

RECIPES FOR SUCCESS 2009

From Top Chefs in Britain, India, America & Thailand



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The Taylor and Shroff range of wines are the first of its kind in the world to be paired & enjoyed best with Hot Spicy Food. The high alcohol content, fruity structure & low acidity of these wines helps clean the palate and enables you to savour the most intricate forms of gastronomic preparations be it Mughlai, Italian, Mexican, or Oriental in nature & style. Each wine is deliciously fruity and uniquely different, with flavours such as Ginger, Cherry, Apricot and the classic Red Wine and White Wine.

Contents

Edited by Peter J. Grove - editor of Mood Food Magazine
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Chad Rahman

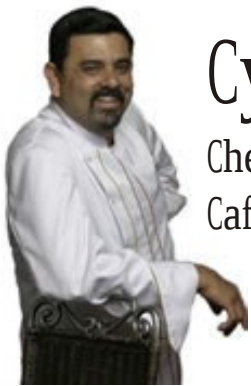


Masala Seabass
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Produced for The Curry Tree Charitable Fund
The official fund for National Curry Week 2009



Cyrus Todiwala MBE, DL

Chef Proprietor

Café Spice Namaste London E1

Cyrus Todiwala MBE DL is one of Britain's most successful and widely admired Indian chefs. His unique and authentic gourmet restaurants, his numerous accolades and his frequent appearances on TV and radio have made him one of the best known faces on the restaurant scene.

He has also enjoyed publishing success with his book Café Spice Namaste and he is currently writing a new book that celebrates the rich diversity of Indian food.

The personal journey Cyrus has travelled is a fascinating one. From humble beginnings as a young Bombay baker, Cyrus is now an internationally renowned chef who has worked in some of the world's top restaurants and cooked for dignitaries such as King Hussain of Jordan, Indira Ghandi and Margaret Thatcher.

He has received countless awards for the consistently high standards in his cuisine. Recently he was honoured with 'Outstanding Contribution' award at Tio Pepe ITV London Restaurant Award 2004. He has been voted Best Indian Chef in the UK, awarded a Culinary Honour of Merit Award from the World Chef Society and Café Spice Namasté is one of the only Indian Restaurants to win the BIB Gourmand Award from the Michelin Guide.



MASALA NU ROAST GOS

This is a Parsee style roasted joint of lamb. Once roasted the lamb may be sliced and served cold as a sandwich filler; served hot with the gravy shown below with boiled rice or a light cumin pulao. This style of marinating is quite typical but very adaptable and the simplicity of it all makes it suitable for most meats.

INGREDIENTS

LEG OF LAMB	1to 1.25Kg (Roast trimmed)
GINGER	50gms
GARLIC	50gms
CUMIN	1 Teaspoon
CORIANDER SEEDS	1 Tablespoon
CINNAMON OR CASIA BARK	2 one-inch pieces
GREEN CARDAMOM	3-4
CLOVES	2-3
PEPPER CORNS	3-4
CHOPPED ONIONS	3 Medium sized
CHOPPED TOMATO	200Gms
SUNFLOWER OIL	2-3 Tablespoons
SALT	1 Teaspoon & then as desired
SMALL POTATOES	1 dozen or so

METHOD

- Trim the leg of lamb to suit as for roasting.
- Roast the cumin & coriander on a low heat until they change colour slightly and cool.
- In a blender grind together the ginger, garlic and the roasted cumin & coriander to a fine paste with only as much water as is necessary to keep the condiments.
- Peel the potatoes, remove any spots, wash and keep them soaked in water.
- In a large casserole big enough to take the leg of lamb add the oil and heat until a light haze forms on the surface.
- Reduce the heat a little & add the leg of lamb.
- Brown well on all sides until the meat is well sealed
- Remove the lamb from the casserole and add the whole spices.
- Sauté for a minute or so on a low heat until the cloves swell a bit and deglaze the casserole with a little water to release the residue from the lamb stuck at the base.
- Scrape with a wooden spatula until the base is scraped clean and add the chopped onions.
- Continue cooking until the liquid evaporates and the onions are now being sautéed.
- Sauté until the onions are soft and add the ground masala.
- Add some water to the container to release any stuck masala and add this to the pan too.
- Continue cooking for five to six minutes and put the lamb joint back into the casserole.
- Coat it well with the masala, check seasoning and add salt as desired.
- Lower the heat a bit, cover the pan tightly and continue cooking the lamb.
- At this stage if your casserole is an oven able type put the casserole covered into the oven at approximately 150°C.
- After about fifteen minutes remove from the oven and turn the meat and put it back into the oven.
- If cooking it on the cooker turn the meat after ten minutes or so and also check to see that the contents are not burning at the base.
- In either case if the contents dry out too much or the onions are burning in case of cooking on the cooker add some water or stock of you have any to loosen the contents at the bottom of the pan.
- In another fifteen minutes or so the lamb should be approximately half cooked.
- At this stage add the chopped tomatoes and the potatoes and if necessary some water or stock, cover and continue cooking for another ten to fifteen minutes.
- If not using a thermometer the best way to test the lamb would be to notice the cooking process and the shrinkage accordingly.
- When the lamb is almost cooked the muscles at the shin will have retracted and the lamb will itself feel soft to the touch.
- If in doubt insert a thin skewer or a roasting fork and check to see if the fluid released is running clear.
- When the lamb is done remove it onto a tray and also remove any gravy stuck to it.
- Remove the potatoes and set these aside.
- Check the gravy and if necessary add enough liquid to have a pouring consistency.
- Either serve the lamb sliced hot with the gravy and the potatoes or serve it later by slicing it when cold.
- For this heat the gravy and the lamb with the potatoes covered in a hot oven for ten minutes and serve with the gravy poured on top.
- A little freshly chopped coriander adds a touch of magic to the gravy.
- Best served with chunks of deep fried par boiled potato and steamed rice.



CHARGRILLED CANNON OF MEY SELECTIONS NORTH RONALDSAY MUTTON KAALA MIRICH

Cannon of mutton or lamb also known as Back-strap is an excellent cut of meat that needs very little cooking if done right and marinated right. The peppercorns give it an extra zing but not only that they bring out some unique flavours in this superb cut of the meat. I prefer to use Mey Selections North Ronaldsay mutton for this but any other breed is perfect too.

INGREDIENTS

CANNON OF MUTTON	5-600 Gms.
GINGER	Two X two inch pieces
GARLIC	Six cloves
CUMIN	One teaspoon
TURMERIC POWDER	½ teaspoon
GREEN CHILLIES	Two large
CINNAMON	One inch piece
CARDAMOM	Four pods
CLOVES	Three to four
CRUSHED PEPPER CORNS	One level tablespoon
LEMON JUICE	One tablespoon
YOGHURT THICK	200 Gms
SALT	Two teaspoons
CORIANDER STALKS	One tablespoon chopped
OIL	Two Tablespoons (Mustard oil preferred if not available use any except olive oil)

METHOD

Clean the cannons if not already done by your butcher. Otherwise ask your butcher to clean & trim them for you.

Cut into one inch cubes

Rub in some of the salt, lemon juice and turmeric and set aside.

Take the remaining ingredients except the crushed peppercorns and in your blender make a fine paste. You may wish to break the cinnamon into small pieces and the ginger to be cut into pieces as well. Break the chilli into bits. Once pureed mix in the peppercorns Remove to a bowl

Check the seasoning and marinate the mutton.

Coat the chunks thoroughly in the masala.

The best thing to do would be to leave the chops marinated over night. Leave them out for a couple of hours at least before setting them covered in the refrigerator.

If you leave them for more than a day there is nothing to worry about.

You can keep the meat in the marinade for upto three days.

When ready to cook if you are not barbequing the meat is to pre-heat the grill in the oven

Space the meat out on a grilling tray preferably with ridges in it for the juices to drain well and the meat to get heating all round.

Remember that due to the marinade the meat will always remain pink inside. This does not mean that it is raw. In fact it's best to keep the meat medium rare for best results. This is a superb cut of mutton and will not disappoint you but you could easily disappoint it by over cooking.

Test them for yourself. The duration of cooking time will depend on the number of hours the meat has been marinated.

There are several ways in which to use the pan drippings, one of the best is to slice two medium onions and saute them in a little bit of oil.

Try not to use the lamb fat drippings, as the taste will become too strong. You may wish to skim and discard the fat.

