



Flavours of India

Delicious slow-cook recipes made simple with Meena Pathak



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A Culinary journey through India's best known regions



India is home to one of the most exciting and diverse cuisines in the world. From rich, indulgent and spicy to light, delicate and fragrant, the choice is

immense. At Patak's, we are passionate about Indian food and about inspiring you to discover and enjoy the vast array of flavours that the cuisine has to offer.

The best way to experience real Indian food is to cook it yourself and cooking Indian food at home needn't be difficult. That's why I've developed these simple, easy-to-follow recipes that celebrate the diversity of India's regional cuisine.

Food that has been cooked slowly is wonderfully mellow as all of the rich, exotic flavours of the spices, herbs, meats and other key ingredients have had time to blend and develop.

Over the next few pages you will find irresistible recipe ideas designed for use with your curry cooker – from easy suppers and family meals to rich and sumptuous dishes for evening entertaining.

So, why not bring an exotic taste to your table and enjoy it Indian-style with Patak's?

Meena Pathak

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Heat Ratings

◆ mild ◆◆ mild medium ◆◆◆ medium ◆◆◆◆ medium hot ◆◆◆◆◆ hot

Slow Cooking



Hints on using your Kenwood Curry Cooker

- 1 Prepare ingredients at room temperature rather than using them straight from the fridge. Meat and fish should only be kept out long enough to remove the chill.
- 2 Ensure any frozen ingredients are completely defrosted before use.
- 3 Green vegetables require less time to cook than other ingredients, so add them to the pot during the last half hour of cooking. Root vegetables take longer to cook than meat, so dice them into smaller pieces up to 15mm.
- 4 When using dried beans or chickpeas, soak them overnight in cold water and then drain, rinse and boil for 10 minutes in fresh water before adding to the pot. Lentils do not need to be pre-soaked.
- 5 All ingredients should be covered in liquid inside the pot to ensure they are cooked through.
- 6 When cooking a joint, ensure that it sits within the lower two-thirds of the pot and cover fully with liquid, turning once during cooking.
- 7 Fish should only be cooked for a short amount of time, otherwise it will become very dry.
- 8 Using hot water or stock will help speed up the cooking process.
- 9 Resist the temptation to lift the lid too often during cooking as this allows moisture to escape and the temperature to drop.
- 10 Always check that meat is cooked before serving – use a food thermometer or insert a skewer or knife into the meat to ensure the juices run clear.





Hints and tips for delicious, slow-cooked Indian food



- 1** Spices are best used when they are at their freshest so buy small quantities and store them in airtight containers out of direct sunlight.
- 2** Be careful when frying whole spices as they tend to burn quickly. Remove from the heat as soon as the aromas are released and continue to stir or shake to prevent overcooking.
- 3** For a royal dish fit for a Moghul emperor add a handful of chopped cashews, almonds, dried apricots or golden sultanas to your favourite dish before serving.
- 4** If you want to add extra cream to your dish to reduce the chilli heat, do so during the last 20 minutes of cooking.
- 5** Ensure that you wash your hands thoroughly after preparing chillies as they can affect your skin.
- 6** Much of the population of India is vegetarian and most of these recipes can be adapted as such. Simply replace the meat with your choice of mixed vegetables such as potatoes, cauliflower, aubergine, parsnips, peas and tomatoes.
- 7** For authentic, robust flavours, marinate raw meats such as poultry, lamb or beef overnight in the refrigerator with your choice of Patak's Curry Paste.



Murgh Tikka Masala

Indian Spiced Chicken ◆◆◆ medium

SERVES 4 ◆ PREPARATION TIME: 1 HOUR (INCLUDING MARINATING TIME) ◆ COOKING TIME: 3 HOURS

8 Chicken drumsticks, skins removed

2 tbsp Patak's Tandoori Paste

1 tbsp Plain yoghurt

1 Jar (425g) Patak's Jaipuri Tikka Masala Cooking Sauce

1 tbsp Vegetable oil

150ml Water

1tsp Fresh coriander leaves, chopped

1 Mix together the Patak's Tandoori Paste and yoghurt. Coat the drumsticks with the mixture and leave to marinate for at least 1 hour in the refrigerator (or overnight for a more intense flavour).

