into a bowl and stir in the oil. Gradually stir in enough cold water to give a firm dough.

Turn out and knead for 5 minutes until the dough is no longer sticky. Put the dough back in the bowl and cover with cling film and set aside for an hour or so.

Divide the dough into 10-12 balls. Place each one on a lightly floured surface and flatten slightly with the palm of your hand. Roll out to no more than 3mm thick.

Heat a flat griddle or heavy based frying pan and pour in about a tsp of melted ghee or oil. Place the chapati on the pan. After 30 seconds flip it over to the other side. Brush the top with melted ghee or oil.

When the chapati is cooked through, fold in half, place in a container lined with paper towel or muslin and cover with a lid.