

Introduction

During the mid-sixties, less than nine per cent of those diners who ate in restaurants on a regular basis went to an Indian restaurant. Indian food has now replaced Fish 'n Chips as the British national dish and the search for the perfect curry has, for some, become a national quest. People in the UK no longer think of Indian food as just curry. More and more, the food has become exciting and varied. Some Indian restaurant fare has now reached an astonishing degree of sophistication. The truly great chefs offer a 'secret' traditional blend of spices with a wonderful variety and balance of flavour, fragrance and colour. This lavish yet, subtle mosaic of flavour, aroma and texture has hijacked the culinary expectations of the world. The exotic flavours of some of these distinctive dishes perk up the palate to such an extent that the taste of the creamy kormas and the tang of more sweet and sour recipes can become an addiction which has need of a 'fix' at not too infrequent intervals. True Indian cooking is an art form and the enjoyment of this distinctive food is an experience to be shared. The Indian restaurant cuisine is not just an exclusive sub continent culture but more an amalgamation of many and varied global influences. Presentation too has reached a new high and it is a personal delight to see the old cluttered, flock wallpaper and garish tiger pictures relegated to the nearest trash can and replaced, in some cases, by a new concept in modern design. The British love of food from the sub-continent dates back to the eighteen hundreds. Retired British army officers returned with some of their favourite exotic recipes and jars of spices and pastes given to them by their own personal cooks. This was the start of what was to become in later years a metamorphosis of the culinary habits of a nation. The first commercial Indian restaurant to open in the UK was the Veeraswamy (1927) in London's Regent Street where it still plies its trade to this day. Indeed, the Indian restaurant has become the most popular eating out experience. Chicken Tikka Masala is now the British national dish and this dish alone, which is an invention not of India but of a local London restaurant, does a turnover in excess of two and a half million pounds sterling each month. There is now an Indian restaurant on almost every

commercial

street and the once obligatory Fish and Chip shop is fast disappearing from our high street.

Even Sparkbrook, a suburb of Birmingham spawned a whole new wave of Indian cooking

by inventing the Balti craze which has now spread all over the UK.

Should you have any problems with any of the recipes or need any clarification, please contact us.thewelshtaffyapple@supanet.com

Most of the Indian restaurants in the UK are owned and managed by people from Bangladesh or Pakistan and, strange as it may seem, almost all of the chefs come from a

place in Bangladesh called Sylhet. Most curry addicts enjoy the fact that whether they dine

in an Indian restaurant in London's Brick Lane or elsewhere the menu remains much the

same and diners normally get exactly what they thought they ordered.

Foreword

Simulate the most popular Indian restaurant curries including appetisers, breads and your favourite rice dishes in your own kitchen. Learn how to make authentic tandoori meals with a minimum of fuss.

There are many Indian cookery books on the market today, some of them quite good, a few of them are excellent and as for the rest, downright awful. Many of these publications are full of pretty pictures and for the most part give complicated recipes which, in the main, don't deliver and fail to get you too far down the road. Will most of these publications show you how to make restaurant style curries? No chance!

Here I give you the methods used by the various Indian restaurants. This seems to make sense as they are the establishments responsible for the great popularity and general interest in Indian food.

The true Indian food connoisseur who studies the commercial fare served up at the local curry house will, in time, yearn to make curries like those enjoyed in the Indian restaurant.

This book lets you in on the 'Secrets of the Indian Restaurant Curry' together with the recipes and detailed instructions necessary for you to, in a short period of time, make curries like those you enjoy in your favourite Indian restaurant.

It is important you read the 'Tips' page before you attempt to make any of the dishes. This

page will give you lots of simple but useful information which will help. Make sure you have

all the ingredients to hand before starting to cook, leaving just one small ingredient out can ruin the final taste of a dish.

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Basic Curry Sauce

Every Indian restaurant kitchen has a large pot sitting in a corner on the cooker full of this

pale, gold, soup like liquid. This pot is left to simmer lightly and is the mainstay of almost all of your favourite curries.

This rich liquid is used in everything from Korma to Madras, and Jalfrezi to Vindaloo.

This is the magic ingredient to end all magic ingredients, it's the one your friendly chef

never mentions, in fact he will probably deny any or all knowledge of what you are talking about.

You will find this base used over and over again to achieve many of the delightful dishes

you have waited so long to emulate. Master this recipe and you are well on the way to success.

Although the recipe may vary slightly from chef to chef, each one claiming to have the

exclusive 'secret' ingredient, the basic curry sauce base never changes and comprises a

mixture of liquidised onion, tomato puree, garlic, ginger, spices and oil.

Ingredients:

Spice Paste - Mix with a little water to make a smooth paste

Method:

10 tablespoons Ghee or Vegetable oil

2 tablespoons Garlic (crushed)

2 tablespoons Ginger (finely grated)

1 tablespoons Turmeric

1 1/2 tablespoons Curry Powder

2 teaspoons Chilli Powder

1 tablespoons Ground Cumin

1 teaspoon Garam Masala

1 tablespoons Ground Coriander

2 lbs (1 kg) Onions (chopped and blanched in boiling water)

1 cup Water

3 tablespoons Tomato puree

1/2 teaspoon Ajowan seeds

1/2 teaspoon Salt

This Curry Sauce recipe will be enough to make about 20 individual curries.

1. Heat the ghee or oil, add the garlic and ginger and stir fry until light brown.

Add the spice paste and continue to stir fry for another 3 minutes.

2. Add the blanched onion, cook for about ten minutes before adding the water,

tomato puree and ajowan seeds. Cook for a final ten minutes or so. Add the

salt and mix thoroughly. Add about 4 to 5 pints of water, add about 6 or 7 carrots 2

green peppers and about five potatoes. Also about ¼ lb of coconut butter .3 knorr chicken cubes and about 3 teaspoons of sugar

3. Turn off the heat and allow to cool for a few minutes before blending to a very fine texture. Allow the mixture to cool. you would normally use four tablespoons for one portion of curry)

freeze what you dont use straight away (Immediately after cooling) In separate containers

for future use. I make large batches and freeze in separate containers so i can have in a moments

notice. This curry sauce recipe will be enough to make about 20 individual curries

Special Spice Mixture

The special spice mixture is another essential ingredient that contributes to that special

Indian restaurant flavour. It is essential that you purchase a good quality Curry Powder.

I use eastern star. This spice mixture is used in most of the curry recipes and will be enough for about 40 individual servings.

Ingredients:

Method:

Mix the above ingredients together and store in an airtight container.

4 tablespoons Ground Coriander

3 1/2 tablespoons Turmeric

2 1/2 tablespoons Ground Cumin

1 tablespoon Paprika

2 tablespoons Curry Powder

Garam Masala

This is a very fine, aromatic mixture and beats most commercial products on the market.

Ingredients:

Method:

Note: Some people prefer to use the commercial variety and some of them can be quite

good. I prefer to use this mixture of spices and it appears to be the one favoured by many

professional chefs.

40g (1 1/2 oz) Cloves

60g (2 oz) Black Peppercorns

40g (1 1/2 oz) Brown Cardamoms

40g (1 1/2 oz) Green Cardamoms

100g (4 oz) Cumin Seeds

50g (2 oz) Cinnamon Stick

50g (2 oz) Coriander Seeds

15g (1 1/2 oz) Nutmeg

6 Bay Leaves

1. Dry roast all the ingredients together in a frying pan (stirring all the time) over a low heat until they give a pungent smell, making sure they don't burn.

2. Grind the roasted whole spices and pass through a very fine sieve or fine muslin cloth.

3. Store in an airtight container.

Tandoori Masala

Ingredients:

Method:

Mix the ingredients and store in an airtight container.

Note: Commercial products are available but I find this spice mix to be superior to the

supermarket versions.

3 tablespoons Ground Coriander

3 tablespoons Ground Cumin

3 tablespoons Garlic Powder

3 tablespoons Paprika

5 teaspoons Ground Ginger

5 teaspoons Mango Powder

5 teaspoons Dried Mint

3 teaspoons Chilli Powder

1 teaspoon Red Food Colouring Powder

1/2 teaspoon Yellow Food Colouring Powder

Tandoori Marinade

Ingredients:

Method:

Mix well in a non-metallic dish. This one you must make fresh everytime.

1 teaspoon Chilli powder

1 teaspoon Garam Masala

1 teaspoon Cumin seeds

1/2 teaspoon Salt

1 teaspoon Garlic

1 teaspoon Ginger, grated

1 teaspoon Special Spice Mixture

1/3 teaspoon Mango powder

1/4 teaspoon Ground coriander

1/4 teaspoon Ground Cumin

2 tablespoons Lemon juice

3 tablespoons Mustard oil

230 g (8 oz) Plain yoghurt

3 tablespoons Coriander leaves(freshly chopped)

Bengali Panch Phoran

Ingredients:

Method:

Mix the whole spices together and store in an airtight container.

Note: This recipe is included for your convenience only and is exactly the same mix as

Asian stores sell.

