

Garam Masala

Type: Spice

Recipe source: The Encyclopedia of Oriental Cooking by Margaret Fulton
Garam Masala forms the base for much of the cuisine of India, and many people regard it as the special touch that turns ordinary cooking into golden cuisine.

EQUIPMENT:

Mortar & pestle
Baking tray
Electric blender

TO STORE:

Airtight jar

INGREDIENTS:

1 $\frac{1}{2}$ teaspoons cardamon pods
5 Tablespoons coriander seeds
1 Tablespoon cumin seeds
1 $\frac{1}{2}$ tablespoons whole cloves
6 Tablespoons whole black peppercorns

What to do:

1. Remove the seeds from the cardamon seedpod then place on a baking tray with the remaining ingredients.
2. Bake in a preheated very hot oven 240 degrees celcius for 10 minutes.
3. Leave to cool.
4. Grind to a fine powder using a pestle and mortar, coffee mill or electric blender. Store in an airtight jar.
5. Garam Masala should keep for 3 - 6 months.

Dahi

Type: Homemade yoghurt

Serves: 30 tastes

Source: The Encyclopedia of Oriental Cooking by Margaret Fulton

Dahi is a homemade yoghurt and forms the base of many Indian dishes.

EQUIPMENT:

1 large bowl
1 saucepan
Measuring spoons
Measuring Jugs

INGREDIENTS:

5 cups milk
2/3 cup natural yoghurt
2 teaspoons salt (optional)

What to do:

1. Bring the milk to the boil in a heavy saucepan then boil for 3 to 4 minutes.
2. Remove the pan from the heat and leave the milk to cool to blood heat. (37 degrees celcius.
3. Beat in the yoghurt then leave in a warm place for at least 12 hours - the longer it is left, the more separated the curds and whey become.
4. Keep a little in the refrigerator to start the next batch. This can be continued until the yoghurt tastes "fizzy", then start a new batch.

Curry Paste

Type: Condiment

Serves: 2 small jars (330g)

Recipe source: The Encyclopedia of Oriental Cooking by Margaret Fulton

Fresh from the garden: onion, garlic

EQUIPMENT:	INGREDIENTS:
Saucepan	4 Tablespoons ghee
Sterilised jars	1 large onion peeled & sliced
Chopping board	2 garlic cloves, peeled & sliced
Cooks knives	1 teaspoon ground coriander
Wooden spoon	1 teaspoon ground turmeric
Measuring cups & spoons	1 teaspoon chilli powder
Scales	½ teaspoon salt
	1 teaspoon freshly ground black pepper
	1 ¼ cups water
	1 teaspoon Garam Masala

What to do:

1. Melt the ghee in a pan and add the onion and garlic.
2. Fry gently until soft but not brown.
3. Stir in the coriander, turmeric, chilli, salt and pepper.
4. Stir in the water and simmer for 10 minutes on low heat. Then add the Garam Masala and simmer for a further 5 minutes.
5. Place into jar for preserving.

Raeta

Type: Condiment

Recipe source: The Encyclopedia of Oriental Cooking by Margaret Fulton

Fresh from the garden: cucumber, onion, tomato, coriander leaves

Raeta is an accompaniment for Indian food to help with the spiciness.

EQUIPMENT:	EQUIPMENT:
Saucepan	1 ½ cups natural yoghurt
Sterilised jars	½ cucumber, cut into matchsticks
Chopping board	1 small onion, peeled & chopped
Cooks knives	1 small tomato, chopped
Wooden spoon	1 teaspoon salt
Measuring cups & spoons	To garnish:
Spoon	2 teaspoons coriander leaves, chopped
	½ teaspoon chilli powder

What to do:

1. Put all the ingredients in a serving bowl and stir well to mix. Sprinkle with the coriander leaves and chilli powder then chill in the refrigerator before serving.