Add to the onions two chopped tomatoes, sauté for a while and add the pan juices.

In this you may wish to add chunks of potato to serve as an accompaniment or just serve it as Gravy.

Season at will but you will automatically get a good flavour. Sprinkle some chopped coriander and fresh mint if you have to complete the gravy.

This cut of meat will also cook very well on the barbecue, which is exactly what they are for anyway.

In case you decide to grill them or barbecue them, do not place them with all the marinade on them. Scrape off a bit when placing on the fire.

Use the marinade for something else later or just make nice gravy from it.



KHADEY MASALEY KA GOSHT

MUTTON WITH WHOLE SPICES

THIS IS A HOT MUTTON PREPARATION COOKED WITH WHOLE GARAM MASALA, RED CHILLIES, ONION & YOGHURT IT IS SIMILAR TO A CLASSICAL ROGANJOSH BUT HOTTER.

INGREDIENTS FOR SIX PORTIONS

- MUTTON** Mey Selections North Ronaldsay Mutton Leg with bone cut if possible ½ kilo plus the bone. Cut into 2cm. Pieces.
- ONIONS** Four to five medium finely sliced and browned in 200Gms. Of ghee or sunflower oil. Remove the onions and transfer the ghee or oil into a casserole for cooking the lamb.
- CINNAMON** Two one to one & a half inch pieces.
- CARDAMOM** Five to six pods cracked at the top. Always split or crack the cardamom at the tip by holding it at its base and pressing the tip against the table top. This will ensure that it does not burst when you fry as well as give you a better flavour. Do it always.
- CLOVES** Four to five
- PEPPER** Four to five corns
- MACE** One or two.
- RED CHILLIES** Eight to ten large ones broken or cut into small bits. Do not go for small bird chillies as the dish will get too hot. Fry these in the same fat for two minutes on medium heat or until just getting a little dark brown but not allowing them to go black. Place them with the onions.
- GINGER & GARLIC PASTE.** Two tablespoons.
- TOMATOES** Four to five medium chopped. Otherwise use a can of 250Gms peeled.
- YOGHURT** Greek type or thick fresh. 200 Gms.
- CORIANDER** One to two tablespoons chopped.
- POTATO** One large, boiled, cut into cubes, fried and arranged on top before serving.
- EGGS** Two to three boiled, cut into wedges and arranged on top before serving.

METHOD

Reheat the oil in a casserole until it forms a haze and add the whole spices. Saute for a minute or so until you see them swelling and changing colour. Add the mutton and turn the heat to maximum. Stir once well and level out the mutton. Do not keep stirring as the pan will cool down but occasionally. Saute well until the mutton is browned well on all sides. Lower the heat to medium. Add the ginger garlic paste and saute for a further five to six minutes. Cover the pan and cook covered up until the mutton is half cooked. Stir from time to time to prevent sticking at the bottom. Do not worry though if you see the bottom of the pan with a brown film. Add the tomatoes, salt and continue cooking until the tomatoes are mashed and form part of the gravy. Puree the fried onions, the red chillies with the yoghurt in a blender and add to the mutton. Check seasoning and cook first uncovered for some time and then covered until the mutton is tender. Check the seasoning and add the coriander. Remove & serve with the garnish as above. The mutton should ideally be a little dry but keep the gravy thick anyway.

HINTS.

If the oil on top is too much skim it off the top and save it for another mutton dish to be cooked at another time. Always select Mey Selections North Ronaldsay Mutton as this will negate the need to trim and trim off any fat, required before cooking Indian food. Marinate the mutton with the ginger & garlic paste overnight if you have the time or if you like it. If, after adding the mutton to hot fat you find the bottom of the pan burning too rapidly, add a couple of tablespoons of water, scrape with a wooden spoon and continue cooking. I personally prefer cooking with wooden tools but use what you like and what is practical. Khadey Masaley Ka Gosht will go best with chappaties or parathas.

Bolo De Camrao

(Prawn Cake)

An interesting and mouth-watering dish from Goa.

A spicy prawn filling is used between thin layers of egg pancakes.

Serves 4

For the filling:

200g (7oz) cooked peeled prawns
2 tbsps sunflower or soya oil
1 medium onion, finely chopped
2 tsps grated root ginger
2 large cloves of garlic, crushed
1 tsp ground coriander
½ tsp ground cumin
¼ tsp ground cinnamon
¼ tsp ground clove
½ tsp chilli powder or to taste
75g (3oz) chopped canned tomatoes
50g (2oz) frozen garden peas, thawed or pre-cooked fresh peas
½ tsp salt or to taste
1 tbsp tomato puree
50g (2oz) soured cream

For the pancakes:

6 medium eggs
salt and pepper to taste
Oil to cook the pancakes

To garnish:

Chopped chives
1 sweet red pepper, cut into rings and halved
Few sprigs of fresh coriander

Method :

1. Chop the prawns finely, you could do this with a large sharp knife or in the food processor using the pulse action.
2. Heat the oil over a medium heat and fry the onions until they are soft but not brown (5-6 minutes).
3. Add the ginger and garlic and fry for 30 seconds.
4. Add the spices, stir and fry for 1 minute and add half the tomatoes. Cook until the tomato juices evaporate, then add the remaining tomatoes. Cook for a further 2-3 minutes.
5. Add the prawns, peas, salt and tomato puree. Stir and cook for 2-3 minutes, remove from the heat and fold the soured cream into the prawn mixture. Set aside. If you want to serve the prawn cake hot, keep the filling hot in a low oven until you have finished making the pancakes. Otherwise, cool the filling while you make the pancakes.

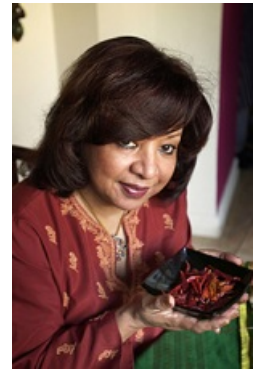
To make the pancakes:

1. Beat the eggs and add the seasoning.
2. In a non-stick frying pan, spread 1 tsp oil and heat over a medium-low heat. Add 2 tbsps egg and spread it quickly; allow to set and brown slightly. Turn it over and brown the other side. Remove and put on a wire rack. Make the remaining pancakes the same way.
3. Place a pancake on a flat serving dish and spread 1 tbsp prawn mixture evenly on it and cover with another pancake. Spread with prawn mixture as before. Continue layering in this way until you have used up all the filling and the pancakes, making sure that you finish the layering with a pancake.

Serve garnished with the ingredients listed above

Mridula Baljekar

Chef & Cookery Writer



Award-winning cookery writer, Mridula Baljekar is the best-selling author of many Indian cookery books, including the *Low Fat Indian Vegetarian Cooking*, *Fat Free Indian Cooking* and *Real Fast Indian Food*. She was born and raised in North East India and when she moved to England she turned her childhood passion for cooking into a highly successful career.

Her first book was 'THE COMPLETE INDIAN COOKBOOK' which sold nearly a million copies worldwide.

Mridula has written many best-selling cookery books since then and her latest, *GREAT INDIAN FEASTS*, published in 2005 was voted the 'Best Asian Cuisine Cookbook in the World' by Gourmand World Cookbook Awards in May 2006. It also won 'Cookery Book of the Year' in the same year.

Mridula's food is described in the media as 'Heaven on Earth for the senses', 'Route to spice heaven', and 'traditional Indian cuisine with a brilliant modern twist'. Mridula's food attracted the attention of politicians and celebrities alike. She catered for a garden party in No. 10 Downing Street and a private dinner party for Jerry Hall.

She owned a contemporary Indian restaurant in Windsor, Berkshire, England, which won several prestigious awards (winner at the *Best in Britain Awards* 2002-2006) and presented her own series 'Mridula's Indian Kitchen' and the highly acclaimed 'Spice Trail' on Carlton Food Network. She has also appeared on Channel 4 (Gloria's Open House), BBC2 (The Heaven and Earth Show) and Sky one. In India she appeared on the most popular channel NDTV and also Door Darshan..





Alun Sperring Chef/Proprietor The Chilli Pickle, Brighton

After two decades as a chef in eight countries and four continents, Alun Sperring has accumulated a wealth of culinary experience and knowledge. The time spent learning and experiencing the cultures and cuisines of the varied places he has worked in has paid off for this multi-awarded chef.