2 Heat the oil in a pan and sear the marinated drumsticks on a high heat, cooking evenly on all sides.

3 Add the Patak's Jaipuri Tikka Masala Sauce and water, stir well and transfer to your Kenwood Curry Cooker. Cook on High for 2½ - 3hrs.

4 Garnish with the chopped coriander leaves.

Serve hot with a delicious Masala Dal (see page 24) or simply with basmati rice, chapattis or naan bread.

Murgh Kali Mirch

Pepper Chicken ◆◆◆◆ medium hot

SERVES 4 ◆ PREPARATION TIME: 20 MINUTES ◆ COOKING TIME: 2 ½ HOURS

500g Boneless chicken thigh (remove excess fat), cut into cubes (20mm pieces)

2 tbsp Vegetable oil

150g Onion, sliced

½ tsp Mustard seeds

2 Green chillies, finely chopped

4 Garlic cloves, sliced

½ tsp Black peppercorns, cracked

1 Jar (540g) Patak's Madras or Balti Cooking Sauce

100ml Water

100ml Single cream (optional)

1 Heat the oil in a pan and add the mustard seeds. As they begin to crackle add the garlic and fry for several minutes.

2 Add the sliced onions and sauté until light golden brown. Add the chopped green chillies and the Patak's Madras or Balti Cooking Sauce and mix well.

3 Add the chicken with 100ml of water and transfer to your Kenwood Curry Cooker. Cook on High for 2 - 2½ hours.

4 Add the cracked black peppercorns and stir in the cream (optional).

Serve hot with basmati rice, chapattis or naan bread.





Keralan Chicken Curry

◆◆◆ medium

SERVES 4 ◆ PREPARATION TIME: 15 MINUTES ◆ COOKING TIME: 3 HOURS

1 tbsp Vegetable oil

500g Skinless chicken thigh meat (with or without bone)

100g Onion, finely diced

½ tsp Fresh ginger, finely chopped

2 Green chillies, finely chopped

1 Jar (425g) Patak's Keralan Cashew & Chilli Masala Cooking Sauce

120ml Water

1 tsp Fresh coriander leaves, chopped

1 Heat the oil in the pan and sauté the onions for 3 - 4 minutes until light golden brown.

2 Add the green chillies, ginger and Patak's Keralan Cashew & Chilli Masala Cooking Sauce along with 120 ml of water. Mix well and add the chicken.

3 Stir for about 1 minute and transfer to your Kenwood Curry Cooker. Cook on High for 2½ - 3 hours.

4 Garnish with fresh chopped coriander leaves.

Serve hot with basmati rice, chapattis or naan bread.

Goan Fish Curry

◆◆◆◆◆ hot

SERVES 4 ◆ PREPARATION TIME: **1 HOUR 10 MINUTES** (INCLUDING MARINATING TIME) ◆ COOKING TIME: **1 HOUR**

1 tbsp Vegetable oil
150g Onion, sliced
600g (4 fillets) Salmon, cod, tuna or monkfish (skins removed)
½ tsp Fresh ginger, chopped
3 Garlic cloves, chopped
2 Green chillies, finely chopped
1 Jar (425g) Patak's Goan 7 Spice Masala Cooking Sauce
1tbsp Patak's Korma Curry Paste

- 1** Marinate the fillets of fish with the Patak's Korma Curry Paste for at least 1 hour in the refrigerator.
- 2** Heat the oil in a pan, add the garlic, ginger and green chillies and stir fry for a few minutes. Add the sliced onions and sauté for at least 3 - 4 minutes until light golden brown.
- 3** Add Patak's Goan 7 Spice Masala Cooking Sauce to the marinated fish and coat well.
- 4** Transfer to your Kenwood Curry Cooker and cook on High for ¾ - 1 hour.