Dosas with Keema filling

Type: Snack or Main

Serves: 30 tastes

Recipe source: The Encyclopedia of Oriental Cooking by Margaret Fulton

Fresh from the garden: onion, garlic

EQUIPMENT: Saucepan Chopping board Cooks knives Wooden spoon Measuring cups & spoons Scales Sifter Rolling pin Frying pan	INGREDIENTS: 2 cups plain flour 3 Tablespoons ghee ½ teaspoon salt 1 cup milk, soured a little with lemon juice Vegetable oil for frying Keema Filling: 3 Tablespoons ghee 2 large onion peeled & sliced 2 garlic cloves, peeled & sliced ½ teaspoon ground coriander 1 teaspoon ground turmeric 2 teaspoon chilli powder 1 teaspoon salt 1 teaspoon freshly ground black pepper 500g minced beef
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What to do:

1. Sift the flour into a bowl, rub in the ghee then add the salt.
2. Stir in the soured milk gradually to form a stiff dough, but velvety to touch.
3. Chill in fridge while you make the Keema.
4. Break the dough into pieces, about 2.5cm in diameter.
5. Roll into very thin circles then cut each circle in half.
6. Fold in half to make a triangular cone shape, enclosing the filling. Moisten the edges of the dough with the soured milk, then press together to seal.
7. Heat the oil in the frypan and fry a few at a time until golden brown.
8. Drain well and serve.

What to do:

1. Melt the ghee in a pan and add the onion and garlic.
2. Fry gently until soft but not brown.
3. Add the spices and seasonings and fry a further 3 minutes, stirring constantly.
4. Add the beef and fry, stirring, until cooked and the curry is dry.
5. Stir in the water and simmer for 10 minutes on low heat. Then add the Garam Masala and simmer for a further 5 minutes.

Indian Flatbread

Type: Bread/Side

Serves: 30 Tastes

Recipe source: SAKG

EQUIPMENT:

To cook the bread:

2 baking trays
2 heavy-based frying pans
rolling pin
spatula or egg flipper
tongs

For the dough:

small bowl
mixer with large bowl and dough
hook attachment
large bowl
clean tea towel

INGREDIENTS:

To cook the bread:

flour for dusting the
workbench

For the dough:

2 teaspoons sea salt
2 cups lukewarm water
5 tablespoons extra virgin olive
oil
1 kg plain flour, plus a little
extra for dusting

What to do:

1. You will form your breads using the dough made for you by the previous class.
2. At the end, you will make the dough for the class following you.
3. Preheat the oven to 120°C and place the baking trays in the oven.
4. Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
5. Do not play with or knead the dough - if you do your bread will be tough to eat!
6. Dust the workbench with some flour. Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
7. While the dough is being shaped, heat both frying pans until hot.
8. Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes.
9. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.

Indian Rice Pilaf

Type: Main/side
Taste.com

Serves: 30 tastes

Recipe source:

Fresh from the garden: onion

EQUIPMENT:	INGREDIENTS:
Knife	$\frac{1}{4}$ cup water
Chopping board	1 can chicken broth
Whisk	1 cup long grain rice
Bowls	$\frac{1}{8}$ t paprika
Wooden spoon	$\frac{1}{4}$ t cinnamon
Measuring cups & spoons	$\frac{1}{2}$ t garlic powder
	2 pinches ground cloves
	1 small onion

What to do:

- 1.** Bring water and chicken broth to a boil.
- 2.** Combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves in a bowl; stir to mix.
- 3.** Add spiced rice and onion to the boiling broth.
- 4.** Cover and cook until rice is tender, 20 to 25 minutes.