1 tablespoons Cumin Seeds

1 tablespoons Fennel Seeds

1 tablespoons Fenugreek Seeds

1 tablespoons Mustard Seeds

1 tablespoons Kalonji

Ghee (clarified butter)

Ingredients:

Method:

2lbs Butter 1. Melt butter in a non-stick saucepan over a low heat. Do not allow to burn

2. When the butter has melted, raise the heat slightly and allow to simmer for about fifty minutes.

3. Skim the froth from the top using a spoon or spatula and allow to cool a little.

4. Pour the butter through a muslim cloth into a large airtight jar without disturbing the sediment in the bottom of the saucepan. You now have about 1 1/2 lbs of ghee.

Paneer (Indian Cheese)

Ingredients:

Method:

1 1/2 pints Milk

4 tablespoons Lemon Juice

1. Heat milk and stir constantly to prevent a layer of cream from forming on the top.

2. Remove from heat when it boils and slowly add juice one teaspoon at a time while stirring until the milk curdles.

3. Use a double clean muslin cloth or tea towel in a strainer to strain the whey (Liquid) away and discard. Lift up the four corners of the cloth and tie into a bag just above the substance. This substance is paneer cheese.

4. Flatten the paneer and put on a board set in the sink. Place a plate on top. Put a heavy weight (a pot full of water could be a good weight to use) on the plate.

5. Remove the weight after two hours. Untie the cloth and cut the paneer into cubes. If not used straight away, refrigerate.

Onion Salad

This easy to make salad is available in every Indian restaurant.

Ingredients:

Method Mix all the ingredients together in a bowl. Cover with clingfilm and allow to stand for a while before serving.

1 Onion, finely chopped

1/2 Tomato, deseeded and chopped

1 inch piece Cucumber, chopped small

1 pinch Dried Mint

1 pinch Salt

1 teaspoon Lemon juice and a little touch of curry powder and chillie powder with fresh coriander

Meat Curry

An Indian restaurant favourite, a very basic curry. This standard meat curry is rather mild and is often ordered by 'newbies' to the world of Indian cuisine.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1/4 teaspoon Chilli Powder

1/4 teaspoon Fenugreek Leaves (soak for a few mins in water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Lamb (pre cooked)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, and quickly add the sliced pepper, this should start to sizzle immediately.

2. Add the special spice mixture, chilli powder, fenugreek leaves and salt. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.

3. Add the cooked lamb and stir well until it is thoroughly heated.

4. Add the chopped coriander leaves and serve.

Meat Madras

A fairly hot, spicy standard Indian restaurant dish which is served in a hot and sour, tasty gravy.

Ingredients:

Method:

4 tablespoon Oil

Few pieces Finely sliced red/green pepper

1/2 teaspoon Tomato puree

1 teaspoon Special Spice Mixture

1 teaspoon Chilli powder

1/2 teaspoon Fenugreek leaves (soak in water for a few mins before adding)

2 pinches Salt

1 Garlic clove, finely chopped

4 tablespoons Basic Curry Sauce

Wedge Lemon or 1 tbs juice

1 portion Meat (pre cooked)

1 tablespoon Ground Almonds

1/2 tablespoon Chopped coriander leaves

1. Heat the oil and add the pepper pieces, as it starts to sizzle add the tomato puree, special spice mixture, chilli powder, fenugreek leaves and salt. Stir fry for 30 seconds.

2. Add the chopped garlic and stir fry for a further 30 seconds.

3. Add the basic curry gravy and lemon. Cook on a medium heat for about two minutes.

4. Add the cooked meat and ground almonds. Allow to heat thoroughly.

5. Add the chopped coriander leaves and serve.

Meat Vindaloo

Vindaloo remains one of the most popular items on the Indian restaurant menu and has its

true origins in Goa. This is a Portuguese influenced Goanese hot dish from western India

where the meat is cooked in a hot and tangy mouth watering sauce.

This recipe is the restaurant version. Traditionally this was a Pork dish cooked with plenty

of wine vinegar and garlic, but you can use lamb, chicken or any other main ingredient of

your choice. Vindaloo is an authentic spicy, hot, sharp and tangy curry.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 Garlic clove, crushed and finely chopped

1 teaspoon Tomato puree

1 1/2 teaspoons Special Spice Mixture

2 teaspoons Chilli powder

1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

2 Cloves

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 teaspoon Vinegar (any kind)

1 portion Meat (pre cooked)

3 pieces Cooked potato

1/2 tablespoon Chopped coriander leaves

1. Heat the oil, add the pepper pieces and as it starts to sizzle add the garlic, tomato puree, special spice mixture, chilli powder, fenugreek leaves, cloves and salt. Stir fry for a few seconds.

2. Add the basic curry gravy and vinegar. Cook on a medium heat for about three minutes.

3. Add the meat and allow to heat thoroughly, then add the potato pieces and cook for a further thirty seconds.

4. Add the chopped coriander leaves and serve.

Bangalore Lamb (Phall)

This dish is a restaurant invention and seems to have been created for the macho, lager

drinking, late Friday night Indian restaurant visitor.

This dish will never be remembered for its great culinary discipline and should be relegated

to the battlefield and used as an incendiary devise.

Ingredients:

Method:

4 tablespoon Oil

Few pieces Finely sliced red/green pepper

3 teaspoons Tomato puree

2 teaspoons Special Spice Mixture

4 teaspoons Chilli powder

1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Lamb (pre cooked)

1 tablespoon Chopped coriander leaves

1. Heat the oil and add the pepper pieces, as it starts to sizzle add the tomato puree, special spice mixture, chilli powder, fenugreek leaves and salt. Stir fry for a few seconds.

2. Add the basic curry sauce and cook on a medium heat for about three minutes.

3. Add the cooked lamb and allow to heat thoroughly.

4. Add the chopped coriander leaves and serve.

Mutton Makhanwalla

This is a firm favourite in most Indian restaurants. It is a mild curry with a wonderful, aromatic robust creamy sauce.

Ingredients:

Method:

4 tablespoons Ghee or Oil if no ghee available

1/2 tablespoon Tandoori masala

1/2 tablespoon Tandoori marinade

1 teaspoon Tomato puree

1 Tomato (deseeded and chopped)

1 Green chilli (deseeded and chopped)

3 tablespoons Basic Curry Sauce

1 tablespoon Yoghurt

1/2 tablespoon Ground almonds

2 tablespoons Single cream

1 tablespoon Freshly chopped coriander leaves

1 portion Mutton or Lamb (pre cooked)

1. Heat the ghee, add the tandoori masala, tandoori marinade, tomato puree and chopped tomato.

2. Stir fry for a few seconds. Add the chopped chilli and basic curry sauce. Saute on a low heat for about three and a half minutes.

3. Add the yoghurt, almonds, single cream and coriander leaves. Mix well and stir fry for thirty seconds.

4. Add the cooked meat and allow to heat thoroughly before serving.

Lamb Pasanda

Lamb in a mildly spiced , creamy sauce with almonds, coconut and lemon. Another mild

creamy dish with its origins set firmly in the great Moghul tradition of fine cuisine.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced green pepper

1 teaspoon Special Spice Mixture

1/2 teaspoon Chilli powder

1 pinch Salt

1 1/2 tbs Lemon juice

4 tablespoons Basic Curry Sauce

1 tablespoon Ground almonds

1 tablespoon Coconut powder

1 portion Lamb (pre cooked)

4 tablespoons Single cream

1/2 tablespoon Chopped coriander leaves

1. Heat the oil and add the sliced pepper, after thirty seconds add the special spice mixture, chilli powder and salt. Stir fry for a few seconds.

2. Add the lemon juice, basic curry sauce and mix well.

3. Add the cooked lamb and stir fry until heated thoroughly.

4. Add the ground almonds and coconut powder. Mix well and allow to simmer for a few seconds.

5. Add the single cream, garnish with the coriander leaves and serve.

Lamb Nawabi

Diced lamb cooked in rich mughlai gravy. Lamb Nawabi is served in a mildly spiced , creamy recipe with almonds, sultanas, coconut powder and lemon. This Moghul dish is also simmered in red wine, garnished with single cream and freshly chopped coriander leaves.

Ingredients:

Method:

- 4 tablespoons Oil
 - Few pieces Finely sliced green pepper
 - 1 teaspoon Special Spice Mixture
 - 1/2 teaspoon Chilli powder
 - 1 pinch Salt
 - 1/2 tablespoon Lemon juice
 - 4 tablespoons Basic Curry Sauce
 - 1 portion Lamb (pre cooked)
 - 1/2 tablespoon Sultanas
 - 1 tablespoon Ground almonds
 - 1 tablespoon Coconut powder
 - 1 1/2 tablespoons Red wine
 - 4 tablespoons Single cream
 - 1/2 tablespoon Chopped coriander leaves
1. Heat the oil and add the sliced pepper. After thirty seconds add the special spice mixture, chilli powder and salt. Stir fry for a few seconds.
 2. Add the lemon juice, basic curry sauce and mix well.
 3. Add the cooked lamb and stir fry until heated thoroughly.
 4. Add the sultanas, ground almonds, coconut powder and red wine. Mix well allow to simmer for a few seconds.
 5. Add the single cream, garnish with the coriander leaves and serve.