A “Chef of the Year” award in Bermuda; numerous gold medals in various culinary competitions in the UAE and Singapore, 2-AA rosettes for a country house hotel in England; a culinary training school at a luxurious Arabian resort in the UAE and one and a half years on one of the world’s most famous cruise ships—these are but a few milestones that serve as a testament to this chef’s expertise and experience.

Alun Sperring recently acquired a restaurant of his own in England after 10 months of research. He is relishing the new role as Chef/Proprietor of “The Chilli Pickle”, set in the famous old lanes of Brighton, East Sussex.

The restaurant’s cuisine is Indian, complemented by Sperring’s unique creative style, intense flavours and attention to detail. A couple of examples of what to expect are South Down lamb shoulder, slow roasted with cumin and saffron, served with smoked aubergine crush and green chilli and mint pickle and Moilly Mussel and Cockle Pot, simmered in a Keralan coconut, curry leaf and lime broth. The restaurant promises strong emphasis on the finest organic and locally-sourced ingredients, with spices purchased direct from India.

*Gold Medal – U.A.E National Team. Gourmet buffet competition
Dubai Salon Culinare February 2006.*

*Gold Medal – U.A.E National Team. Gourmet buffet competition
Overall 3rd place FHA Culinary challenge Singapore April 2006*



South Indian Fish Pot

6 portions

Ingredients

0.5 cup	Pure Coconut Oil
1 dspn	Ginger julienned
6 cloves	Garlic julienned
1 pc	Onion sliced
10 pc	Ripe plum tomato quartered
20 oc	Curry leaves (fresh)
1 tspn	Brown mustard seeds
1 tspn	Coriander powder
0.25 tspn	Turmeric powder
2 tspn	Kashmiri chilli powder
1 dspn	Whole garam masala
1 dspn	Tomato paste
0.5 cup	White wine vinegar
2.5 litre	Water
300 gr	Red pepper
300 gr	Mango
300 gr	Samphire
420 gr	White Yam - boiled large pieces
6 pc	Scallop
6 pc	King Prawn
360 gr	Red Mullet fillet
6 pc	Langoustine
6 pc	Crab claw

Method

1. In a heavy based pan heat the coconut oil and temper mustard seeds until they crackle.
2. Add curry leaves, then garlic, ginger julienne. Add onion and gently fry until soft but no colour.
3. Add the fresh tomatoes and all the masala's. Then add green chilli and tomato paste.
4. Saute for 2 minutes.
5. Add water, vinegar and salt.
6. Simmer until reduced to about 2 litres.
7. Strain and cool.
8. For finishing one fish pot in a sauteuse pan add coconut oil
9. Temper with mustard seeds, add red pepper and green mango strips.
10. Saute for one minute.
11. Add generous laddle of broth and one broken green chilli
12. Add one piece of each fish and shellfish.
13. Simmer gently until fish is just cooked. Add a few curry leaves.
14. Heat boiled yam pieces in microwave and place in bowl.
15. Ladle fish pot in bowl. Garnish with some flash fried samphire.

DID YOU KNOW?

DOPIAZA - The name *Dopiaza* is from the Hindi for two, *do*, and onions, *piaz*. The name means double or twice onions and hence is somewhat confusing. Legend has it that Mullah Do Paiza, a courtier and advisor of Mugal Emperor Akbar, discovered this dish when accidentally doubling the amount of onion in the dish he was cooking. One of the Navratans (nine jewels) of the Court, it is said he could “*conjure up culinary delights using only two onions*”.



Dipna Anand
Brilliant, Southall

*(Seen left with father Gulu
and Chef Gordon Ramsay)*

Dipna is fortunate to have a family background in the Indian restaurant industry as her father owns one of Britain's renowned Indian Restaurants, The Brilliant in Southall, which won the title of "Best Indian Restaurant in London Suburbs 2007/8" from the British Curry Awards.

Prince Charles also visited (9th November 2007) and said that "The Brilliant served some of the best Indian food he had ever eaten". Father Gulu and his brother Kewal have been running the restaurant for 32 years

Dipna achieved a BA First Class Honours in Hospitality Management with Food Studies, and was offered a Masters Scholarship from Thames Valley University. She is now a fully qualified Masters Graduate looking to broaden her skills in the Food Industry.

Dipna is now 25 years old and not only teaches Indian Food as a Chef Lecturer but also manages her father's successful Indian restaurant. She has been fortunate enough to study Food right from GCSE level, through to A' Levels and at University, where she completed a BA Honours in Hospitality and Food Studies with a First Class Honours and passed a Masters in Hospitality with Merit. She particularly believes in the view that Indian Food can be made healthy and is in the process of writing her own Low Fat Indian cook book .

She won a national award in 2001 for her A level Food Technology project for being the student with the highest mark in the whole country. The project was based on low fat Indian food, which she has now promoted at her father's Indian restaurant.

Achari Chicken Tikka

Recipe

(2 Portions: Serves 4)

500g Boneless chicken (breast or thigh)
125g low fat yoghurt
½ teaspoon mustard seeds
½ teaspoon onion seeds
½ teaspoon cumin seeds
¼ fennel seeds
¼ teaspoon coriander seeds
¼ teaspoon fenugreek seeds
½ teaspoon dry fenugreek leaves (methi)
2 tablespoon vinegar
3 tablespoons mustard oil
Pinch of turmeric
Red Chilli powder
Salt to taste

Method

1. Put the mustard oil in a bowl, together with the dry spices (mustard seeds, onion seeds, cumin seeds, fennel seeds, coriander seeds and fenugreek seeds), mix thoroughly
2. Put yoghurt into a separate mixing bowl and add the oil and dry spices mix to the yoghurt, mix thoroughly
3. Add the dry fenugreek to the marinade, together with the turmeric, red chilli powder, vinegar and salt, mix thoroughly
4. Add the boneless chicken to the marinade and coat the chicken evenly with the mixture
5. Leave to marinate (the longer the better, overnight if possible)
6. Cook in the clay oven for 4-5 minutes (if cooking at home, cook in the oven on gas mark 180c for about 15 minutes)
7. Enjoy Brilliant's healthy option Achari Tikka





Prawn Bydagi

Ingredients :

12 Cleaned prawns with tail
50 gms Chilli paste
20 gms Crushed black pepper
15 gms Garlic paste
Salt to taste
10 gms Chopped coriander leaves

Method:-

1. Mix the chilli paste, crushed pepper, garlic paste, salt and chopped coriander leaves.
2. Marinate the prawns with this mixture. Leave it in a cool place for 2 hrs.
Cook on a char grill.

DID YOU KNOW?

BIRYANI : One legend has it that Timor, the lame, brought it down from Kazakhstan via Afghanistan to Northern India. According to another legend, Mumtaz Mahal (she who sleeps in Taj Mahal) concocted this dish as a "complete meal" to feed the army. Yet others say the dish really originated in West Asia. The Nomads would bury an earthen pot full of meat, rice and spices in a pit, eventually the pot was dug up and there was the Biryani.

Most likely it is a combination of all and that the Biryani was developed as a way of providing quick nourishment to the troops. Biryani, a mainly North Indian dish was brought to Hyderabad by the invading Mughal army of Aurangzeb under the command of Khaja Abid, the father of the first Nizam of Hyderabad. Apparently, Biryani was meant to be a sort of ready-to-eat food for the soldiers during time of war.

AV Sriram
Executive Chef
Quilon London SW1



In 1989 Sriram joined the Taj group of hotels which comprises 57 hotels in 38 locations across India with an additional 14 international hotels in the Maldives, Mauritius, UK, USA, Nepal, Sri Lanka, Africa, and the Middle East. His passion for Food and Knowledge got him overall in charge of Gateway hotel Bangalore in India. It was two years before he became the executive chef of the very hotel. “ it was here that I strengthened my thoughts and shaped my desire to unfold the potential of southern indian cuisine”

Thus he conceptualized and actualized Karavali Restaurant. “The challenge was to make ethnic food without taking any shortcuts in the recipes” – remembers Sriram. It was that dedication and spirit to say No to No that got Karavali its place in top 5 Restaurant in India in 1995 – The Statesman.

In 1997 Best restaurant in South India was Karavali – Hotel and Food Service Magazine. Finally in 1997 The Telegraph – National daily ranked him as one of the Top five Chefs in India.

1999 Sriram earned the opportunity to start the Quilon Restaurant, sister to Bombay Brasserie, in the heart of London – Westminster.

