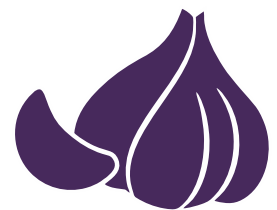


Indian Street Food & Tandoor Cooking Recipes

Ginger & Garlic Paste



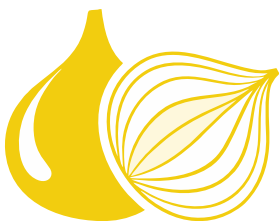
50g Ginger
50g Garlic
2g Turmeric Powder
2 tsp Vegetable Oil
Salt to taste



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
10g Freshly chopped Coriander
3g Chilli Powder
3g Curry Powder
3g Garam Masala Powder
Salt to taste

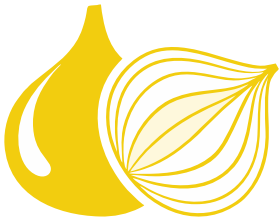
Directions

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

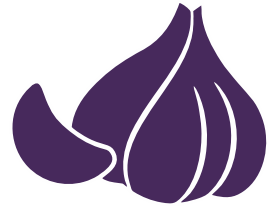
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Onion Pakodi



150g Gram flour
5g Cumin seeds
5g Coriander seeds
5g Mustard seeds
5g Curry powder
5g Chilli powder
5g Garam masala powder
3g Turmeric powder
20g Ginger garlic paste
2 green chillies chopped(option)
250g Sliced onions
1 stem Fresh curry leaf
Salt to taste
Oil for deep frying



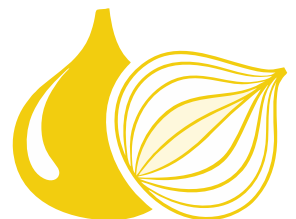
Directions

Put sliced onions in a bowl with the spices. Crush the mix to release the water from onions. Add the flour and continue to mix and crush adding water to get required consistency. Heat oil in a pan to 170c - once hot, drop onions loosely in the oil. Cook until they are golden brown.

Pulao Rice



250g Basmati rice
10g 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



Directions

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 boil. 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.

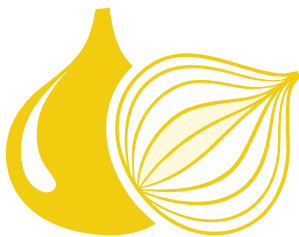
Vegetable Raita

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

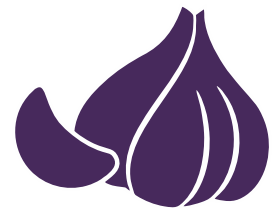
Directions

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

Sambar Dahl



250g Red lentils
100g Tomatoes - halved
1 small Aubergine - diced
1 small Courgette - diced
6 Shallots - halved
20g Ginger & garlic paste
20g Garlic fresh
20g Tamarind paste
5g Cumin seeds
5g Curry powder
3g Turmeric powder
5g Mustard seeds
2 Red chilli – dry
6 Curry leaf (option)
Salt to taste
4 steams fresh coriander leaves



Directions

Take a small pot add lentils and water (1:6 ratio),
Cook the lentils about 15 minutes with vegetable 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,
chopped garlic, red chili, fresh curry leaf to the oil and wait for them to pop.
Add cooked lentils/veg to mix and simmer for about 5 minutes.
Garnish with coriander.

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Poori

250g Whole wheat flour
30ml Water
Oil for frying

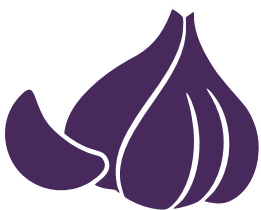
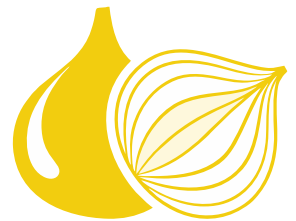
Directions

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) using a rolling pin. Heat the oil to 170c. Place each poori in the fryer until puffed both sides.

Channa Masala

300g Tinned Chickpeas
1 Medium Onion diced
200g Tinned diced tomatoes
20g Rapeseed Oil
5g Chili powder
2g Turmeric powder
5g Curry powder
15g Garam masala powder
½ tsp Ginger & garlic paste
5g Cumin seeds
5g Coriander seeds
5g Mustard seeds
20g Coriander leaf fresh
Water for cooking
salt to taste



Directions

Marinate chickpeas with oil (5g), ginger & garlic paste, salt, curry power, chili powder, garam masala powder and turmeric powder for 1 hour.