Serve hot with ready-to-eat pappadums and a fresh, Spicy Mango Salsa (see page 24) or simply with basmati rice, chapattis or naan bread.





Maas Vindaloo

Goan Spiced Pork  hot

SERVES 4 ♦ PREPARATION TIME: 20 MINUTES ♦ COOKING TIME: 2 HOURS

1 tbsp Vegetable oil

100g Onion, sliced

4 Garlic cloves, chopped

2 Green chillies, deseeded and cut into strips

1 Jar (540g) Patak's Vindaloo Cooking Sauce

600g Pork loin, cubed (20mm pieces)

100ml Water

1 Heat the oil in a pan, sauté the garlic, green chillies and sliced onions for 3 - 4 minutes until the onions are light golden brown.

2 Add the Patak's Vindaloo Cooking Sauce and stir well.

3 Add the pork loin pieces, mix in the water and transfer to your Kenwood Curry Cooker. Cook on High for 2 hours.

Serve with basmati rice and Patak's Brinjal Pickle.

Punjabi Chole

Chick Pea Curry ◆◆◆ medium

SERVES 4 ◆ PREPARATION TIME: 10 MINUTES ◆ COOKING TIME: 2 HOURS

1 tbsp Vegetable oil
500g Boiled or canned chickpeas
150g Onion, chopped
200g Canned chopped tomatoes
2 tbsp Patak's Tikka Masala Paste
1 tbsp Patak's Garam Masala Paste or Patak's Madras Paste
½ tsp Sugar
200ml Water
1 tsp Fresh coriander leaves, chopped

1 Heat the oil in a pan and sauté the onions until light golden brown (about 3 - 4 minutes).

2 Add Patak's Tikka Masala and Garam Masala Pastes and sauté for a further 1 minute.

3 Add the tomatoes, cook for a further 1 minute.

4 Add the cooked chickpeas, sugar and water and mix well. Transfer to your Kenwood Curry Cooker and cook on High for 1½ - 2hrs.

Garnish with fresh chopped coriander leaves and serve with warm chapattis.

Tip: For a quick and easy alternative to chickpeas, you can use 200g dried yellow lentils. There is no need to pre-soak them, simply wash under running water and add to the pan.





Lamb Jardaloo

Lamb with Apricots  medium

SERVES 4 ♦ PREPARATION TIME: 20 MINUTES ♦ COOKING TIME: 2 HOURS

1 tbsp Vegetable oil
150g Onion, diced
½ tsp Garlic purée
½ tsp Ginger purée
500g Lamb leg (boneless), cubed (20mm pieces)
1 Jar (425g) Patak's Kashmiri Rogan Josh Cooking Sauce
120ml Water
1 tsp Fresh coriander leaves, chopped
4 – 6 Dried apricots, chopped
1 tbsp almonds or cashew nuts, chopped

- 1 Heat the oil in a pan, add the chopped onions and sauté for about 3 - 4 minutes until light golden brown
- 2 Add the lamb, ginger and garlic and stir-fry for a few minutes.
- 3 Add the Patak's Kashmiri Rogan Josh Cooking Sauce and water, mix well and transfer to your Kenwood Curry Cooker. Cook on High for 2 hours.
- 4 Garnish with fresh chopped coriander leaves, apricots and nuts.

Serve hot with basmati rice, chapattis or naan bread.

Tip: For an extra garnish, peel a medium sized potato and cut into thin straws. Heat some vegetable oil in a pan and fry on high for 1 - 2 minutes. Remove and drain on kitchen paper.