The multi award-winning Quilon was awarded a coveted Michelin star in January 2008.



Babu Lal Yadav
Head Chef
Britannia Restaurant,
Edinburgh, Scotland

Babu Lal Yavdav was born in Varnasi, India by the shores of the historic Ganges on 3 November 1969. Having completed intermediate and higher education, he graduated from the Iniversity of Varana and decided to seek a position as a trainee Chef.

He underwent 3 years of rigorous training under the famous Chef Nambi Raja at the four star Hotel Premiere, Madras. He was trained in traditional Indian curries and then further trained in regional variations. The dishes he mastered were from Rajasthan, Punjab, Kashmir, Kerala and Bengal. He was also trained in the art of the tandoor and the variety of Indian sweets under Chef Raja.

In November 1989 he joined the Hotel Ambassador in Madras as Assistant Chef and was promoted to Head Chef in 1991. In 1997 he joined the famous Indian restaurant Mumtaj Mahal in Muscat and won the coveted Best Indian Restaurant in Oman four years out of five.

In early 2005 he was head hunted by Wali Tasar Uddin's Britannia Spice in Scotland. He won the Les Routiers Newcomer of the Year in his first year and the restaurant has gone on to win many awards since.

His signature dishes include Garlic Chicken, Badami Murug Tikka, and Pista Gohst Pasanda. And the work of Babu Lal and his team has helped to make Britannia Spice one of the top Indian restaurants in Britain.

Chicken Tikka Masala

Ingredients

½ fresh red chilli, deseeded
1 clove of garlic, peeled
15g fresh ginger
1 tablespoon vegetable oil
a pinch of paprika
½ tablespoon garam masala
a teaspoon of tomato puree
3 sprigs of fresh coriander, leaves picked and chopped, stalks reserved
400g chicken breast, preferably free-range or organic, diced into 2.5cm pieces
1 small onion, peeled and sliced
½ red pepper, deseeded and sliced
½ green pepper, deseeded and sliced
a pinch of ground cinnamon
a pinch of ground coriander
a pinch of turmeric
1 x 400g tin plum tomatoes
100ml plain yoghurt
100ml double cream

Serves 4

(Note: the marinade will need to be prepared the day before so the chicken can marinate overnight.)

For the marinade

Blitz the chilli, garlic, ginger and vegetable oil in the food processor. Add the paprika, garam masala and tomato puree, plus the coriander stalks, and blitz again to form a paste. Place the chicken pieces in a large bowl, coat them with the marinade and leave in the fridge overnight.

The next day...

In a little vegetable oil, on a medium heat, fry the onion, peppers and spices in a large saucepan. Cook gently for 10 minutes then add the tin of tomatoes and the yoghurt. Add the chicken pieces and simmer gently for 15 to 20 minutes until cooked. Just before serving, stir through the double cream and chopped coriander leaves.

Serve with basmati or pilao rice, with chapathi or paratha Bread.





BIKAANER NERI CHANA MASALA

a North Indian Vegetarian dish of green chick pea curry cooked in yoghurt

Ingredients :

500 gms	Green Chana (hara chana)
2 tbsp	Oil
4 medium	Onions
1 tbsp	Garlic paste
1 tbsp	Ginger paste
1 tsp	Chaat masala
2 large	Tomatoes, finely chopped
1 tbsp	Red chilli powder
1 tsp	Cumin powder
0.5 cup	Yoghurt, whisked
A few sprigs	Dry methi (Fenugreek) leaves
A few sprigs	Fresh coriander leaves, chopped
Salt to taste	

Preparation Time : 5 mins

Cooking Time : 20 mins

DID YOU KNOW?

JALFREZI - . Said to have originated in Pakistan or Eastern India perhaps encouraged by non Indians based on the Chinese stir fry style of cooking . The literal meaning of the word Jalfrezi is “hot-fry” and entered the English language at the time of the British Raj in India. Colonial households employed Indian cooks who would use the jalfrezi method of cooking to heat up cold roasted meat and potatoes.

Babu Lal Yadav

Head Chef

Britannia Restaurant,
Edinburgh, Scotland



Method :

Clean, wash and drain green chana.

Mix whisked yoghurt with chopped coriander leaves and salt.

Heat oil.

Add chopped onions, saute til light brown.

Add ginger paste and garlic paste.

Stir and add chopped tomatoes.

Cook for some time.

Add red chilli powder, cumin powder, chaat masala and chana.

Add a little water if required and cook til chana is soft.

Add whisked yoghurt, chopped coriander leaves and salt and cook for a few more minutes.

Serve hot.

DID YOU KNOW?

VINDALOO - Portuguese sailors brought their garlic-flavoured vinegar stew to Goa, which, from 1510 to 1961, was a Portuguese colony on the southwestern coast of India. The Goans spiced up the recipe and the name, making it *vindaloo* in their Konkani language. Britons have known about this hot curry dish at least since 1888, when W. H. Dawe explained it in *The Wife's Help to Indian Cookery*,



Lasooni Pasliyan

(Serves Four)

Ingredients:

Lamb racks	1 no (8 boned rack).
Vegetable oil	30 ml
Shahi jeera	5 grams
Turmeric powder	¼ teaspoon
Garlic peeled	20 grams
Chopped green chilli	10 grams
Lime juice	15 ml
Dried fenugreek leaves	¼ teaspoon (ground)
Salt	to taste

Method:

Cut the lamb racks into 1 centimetre thick single-bone cutlets.
Grind garlic to a fine paste, adding lime juice gradually.
Marinate the lamb cutlets with this paste, turmeric, salt, ground fenugreek leaves, vegetable oil and shahi jeera.
Leave to marinate for 2 hours and grill on both sides for 1 ½ minutes.
Serve hot as a starter on mixed salad leaves

DID YOU KNOW?

MADRAS curry is one of those dishes peculiar to the British Indian restaurant industry and has come to be one of the standard dishes offered and enjoyed over the past 50 years. It is said to originate in the south of India and according to legend an Englishman named Sharwood was dining with the Maharaja of Madras, who mentioned to him the shop kept by a famous master maker of curry powder called Vencatachellum. The Englishman visited it and obtained the secret of this curry powder, a mixture of saffron, tumeric, cumin, Kerala coriander and a selection of Orissa chillies, all of which were roasted then ground to make a masala, which came to be called Madras.

Alfred Prasad

Executive Chef

Tamarind, London W1



Born 1975 in Chennai(Madras) and educated in the South of India

Education : Graduated from the Institute of Hotel Management in Madras in 1993. He completed his advanced chef's training in Delhi

Career : Worked at the near-legendary Bukhara and Dum-Pukht restaurants before moving to the Sheraton Hotel in Madras to be Executive Chef of the Dakshin restaurant there. A period at Veerawamy in London was followed by the position of Sous Chef at Tamarind in 2001 before becoming Executive Chef in 2002

Youngest Indian chef at 29 to achieve a Michelin star. In 2004 added to Debrett's "People of Today".

"Alfred deserves the widest recognition. A lot of people take Indian food for granted, but this man is always pushing the boundaries, seeking out new spices and combinations." Gordon Ramsay, Saturday Times Magazine



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Murgh Balti

INGREDIENTS

- 1kg Chicken, diced
- 5 Green chillies, sliced
- 4 Dst sp garlic puree
- 2 Dst sp ginger, puree
- 5 Medium sized tomatoes, cut into wedge shape
- 2 Handful of chopped coriander
- 2 Dst sp coriander powder
- 1 Dst sp cumin seeds, ground
- 1 Dst sp red chilli powder
- ½ Dst sp turmeric powder
- ½ Dst sp salt

Method

1. Heat olive oil in Balti dish.
2. Add garlic and ginger and stir constantly over a high heat.
3. Add ground coriander, ground cumin, red chilli powder, turmeric, salt and stir.
4. Add chicken and mix with spices.
5. Add the sliced green chillies.
6. Once the oil, spices and juices from the chicken have been absorbed, add the fresh tomatoes.
7. Add the fresh coriander and stir, put a lid on the Balti and cook



**Mohammed Aslam,
Executive Chef & Managing Director
Aagrah Group, Yorkshire**



Came to UK in 1970 and became a bus driver then started work for Aagrah Group of restaurants and his older brother Mohammed Sabir MBE in 1977. Has appeared many times on TV and in Cookery Demonstrations. He is married with 5 children and now lives in Bradford. Has won numerous awards including International Indian Chef of the Year. Now Managing Director of an ever growing group of restaurants.

