



Ginger & Garlic Paste

50g Ginger
50g Garlic
5g Turmeric powder
2 tsp Vegetable Oil
Salt to taste

Directions-

Peel garlic skin, roughly chop ginger and garlic. Place the all the ingredients in a blender and make a smooth paste.
Store in glass jar.

Spicy Onions

250g Red onions chopped
50g Tomato sauce
50g Mango chutney
10g Ginger & garlic paste
20g Freshly chopped coriander
10g Chilli powder
15g Curry powder
15g Garam masala powder
salt to taste

Directions-

Place all the above ingredients in a large mixing bowl, mix well and transfer the spicy onions to serving bowl and garnish with fresh coriander.

Dakshin Baked fish

1	Fresh hard fish fillet - Salmon 150g
10g	Ginger and garlic paste
5g	Curry powder
5g	Garam masala
5g	Chilli powder
2g	Turmeric Powder
10g	Tamarind paste
	Salt to taste

Place all the ingredients (apart from salmon) and mix well to make a smooth paste. Rub this paste on all sides of the fish.

Rest for 30 min.

Heat oven to 250 C bake for 12 min until the fish is well cooked.

Mint and Coriander chutney

100g	Fresh coriander leaf roughly chopped.
50g	Fresh mint leaf roughly chopped.
10g	Roasted cumin seed powder
50g	Natural yoghurt.
	Salt to taste.

Heat a small pot on medium heat add cumin seeds and dry roast them until brown.

Transfer the seeds immediately to mortar and make into fine powder with pestle.

Place all ingredients in a blender and grind to form a smooth paste. serve the chutney with hot pakoras.

Chapatti

250g Whole wheat flour .

30ml Water

Place the above ingredients in a mixing bowl. Add water to make a soft, but not sticky dough. Add a little more flour if dough is sticky or water if dough is hard. 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.

SPINACH TADKA DHAL

100g Red lentils
100g Fresh spinach leaf
75g Tomatoes (option)
20g Oil
10g Turmeric powder
10g Curry Powder
20g Ginger & garlic paste
20g Garlic fresh
10g Tamarind paste
5g Cumin seeds
5g Mustard seeds
2 Red chilli – dry
6 Curry leaf (option)
Salt to taste
4 steams fresh coriander leaves

Take a small pot add lentils and water (1:6 ratio),

Cook the lentils about 15 minutes with tomatoes and turmeric powder, curry powder, tamarind paste, ginger garlic paste, and salt. Once lentils are cooked remove and put aside.

Heat a pot, add oil, once oil is ready add mustard Seeds, cumin seeds and chopped garlic and red chili, fresh curry leaf to the oil and wait for them to pop.

Add cooked lentils to mix and simmer for about 5 minutes. Garnish with coriander.



Vegetable Pakora

150g	Gram flour
10g	Cumin seeds
10g	Coriander seeds
10g	Mustard seeds
10g	Curry powder
10g	Chilli powder
10g	Garam masala powder
5g	Turmeric powder
20g	Ginger garlic paste
2	green chillies chopped(option)
250g	Seasonal mix hard veg.
	Salt to taste
	Oil for deep frying

Make thick dough of gram flour 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

250g	Basmati rice
20g	Cumin seeds
2g	Dry mace - Whole
2g	Star anise
2g	Clove
5g	Black peppers whole
5g	Green cardamoms
3	Bay leaves
3g	Black cardamoms
10g	Oil
0.1g	Saffron
Salt	

Wash and soak basmati rice in water for 15 min.

Heat oil in a large pan, add all spices stir for 3 seconds. Add water and allow 15 min for water to boiling. Now add soaked rice. Allow it cook for 10min, drain the excess water in large colander. Rinse with 2 ltr of cold water to stop on going cooking.

Vegetable Raita

350g	Plain Yogurt
250g	Chopped cucumber, red onion, carrot and tomato
5g	Chopped coriander fresh / Mint
5g	Roasted cumin powder

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

Chicken Bhuna

350kg	Chicken breast
100g	Onion diced
75g	Fresh tomatoes diced
20g	Rapeseed Oil
5g	Chili powder
2g	Turmeric powder
5g	Curry powder
5g	Garam masala powder
10g	Fresh garlic & ginger diced
50g	Ginger & garlic paste
10g	Cumin seeds
10g	Coriander seeds
10g	Mustard seeds
20g	Coriander leaf fresh
50ml	Water
salt to taste	

Marinate meat with oil (5g), ginger & garlic paste, salt, curry power, chili powder, garam masala power, salt and turmeric powder.

Cooking: Heat the pan on full flame, add 15g of oil, allow oil heat up for 10 seconds. Fry diced ginger & garlic, for 5 seconds, add and fry cumin seeds, coriander seeds, mustered seeds for 5 seconds. Now add diced onion, cook for 5 minutes without lid, onions should now turn in to golden brown. Now add diced tomatoes, stir in and cook for 5 mins with lid ON.

Once tomatoes go soft and juicy, add marinated chicken, water and cook for 15 minutes in a low heat. Add coriander leaf as garnish.