Rogan Josh

The Roghan Josh is cooked with a blend of both whole spices and an aromatic puree. This dish tends to vary from one restaurant to another and there is no definitive or specific recipe available. This is a recipe which is well worth trying and I am sure you will be pleased with your efforts. Carefully diced boneless pieces of lamb cooked in the restaurant style. The Rogan Josh is a rich lamb curry from Kashmir and delicately flavored with exotic spices

Ingredients:

Method:

- 4 tablespoons Ghee or Oil
- 1 Medium onion (chopped)
- 1 Green cardamom
- 1 Brown cardamom
- 1 teaspoon Special Spice Mixture

Blend & make a puree of:

- 1 Small onion
- 1 Large garlic clove
- 1 inch Piece Ginger (grated)
- 1/2 teaspoon Chilli powder
- 2 Peeled tomatoes
- 1 Red pepper
- 1/2 teaspoon Ground coriander
- 1/2 teaspoon Ground cinnamon
- 1 tablespoon Tomato puree
- 1 teaspoon Chilli powder
- 4 tablespoons Plain yoghurt
- 1 pinch Salt
- 2 tablespoons Basic Curry Sauce
- 1 portion Lamb (pre cooked)
- 1 tablespoon Freshly chopped coriander leaves

1. Heat the ghee, add the onion, cardamoms and special spice mixture. Stir fry until onions are golden.
2. Add the blended puree, tomato puree and chilli powder, mix well and keep stirring for three minutes or so.
3. Add the yoghurt and simmer for another three minutes before adding the salt and basic curry sauce. Stir for thirty seconds.
4. Add the cooked lamb and simmer until the meat is hot.
5. Garnish with the chopped coriander and serve.

Lamb Jalfrezi

This tasty favourite hot and spicy dish is cooked in fresh herbs with lots of onions, tomato, green chillies and capsicum (pepper).

Jalfrezi is a more recent addition to the menu of many restaurants and is one of the most popular dishes.

Ingredients:

Method:

4 tablespoons Oil

4 Fresh green chillies (deseeded and sliced lengthwise)

2 Garlic cloves, crushed and finely chopped

1 teaspoon Special Spice Mixture

1 teaspoon Chilli powder

1 pinch Salt

4 tablespoons Basic Curry Sauce

1/2 Red pepper (capsicum) roughly chopped

1 Small onion (roughly chopped)

1 Tomato (quartered and deseeded)

2 tablespoons Fresh coriander leaves

1 tablespoon Lemon juice

1 portion Lamb (pre cooked)

1. Heat the oil, add the sliced green chillies and garlic.

2. After thirty seconds, or so, add the special spice mixture, chilli powder and salt. Stir fry for ten seconds or so.

3. Add the basic curry sauce and allow to cook on a medium heat for one minute.

4. Add the pepper and onion, stir fry for thirty seconds.

5. Add the cooked lamb and after one minute add the quartered tomato and coriander leaves. Allow the lamb to heat thoroughly.

6. Add the lemon juice and serve.

Lamb Pathia

Another Parsee dish with a sweetish taste and a deep, dark red in colour. This recipe is garnished with coconut before serving.

Ingredients:

Method:

- 4 tablespoons Oil
- Few pieces Finely sliced red/green pepper
- 2 Garlic cloves, crushed and finely chopped
- 1 tablespoon Tomato puree
- 1 teaspoon Paprika
- 1 teaspoon Special Spice Mixture
- 1/2 teaspoon Chilli Powder
- 2 pinches Salt
- 4 tablespoons Basic Curry Sauce
- 1 teaspoon Sugar
- 1 portion Lamb (pre cooked)
- 1 tsp coconut powder

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
2. Add the garlic, tomato puree, paprika, special spice mixture, chilli powder and salt.
3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add sugar and mix in.
5. Add the lamb, stir in and allow time to heat thoroughly.
6. Garnish with the coconut and serve.

Lamb Korma

Kormas are one of the all time Indian restaurant favourites. A delicately spiced dish,

flavoured with coconut, ground almonds and fresh cream.

This richly aromatic dish, of which there are many variations, was created by the Moguls.

In India this has always been one of the most popular dishes to entertain guests with.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 Clove garlic (crushed and chopped)

1 teaspoon Special Spice Mixture

3 pinches Salt plus 1 tablespoon of sugar

4 tablespoons Basic Curry Sauce

1 tablespoon Coconut Powder

1 tablespoon Ground almonds

1 portion Lamb (pre cooked)

4 tablespoons Single cream

1/2 teaspoon Turmeric (for colour)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the pepper and when it sizzles add the special spice mixture and salt.

2. Stir for a few seconds before adding the basic curry sauce.

3. Keep stirring as you add the coconut and ground almonds.

4. Add the cooked lamb and simmer for two minutes.

5. Add the single cream and turmeric. Stir well and make sure the lamb is thoroughly heated.

6. Add the chopped coriander leaves and serve.

Lamb Dhansak

Dhansak has its origins in ancient Persia. This unique Parsee cuisine is influenced by both

Indian and Persian traditions.

The recipe here includes pineapple chunks and gives this sweet and sour dish a nice touch

of the sub-continent.

Ingredients:

Method:

2 oz Red lentils

4 tablespoons Groundnut or sesame seed oil

Few pieces Finely sliced red/green pepper

1/2 teaspoon Turmeric

4 tablespoons Basic Curry Sauce

1 portion Lamb (pre cooked)

1/4 teaspoon Chilli powder

1 teaspoon Special Spice Mixture

1 Small onion (finely sliced)

1 Small tomato (quartered and deseeded)

1 tablespoon Lemon Juice

1 teaspoon Sugar

2 Pineapple chunks (with 1/2 tablespoon of the juice)

2 pinches Salt

1 tablespoon Garam masala

2 tablespoons Freshly chopped coriander

1. Wash lentils, remove any grit and boil in an equal amount of water until cooked which should take thirty minutes or so.

2. Heat oil, add the peppers and cook for one minute, then add the turmeric, and basic curry sauce.

3. Add the cooked lamb and allow to heat thoroughly.

4. Add the chilli powder, special spice mixture, onion, tomato and stir fry for one minute.

5. Add the lemon juice, sugar, pineapple, salt and garam masala.

6. Mix in the cooked red lentils, garnish with the chopped coriander and serve.

Lamb Do Piazza

The Punjab is famous the world over for the quality of its fine cuisine. Some of the recipes

from this region are not just unique but synonymous with quality.

Punjabi chefs pride themselves for their expertise in presentation and preparation of their

traditional recipes.

Ingredients:

Method:

- 4 tablespoons Oil
- 1 Medium onion (finely chopped)
- 2 Cloves
- 1 Brown cardamon
- 2 Green cardamoms
- 3 Black peppercorns
- 3 inch Cinnamon stick
- 1 Large onion (thickly chopped)
- 1/2 teaspoon Chilli Powder
- 1 Clove of garlic (crushed and chopped finely)
- 4 tablespoons Basic Curry Sauce
- 1 teaspoon Special Spice Mixture
- 1/2 teaspoon Cumin seeds
- 5 tablespoons Natural yoghurt
- 5 tablespoons Hot water
- 1 pinch Salt
- 1 portion Lamb (pre cooked)
- 1 Tomato peeled, quartered and deseeded)
- 1/2 teaspoon Garam masala
- 1/2 tablespoon Green pepper
- 2 tablespoons Freshly chopped coriander leaves
- 1 tablespoon Single cream

1. Heat the oil and fry the finely chopped onion until golden brown, then remove the onion from the oil, put into a dish and leave to one side.

2. Add cloves, cardamoms, peppercorns, cinnamon stick to the hot oil, and stir for one minute.

3. Add the thickly chopped onion, chilli powder and crushed garlic and stir-fry for ten minutes on a low heat.

4. Add the basic curry sauce, special spice mixture, cumin seeds and blend in before adding the yoghurt. Stir fry for a further two minutes.

5. Add hot water, salt and cooked lamb. Leave on a fairly high heat for two and a half minutes.

6. When the lamb is well heated, put contents into a pyrex or similar casserole dish.

7. Garnish with the already fried onion, tomato, garam masala, green pepper and coriander leaves.

8. Place in a pre heated oven for fifteen minutes.

9. Remove from the oven, pour the cream over the top and serve.

Sag Gosht

This spinach and lamb based dish with a subtle lime flavour appears on many of the better

Indian restaurant menus. It is simple to prepare and well worth the small effort involved.

Ingredients:

Method:

4 tablespoon Oil

Few pieces Finely sliced green or red pepper

1 tablespoon Finely chopped onion

1 Garlic clove (crushed and chopped)

1/2 teaspoon Special Spice Mixture

1 pinch Salt

4 tablespoons Basic Curry Sauce

4 oz Spinach

1 portion Lamb (pre cooked)

1 teaspoon Lime juice

1. Heat the oil in a frying pan, and quickly add the sliced pepper, onion and garlic.
2. As soon as it starts to sizzle add the special spice mixture and salt. Mix well.
3. After ten seconds or so, add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add the spinach, cooked lamb and stir until lamb is thoroughly heated.
5. Add the lime juice, stir well and serve.

Bhoona Ghost

A delicately spiced dish which is stir fried and garnished with fried capsicum (peppers), onion and freshly chopped coriander leaves.

This dish is not very oily (as always any excess oil is ladled off). Bhoona Ghost is a mild dish and is rapidly gaining popularity in the Indian restaurants.