"Best in Britain" (BIBA) Group of the Year 1998, 2002, 2003.

Named "Best Restaurant Group" in British Curry Awards 2007 and 2008

Named in BIBA Top30 every year since 1997.

In 2007 ran a series of cookery demonstrations in association with Yorkshire Post Newspapers and Tiger Beer UK Ltd.

Organises annual Charity fundraiser and in 2007 the total raised through sponsorship, ticket sales and the proceedings from the evening was £51,000. The main beneficiary for the evening was Leeds Mencap and other benefactors were Al-Shifa Trust Eye Hospital and Bolling Special School. .

With 11 restaurants Aagrah is now developing Midpoint Suite in the Gallagher Leisure Park, Pudsey to be a state of the art conference, exhibition and banqueting centre opening in February 2009 at the cost of £3m.



Lamb Nalli

Ingredients

Lamb Shanks Clean And Trimmed. 4 No
Sunflower or any vegetable Oil 100 ml
Chopped Red onion 4-5 No
Tomato Puree 100 gms
Yoghurt 50 gms
Whole Garam Masala (Small & Large Cardamom, Cloves, Cinnamon)
2 No each
Kashmiri Chilli Powder (Or Red Chilli Powder) 2 t sp
Turmeric Powder ½ t sp
Garam Masala Powder ½ t sp
Small Cardamom Powder 1/2 t sp
Coriander Powder 1 t sp
Cumin powder 1 t sp
Ginger Garlic Paste 5 t sp
Salt To taste
Red Chilly Juliennes and Cress or Chopped Mint To Garnish

Method:

1. Take a thick bottom pan with lid.
2. Heat 100ml oil in the pan, put chopped onion, ginger garlic paste and lamb shanks.
3. Stir and cook on high flame until the onions start boiling, then cover and cook on low heat for an hour and half. Remember to stir occasionally making sure the food doesn't get stuck to bottom of the pan. Add little water if it sticks to the pan.
4. Now add all the ground spices, tomato puree and increase the flame.
5. Add whisked yoghurt and salt when sauce comes to boil.
6. Bring the sauce to boil again and cook for another 15 minutes on slow fire till the meat is tender.
7. Garnish with chopped mint and serve with Saffron Rice.

Deepinder Singh Sondhi

Executive Chef - Roz ana,
Kingston Upon Thames



Deepinder Singh Sondhi graduated from the Institute of Hotel Management, Catering and Nutrition in 1994 and joined the Management Training programme of Old World Hospitality Pvt. Ltd. (O.W.H.). With OWH he was trained at India's largest food service facility, Habitat World, New Delhi in all the kitchens.

He then became Head Chef at Chor Bizarre, New Delhi which was recently voted the best Indian Restaurant in Delhi and has been one of the top most Indian restaurants in the country since it opened in 1990.

In 1997 Deepinder was deputed by O.W.H. to Chor Bizarre - India's Restaurants, Mayfair, London as Head Chef. Chor Bizarre prides itself at having Indian's as almost one third of its clientele, which is a great testimony to Chef Sondhi's authentic cuisine. For Chor Bizarre, he has held various events and festivals including at the Ritz Paris, Hotel Carlton Intercontinental Cannes, Harrods London and at the Edinburgh Fringe festival.

With Chor Bizarre celebrating it's 10th year, Chef Deepinder then supervised the launch of Sitaaray - India's Grill, O.W.H.'s newest restaurant in London, which specializes in Northwest frontier grills. At Sitaaray, he managed the entire restaurant and was Executive Chef for both Sitaaray and Chor Bizarre.

2008 opened stylish Roz ana on Kingston Hill in Kingston upon Thames



Vikram Sunderam

Executive Chef
Rasika Flavors of India
Washington DC USA

Took over as Executive Chef at award winning Bombay Brasserie in London in 1997 - Ex-Taj Mahal hotel group. Offered modern Bombay-inspired menu. Clients included Paul McCartney, V S Naipaul and Madonna. Tom Cruise ordered takeaways for his private jet

December 2005 Head Chef at critically acclaimed Rasika in Washington DC and made Esquire's American Top Twenty restaurants in 2006.

Named one of the nominees in the 'Best Chefs of America' category for the 2009 James Beard Foundation Awards, considered to be the food and beverage industry's equivalent to the Oscars. Under the Best Chefs in America category

Method

For The Tamarind Chutney

1. Put all the ingredients from 1 to 9 in a heavy bottom pan. Add enough water to cover the ingredients. let the mixture boil and then simmer till the dates and tamarind are soft and mashed.
2. Pass the mixture through a fine strainer.
3. Season the extract with the roasted cumin powder, red chili powder, black salt and salt.
4. Cool and keep aside.
5. Use 4 Table spoons for the recipe and keep the rest refrigerated.

To Assemble the Dish

1. Cut the avocado into quarter inch dices.
2. Add the rest of the ingredients in a bowl and mix well.
3. Add the avocado to the above mix.
4. Cut the Banana into half and grill on a skillet. Season with salt and black pepper.
5. Arrange as shown in the picture .
6. Garnish with chopped fresh cilantro.
7. Serve cold.

Avocado Banana

Ingredients

Banana (ripe & firm)	2 No
Avocado (ripe & firm)	2 No.
Green Chillies chopped	2 No
Fresh Lime juice	1 tsp
Fresh Cilantro	2tbsp
Roasted Cumin Powder	1tsp
Red Chili Powder	½ tsp
Black Salt	¼ tsp
Tamarind Chutney	4 Tb Sp

For The Tamarind Chutney

Tamarind	1lb
Dates	½ lb
Ginger	1oz
Garlic	1oz
Jaggery	2oz
Sugar	2oz
Whole red chilies	5nos
Bay leaves	4nos
Fennel Seeds	1tbsp
Roasted Cumin Powder	1tsp
Red Chili Powder	1tsp
Black Salt	½ tsp
Salt	to taste





Mehernosh Mody

**Executive Chef & Director
La Porte des Indes, London W1**

Having gained significant experience through extensive training in the best kitchens both in India and around the world, Mehernosh has been the Executive Chef at London's well celebrated and highly revered La Porte des Indes since the day it first opened its doors in 1996.

Originally from Bombay, Mehernosh has mastered the art of cooking by using traditional influences from his roots and combining it with his own personal progressive approach, creating a unique style that has won him and La Porte des Indes many accolades over the years. Amalgamating traditional spices and flavours with unusual, yet sublime foods to a level of sophistication that is second to none makes eating a menu that has been put together by Mehernosh an experience that is both awe-inspiring and unforgettable.

Hitherto in his successful career, Mehernosh has worked at the Taj Mahal Hotel, Delhi, Taj Palace Hotel, the 'Tanjore' restaurant in the Taj Mahal Hotel, Bombay and the 'Taj Mahal Intercontinental Hotels', Bombay, as well as the Zodiac Grill. Very early on in his working life, Mehernosh was awarded silver and bronze medals, as well as a certificate of commendation in the 'All India National Culinary Arts Exhibition Contest'. He has also been recognised for participating in a special baking skills programme organised by the 'Culinary Institute of America, New York'. Mehernosh spent several years at the original La Porte des Indes restaurant in Brussels, before taking charge of the kitchen in London

La Porte des Indes has been frequented by the likes of Alec Baldwin, Goldie Hawn, Kylie Minogue, Leonardo DiCaprio, Robert Redford and Will Smith, amongst a vast list of other high profile celebrities who have eaten there in recent times.



Demoiselles de pondicherry

8 Scallops in a saffron sauce

INGREDIENTS

SERVES 4

8 king-sized scallops
1 pinch salt
1½ tsp curry powder
30 g/1 oz butter
2 garlic cloves, peeled and finely chopped
½ medium-sized Spanish onion, chopped
5-6 curry leaves
1 pinch ground white pepper
1 pinch saffron strands
250 ml/9 fl oz double cream
1 tbsp vegetable oil
Fried curry leaves, to garnish

PREPARATION

Season the scallops with salt and ½tsp curry powder and set aside.

Heat the butter in a pan. Put in the chopped garlic and sweat over a low heat until it is golden brown. Add the chopped onion and fry until it is translucent. Add the curry leaves, remaining curry powder, pepper and saffron. Stir for 1 minute, then add the cream and continue to stir gently until the mixture begins to thicken. Add salt to taste.