Royal Parsnip & Courgette Korma

◆ mild

SERVES 4 ◆ PREPARATION TIME: 20 MINUTES ◆ COOKING TIME: **1½ HOURS** (COOKED ON HIGH)
OR **3 HOURS** (COOKED ON LOW)

1 tbsp Vegetable oil
300g Parsnip, diced (15mm pieces)
300g Courgette, diced (15mm pieces)
150g Onion, chopped
1 Jar (540g) Patak's Korma Cooking Sauce
200ml Water or vegetable stock
1 tbsp Fresh coriander leaves, chopped
1 tbsp Almonds, sliced

1 Heat the oil in a pan and sauté the onions for 3 - 4 minutes until light golden brown.

2 Add the parsnip and courgette and stir-fry with the onion for a few minutes.

3 Add the Patak's Korma Cooking Sauce and water or vegetable stock, mix well and transfer to your Kenwood Curry Cooker.
Cook on High for 1 - 1½ hours or on Low for 2½ - 3 hours.

4 Garnish with the fresh coriander leaves and sliced almonds.

Serve hot with Pudhina Pulav (Mint Flavoured Rice – see page 32)
or simply with basmati rice, chapattis or naan bread.





Butternut Squash & Vegetable Balti

◆◆◆ medium

SERVES **4** ◆ PREPARATION TIME: **20 MINUTES** ◆ COOKING TIME: **1½ HOURS** (COOKED ON HIGH)
OR **3 HOURS** (COOKED ON LOW)

1 tbsp Vegetable oil

225g Potato, peeled and diced (15mm pieces)

400g Butternut squash, diced (15mm)

225g Cauliflower florets (medium size)

225g Courgette, diced (15mm pieces)

100g French beans, trimmed and halved

4 tbsp Patak's Balti Paste

200g Canned chopped tomatoes

300ml Water or vegetable stock

2 - 4 Sprigs fresh mint

1 Heat the oil in a pan, add the Patak's Balti Curry Paste and cook until it starts to sizzle.

2 Add all the vegetables together and stir fry for just 1 minute.

3 Add the tomatoes, water or vegetable stock and mix well.
Transfer to your Kenwood Curry Cooker and cook on High for 1 - 1½ hours or on Low for 2½ - 3 hours.

4 Garnish with sprigs of fresh mint.

Serve hot with basmati rice, chapattis or naan bread.

Masala Dal

Garlic Spiced Lentils

◆◆◆◆ medium hot

SERVES 4 ◆ PREPARATION TIME: 20 MINUTES

◆ COOKING TIME: 2 HOURS

1 tbsp Vegetable oil
200g Dried red or yellow lentils
150g Onion, chopped
100g Canned chopped tomatoes
2 tbsp Patak's Madras Curry Paste
1 tbsp Patak's Tikka Masala Curry Paste
½ tsp Cumin seeds
½ tsp Fresh ginger, chopped
1 tsp Fresh garlic, chopped
300ml Water
1 tsp Fresh coriander leaves, chopped

1 Heat the oil in a pan. Add the cumin seeds and fry until they start to crackle.

2 Add the chopped ginger and garlic and sauté for 1 minute. Add the onion and sauté for a further 3 - 4 minutes until light golden brown.

3 Add the remaining ingredients, mix well and transfer to your Kenwood Curry Cooker. Cook on High for 1½ - 2 hours.

4 Garnish with fresh, chopped coriander leaves.

Spicy Mango Salsa

◆◆◆ medium

SERVES 4 ◆ PREPARATION TIME: 20 MINUTES

◆ COOKING TIME: NONE

1 Small red onion, finely chopped
1 Small firm mango, skin removed and finely chopped
3 tbsp Fresh coriander leaves, chopped
2 Tomatoes, deseeded and finely chopped
4 tbsp Lime juice
½ - 1 Red chilli, deseeded and finely chopped
Sea salt and black pepper

Simply combine all of the salsa ingredients in a large bowl, season to taste and spoon into small dishes or ramekins to serve.