Ingredients:

Method:

4 tablespoons Oil
1/2 Red pepper (roughly chopped)
1 Small onion (roughly chopped)
1 Garlic clove (finely chopped)
2 tablespoons Spring onions (chopped)
1/2 teaspoon Fenugreek leaves (dried)

Make a paste of:

1 teaspoon Special Spice Mixture
1/2 teaspoon Garam masala
1 teaspoon Chilli powder
1/2 teaspoon Fenugreek leaves
1 teaspoon Tomato puree
1 pinch Salt
1/2 tablespoon water to make paste
3 tablespoons Basic Curry Sauce
1 portion Lamb (pre cooked)
2 tablespoons Freshly chopped coriander leaves

1. Heat half the oil, add the chopped pepper and onion and fry until onions are soft but not yet brown.

2. Remove the fried pepper and onion from the pan and put into a separate dish.

3. Heat the remaining oil in the pan, add the garlic and spring onions, allow to cook for about thirty seconds before adding the fenugreek. Stir fry for a few seconds.

4. Add the spice paste. Mix well and allow to cook for about ten seconds or so. Add half the basic curry sauce and simmer for a minute.

5. Add the cooked lamb. Allow to simmer for another minute and add the remaining basic curry sauce. Simmer for a few minutes until the chicken is thoroughly heated.

6. Drain away all the excess oil. Garnish with the previously fried pepper and onions.

7. Sprinkle the chopped coriander leaves on top and serve at once.

Chicken Curry

This is the standard chicken curry dish and is most popular with new curry converts. It is

served with with a delicious, lightly spiced mild to medium sauce.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1/4 teaspoon Chilli Powder

1/4 teaspoon Fenugreek Leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Chicken (pre cooked)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
2. Add the special spice mixture, chilli powder, fenugreek leaves and salt.
3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add the chicken and stir well for two or three minutes until it is thoroughly heated.
5. Add the chopped coriander leaves and serve.

Chicken Korma

The Korma comes from Northern India. Kormas are one of the all time Indian restaurant favourites. A delicately spiced dish, flavoured with coconut, ground almonds and fresh cream. Boneless diced pieces of tender chicken sautéed and cooked in rich gravy. This richly aromatic dish was created by the Moguls.

Ingredients:

Method:

4 tablespoons Oil
Few pieces Finely sliced red/green pepper
1 Clove garlic (crushed and chopped)
1 teaspoon Special Spice Mixture
3 pinches Salt plus 1 tablespoon sugar
4 tablespoons Basic Curry Sauce
1 tablespoon Coconut Powder
1 tablespoon Ground almonds
1 portion Chicken (pre cooked)
4 tablespoons Single cream
1/2 teaspoon Turmeric (for colour)
1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the pepper and when it sizzles add the special spice mixture and salt.
2. Stir for a few seconds before adding the basic curry sauce.
3. Keep stirring as you add the coconut and ground almonds.
4. Add the cooked chicken and simmer for two minutes.
5. Add the single cream and turmeric. Stir well and make sure the chicken is thoroughly heated.
6. Add the chopped coriander leaves and serve.

Chicken Vindaloo

Vindaloo remains one of the most popular items on the Indian restaurant menu and has its origins in Goa. This recipe is the restaurant one and is very tasty. Traditionally this was a pork dish cooked with plenty of wine vinegar and garlic, but you can use lamb, chicken or any other main ingredient of your choice. Goa was a Portuguese colony and the cuisine has been influenced by outside sources. The Goan cuisine has developed into something unique and vindaloo is one of its main dishes.

Ingredients:

Method:

4 tablespoons Oil
Few pieces Finely sliced red/green pepper
1 Garlic clove, crushed and finely chopped
1 teaspoon Tomato puree
1 1/2 teaspoons Special Spice Mixture
2 teaspoons Chilli powder
1/2 teaspoon Fenugreek leaves (soak in a little water before adding)
2 Cloves
2 pinches Salt
4 tablespoons Basic Curry Sauce
1 teaspoon lemon
1 portion Chicken (pre cooked)
3 pieces Cooked potato
1/2 tablespoon Chopped coriander leaves

1. Heat the oil, add the pepper pieces and as it starts to sizzle add the garlic, tomato puree, special spice mixture, chilli powder, fenugreek leaves, cloves and salt. Stir fry for a few seconds.

2. Add the basic curry gravy and lemon. Cook on a medium heat for about three minutes.

3. Add the chicken and allow to heat thoroughly, then add the potato pieces and cook for a further thirty seconds.

4. Add the chopped coriander leaves and serve.

Chicken Madras

A fairly hot, spicy standard Indian restaurant dish which is served with a slightly sour and tasty gravy.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 Clove garlic (crushed and chopped)

1/2 teaspoon Tomato puree

1 teaspoon Special Spice Mixture

1 1/2 teaspoons Chilli powder

1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 tablespoon Ground almonds

Wedge Lemon or 1 tbs of Juice

1 portion Chicken (pre cooked)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil and add the pepper slices, as it starts to sizzle add the crushed garlic and after a few seconds add tomato puree, special spice mixture, chilli powder, fenugreek leaves and salt.

2. Stir fry for a few seconds, add the basic curry sauce, ground almonds and lemon.

3. Cook on a medium heat for about three minutes, then add the chicken and allow to heat thoroughly.

4. Add the chopped coriander leaves and serve.

Chicken Phall

Probably the hottest curry a restaurant will serve and is best described as exceptionally hot.

Only for serious chilli lovers.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1/2 teaspoon Tomato puree

1 teaspoon Special Spice Mixture

4 teaspoons Chilli powder

1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Chicken (pre cooked)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil and add the pepper pieces, as it starts to sizzle add the tomato puree, special spice mixture, chilli powder, fenugreek leaves and salt.

2. Stir fry for a few seconds, add the basic curry sauce.

3. Cook on a medium heat for about three minutes, add the chicken. and allow to heat thoroughly.

4. Add the chopped coriander leaves and serve.

Chicken Jalfrezi

This tasty favourite hot and spicy dish is cooked in fresh herbs with lots of onions, tomato, green chillies and capsicum (pepper).

Jalfrezi is currently enjoying much popularity in the Indian restaurants.

Ingredients:

Method:

4 tablespoons Oil

4 Fresh green chillies (deseeded and sliced lengthwise)

2 Garlic cloves, crushed and finely chopped

1 teaspoon Special Spice Mixture

1 teaspoon Chilli powder

1 pinch Salt

4 tablespoons Basic Curry Sauce

1/2 Red pepper (roughly chopped)

1 Small onion (roughly chopped)

1 Tomato (quartered and deseeded)

2 tablespoons Fresh coriander leaves

1 tablespoon Lemon juice

1 portion Chicken (pre cooked)

1. Heat the oil, add the sliced green chillies and garlic.

2. After thirty seconds, or so, add the special spice mixture, chilli powder and salt. Stir fry for ten seconds or so.

3. Add the basic curry sauce and allow to cook on a medium heat for one minute.

4. Add the pepper and onion, stir fry for thirty seconds.

5. Add the cooked chicken and after one minute add the quartered tomato and coriander leaves. Allow the chicken to heat thoroughly.

6. Add the lemon juice and serve.

Chicken Dhansak

Dhansak has its origins in ancient Persia. This unique cuisine is influenced by both Indian

and Persian traditions. This dish combines a subtle mixture of both sweet and sour elements, it is served with chunks of pineapple and garnished with freshly chopped coriander leaves.

Ingredients:

Method:

21 oz Red lentils

4 tablespoons Groundnut or sesame seed oil

Few pieces Finely sliced red/green pepper

1/2 teaspoon Turmeric

4 tablespoons Basic Curry Sauce

1 portion Chicken (pre cooked)

1/4 teaspoon Chilli powder

1 teaspoon Special Spice Mixture

1 Small onion (finely sliced)

1 Small tomato (quartered and deseeded)

1 tablespoon Lemon Juice

1 teaspoon Sugar

2 Pineapple chunks (with 1/2 tablespoon of the juice)

2 pinches Salt

1 tablespoon Garam masala

2 tablespoons Freshly chopped coriander

1. Wash lentils, remove any grit and boil in an equal amount of water until cooked which should take thirty minutes or so.

2. Heat oil, add the peppers and cook for one minute, then add the turmeric, and basic curry sauce.

3. Add the cooked chicken and allow to heat thoroughly.

4. Add the chilli powder, special spice mixture, onion, tomato and stir fry for one minute.

5. Add the lemon juice, sugar, pineapple, salt and garam masala.

6. Mix in the cooked red lentils, garnish with the chopped coriander and serve.

Chicken Do Piazza

The Punjab is famous the world over for the quality of its cuisine. Some of the recipes from this region are not just unique but synonymous with quality. Punjabi chefs pride themselves for their expertise in presentation and preparation of their traditional recipes.