In another thick-bottomed pan, heat the oil and sear the scallops for about 30 seconds on each side, or longer according to taste. Place them on the sauce and serve hot, garnished with the fried curry leaves.



**The official Charitable Fund for
National Curry Week 2009**

"I think The Curry Tree is a brilliant idea. I wish you all the luck for a grand success of this project and I would be delighted to become a Trustee" - Food writer & TV Presenter Mridula Baljekar.

"Nothing should stop us from helping those who are less fortunate than us." - Rajesh Suri, CEO Tamarind

Some 23 million people (over a third of the population) in Britain eat out on a regular basis and most of these enjoy a restaurant curry on one or more occasion whilst millions of other get takeaways, cook at home or buy ready made from the supermarket.

*** There were 923 million hungry people in the world in 2007, an increase of 80 million since 1990, despite the fact that the world already produces enough food to feed everyone - 6 billion people - and could feed the double - 12 billion people.**

*** 1 child dies every 5 seconds as a result of hunger - 700 every hour - 16 000 each day - 6 million each year - 60% of all child deaths (2002-2008 estimates).**

The Curry Tree's target is just £1 (or more) per curry fan per year with 50% going to good causes and the balance to staff education and upskilling so that the curry industry in Britain continues to improve and maintains its position in the social fabric of Britain.

So little can do so much
(info@thecurrytree.com)



Monish Gujral
MD MotiMahal
Delux Tandoori
Trail® Restaurants
New Delhi, India

Butter chicken for the strong hearted

The recipe for Butter chicken is actually a dual recipe - one for the tandoori chicken and the other for the makhani gravy or the butter gravy the mother of all north Indian mughlai sauces. This was invented in MotiMahal by the founder Kundan Lal Gujral. As goes the old saying necessity is the mother of all inventions it was mere need to sell the chicken tikka, which went a little dry hanging by the side of hot tandoors that led to the invention of this makhani gravy, so that the chicken could be sautéed in this sauce to overcome the poor tikka's dry spell.

Recipe for the tandoori chicken-

Ingredients-

Chicken, washed and pat dried- 600-700gms

For the first marinade-

Lemon- juice- 1 ½ tbsp

Red chilli powder- 1 tsp

Salt to taste- 1 tsp

For the second marinade-

Yoghurt- ½ cup

Garlic paste- 1 tbsp

Ginger paste- 1 tbsp

Rock salt(kala namak)- ½ tsp

Garam masala- 1 tsp

Dry fenugreek (kasoori methi) powder- ½ tsp

Onions cut into rings- 2

Lemon wedges- 1

Method-

1. Make two deep incisions each on breast and the drum sticks
2. for the first marinade- mix all the ingredients in a bowl and rub all over the chicken and keep aside for 1 hr.
3. For the second marinade mix all the ingredients in a bowl and rub on the chicken pieces and keep for at least 3 hours
4. preheat the oven at 180 deg. Place the chicken on the grill rack, place the tray underneath to collect all the drippings. Grill for 8-10 minutes.
5. Brush with oil, turn upside down and grill for 3-4 minutes till tender.

Remove from the grill and keep aside.

The makhani sauce Alias Butter Gravy

Ingredients-

Tandoori chicken 1

Ripe red tomatoes- 400 gms / 1 ¾ cup

Oil- 2 tbsp

Onions chopped- 1

Red Chili powder- 1 tbsp

Ginger garlic paste- 1 tbsp

Salt to taste

Garam masala- 1 tbsp

Zeera powder- 1 tsp

Butter 50 gm

Double fresh cream 100 gm / little less than ½ a cup

Green chili deseeded- 2

Fresh green coriander chopped- 1tbsp

Fresh cream for garnish 1 Tbsp

Method-

1. Take a pan, put oil and heat it over fire
2. put onion and sauté for few seconds
3. put chopped tomatoes and salt in the pan and let it simmer, stirring occasionally till the oil separates from the sides
4. Strain the sauce
5. Pour in a pan and heat over fire
6. Add all the spices
7. Add in the Tandoori Chicken, stir for a 3-4 minutes
8. Add butter and stir till it melts
9. Stir in cream and remove quickly
10. Garnish with green chilies and coriander with a drip of cream





Vivek Singh

**Executive Chef & CEO
Cinnamon Club,
London SW1**

Graduating from catering college IHM Delhi 1990-93, he joined the Oberoi Hotel group as a specialist in Indian cuisine.

Vivek first worked as a Kitchen Executive at Oberoi's flight kitchens in Mumbai and New Delhi where 2000 meals were produced a day for various airlines. He then moved to the Grand hotel in Calcutta where he was fast-tracked to become the Indian chef of the Oberoi's flagship Rajvilas in Jaipur- at the age of 26.

Vivek has been executive chef of The Cinnamon Club since its launch in 2001. Classically trained in India with the acclaimed Oberoi Group, Vivek has always been an avid believer that as with other creative forms, Indian cuisine should also evolve over time. By designing from the very outset a menu based wholly on modern Indian dishes, Vivek has placed himself firmly at the forefront of the movement to take Indian cuisine 'beyond authenticity'.

Following up on the success of his modern Indian cuisine Vivek and his team launched Cinnamon Kitchen and Anise in the City in 2008.

His Cinnamon Club Seafood Book won a World Gourmet Award in 2006 as 'Best UK Seafood Book' with Game & Poultry & Vegetarian to follow. Also wrote CURRY published in 2006 by Dorling Kindersley.



SEARED BLACK BREAM WITH ROASTED AUBERGINE, TOMATO AND POTATO

Ingredients :

SERVES 4

4 black bream fillets (or any white fish), pin-boned
1 tablespoon vegetable or corn oil
1 quantity of Roasted Aubergine,
Tomato and Potato Crush

For the kachumber

1/4 small cucumber, deseeded and cut
into 3mm (1/8-inch) dice
1/2 carrot, cut into 3mm (1/8-inch) dice
1 tomato, deseeded and cut into 3mm (1/8-inch) dice
1/2 teaspoon salt
1 teaspoon sugar
juice of 1 lemon
2 tablespoons good olive oil
1 tablespoon finely chopped fresh coriander

For the marinade

1 teaspoon salt
1/2 teaspoon fennel seeds
1/2 teaspoon black onion seeds
1/2 teaspoon red chilli flakes

Method :

First make the kachumber.

**Place the diced cucumber, carrot and tomato
in a mixing bowl.**

**Whisk together the salt, sugar, lemon juice, olive oil
and coriander to make a dressing and mix it with the diced
Vegetables.**

Check the seasoning.

**Mix together all the ingredients for the marinade, rub them over the
fish and set aside for 10 minutes.**

**Heat the oil in a large, non-stick frying pan, add the black bream
fillets, skin-side down, and sear for 3–4 minutes, until well coloured
underneath.**

Turn and cook for another 2 minutes or until just cooked through.

**To serve, place the Roasted Aubergine, Tomato and Potato
Crush in the centre of each plate and put the fish on top, then drizzle
the kachumber around the plate.**

DID YOU KNOW?

Kedgeree - *The Scottish Kitchen* by Christopher Trotter has traced the origins for the kedgeree recipe to books by the Malcolms dating back to the year 1790 and many suggest Scottish troops during the Raj introduced the dish into India where it was adapted by local chefs. The Indian dish *Kichri* or *Kichari* existed well before this so whether they introduced it to the Scots or the other way round is impossible to say. In Victorian times kedgeree was a typical breakfast dish in Britain

Nepalese Haggis (Bhuton)

Babur Brasserie London SE23

Ingredients :

1 sheep's pluck (heart, liver, kidneys, lungs, stomach, windpipe)
2 onions, peeled and chopped fine
2 cups pearl barley, pan-toasted and ground in a mortar and pestle or food processor
1 2/3 cups suet
salt & black pepper
2" piece of ginger, minced to a paste
2 tablespoons finely minced garlic
2-3 fresh green chillies
1 tablespoon garam masala - cassia, large black cardamom, star anise
50g butter or butter ghee
Chopped fresh coriander
trussing needle and fine string

Raw tomato chutney

1 cup chopped fresh tomato
1 small onion, finely chopped
2 teaspoons ginger/garlic paste
1 small green chilli, finely chopped

Sautéed pumpkin

½ small pumpkin (or substitute 1 large butternut squash)
Butter for sautéing
2 teaspoons fennel seeds
Salt to taste

Method :

Thoroughly wash the stomach bag in cold water. Turn it inside out and scald it, then scrape the surface with a knife. Soak it in cold salted water overnight. Next day remove the bag from the water and leave it on one side while preparing the filling.