Subzi Pulav

Indian Mixed Vegetable Rice ◆ mild

SERVES 4

- ◆ PREPARATION TIME: **UP TO 30 MINUTES**
- ◆ COOKING TIME: **2 HOURS**

250g Basmati rice

1 tbsp Vegetable oil

½ tsp Cumin seeds

100g Carrot, diced (15mm pieces)

100g Green beans, trimmed and cut

100g Cauliflower florets (medium size)

2 tbsp Patak's Balti Paste

600ml Hot water

1 Rinse the rice in cold, running water then cover with cold water and leave it to soak for up to 20 minutes.

2 Heat the oil in a pan, add the cumin seeds and fry gently until they start to crackle.

3 Add the carrot, green beans, cauliflower and Patak's Balti Paste and fry for a further 3 - 4 minutes.

4 Drain the rice of excess water and transfer it to the Kenwood Curry Cooker and add the hot water.

5 Add the vegetables and mix well with the rice. Cook on High for 1½ - 2 hours.

Quick One-Pot Cooking with Patak's Cooking Sauces

For easy one-pot cooking, use any Patak's Cooking Sauce with your choice of meat or vegetables.

Ensure that any vegetables such as onions, potatoes, courgettes or cauliflower are cut into small pieces and added to the Curry Cooker first.

Add the cubed meat, skinless poultry or vegetables, pour over your choice of cooking sauce and top up with between 100 - 120ml water ensuring that the ingredients are immersed. Stir well.

Cook on High for 1 hour for chicken or vegetables and 2 hours for red meats such as lamb or beef. If using meat on the bone, ensure that cooking times are increased accordingly. Refer to your Curry Cooker user manual for guidance.

Add green vegetables half an hour before the end of cooking.





Chicken Mango & Shallot Masala

◆ mild

SERVES 4 ◆ PREPARATION TIME: 5 MINUTES ◆ COOKING TIME: 1 HOUR

500g Boneless chicken breast, cubed (20mm pieces)

1 Jar (425g) Patak's Bombay Mango & Shallot Masala Cooking Sauce

120ml Water

1 Add the chicken pieces, Patak's Bombay Mango & Shallot Masala Cooking Sauce along with the water to your Kenwood Curry Cooker.

2 Mix well and cook on High for 1 hour.

Serve hot with basmati rice, chapattis or naan bread.

What is Diwali?

Diwali is the Hindu Festival of Lights, which marks the beginning of the lunar New Year. Symbolically, Diwali represents an escape from darkness. The festival allows Hindus to focus upon the true and positive values of life. Each day of the festival has particular relevance according to a number of myths, legends and beliefs. Fireworks herald the beginning of the festivities and, at night, every building is lit with little lamps to welcome Lakshmi, the Goddess of wealth and prosperity.

Where is it celebrated?

Diwali is celebrated throughout India and by the Hindu community across the globe. Increasingly, people are becoming more aware of Diwali and are joining in the festivities.

Where does the word Diwali originate?

The word "Diwali" originates from the ancient Indian word "Deepavali" - Deepa meaning light, and Avali, meaning a row, literally a row of lights.

The Ultimate Diwali Banquet

A delicious Indian meal can be enjoyed at any time of year, whether cooking for family or friends, for a simple evening meal or a quick snack. But there is one festival in the Hindu calendar that is an ideal opportunity to enjoy a sumptuous Indian feast – Diwali, the Hindu Festival of Lights.



S T A R T E R

Hara Bhara Kebab

Spinach & Green Pea Patties

◆◆◆ medium

SERVES 4 ◆ PREPARATION TIME: 40 MINUTES

◆ COOKING TIME: 20 MINUTES

4 Medium sized potatoes, diced and boiled

100g Green peas, cooked

100g Spinach leaves

1 tbsp Fresh coriander, chopped

1 heaped tbsp Patak's Rogan Josh Paste

2 tbsp Cornflour

Oil to deep fry

Salt to taste

1 Mash the boiled potatoes with the boiled peas.

2 Blanch spinach leaves in boiling water. Refresh in cold water, squeeze out any excess moisture and finely chop.

3 Mix the potato and pea mixture with the spinach.

4 Add the chopped coriander and Patak's Rogan Josh Paste. Add cornflour to bind and mix well. Add salt if required.

5 Divide the mixture into 24 equal portions. Shape each portion into a ball and then press it between your palms to give it a flat, patty shape.