Spiced Semolina Dessert

Type: Dessert

Serves: 24 Tastes

Recipe source: The Encyclopedia of Oriental Cooking by Margaret Fulton

EQUIPMENT:

Shallow trays
Measuring cups
Measuring spoons
Large bowl
Saucepan
Wooden spoon
Knife

INGREDIENTS:

1 $\frac{1}{4}$ cups semolina
4 Tablespoons dessicated coconut
2 cups sugar
1 Tablespoon poppy seeds
Seeds of 6 cardamon pods
2 $\frac{1}{2}$ cups water
4 Tablespoons ghee, melted

What to do:

- 1.** Put the semolina in a heavy pan with the coconut, sugar, poppy and cardamon seeds.
- 2.** Mix well then stir in the water.
- 3.** Bring to the boil, stirring, then lower the heat and simmer for at least an hour until every ingredient is soft.
- 4.** Stirring frequently.
- 5.** Add the ghee gradually and mix well.
- 6.** Transfer the mixture to a shallow tray and spread evenly.
- 7.** Leave to cool, then cut into triangles or diamond shapes.
- 8.** Store in an airtight container.

Indian Vegetable Curry from Goa

Type: Main

Serves: 24 Tastes

Recipe source: SAKG

Fresh from the garden: pumpkin, onion, coriander, potatoes, carrots, sweet potato, beans, celery, lemon, chilli, tomatoes

EQUIPMENT:

Measuring cups
Measuring spoons
Large bowl
Frying pan
Electric beater
Knife
Peeler
Juicer
Wooden spoon
Chopping board
Baking dish

TO SERVE:

2 bowls

INGREDIENTS:

1 x onion
2 x carrots
2 x potatoes
1 x sweet potato
Green beans
2 T vegetable oil
 $\frac{1}{2}$ t chilli flakes
1 t turmeric
1 x 400g can chopped tomatoes
Salt
1 x lemon

Spice Paste: 2 T coriander seeds
1 t cumin seeds
4 whole cloves
10 peppercorns
1 x 5cm piece cinnamon stick
1 T vegetable oil
1 t mustard seeds
 $\frac{1}{2}$ cup dessicated coconut
 $\frac{1}{2}$ cup water

What to do:

1. Thinly slice the onion and place in the food processor.
2. Place the coriander and cumin seeds in the small bowl along with the cloves and peppercorns. Crumble in the cinnamon stick.
3. Heat the oil in the frying pan over low to medium heat.
4. Add the spice mix and cook, stirring with the wooden spoon for 3 minutes or until fragrant.
5. Place the spice mix into the food processor. Add the mustard seeds, coconut and water and process until it makes a smooth paste.
6. Peel and finely chop the second onion and place in a small bowl.
7. Peel the carrots and potatoes then cut each vegetable into 2 cm cubes. Place the carrot and regular potato in a large bowl and sweet potato in another.
8. Cut the beans into 4cm pieces.
9. Heat the oil in the frying pan over medium heat and add the chopped onion and cook until golden brown. Stir in the chilli flakes and turmeric and add the spice paste. Cook for 5 minutes.
10. Pour canned tomatoes into the pan and bring to the boil over a high heat.
11. Add the carrot and regular potato, combine and cook for 5 minutes. Add the sweet potato, cover and cook for 10 more minutes.
12. Add the green beans, cover and reduce the heat to low and cook for 10 minutes or until vegetables are tender.
13. Juice the lemon and stir the juice into the curry. Serve.

Roti

Type: Bread/Side

Serves: 30 Tastes

Recipe source: SAKG

EQUIPMENT:	INGREDIENTS:
Scales Measuring cups and spoons Large jug Frypan	2 teaspoons sea salt 100ml milk 1 egg, lightly beaten 50g unsalted butter 2 teaspoons caster sugar oil 2½ cups plain flour, plus a little extra for dusting

What to do:

1. Place milk, butter, egg and 100ml water in a large jug and mix well.
2. Place flour, sugar and salt in a bowl and make a well in the centre.
3. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft smooth dough. Cover and stand for 20 minutes.
4. Divide dough into pieces and spray with oil. Spray a clean, flat work surface with oil. Working with one dough ball at a time, use oiled hands to flatten the dough on the oiled surface, tugging at the edges to stretch it out to about 15cm wide and 5mm thick.
5. Heat a large frying pan to medium high heat. Cook each roti (pressing down as it bubbles to cook evenly), for 1 minute on each side or until golden and slightly charred.