Wash the pluck. Put it into a pan, with the windpipe hanging over the side into a bowl, to let out any impurities. Cover the pluck with cold water, add 1 teaspoon of salt and bring the water to a boil. Skim the surface, then simmer for 1 1/2 to 2 hours. Hold aside 1-2 cups of this cooking water.

Drain the pluck when ready and cut away the windpipe and any excess gristle. Mince the liver with the heart, lungs and kidneys, season with salt and pepper, then stir in the shredded suet and the toasted ground barley.

Melt the butter in a large pan, add the onions and sauté until translucent. Add the ginger and garlic pastes and stir for a minute or so. Now add the garam masala, stir to mix and add the pluck mixture, stirring to mix thoroughly. Moisten with as much of the pluck water as necessary to make the mixture soft.

With the rough surface of the bag outside fill it just over half full - the barley will swell during cooking - and sew the ends together with the trussing needle and fine string. Prick the bag in places with the needle. Place the haggis on a plate and put it into a pan of boiling water. Cover the pan and cook for about 3 hours, adding more boiling water when necessary to keep the haggis covered

Pumpkin

Peel the pumpkin or squash. Make the thinnest possible slices you can - between ¼ and 1/8 inch thick, salt the slices and let them stand a few minutes. Heat the pan, add the butter, sprinkle in the fennel seeds and brown the slices on both sides..





24-hour goat shoulder

Babur Brasserie, London Se23

INGREDIENTS:

1 goat shoulder, about 3kg
1 ½ tbsps garlic paste
1 tbsp ginger paste
2 tbsps roasted cumin powder
1 ½ tbsps roasted coriander powder
1 ½ tbsps garam masala*
2 tbsps crushed red chilli
Salt to taste

Garam masala

2 black cardamom
2 cloves
2 small green cardamom
½ nutmeg
1 blade mace
4 whole black peppercorns

Spinach gnocchi

4 portions
80g potato, mashed
50g finely chopped cooked spinach
25g plain flour
Pinch nutmeg
Pinch roasted cumin powder
Salt and pepper to taste

METHOD:

Remove the fat from inside and outer side then marinate the shoulder for at least 24 hours in all the ingredients above.

Bone and then roll the shoulder and braise for three hours in a 130-150°C oven (in a pan covered with foil), or in a pot (initially on high flame and once it is hot reduce to low to medium flame) for about 3 ½ hours.

In either case, place shoulder on top of coarsely chopped carrot, onion, ginger and garlic. The resulting cooking juices will be the gravy for this dish.

Serve with spinach gnocchi, formed in to balls, steam 10-15 minutes.

Chef Jiwan Lal (left), one of the best modern Indian cuisine chefs in UK and the kitchen & front of house teams at Babur Brasserie





Chad Rahman

**Chef/Patron
Chez Mumtaj
St Albans**

Chad has worked in a variety of highly prestigious hospitality outlets ranging from hotels to restaurants such as the 5 Star Hyatt Regency Hotel and Four Seasons Hotel, Houston, Texas and The Hilton Hotel Group.

Owner/chef of Mumtaj in St Albans. Won National Curry Chef title in 2002 & 2003 and International Chef of the Year 2004. 2008 he opened Chez Mumtaj to offer up market French-Indian cuisine(www.chezmumtaj.com) Awarded an AA Rosette in March 2009 - the only stand alone restaurant in St Albans to do so.

Chad Rahman is one of the UKs most innovative and dynamic curry chefs today. Specialising in South Eastern Asian Cuisine Chad is an individual who has moved from strength to strength in his development as a creative chef. Chads unique eclectic style of cooking draws from indo-french and pan asian nuances.

Chad has made an outstanding contribution to the asian food industry for his culinary excellence and has proven his ability by entering numerous chef competitions on a local, regional, national and international level.

Chad is a member of the Craft Guild of Chefs

He is a firm advocate of only sourcing the freshest ingredients and spices which are potent in flavour with nutrition in mind.

Chad's motto is to be 'innovative, progressive and persistent in the search for good food.



Malaysian Style Buttered Tiger Prawns

Ingredients

Marination for Tiger Prawns:

2x tiger prawns with shell on, veined and butterfly cut

1tsp garlic puree

Pinch of tumeric and cayenne chilli powder

25ml dry sherry

1 tsp sesame oil

2tsp lime juice

1tbsp curry leaves

1tbsp sliced Dutch red chilli

2tbsp spring onions

½ tsp sesame seeds

1 clove of garlic cut into slivers

1tbsp buttermilk crumb

1tbsp clarified butter

Coarse sea salt

White pepper

Julienne cut leeks

Method :

1. Place tiger prawns in a bowl and add all marination ingredients mix well then set aside for 15-20 minutes.
2. Heat wok add clarified butter bring oil to temperature.
3. Add marinated tiger prawns to wok and sear for 1minute.
4. Add curry leaves, sliced red chilli, spring onions, garlic slivers,
Sesame seeds and buttermilk crumb to wok and toss for 1 minute.
Add coarse sea salt and a dusting of white pepper to taste.
5. Deep fry julienne cut leeks to 6cm length until crispy.
6. Plate dish as shown on picture and garnish with crispy leeks

DID YOU KNOW?

Dum Pukht This is a slow-cooking method dating back to early sixteenth century

Dum cooking was introduced to India by the Mughals. The cuisine was popular at the time of Nawab Asaf-ud-Daulah, the erstwhile ruler of the State of Awadh. The State was hit by a famine and unemployment was high. Nawab Asaf-ud-Daulah decreed the never ending construction of a giant edifice, the Bara Imambara, creating unceasing employment. By royal decree too, arrangements were made to provide food. Enormous containers were filled with rice, meat, vegetables and spices, and sealed. Hot charcoal was placed on top and fires lit beneath, while slow cooking ensured food was available day or night. The result was extraordinary, for when the containers were unsealed; the splendid aromas attracted even the royal attention. The "dummed" cuisine was then perfected for the royal table. Exotic dishes were evolved, in which flavours and fragrances intermingled, with exquisite results.

Risotto of Devon Crab with Tandoored king Prawns, Basil and Truffle Foam and Smoked Aubergine Caviar(serves 4)

Risotto base:

1 litre of shellfish stock, 50ml olive oil, 2 shallots and 2 baby leeks, finely chopped, 2 cloves of garlic, 1 cup Arborio rice, 4 tbsp white wine and 2 sprigs of fresh thyme.

Bring the shellfish stock to a gentle simmer in a saucepan. Heat olive oil in deep heavy saucepan over medium heat. Add shallots, chopped garlic, thyme and baby leeks, sweat for 3 minutes without letting them brown, add rice and sweat for a further 2 mins. Pour in white wine and simmer until it has reduced to a glaze. Add the hot shellfish stock in batches of 50ml-75ml at a time, bringing to boil each time and allowing to evaporate while stirring continuously. Each stage should take about 3 mins. Repeat until rice is nearly cooked but not chalky to taste about 15mins from first addition of stock. Retain excess stock. Remove risotto from pan, ensuring rice is reasonably dry, spread over a tray and set aside to cool.

Tandoored King Prawns

25ml mustard oil 12 freshwater king prawns(6-8size), 1tsp Kashmiri mild chilli powder, 1tbsp each of garlic paste and Greek yoghurt, 2tbsp fresh lemon juice, 1 tsp each of dry roasted fenugreek powder and tumeric powder, ½ tsp garam masala powder. De-shell prawns and remove black vein leaving the tail part of the shell on. Add all ingredients to prawns and mix well, place aside for 2 hours, then grill prawns in tandoor or oven for 6 minutes until tender and juicy.

Basil and Truffle Foam

250ml shellfish stock, 1 cup full fat milk, 50g butter, 1 tbsp each of truffle oil and basil oil, salt and pepper.

Place remainder of shellfish stock in saucepan, bring to boil and simmer until thick and syrupy and about 50ml in volume. When almost ready to start plating the dish, add butter and milk, truffle paste, truffle oil and seasoning and heat gently. Do not boil. Whisk mixture with hand-held blender to create foam.