Ingredients:

Method:

- 4 tablespoons Oil
- 1 Medium onion (finely chopped)
- 2 Cloves
- 1 Brown cardamon
- 2 Green cardamoms
- 3 Black peppercorns
- 3 inch Cinnamon stick
- 1 Large onion (thickly chopped)
- 1/2 teaspoon Chilli Powder
- 1 Clove of garlic (crushed and chopped finely)
- 4 tablespoons Basic Curry Sauce
- 1 teaspoon Special Spice Mixture
- 1/2 teaspoon Cumin seeds
- 5 tablespoons Natural yoghurt
- 5 tablespoons Hot water
- 1 pinch Salt
- 1 portion Chicken (pre cooked)
- 1 Tomato peeled, quartered and deseeded)
- 1/2 teaspoon Garam masala
- 1/2 tablespoon Green pepper
- 2 tablespoons Freshly chopped coriander leaves
- 1 tablespoon Single cream

1. Heat the oil and fry the finely chopped onion until golden brown, then remove the onion from the oil, put into a dish and leave to one side.
2. Add cloves, cardamoms, peppercorns, cinnamon stick to the hot oil, and stir for one minute.
3. Add the thickly chopped onion, chilli powder and crushed garlic and stir-fry for ten minutes on a low heat.
4. Add the basic curry sauce, special spice mixture, cumin seeds and blend in before adding the yoghurt. Stir fry for a further two minutes.
5. Add hot water, salt and cooked chicken and leave on a fairly high heat for two and a half minutes.
6. When the chicken is well heated, put contents into a pyrex or similar casserole dish.
7. Garnish with the already fried onion, tomato, garam masala, green pepper and coriander leaves.
8. Place in a pre heated oven for fifteen minutes.

9. Remove from the oven, pour the cream over the top and serve.

Bhoona Chicken

A delicately spiced dish which is stir fried and garnished with fried capsicum (peppers), onion and freshly chopped coriander leaves. This dish is not very oily (any excess oil is ladled off).

Chicken Boona is a mild dish and is rapidly gaining popularity in the Indian restaurants.

Ingredients:

Method:

4 tablespoons Oil
1/2 Red pepper (roughly chopped)
1 Small onion (roughly chopped)
1 Garlic clove (finely chopped)
2 tablespoons Spring onions (chopped)
1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

Make a paste of:

1 teaspoon Special Spice Mixture
1/2 teaspoon Garam masala
1 teaspoon Chilli powder
1/2 teaspoon Fenugreek leaves
1 teaspoon Tomato puree
1 pinch Salt
1/2 tablespoon water to make paste
3 tablespoons Basic Curry Sauce
1 portion Chicken (pre cooked)
2 tablespoons Freshly chopped coriander leaves

1. Heat half the oil, add the chopped pepper and onion and fry until onions are soft but not yet brown.
2. Remove the fried pepper and onion from the pan and put into a separate dish.
3. Heat the remaining oil in the pan, add the garlic and spring onions, allow to cook for about thirty seconds before adding the fenugreek. Stir fry for a few seconds.
4. Add the spice paste. Mix well and allow to cook for about ten seconds or so. Add half the basic curry sauce and simmer for a minute.
5. Add the cooked chicken. Allow to simmer for another minute and add the remaining basic curry sauce. Simmer for a few minutes until the chicken is thoroughly heated.
6. Drain away all the excess oil. Garnish with the previously fried pepper and onions.
7. Sprinkle the chopped coriander leaves on top and serve at once.

Murg Pathia

This dish originated in Persia and has become one of the more popular dishes in upmarket Indian restaurants. The dish is served with an aromatic dark red sauce and is great with Pillau rice.

Ingredients:

Method:

4 tablespoons Oil
Few pieces Finely sliced red/green pepper
2 Garlic cloves, crushed and finely chopped
1 tablespoon Tomato puree
1 teaspoon Paprika
1 teaspoon Special Spice Mixture
1/2 teaspoon Chilli Powder
2 pinches Salt
4 tablespoons Basic Curry Sauce
1 teaspoon Sugar
1 portion Chicken (pre cooked)
1/2 tsp coconut powder

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
2. Add the garlic, tomato puree, paprika, special spice mixture, chilli powder and salt.
3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add sugar and mix in.
5. Add the chicken, stir in and allow time to heat thoroughly.
6. Garnish with the coconut and serve.

King Prawn Curry

A medium curry with king prawn as the main ingredient and served with a delicious, lightly

spiced mild to medium, sauce garnished with freshly chopped coriander leaves.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1/4 teaspoon Chilli Powder

4 tablespoons Basic Curry Sauce

4 King Prawns, pre cooked in boiling, salted water for five minutes (large shrimp in USA)

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.

2. Add the special spice mixture, and chilli powder.

3. After a few seconds add the basic curry sauce and stir until everything is mixed thoroughly.

4. Chop the pre cooked king prawns in two, add and stir well for two or three minutes until they are thoroughly heated.

5. Add the chopped coriander leaves and serve.

King Prawn Madras

A fairly hot, spicy king prawn dish with a distinctive combination of spices simmered in a sweet and sour sauce.

This is one of the more popular prawn dishes in the Indian restaurant.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 Clove garlic (crushed and chopped)

1/2 teaspoon Tomato puree

1 teaspoon Special Spice Mixture

1 1/2 teaspoons Chilli powder

4 tablespoons Basic Curry Sauce

1 tablespoon Ground almonds

4 King Prawns, pre cooked in boiling salted water for five minutes (large shrimp in USA)

1 teaspoon Lemon juice

1. Heat the oil and add the pepper slices, as it starts to sizzle add the crushed garlic and after a few seconds add tomato puree, special spice mixture, and chilli powder.

2. Stir fry for a few seconds, add the basic curry sauce and ground almonds.

3. Cook on a medium heat for about three minutes, then add the pre cooked king prawns and allow to heat thoroughly.

4. Add the lemon juice, mix and serve.

King Prawn Vindaloo

This king prawn fairly hot dish is another popular item in the Indian restaurant. This dish has its origins in Goa and the red wine gives it a wonderful unmistakable rich taste.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Crushed garlic

1 teaspoon Tomato puree

1 1/2 teaspoon Special Spice Mixture

2 teaspoons Chilli powder

2 Cloves

4 tablespoons Basic Curry Sauce

1 tablespoon Red wine

4 King prawns, pre cooked in boiling salted water for five minutes (large shrimp in USA)

2 pieces Cooked potato

1/2 tablespoon Chopped coriander leaves

1. Heat the oil, add the pepper pieces and as it starts to sizzle add the crushed garlic, tomato puree, special spice mixture, chilli powder, and cloves. Stir fry for a few seconds.

2. Add the basic curry gravy and red wine. Cook on a medium heat for about three minutes

3. Chop the pre cooked king prawns in two and add. Allow to heat thoroughly before adding the potato pieces and cook for a further thirty seconds.

4. Add the chopped coriander leaves and serve.

Bhoona King Prawn

A delicately spiced dish which is stir fried and garnished with fried capsicum (peppers), onion and freshly chopped coriander leaves.

This recipe is much the same as for chicken bhoona, the only difference is the main ingredient.

Ingredients:

Method:

- 4 tablespoons Oil
- 1/2 Red pepper (roughly chopped)
- 1 Small onion (roughly chopped)
- 1 Garlic clove (finely chopped)
- 2 tablespoons Spring onions (chopped)
- 1/2 teaspoon Fenugreek leaves (soak in a little water before adding)

Make a paste of:

- 1 teaspoon Special Spice Mixture
- 1/2 teaspoon Garam masala
- 1 teaspoon Chilli powder
- 1/2 teaspoon Fenugreek leaves
- 1 teaspoon Tomato puree
- 1 pinch Salt
- 1/2 tablespoon water to make paste
- 3 tablespoons Basic Curry Sauce
- 4 King Prawns, pre cooked in boiling, salted water for five minutes (large shrimp in USA)

1 tablespoon Freshly chopped coriander leaves

1. Heat half the oil, add the chopped pepper and onion and fry until onions are soft but not yet brown.
2. Remove the fried pepper and onion from the pan and put into a separate dish.
3. Heat the remaining oil in the pan, add the garlic and spring onions, allow to cook for about thirty seconds before adding the fenugreek. Stir fry for no more than two seconds.
4. Add the spice paste. Mix well and allow to cook for about ten seconds or so. Add half the basic curry sauce and simmer for a minute.
5. Chop the cooked king prawns in two and add. Allow to simmer for another minute and add the remaining basic curry sauce. Simmer for a few minutes until the prawns are thoroughly heated.
6. Drain away all the excess oil. Garnish with the previously fried pepper and onions.
7. Sprinkle the chopped coriander leaves on top and serve at once.

Bombay Potato

This vegetable favourite appears on every Indian restaurant menu and makes a wonderful side dish.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red or green pepper

1 tablespoon Finely chopped onion

1/2 teaspoon Special Spice Mixture

1/2 teaspoon Fenugreek Leaves (soak in a little water before adding)

1 pinch Salt

4 tablespoons Basic Curry Sauce

1 portion Cooked potato

1/4 teaspoon Mango powder

1. Heat the oil in a frying pan, and quickly add sliced pepper and onion.
2. As soon as it starts to sizzle add special spice mixture, fenugreek leaves and salt.
3. After ten seconds or so, add the basic curry sauce and mix well.
4. Add the cooked potato and stir lightly until thoroughly heated.
5. Add the mango powder, stir and serve.

Methi Aloo

This is another vegetable dish, flavoured with methi (fenugreek) and appears on almost every Indian restaurant menu.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red or green pepper

1 tablespoon Finely chopped onion

1/2 teaspoon Special Spice Mixture

1 tablespoon Fenugreek Leaves (soak in a little water before adding)

1 pinch Salt

4 tablespoons Basic Curry Sauce

1 portion Cooked potato

1. Heat the oil in a frying pan, and quickly add the sliced pepper and onion.
2. As soon as it starts to sizzle add the special spice mixture, fenugreek leaves and salt. Mix well.
3. After ten seconds or so, add the basic curry sauce and stir well.
4. Add the cooked potato and stir until thoroughly heated, then serve.

