

## Ginger & Garlic Paste

50 grams of Ginger  
50 grams of Garlic  
1/4 tsp of turmeric power  
Salt to taste  
2 tsp Oil

Directions-  
Take skin of the garlic, Chop Ginger in to large dices.  
Blend above with salt, turmeric and oil  
Store in glass jar

## Spicy Onions

250 grams red onions  
50 grams tomato sauce  
10 grams mint sauce  
50 grams mango chutney  
1 tsp ginger & garlic paste  
salt to taste  
20 grams fresh coriander  
1 tsp mix of chilli power, curry power and garam masala.

Chop onions and mix rest of the ingredients.

## Dakshin Baked fish

1 fresh hard fish fillet - Salmon  
20 grams ginger and garlic paste  
1 tsp curry power  
1/2 tsp garam masala  
1/2 tsp chilli power  
1/2 tamarind paste  
Salt  
Dash of oil

Marinate fish fillet with, ginger garlic paste, curry power, garam masala, chilli power, and tamarind paste.  
Rest for 30 min.  
Heat oven to 200 C bake for 10 min until both sides cooked.

## Mint and Coriander chutney

100 gram fresh coriander leaf  
50 gram fresh mint leaf  
1/4 tsp spoon cumin seed  
salt  
50 gram fresh yoghurt

Grind the mint, coriander and cumin seeds with yoghurt in to smooth paste.  
Add salt to taste.

## Chapatti

250 grams Wholemeal flour

Sift the flour into a large bowl. Add enough water to make a soft, but not sticky dough. Add a little more flour or water if needed. Knead gently until smooth.

Divide the dough into equal pieces and roll each one into a thin circle about the thickness of a 20 pence coin (2mm/1/16 in), using a rolling pin.

Heat the thick base pan. Place the rolled chapatti on to the pan. Cook it until they are brown both sides, finish on open flame.

## Tadka Dhal

100 grams red lentils

75 grams tomatoes

2 g fenugreek leaves dried

Oil

1/4 tsp turmeric powder

1/2 tsp ginger & garlic chopped.

1 tsp tamarind paste

1/4 tsp cumin seeds

1/4 tsp mustard seeds

salt.

4 stems fresh coriander leaf

Cook the lentils about 10 minutes with tomatoes and turmeric powder. Once lentils are cooked remove and puree them when they are a little cooler. Set aside.

Heat a pot, add oil, once oil is ready add mustard seeds, cumin seeds and chopped ginger & garlic to the oil and wait for them to pop.

Once Mustard seeds have popped add chopped onions allow onions to go brown. Add cooked lentils to mix and tamarind water. Simmer for about 5 minutes.

Garnish with coriander.

## Chicken Bhuna

1kg chicken breast

250 grms red onion

200 grms chopped tomatoes

4 tbs oil

1/2 tsp chilli powder

1/4 tsp turmeric powder

1 tsp curry powder

1/2 tsp garam masala powder

30 grms fresh garlic & ginger

50 grms ginger & garlic paste

1 tsp cumin seeds

1 tsp coriander seeds

1 tsp mustard seeds

10 grms coriander leaf fresh

oil, salt to taste

Marinate meat with oil, ginger & garlic paste, salt, curry powder, chilli powder, garam masala powder and turmeric.

**Cooking:** Fry cumin seeds, coriander seeds, mustard seeds, chopped ginger & garlic, chopped onion in a pan with heated oil.

Add chopped tomatoes, stir in and cook for 5 mins. Add marinated chicken, cook in for 20 min in a slow heat. Add coriander leaf as garnish.

## Vegetable Pakora

250 grams gram floor  
1/4 tsp cumin seeds  
1/4 tsp coriander seeds  
1/4 tsp mustard seeds  
1/4 tsp curry power  
1/4 tsp chilli power  
1/4 tsp garama masala power  
Pinch of turmeric power  
Pinch of carom seeds  
1/2 tsp ginger garlic paste  
2 green chillies chopped  
250 grams seasonal mix hard veg.  
Salt to taste  
Oil for deep frying

Make thick dough of gram floor by adding above all. Add chopped vegetables, Heat oil in a pan, once hot, drop nugget size vegetable in oil.  
Cook until they are golden brown. Serve with cool mint sauce.

## Pulao Rice

250 grams basmati rice  
1/4 tsp cumin seeds  
1/4 tsp black peppers whole  
1/4 tsp green cardamoms  
3 Bay leaves  
1/4 tsp black cardamoms  
saffron  
Salt  
oil

Wash and soak basmati rice in water for 15 min.  
Heat oil in a large pan, add bay leaves, cumin seeds, cardamoms, cumin seeds and stir for a few seconds. Add hot water and allow 10 min for water to boiling. Add saffron. Now add soaked rice. Allow it cook.

## Vegetable Raita

350 grams natural yogurt or coconut yogurt  
250 grams finely chopped cucumber, onion, carrot and tomato  
1 tsp chopped coriander fresh  
Salt adjust to taste  
1/2 tsp cumin seed

Mix the yogurt well. Add salt, chopped coriander, cumin, chopped vegetables.