6 Heat enough oil in a pan or wok to deep fry. Deep fry the patties in hot oil for 3 - 4 minutes. Serve hot.



Diwali is very much the Hindu equivalent of Christmas and New Year. Food plays a huge part in the celebrations as an offering to the Gods and, of course, in entertaining for friends and family.

Most Hindu families will have a shrine to the gods in their home, which becomes the centre of attention during Diwali. The cook of the family will carefully place food offerings in front of the gods on leaves or in silver or other special serving dishes.

Dishes cooked by Hindus throughout Diwali are always vegetarian as they do not traditionally eat meat.

The cook would often spend days preparing the food for Diwali, however, nowadays, preparing these dishes need not take a long time.

It's not just savoury dishes which are prepared for Diwali, Indian desserts play an important part in the celebrations too and it would not be unheard of for one family to prepare 100 different recipes!

Diwali is celebrated every year in October or November, but you can make any day a special occasion with our truly authentic Indian feast for all your family and friends to enjoy.

Gobi Mussallam

Cauliflower Curry ♦♦ mild medium

SERVES 4 ♦ PREPARATION TIME: **10 MINUTES**

♦ COOKING TIME: **1 HOUR** (COOKED ON HIGH)
OR **2½ HOURS** (COOKED ON LOW)

1 tbsp Vegetable oil
120g Onion, grated
120g Onion, diced
500g Cauliflower florets (medium size)
1 tbsp Patak's Tikka Masala Paste
2 tbsp Patak's Korma Paste
50g Canned chopped tomatoes
300ml Water or vegetable stock
100ml Single cream
1 tsp Fresh coriander leaves, chopped

- 1 Heat the oil in a pan and sauté the grated onion until light golden brown.
- 2 Add the Patak's Tikka Masala and Korma Pastes and stir-fry for a few minutes. Add the diced onion and sauté for a further 3 - 4 minutes until light golden brown.
- 3 Add the tomatoes, cauliflower florets and water and mix well.
- 4 Transfer to your Kenwood Curry Cooker and cook on High for 1 hour or on Low for 2 - 2½ hours.
- 5 Stir in the cream and garnish with fresh chopped coriander leaves.



Pudhina Pulav

Mint Flavoured Rice ◆ mild

SERVES 4 ◆ PREPARATION TIME: **60 MINUTES** ◆ COOKING TIME: **20 MINUTES**

This dish can be prepared on the hob whilst the main dish is simmering in your Curry Cooker.

