

Malai Handi Chicken

MEDIUM | TRADITIONAL INDIAN CHICKEN DISH

Ingredients

- Oil or ghee - 1 curry spoon
- Fresh chopped garlic
- Chopped onion
- Methi leaves (fenugreek) - 1 teaspoon
- Cinnamon stick
- Bay leaves
- Cardamom - 3 pieces
- Turmeric powder - 1 teaspoon
- Coriander powder - 1 teaspoon
- Cumin powder - 1 teaspoon
- Garam masala - 1 teaspoon
- Water
- Black peppercorns - 1 teaspoon
- Base gravy - 1 curry spoon
- Pinch of salt
- Chicken - boiled or raw
- Cashew nut paste - 1 curry spoon
- Chopped coriander
- A drop of cream to finish

Method of Cooking

1. Heat the oil in a pan. Add the chopped garlic, onion and methi leaves.
2. Add the bay leaf, cardamom, peppercorns, turmeric and cinnamon stick. Stir well.
3. Add the coriander and cumin powders, followed by the garam masala.
4. Add the chicken, whether pre-boiled or raw.
5. Add some water and cook to develop the flavours.
6. Add 1 curry spoon of base gravy and salt to taste.
7. Add the cashew nut paste and more water as needed.
8. Finish with chopped coriander and a little cream to make the dish milder.





Lemon Grass Lamb

SWEET AND SOUR SPICY | CHEF'S FUSION DISH

Ingredients

- Diced lamb, marinated in oil, salt, garlic and ginger paste
- Vegetable or corn oil
- Chopped garlic
- Chopped onion
- White pepper and salt
- Sweet chilli sauce - 1 curry spoon
- Cumin powder - 1 teaspoon
- Coriander powder - 1 teaspoon
- Turmeric powder - 1 teaspoon
- Chilli powder - 1 teaspoon
- Red Thai curry sauce
- Lime leaves
- Garam masala powder
- Lemongrass
- Cherry tomatoes
- Base gravy
- Spring onions

Method of Cooking

1. Heat the vegetable or corn oil in a pan.
2. Add the chopped garlic. After 2 minutes, add the chopped onion.
3. Add the turmeric powder.
4. Add the coriander, cumin, garam masala and chilli powder together. Cook for 1 minute.
5. Add a little water, followed by the pre-cooked lamb pieces.
6. Add 1 curry spoon of sweet chilli sauce.
7. Add the cherry tomatoes, lime leaves and a touch of salt. Cook for a further 2 minutes.
8. Add the base gravy.
9. Add chopped lemongrass sparingly because the flavour is strong.
10. Finish with chopped spring onions and Thai curry sauce.



Vegetable Jeera Rice

JEERA MEANS CUMIN | BASMATI RICE DISH

Ingredients

- Oil
- Cumin seeds - 1 teaspoon
- Chopped onion - 1 curry spoon
- Turmeric powder - 1 teaspoon
- Mixed cooked vegetables
- Fresh coriander leaves
- Boiled basmati rice
- Salt and white pepper
- Fried onions - to garnish

Method of Cooking

1. Heat the oil in a pan. Add the chopped onion and cumin seeds, then stir.
2. Add the turmeric powder and stir.
3. Add the mixed cooked vegetables and stir well.
4. Add the boiled basmati rice and fresh coriander, then stir gently.
5. Add a pinch of white pepper and season with salt as needed.
6. Garnish with fried onions and serve.

Jeera Rice