Heat the pan on full flame, add 15g of oil, allow oil heat up for 5 seconds.

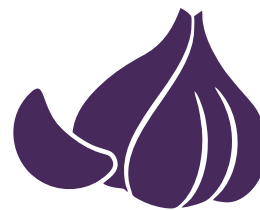
Fry cumin seeds, coriander seeds, mustard seeds for 5 seconds.

Now add diced onion, cook for 5 minutes without lid, onions should now turn in to golden brown. Add diced tomatoes, stir & cook for 5 mins with lid on.

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

Tandoori Chicken Tikka

350g Fresh boneless chicken thigh
10g Ginger and garlic paste
3g Curry powder
3g Garam masala
3g Chilli powder
2g Turmeric Powder
2tblsp Fresh natural yoghurt
Salt to taste



Directions

Place all the ingredients in a bowl (apart from chicken) and mix well to make a smooth marinade. Coat the chicken in the marinade.

Rest for 24 hours (min 20 min).

Heat oven to 250c bake for 15 min until the chicken is well cooked.
(you can grill on high for final 5 mins to add some colour to the tandoori chicken)

Chicken Biryani

Chicken tikka pieces
2 Medium Onion diced
Whole spices:
mace, bay leaf, cinnamon, cumin, green cardamon, black cardamon
200g Basmati Rice (half cooked)
Saffron – a few strands
Fresh coriander (handful)
Fresh mint (handful)
2 green chillies – sliced into strips
Salt to taste
Oil
2 tablespoons Natural Yoghurt



Directions

Take an oven proof pan and heat some oil on hob. Fry the whole spices and add the onions - fry until spices roasted and onions soft.

Add the cooked tikka pieces and heat through.

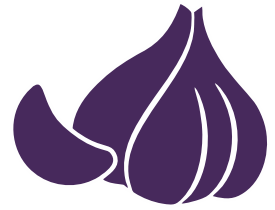
Add the yoghurt and gently cook until oils release from yoghurt. Spread the rice over the pan and top with saffron, sliced chillies, coriander and fresh mint then cover with a lid or foil and put in low heat oven for up to 3 hours to infuse the flavours.

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Tandoori Salmon

- 1 fillet of Salmon (or firm white fish)
- 1/2 tsp Ginger and garlic paste
- 1/4 tsp Curry powder
- 1/4 tsp Chilli powder
- pinch of Garam masala
- pinch of Turmeric Powder
- Salt to taste
- Oil to bind



Directions

Place all the ingredients in a bowl (apart from fish) and mix well to make a smooth marinade. Coat the fish in the marinade.

Rest for 24 hours (min 20 min).

Preheat oven to 250c and bake for 8-10min until the fish is cooked.
(you can grill on high for final 5 mins to add some colour to the fish)

Chicken Bhuna



This bhuna recipe is very versatile and can be made with chicken, lamb, prawns or vegetables.

Add single cream or coconut cream for a richer dish.



INGREDIENTS (Serves 2)

- 350g chicken breast** - cubed
(or your choice of protein/vegetables)
- 1 tbsp ginger/garlic paste**
- 1/2 tsp each** - chilli powder, garam masala, curry powder, rapeseed oil
- Fresh ginger & garlic** - diced
- 1/2 tsp each** - coriander, cumin, mustard seeds
- 1 whole green chilli** (optional)
- 1 large onion** - diced
- 1 large tomato** - diced
- Water** - Salt to taste



METHOD

1. Mix the chicken (with the ginger/garlic paste, powdered spices and some oil. Season with salt, and marinate for 1 hour.
2. Heat a medium saucepan on high heat. Add oil to the pan to cover the base. Add the diced ginger and garlic, fry until golden, about 1min.
3. Add the whole spices and green chilli (if using) - fry for 30secs.
4. Add the diced onions and continue frying until they are brown all over, stirring regularly.
5. Once the onions are brown, add the diced tomato and a splash of water. Boil for 5mins until tomatoes are soft.
6. Add the chicken and marinade, topping up with water to cover.
7. Simmer for 10 minutes (For lamb, simmer for 1hr until tender). Season with salt to taste, and enjoy!

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