Sag Wala

This spinach based dish with a subtle lime flavour now appears on many of the more upmarket Indian restaurant menus. It is simple to prepare and well worth the small effort involved.

Ingredients:

Method:

4 tablespoon Oil

Few pieces Finely sliced green or red pepper

1 tablespoon Finely chopped onion

1 Garlic clove (crushed and chopped)

1/2 teaspoon Special Spice Mixture

1 pinch Salt

4 tablespoons Basic Curry Sauce

8 oz Spinach

1 teaspoon Lime juice

1. Heat the oil in a frying pan, and quickly add the sliced pepper, onion and garlic.
2. As soon as it starts to sizzle add the special spice mixture and salt. Mix well.
3. After ten seconds or so, add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add the spinach and stir lightly until cooked.
5. Add the lime juice, stir well and serve.

Cauliflower Bhaji

Cauliflower is a natural ingredient for Indian cooking and this side dish makes a wonderful accompaniment to any meal.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red or green pepper

1 tablespoon Finely chopped onion

1/2 teaspoon Special Spice Mixture

1/2 teaspoon Fenugreek Leaves (soak in a little water before adding)

1 pinch Salt

4 tablespoons Basic Curry Sauce

1 portion Cooked cauliflower

1. Heat the oil in a frying pan, and quickly add the sliced pepper and onion.
2. As soon as it starts to sizzle add special spice mixture, fenugreek leaves and salt.
3. After ten seconds or so, add basic curry sauce and mix well.
4. Add the cooked cauliflower and stir into the sauce. When it is thoroughly heated (be careful not to break up the cauliflower).
5. Allow to heat thoroughly and serve.

Mushroom Bhaji

The simple mushroom is used in cooking all over the world and lends itself handsomely to the Indian style of cuisine.

Personally I like to just lightly cook the mushrooms so they just pick up the exotic flavour of the sauce.

Ingredients:

Method:

4 tablespoons Oil

Few pieces Finely sliced red or green pepper

1 tablespoon Finely chopped onion

1/2 teaspoon Special Spice Mixture

1/2 teaspoon Tomato puree

1 pinch Salt

4 tablespoons Basic Curry Sauce

8 oz (230 g) Button mushrooms (washed and sliced in two)

1 Tomato (deseeded and quartered)

1. Heat oil in a frying pan, and quickly add the sliced pepper and onion.
2. As soon as it starts to sizzle add the spice mixture, tomato puree and salt.
3. After ten seconds or so, add curry sauce and stir well.
4. Add mushrooms and quartered tomato, stir until it is thoroughly heated and serve. Don't overcook the mushrooms.

Onion Bhaji

Here I include the recipe for one of the most popular starters on the Indian restaurant menu. Onion Bhajees will take about 15 minutes to make and worth the little effort involved.

Ingredients:

Method:

- 1 large onion plus 1 egg
 - 4 oz gram flour (chickpea)
 - 3 fl oz water plus methi a tablespoon of red lentils
 - 1 teaspoon turmeric
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
 - 1 teaspoon garam masala
 - 1 teaspoon chopped coriander leaves (ciltrano)
 - 2 pinches Salt a little tamarin half a teaspoon
 - Vegetable oil for deep fat frying (do not use Olive Oil)
1. Slice the onion finely. and squeeze with hands for 2 minutes
 2. Mix the flour and water together to make a stiff batter. You may add a little more flour if necessary.
 3. Add the onions and remaining ingredients and mix well together.
 4. Gently slide a heaped tablespoon full of the batter into the oil one at a time and fry for 3 minutes.
 5. Remove from the oil and press into a round flat shape before returning them to the oil for a further 2 minutes or until golden brown.
 6. Drain on kitchen paper and keep warm until all the bhajees are cooked.
 7. Serve on a bed of green salad with Mint sauce.

Principles: Basmati Rice Cooking

Should you live in the US and have difficulty in sourcing Basmati, you can use a variety

grown in Texas called Texmati which may give you similar results.

However, the recipes given here are for Basmati and the cooking times for other varieties

may have to be adjusted.

Follow the recipes carefully and with a little practise you will be able to cook perfect rice .For Indian cooking, there is only one variety of rice to use and that is Basmati fluffy rice each and every time.

Cooked rice can be frozen in individual portions (only if allowed to cool first and frozen

immediately) and reheated later in a microwave oven.

Important Tips to follow:

(a) Always use basmati rice.

(b) Put rice in strainer over a pot of cold water and wash gently, be careful not to break the grains (basmati is quite fragile).

(c) You may have to repeat this up to 10 times to get the water as clear as possible and get rid of all the starch.

(d) Leave water running gently over the rice for 5 minutes or so after the washing.

(e) An important factor is during the washing, the rice also absorbs water which helps to make the finished rice more fluffy.

(f) The cooking time never varies no matter how much rice you decide to make.

(g) The ratio of water to rice is 1:1 1/3

i.e. One cup of rice to one and a third cups of water. If you want to cook 3 cups of rice the ratio will be 3 cups rice to 4 cups of water.

(h) One cup of rice will be enough for two serving portions.

(i) The oil is included to help separate the grains from each other and give the rice a more appealing look.

(j) Never use salt when cooking basmati rice as this impairs the flavour.

Plain Rice

Ingredients:

Method:

1 1/3 cups Water

1/4 teaspoon Oil

1 cup Basmati rice (washed)

1. Boil the water and oil in a lidded pan or pot.
2. The minute it starts to boil put in the washed rice and allow to come back to the boil.
3. Cover with the lid and reduce heat to minimum and leave for about 10 minutes. Be careful the rice don't stick to the bottom of the pan as it will burn.
4. Check a few grains of the rice, it should be firm but not overcooked and all the water should be absorbed.
5. Gently fork through the rice, recover and put in the oven to keep warm.
6. The longer you leave in the oven, the more the grains will separate and the fluffier the rice will be, leave for twenty minutes at least but an hour is even better.

Pillau Rice

Ingredients:

Method:

1 1/3 cups Water

1/4 teaspoon Oil

1/2 teaspoon Fennel seeds

1/2 teaspoon Cummin seeds

2 Bay leaves

4 Cloves

4 Cardamoms

2 inch piece Cassia bark

1. Boil the water, oil and spices in a lidded pan or pot.

2. The minute it starts to boil put in the washed rice and allow to come back to the boil.

3. Cover with the lid and reduce heat to minimum and leave for about 10 minutes. Be careful the rice don't stick to the bottom of the pan as it will burn.

4. Check a few grains of the rice, it should be firm but not overcooked and all the water should be absorbed.

5. Pick out the whole spices, gently fork through the rice, then sprinkle a little food colouring on top, recover and put in the oven to keep warm and absorb the steam.

6. The longer you leave in the oven, the more the grains will separate and the fluffier the rice will be, leave for twenty minutes at least but an hour is even better.

Other Rice Recipes

Peas Pillau

Ingredients:

Method:

To the cooked Pillau Rice add one tablespoon of cooked peas to each portion. Mix in well with a fork before serving.

Coconut Rice

Ingredients:

Method:

To the cooked Plain Rice add a tablespoon of coconut powder to each portion. Mix in well with a fork before serving.

1 portion Cooked Pillau Rice

1 tablespoon Cooked peas

1 portion Plain Rice

1 tablespoon Coconut Powder

Tandoori Principles

Tandoori cookery has its origins with the nomadic tribes of central Asia and was brought by the Moghuls to India. Traditionally a tandoor is a cylindrical brick or clay oven used to cook

at very high temperatures of 500 degrees F and more.

The Tandoori oven used in Indian restaurants is made of clay and fired with charcoal. The

meat, fish or chicken is put inside the hot oven on thick metal skewers. The food cooked in

these ovens is superb, cooked on the outside and still moist on the inside. All the delicious

flavours of the food and spices are intensified and preserved.

The tandoor is also used to quickly bake those delicious naan breads. This traditional form

of cooking has reached high popularity and is internationally recognised as a unique form of

fine Indian cuisine.

Good results however can be achieved in your own kitchen on the grill or rotary spit.

Tandoori style food is first marinated in a mixture of yoghurt and other spicy ingredients, for

a number of hours, before cooking. This is very important and gives the cooked food an

unforgettable, superb taste.

Chicken Tikka

Preparation:

Method:

1. The skinless chicken breast pieces should be chopped into 1 1/2 inch cubes.
2. Pour tandoori marinade into a leak-proof plastic bag.
3. Add the chicken, squeeze as much air as possible from the bag and seal.
4. Knead the bag to rub the marinade well into the chicken.
5. Place the bag on a plate and refrigerate for at least 6 hours (12 is better).

Knead and turn the bag occasionally.

1. Pre-heat the grill to a high temperature.
2. Remove the chicken from the marinade and thread the tikka pieces on metal skewers leaving a gap between each piece.
3. Place skewers on to a rack above a foil lined tray under the grill.
4. Cook for about 5 minutes before turning and cook for a further 5 minutes.
5. Make sure the chicken is cooked thoroughly before serving on a bed of shredded lettuce with a few thinly sliced, red onion rings and a wedge of lemon to garnish.