Smoked Aubergine Caviar

1 medium size Dutch aubergine, 2tbsp chopped fresh coriander, 1 tsp each of dry roasted whole cumin, sweet smoked paprika, 1tbsp each of cottage cheese (paneer), mustard oil, finely chopped fresh chives, lemon juice, 1 Dutch red chilli and 1 banna shallot, each finely chopped. Place aubergine in baking tray with a very thin coating of olive oil and bake at 180C 45minutes, remove and allow to cool. Once cooled slice aubergine in half and scoop out flesh, discarding black outer skin. Chop aubergine and add other ingredients. Mix well. Place in a container and put in fridge for atleast 2 hours before serving chilled with risotto.

To Serve

100g fresh Devon white crabmeat, finely sliced porcini mushrooms, 40g grated parmesan cheese, 30g butter, 2tsp chopped chives. Place heavy deep saucepan on stove over medium heat, add mushrooms, risotto, stock and butter. Bring to boil, cook for 2-3minutes stirring gently until rice is slightly andante. Add crabmeat, parmesan and fold together. Season to taste and place risotto in centre of serving plate. Place 3 tandoored prawns per person on top of risotto. Using hand blender, agitate the sauce until cappuccino-like foam appears, then spoon foam around risotto and drizzle basil oil around plate. Place 1tbsp of the chilled smoked aubergine mix on side of plate



Chad Rahman

**Chef/Patron
Chez Mumtaj
St Albans**

Chad Rahman was born in London 29th October 1967 to parentage of Bangladeshi origin.

He worked in a variety of highly prestigious hospitality outlets ranging from hotels to restaurants such as the 5 Star Hyatt Regency Hotel and Four Seasons Hotel, Houston, Texas and The Hilton Hotel Group.

Owner/chef of Mumtaj in St Albans. Won National Curry Chef title in 2002 & 2003 and International Chef of the Year 2004. 2008 he opened Chez Mumtaj to offer up market French-Indian cuisine(www.chezmumtaj.com) - Awarded an AA Rosette in March 2009 - the only stand alone restaurant in St Albans to do so.

Chad Rahman is one of the UKs most innovative and dynamic curry chefs today. Specialising in South Eastern Asian Cuisine Chad is an individual who has moved from strength to strength in his development as a creative chef. Chads unique eclectic style of cooking draws from indo-french and pan asian nuances.

Chad has made an outstanding contribution to the asian food industry for his culinary excellence and has proven his ability by entering numerous chef competitions on a local, regional, national and international level.

Chad is a firm advocate of only sourcing the freshest ingredients and spices which are potent in flavour with nutrition in mind.



Masala Sea Bass

Ingredients

Chilean Sea bass 180 gms (Deboned fillet- skin on)
Chilli powder 3 gms
Turmeric powder 3 gms
Oil 20 ml
Lime juice 20 ml
Salt to taste

For Base

Shredded Baby Spinach 200 gms
Sliced Mushrooms 80 gms
Oil 10 ml
Cumin 3 gms
Chopped Garlic 5 gms
Salt to taste

For Garnish

Chilli Oil few drops
Chive one no
Chilli Flower One no
Lime One Wedge



Prahlad Hegde

Executive Chef

Bombay Basserie, London Sw7

Method

1. Apply Chilli powder, Turmeric powder, salt and lime juice to the Sea bass and leave for 20 mins.
2. Heat oil and sear the marinated Sea bass on both sides.
Place on a tray and bake for 12 minutes at 180 c
3. For the base -- Heat oil, add cumin, chopped garlic and Sauté. Add in the sliced mushrooms and the shredded spinach. Stir fry till cooked. Add salt to taste.

TO SERVE

In the centre of a main course plate assemble the spinach, mushroom base topped with the sea bass (skin side up). Arrange the chilli flower, chive and lime wedge on the fish. Drizzle few drops of chilli oil around on the plate.

Executive Chef, of the famous Bombay Brasserie and a Taj veteran.

He joined The Bombay Brasserie as Sous Chef in 1991, and has played a stellar role in seeing it become one of the world's most iconic restaurants.

He has many well-deserved prestigious awards under his chef's hat, the Lifetime Achievement Award from The Good Curry Guide amongst them.

Not that further evidence of his dedication to the restaurant is needed, but it can be found in the many domestic and international food festivals and exhibitions in which he has participated to promote The Bombay Brasserie and Indian cuisine in general.



Chef Puneet Arora

Executive Chef & Operations Manager
Bangkok International Cuisine Co.Ltd, Bangkok,
Thailand

Born in 1975 in India. Son of famous Chef Satish Arora. Puneet started his career peeling sackfuls of onions as a trainee chef at the Taj Banquet Halls in India After training under Anton Mossiman at The Dorchester Hotel in London, he moved to the Taj Samudra in Sri Lanka, where he catered for the Australian cricket team, known for its culinary fastidiousness.

2001, was approached by NOON products, London, the biggest manufacturer of Indian ready meals in UK, to work with them as an Executive Chef NPD (New Product Development). Worked there for five years then offered the opportunity to work with G.K.Noon's other company, Bombay Halwa Limited, London, as an Executive Chef & Production Manager. Bombay Halwa is involved in in-flight catering menus for British Airways, Air India, Qatar Airways - to name a few and it also manufactures ready meals for supermarkets like TESCO and ASDA.

June-2008 December 2008- Executive Chef & NPD Manager- Bangkok International Cuisine Company Ltd- Bangkok- Thailand

December 2008-Onwards- Factory Manager & Executive Chef- Bangkok International Cuisine Company Ltd- Bangkok-Thailand responsible for the day to day running of the factory with a capacity of producing 12tons of ready to eat food/day. Heading a team of 200 staff members.

SRI LANKAN CHICKEN CURRY SAUCE

(Serves 6)

Ingredients:

Whisked Yoghurt- 190gms
Sliced Onions- 400gms
Red Chilli Powder- 4gms
Turmeric- 2gms
Madras Curry Powder- 10gms
Green Cardamom Whole- 3gms
Curry Leaves- 8gms
Ginger Puree- 25gms
Garlic Puree- 25gms
Ground Cashew Puree- 60gms*
Cashew halves-25gms
Salt-to taste
Tomato Paste- 40gms
Water-700ml
Chopped Green Chillies-9gms
Single Cream- 60ml
Fresh Lemon juice- 7gms
Chopped Rampe/Pandan Leaves- 4gms
Oil- 150gms

Method:

1. Heat oil in a dry pan.
2. Crackle the whole cardamom and fresh curry leaves.
3. Add in the sliced onions mix well cook till golden brown.
4. Mix in cashew nut halves stir well evenly mixing evenly with the onions.
5. Add in the chopped ginger, garlic and green chillies. Sauté for a minute
6. Reduce the flame mix in the powdered spices namely red chilli powder, turmeric powder, madras curry powder.
7. Add the ground cashew puree stir well at regular intervals, sauté for a minute.
8. Take pan off the fire stir in the whisked yoghurt, bring pan back on the flame.
9. Add tomato paste mix well followed by water. Bring sauce to a boil stirring at regular intervals.
10. Add in the chicken and simmer sauce till chicken pieces are cooked.
11. Remove pan off the flame, mix in the single cream. Bring pan back onto the flame, bring sauce to a boil and then simmer for a minute.
12. Finish the sauce with fresh lemon juice, chopped rampe leaves and salt to taste.

* Soak Broken Cashew nut bits in water and grind to smooth paste. 40gms of cashew 20gms of water.





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2009

National Curry Week was started in 1998 to promote the cuisine and to raise funds for charities concentrating on hunger, malnourishment and poverty. During the week curry lovers can get out and visit their local curry houses, some of which will be staging special events and fun challenges. National Curry Week 2009 again invites curry restaurants, caterers, pubs, canteen, schools etc, all over Britain to celebrate the cuisine and culture with special dinners, record-breaking attempts, raffles, auctions and more, all in aid of contributing to the alleviation of poverty and suffering in South Asia and worldwide(www.nationalcurryweek.co.uk)



In 1809 Sake Dean Mohamet from Bihar in India opened the first Indian restaurant, The Hindoostanee, in Britain at 34 George Street, Portman Square in London's West End. 200 years later curry is claimed to be Britain's 'National Dish'.

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The advertisement features a large, ornate plate with a red and black patterned border. A computer mouse is positioned at the bottom right, with its cord looping around the plate. The background is black.