150g Basmati rice

2 x 1 inch Pieces of ginger

225ml Natural yoghurt

3 tbsp Vegetable oil

2 Bay leaves

5 Cloves

5 Green cardamom pods

10 Black peppercorns

900ml Water

175g Fresh mint leaves, chopped

1 tsp Fresh coriander, chopped

Salt to taste

1 Clean the rice several times in water and leave to soak for 1 hour.

2 Peel the ginger and grind to a fine paste in a food processor. Whisk in the yoghurt and set aside.

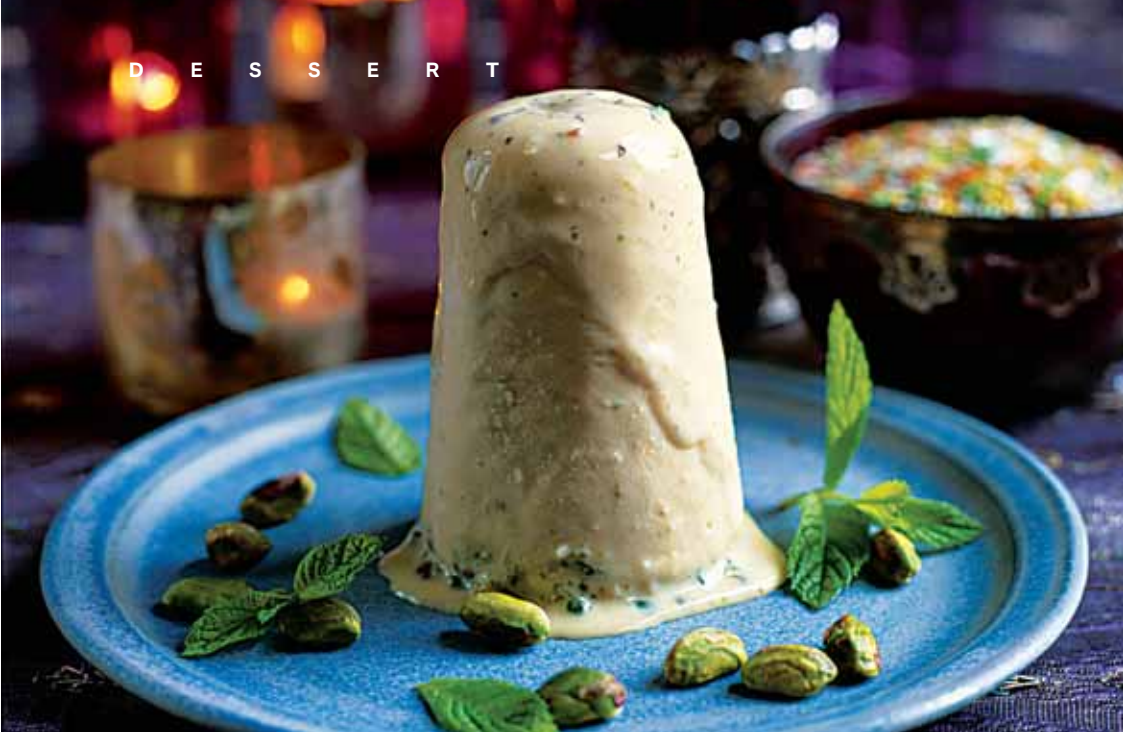
3 Heat the oil in a pan and add the bay leaves, cardamom pods, cloves and peppercorns. When they begin to crackle add the ginger and yoghurt mixture. Cook on a low heat for 3 minutes.

4 Add the water and bring to the boil. Season to taste.

5 Drain the rice and add to the pan with the chopped mint leaves.

6 Cover the pan with a lid and cook on a low heat for 10 - 20 minutes or until the rice is completely cooked. Drain and serve.





Malai Kulfi

Almond and Pistachio Ice Cream

SERVES 8 ♦ PREPARATION TIME: 25 MINUTES ♦ FREEZING TIME: OVERNIGHT

397g Can condensed milk
 410g Can evaporated milk
 300ml Whipping cream
 ½ tsp Ground cardamom
 Few drops of vanilla essence
 25g Almonds, ground
 25g Pistachio nuts, ground plus extra
 whole nuts to garnish
 Fresh mint to garnish

1 Put the milks and cream in a large pan and bring to the boil. Simmer for 15 minutes, stirring constantly (the mixture should be thickened and reduced).

2 Stir in the cardamom and vanilla essence, then remove from the heat and cool completely.

3 Mix in the ground nuts and pour into 8 x 100ml moulds. Freeze for 6 - 8 hours.

To serve, hold the moulds under warm water and turn onto plates. Decorate with the whole pistachios and fresh mint.

Patak's Products – What to Use

Patak's Pastes are an ideal way to prepare any Indian dish, especially those cooked using a slow-cooker. Each paste is a delicate blend of fresh ground spices and herbs preserved in oil to ensure their freshness and flavour. Available in a variety of flavours including: Tikka Masala, Korma, Balti, Rogan Josh, Madras and Tandoori

Patak's range of Regional Indian Cooking Sauces are an ideal way to sample the diverse range of ingredients, flavours and dishes that the vast country of India has to offer. From some of the most well-known regions of India, the range includes Punjabi Saag Masala and Kashmiri Rogan Josh

And to add that truly authentic Indian touch, why not accompany your meal with a range of Patak's accompaniments. Choose from a variety of restaurant favourites including Patak's Naan Breads, Chapattis, Pickles, Pappadums, Raita and Dips.







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