Tandoori Chicken

Preparation:

Method:

1. The chicken thighs should have all skin removed. Make a few deep cuts, one inch long and 1/2 inch deep on the flesh of each.
2. Pour tandoori marinade into a leak-proof plastic bag.
3. Add the chicken, squeeze as much air as possible from the bag and seal.
4. Knead the bag to rub the marinade well into the chicken.
5. Place the bag on a plate and refrigerate for at least 6 hours (12 is better).

Knead and turn the bag occasionally.

1. Pre heat the grill to a high temperature.
2. Remove the chicken from the marinade and thread the thighs at the thickest point on metal skewers leaving a space between each leg.
3. Place skewers on to a rack above a foil lined tray under the grill.
4. Cook for about 5 minutes before turning and cook for a further 5 minutes.
5. Make sure the chicken is cooked right through before serving on a bed of shredded lettuce with a few thinly sliced, red onion rings and a wedge of lemon to garnish.

Lamb Tikka Curry

Ingredients:

Method:

4 tablespoons Oil

Few pieces Sliced red or green pepper

1 teaspoon Special Spice Mixture

1 pinch Chilli powder

2 teaspoons Tomato puree

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Cooked lamb tandoori pieces

1 tablespoons Tandoori marinade

2 oz (60 g) Single cream

2 tablespoons Coriander leaves (freshly chopped)

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.

2. Add the special spice mixture, chilli powder and salt.

3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.

4. Add the tandoori cooked meat and stir well for two or three minutes until it is thoroughly heated.

5. Now add the tandoori marinade and stir in.

6. Add the cream and stir well, then add the chopped coriander leaves and serve.

Chicken Tikka Masala

A very popular dish and one of the all time Indian restaurant favourites. This dish does not have its origins in India but is the creation of a London restaurant chef. Chunks of succulent chicken first cooked in the tandoor and then served in a tasty gravy with tomato, green peppers and other herbs and spices.

Ingredients:

Method:

- 1 1/2 tablespoons Oil
- Few pieces Thinly sliced green pepper
- 1 Green chilli (finely chopped)
- 1 1/2 tablespoons Basic Curry Sauce
- 1/2 teaspoon Tomato puree
- Few pieces Tomato (deseeded and chopped)
- 1 tablespoon Tandoori marinade
- 1/2 teaspoon Tandoori masala
- 1 tablespoon Plain yoghurt
- 1 tablespoon Coriander leaves (chopped)
- 1/2 tablespoon Ground almonds
- 1/2 tablespoon Single cream
- 1/2 teaspoon Sugar

- 1 portion Cooked chicken tandoori pieces
- 1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
- 2. Add the chopped chilli, basic curry sauce, tomato puree, tomato pieces, tandoori marinade and tandoori masala.
- 3. Cook for about five minutes and stir frequently.
- 4. Add the yoghurt, coriander leaves, ground almonds, single cream and sugar. Stir until everything is mixed thoroughly.
- 5. Add the cooked chicken tandoori pieces, stir until hot and serve.

Sheek Kebab

This particular treat is one of the few dishes cooked in the tandoor which is not marinated before cooking.

Ingredients:

Method:

Serve on a bed of lettuce with a wedge of lemon or lime.

3/4 lb Minced lamb

1 inch Ginger, crushed and chopped finely

1/2 teaspoon Small onion, finely chopped

1/4 teaspoon Chilli powder

1 Garlic clove, crushed and finely chopped

1/2 teaspoon Garam masala

1 teaspoon Special Spice Mixture

1/2 teaspoon Tandoori masala

1 tablespoon Coriander leaves, freshly chopped

1 Beaten egg

A little Red food colouring

1. Thoroughly mix all the ingredients together with your hands.
2. Refrigerate for 15-20 minutes.
3. Divide into two portions and mould into sausage shapes on metal skewers.
4. Put the kebabs under a hot pre-heated grill for about 8 mins turning occasionally.

Tandoori King Prawn

Method:

Note: Only use fresh uncooked king prawns with shells and beard removed.

1. The fresh uncooked king prawns must have their shells and beard removed.
 2. Put enough Tandoori Marinade into a bowl to cover the prawns.
 3. Make sure they are well coated with the marinade.
 4. Allow the bowl to stand covered for one hour or so.
1. Pre heat the grill to a high temperature.
 2. Place prawns on a baking tray and cook on the grill or on the top tray of the oven.
 3. The prawns should be cooked in about 8 to 10 minutes.
 4. Serve on a bed of green salad with a wedge of lemon.

Naan

Naan is a flat leavened bread, lightly spiced and traditionally baked in the tandoor. This

recipe will give you a close approximation of the traditional naan using your kitchen oven.

Ingredients:

Method:

4 cups Plain White Flour

2 tablespoon Yoghurt

A little Warm water

1 teaspoon Kalonji

2 tablespoons Melted ghee or butter

1. Put the flour into a large bowl and make a well in the middle.
2. Pour the yoghurt into the well and mix, add enough warm water to make a soft but firm dough.
3. Knead on a lightly floured surface for five minutes or until smooth.
4. Place the dough in a well oiled bowl, cover with a damp cloth and leave in a warm place for two hours. It will double in size.
5. Punch down the dough, add the kalonji and allow to rest.
6. Place a large backing pan on the bottom of the oven and heat to 500 degrees F.
7. Divide the dough into 4 equal parts and roll out on a lightly floured surface.
8. Put one naan on the preheated baking pan and bake for 60 seconds and put under grill
9. Remove baked naan, brush with melted butter and keep on a warm plate. Bake the other three naans and serve.

Poori

Ingredients:

Method:

This will make 12 to 16 pooris.

2 cups Wheat flour

1 tablespoon Yoghurt

2 pinches Salt

1 tablespoon Oil

A little hot water

1. Make dough with the flour, yoghurt, salt, oil and hot water.
2. Cover with a wet towel and leave at room temperature for half an hour.
3. Now shape into small balls and roll into small circles.
4. Put the poori, cook one at a time, into the oil. As you deep fry press the poori gently into the oil. When it puffs up, turn and cook for a few more seconds before removing.
5. Continue until all pooris are cooked, serve immediately.

Paratha

Ingredients:

Method:

4 cups Wholemeal flour

1 teaspoon Salt

Some Melted butter or ghee

1 1/4 cups Water

A little Oil for coating the parathas

A little flour for rolling

1. Put wholemeal flour, salt and 3 tablespoons of the melted butter in a bowl. Make a well in the center and add the water. Knead well for about 6 minutes to make a soft dough. Leave to one side for 15 minutes.
2. Divide into four equal balls and roll out each to about 5 inches in diameter. Smear lightly with oil using a brush and fold into a half circle. Brush with oil again and sprinkle with a little flour. Fold into a triangle.
3. Flatten the triangle a little with the roller.
4. Heat a large pan on medium heat and add some melted butter ghee. Put the parathas into the pan and fry, flip until both sides are light, golden brown and crisp adding a little melted butter ghee as needed. Serve hot.
5. Repeat as necessary until the 4 parathas are cooked.

Paratha

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5. Repeat as necessary until the 4 parathas are cooked.

About Balti Cooking

Balti food takes its name from the metal type wok the dish is cooked in. The correct translation for the word 'balti' is bucket. This unusual wok is also called a karahi.

Balti

dishes are eaten with naan bread and not with rice as most other Indian and Pakistani

dishes are. You break off a piece of naan bread, scoop up the food from the balti and eat it

using the naan in place of a fork or spoon. Balti dishes are not eaten with cutlery. Apparently the 'balti craze' started in Birmingham, England in the late sixties.

Small cafe

type establishments sprung up which were frequented by immigrants from Northern

Pakistan. For a number of years these establishments catered solely for the local Asian

community.

These wonderful cafes were discovered in the early seventies, first by students and then by

the community at large who were looking for something new in Asian style cuisine.

Balti

style cooking became increasingly popular and resulted in so many new Balti restaurants in

the area it is now affectionately known as the 'Balti Belt'.

In restaurants, balti food is normally cooked and then served in a seven inch metal, balti

dish which has two ring handles. The food comes to your table sizzling with a wonderful

aroma of the fresh herbs and spices. To cook and serve balti style food in your own home

you will need to purchase a few of these balti serving pans. They are either made from

pressed steel or cast iron and come with a wooden base to rest them on after removing

from the hob.

As a rough guideline, you first cook the food, in a wok or frying pan, as you normally do for

a curry. Meanwhile on another hob you heat the serving balti dish until it is hot. You transfer

the individual portion to the serving dish and it sizzles when the oil hits the hot balti pan. A

splash of lemon or lime juice makes it sizzle even more. Remember. it will not sizzle unless

the balti serving dish is hot, not just warm. It must be very hot.

You can try this with any of the curry dishes described here. Be careful as the serving dish

is very hot, you must use oven gloves to lift it on to the wood base from the hob.

Warn

guests how hot the serving dish is as you serve.

In this chapter I have included a few recipes to give you a start and help you get familiar

with the technique. It may take you a little while to master the method and when you do it

will have been well worth the effort. You can make balti dishes from almost any meat or

vegetable available. Tandoori food is especially delightful when presented to the diner on a

hot, sizzling plate with a little juice from a fresh lemon wedge squeezed over.

Balti serving dishes can be obtained from most Asian spice stores complete with their wood

stands. Balti cooking gives a nice final touch to your culinary efforts.

Balti Chicken

This is the balti version of chicken curry. This style of cooking comes from Northern Pakistan and could be described as a wedding between the traditional and the modern

restaurant. It is served with with a delicious, lightly spiced mild to medium sauce and comes

to your table sizzling hot in a balti serving dish.

Ingredients:

Method:

See' Balti Note' below

Balti Note:- Five minutes before the end of cooking you must put the balti serving

utensil on a separate hob and allow to get hot. When it is hot turn off the heat and

put on the wood stand using oven gloves. Add a few slices of onion. Now add a

tablespoon of the sauce from the main meal to the side of the serving dish and it will

start to sizzle.

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1/4 teaspoon Chilli Powder

1/4 teaspoon Fenugreek Leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Chicken (pre cooked)

A few Slices of Onion

1/2 teaspoon Lemon juice

2 pinches Garam Masala

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.

2. Add the special spice mixture, chilli powder, fenugreek leaves and salt.

3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.

4. Add the chicken and stir well until it is is thoroughly heated.

5. Transfer to the hot, sizzling balti serving dish.

6. Add the lemon juice to the side of the serving dish, sprinkle with the garam masala, garnish with chopped coriander and serve.

Balti Meat

Balti dishes are normally served in a seven inch metal dish on a wooden base with two ring handles. This delicious food comes to your table sizzling hot with a wonderful aroma of fresh herbs and spices.

Ingredients:

Method:

See' Balti Note' below

Balti Note:- Five minutes before the end of cooking you must put the balti serving utensil on a separate hob and allow to get hot. When it is hot turn off the heat and using oven gloves put on the wood stand. Add a few slices of onion. Now add a tablespoon of the sauce from the main meal to the side of the serving dish and it will start to sizzle.

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1/4 teaspoon Chilli Powder

1/4 teaspoon Fenugreek Leaves (soak in a little water before adding)

2 pinches Salt

4 tablespoons Basic Curry Sauce

1 portion Lamb (pre cooked)

A few Slices of Onion

1/2 teaspoon Lemon juice

2 pinches Garam Masala

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
2. Add the special spice mixture, chilli powder, fenugreek leaves and salt.
3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.
4. Add the cooked lamb and stir well until it is is thoroughly heated.
5. Transfer to the hot, sizzling balti serving dish.
6. Add the lemon juice to the side of the serving dish, sprinkle with garam masala and garnish with the chopped coriander leaves before serving.

King Prawn Balti

This is the balti version of king prawn curry. This style of cooking comes from Northern Pakistan and could be described as a wedding between the traditional and the modern restaurant. It is served with with a delicious, lightly spiced mild to medium sauce and comes to your table sizzling hot in a balti serving dish.

Ingredients:

Method:

See' Balti Note' below

Balti Note:- Five minutes before the end of cooking you must put the balti serving utensil on a separate hob and allow to get hot. When it is hot turn off the heat and put on the wood stand using oven gloves. Add a few slices of onion. Now add a tablespoon of the sauce from the main meal to the side of the serving dish and it will start to sizzle.

4 tablespoons Oil

Few pieces Finely sliced red/green pepper

1 teaspoon Special Spice Mixture

1 teaspoon Chilli Powder

4 tablespoons Basic Curry Sauce

4 King Prawns, pre cooked in boiling, salted water for five minutes (large shrimp in USA)

A few Slices of Onion

1/2 teaspoon Lemon juice

2 pinches Garam Masala

1/2 tablespoon Chopped coriander leaves

1. Heat the oil in a frying pan, add the sliced pepper and allow to sizzle.
2. Add the special spice mixture and chilli powder.
3. After ten seconds add the basic curry sauce and stir until everything is mixed thoroughly.
4. Chop the cooked prawns in two. add and stir well until they are thoroughly heated.
5. Transfer to the hot, sizzling balti serving dish.
6. Add the lemon juice to the side of the serving dish, sprinkle with the garam masala, garnish with chopped coriander and serve.

About Spices

Dry Roasting:

When you become more than enthusiastic about making Indian food you will need to dry roast and grind your own spices. Your efforts will be rewarded with tastier food as this will enhance the flavour.

Method:

Grinding:

After the whole spices have been dry roasted and are cool you need to grind them into a powder. You can do this with a mortar and pestle. I use a coffee grinder to do this.

Storage:

Spices degrade quickly if they are exposed to air and light tends to leach them. When

spices lose their essential oils the flavour deteriorates. It is better to store your spices in containers as opposed to glass jars.

1. Heat a heavy frying-pan so it's medium hot.
2. Add the whole spices & move them around the pan to prevent them burning.
3. When the spices start to crackle and release an aroma it is time to remove them and allow to cool. If they turn black you must discard them and start again.

Spices and Ingredients

Ajowan Seeds, *Light red/brown seeds. Highly aromatic when crushed. Available from Asian stores.*

Almonds, Ground *Impart a richness to curries.*

Basic Curry Sauce, *See Chapter: The Basics.*

Basmati Rice, *The delicate flavour of basmati rice is unbeatable.*

Bay Leaves, (Tej Patta) *Larger than normal bay with three veins running lengthways. Available from Asian stores.*

Bengali Panch Phoran, *See Chapter: The Basics.*

Cardamom, Brown & Green (elaichi) *This spice is native to India. Pods with brown/black seeds. Aromatic with wonderful flavour.*

Cassia Bark, brown bark. *Used in savoury dishes, has a sweet and bitter taste.*

Chillies, green (hari mirch) *Best ones to use are jalapeno.*

Chilli Powder, *A red powder. The heat can vary from brand to brand, adjust quantities to suit your tastebuds.*

Cinnamon, Ground *Has an aromatic and sweet flavour. You can grind your own from the bark or buy it ready made.*

Cinnamon Stick, (dalchini) *Reddish brown bark. Wonderful woody aroma with a sweet taste.*

Cloves, (lavang) *This spice is used to flavour many dishes and is added whole.*

Coconut, Powder *Used to flavour dishes, better to use fresh coconut. Coconut powder, desiccated coconut and creamed coconut are substitutes.*

Coriander, Ground (dhania powder) *This powder, is an important ingredient of any mixture of curry spices.*

Coriander, Leaves (cilantro) *This fragrant herb is used in cooking. Often sprinkled over dishes as an attractive garnish.*

Coriander, Seeds (dhania) *Yellowish seeds.*

Cumin, Ground (jeera powder) *Ground cumin powder is widely available.*

Cumin Seeds, (whole Jeera) *Greenish brown, oval seeds.*

Curry Powder, *(not the stuff they sell in supermarkets. Purchase from an Asian grocery store)*

Fennel Seeds, (saunf) *Oval green/yellowish seeds with a very sweet taste.*

Fenugreek Leaves, (kasoor methi) *Buy the Dried Leaves. Gives curries that warm aroma.*

Fenugreek Seeds, (Methi seeds) *Have a slightly bitter taste.*

Food Colouring, *There are many food colourings available, Go easy on them as they can be harmful in large quantities.*

Garam Masala, *See Chapter: The Basics.*

Garlic Cloves, (lahsun) *Can be used pureed, crushed or chopped.*

Garlic Powder, *Can be used as a substitute for garlic cloves.*

Garlic Puree, *Pureed garlic cloves.*

Ghee, (Clarified Butter) *See Chapter: The Basics High in saturated fat, now been replaced by Vegetable oil.*

Ginger, Ground *Ground ginger root, used as a substitute for fresh ginger root.*

Ginger Puree, *A puree of fresh ginger root.*

Ginger Root, (aadrak) *Very versatile root with a rich warm flavour.*

Gram flour, (besan) *Made from dried chickpeas.*

Kalonji, (wild onion seeds) *Used in pickles and to flavour vegetable curries.*

Mango Powder, (Amchoor powder) *Made from dried unripe mangoes, this has a sour tangy taste.*

Mint, Dried (pudina)

Mustard Oil, *This oil has both a wonderful richness and flavour. Used in certain Indian dishes.*

Mustard, Seeds, *Round shaped seeds with a sharp flavour.*

Nutmeg, (jaiphal) *An aromatic nut and used ground or grated to add a sweet flavour.*
Rapidly loses flavour when ground.

Paneer, *See Chapter: The Basics.*

Paprika, *This red powder is made from ground capsicum. Only used to give colour,*
don't purchase too much as it tends to go stale quickly.

Peppercorns, Black, (kali mirch) *Warm aroma. Used both whole and crushed.*

Peppers, green, red, yellow, orange (Capsicum)

Plain Flour, (maida)

Red Lentils, (masoor dal) *These lentils are easy to cook and used in many Indian dishes.*

Tomato Puree, *You can buy this from most stores, use the double strength one.*

Turmeric, (haldi) *Brilliant golden yellow powder. Musky bitter flavour. Essential ingredient for many dishes. Used mainly for colour rather than flavour.*

Vinegar, (sirka) *Use any kind but better to use a mild one.*

Wheat Flour, (aata)

Wholemeal Flour.

Yoghurt, Plain (dahi)