# Mains: Rice

# Chicken tikka masala

This chicken tikka masala is an easy but flavoursome version of everyone's favourite mild-medium curry! To crank up the heat, add a few more chilli’s!

**Serves:**4

**Prep time**: 20 mins

**Cook time:** 20 mins

## Ingredients

* 4 chicken breast fillets, cut into 2.5cm cubes
* 2 garlic cloves, roughly chopped
* 2.5cm piece root ginger, roughly chopped
* 400g tin chopped tomatoes
* 4 tablespoons natural yoghurt
* 1 onion, chopped
* 2 tablespoons vegetable oil
* 2 tablespoons masala curry paste
* Salt and pepper to season
* 1 tablespoon plain flour
* 50ml water
* 3 tablespoons fresh coriander, chopped
* Coriander leaves to garnish

## Method

1. Put the tomatoes, garlic, ginger and yoghurt into a blender or food processor and process until the mixture is smooth and set aside.
2. Heat the oil in a large frying pan, add the onion and fry over a medium heat for 3 to 4 minutes, stirring constantly.
3. Stir in the masala curry paste and fry for a further 1 minute over a medium heat, stirring once or twice.
4. Add the tomato mixture and chicken to the pan and mix together. Season with salt and pepper. Mix the flour and water together and stir into the pan off the heat. Return to the heat and bring to the boil stirring constantly. Cover and cook over a gentle heat for 15 minutes.
5. Sprinkle in the chopped coriander and serve immediately garnished with coriander leaves.

# Chicken biryani

This is a delicious Pakistani/Indian rice dish, which is often reserved for very special occasions such as Ramadan, weddings or parties. It has a lengthy preparation, but the work is definitely worth it.

**Serves:**6

**Prep time**: 1 hr

**Cook time:** 1 hr 30 mins

## Ingredients

* 4 tablespoons oil or ghee, divided
* 4 small potatoes, peeled and halved
* 2 large onions, finely chopped
* 2 cloves garlic, minced
* 1 tablespoon minced fresh root ginger
* 1/2 teaspoon chilli powder
* 1/2 teaspoon ground black pepper
* 1/2 teaspoon turmeric
* 1 teaspoon ground cumin
* 1 teaspoon salt
* 2 medium tomatoes, peeled and chopped
* 2 tablespoons plain yoghurt
* 2 tablespoons chopped fresh mint leaves
* 1/2 teaspoon ground cardamom
* 1 (5cm) cinnamon stick
* 1.3kg chicken breast chunks
* 450g basmati rice
* 2 1/2 tablespoons vegetable oil
* 1 large onion, diced
* 1 pinch saffron
* 5 pods cardamom
* 3 whole cloves
* 1 (2.5cm) cinnamon stick
* 1/2 teaspoon ground ginger
* 1 litre chicken stock
* 1 1/2 teaspoons salt

## Method

1. In a large frying pan, in 2 tablespoons oil (or ghee) fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the pan and fry onion, garlic and ginger until onion is soft and golden. Add chilli, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for 5 minutes. Add yoghurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.
2. When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, 35 to 45 minutes. There should only be a little very thick sauce left when chicken is finished cooking. If necessary, cook uncovered for a few minutes to reduce the sauce.
3. Wash rice well and drain in colander for at least 30 minutes.
4. In a large frying pan, heat vegetable oil (or ghee) and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.
5. In a large saucepan, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking.
6. Spoon biryani into a warm serving dish and serve.

# Slow cooker beef curry

This hearty, spicy beef curry is only for those that can handle the heat. It can be made hob or a slow steam cooker. Great served over mashed potatoes or rice.

**Serves: 4**

**Prep time**: 15 mins

**Cook time:** 8 hrs 10 mins

## Ingredients

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* 1 tablespoon olive oil
* 450g beef stewing steak
* Salt and pepper to taste
* 2 cloves garlic, minced
* 1 teaspoon chopped fresh ginger
* 1 fresh green chilli, diced
* 1 tablespoon curry powder
* 1 (400g) tin chopped tomatoes
* 1 onion, sliced and quartered
* 250ml beef stock

## Method

1. Heat the olive oil in a frying pan over medium heat, and brown the beef on all sides. Remove from pan, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger and chilli in the pan for 2 minutes, until tender, and season with curry powder. Mix in the chopped tomatoes.
2. Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the pan mixture into the slow cooker, and mix in the beef stock.
3. Cover, and cook 6 to 8 hours on Low.

# Vegetarian korma

This is an easy and exotic curry. It's rich, creamy, mildly spiced and extremely flavourful. Serve with naan and rice.

## Serves: 4

**Prep time**: 25 mins

**Cook time:** 30 mins

## Ingredients

* 1 1/2 tablespoons vegetable oil
* 1 small onion, diced
* 1 teaspoon minced fresh root ginger
* 4 cloves garlic, minced
* 2 potatoes, cubed
* 4 carrots, cubed
* 1 fresh green chilli, seeded and sliced
* 3 tablespoons ground unsalted cashews
* 100g passata or diced tomatoes
* 2 teaspoons salt
* 1 1/2 tablespoons curry powder
* 150g frozen garden peas
* 1/2 green pepper, chopped
* 1/2 red pepper, chopped
* 225ml double cream
* 1 bunch fresh coriander for garnish

## Method

1. Heat the oil in a frying pan over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, green chilli, cashews and passata. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.
2. Stir peas, green pepper, red pepper and cream into the pan. Reduce heat to low, cover, and simmer 10 minutes. Garnish with coriander to serve.

# Beef vindaloo

Definitely well worth the time and effort of marinating the meat overnight. Once you tweak it to your spice levels - this spicy hot curry that will rival any Indian restaurant!

**Serves**: 6

**Prep time**: 30 mins

**Cook time:** 1 hr

**Extra time**: 1 day marinating

## Ingredients

* 1 (5cm) piece fresh ginger, peeled and diced
* 4 garlic cloves, diced
* 1 1/2 teaspoons hot chilli powder
* 2 teaspoons turmeric
* 1 teaspoon salt
* 1 tablespoon cardamom seeds
* 6 whole cloves
* 6 whole peppercorns
* 1 (5cm) cinnamon stick
* 2 tablespoons coriander seeds
* 2 tablespoons cumin seeds
* 2 tablespoons wine vinegar
* 1kg beef fillet steak
* 4 curry leaves, optional
* 3 tablespoons vegetable oil
* 1 teaspoon mustard seeds
* 150ml water

## Method

1. Put the ginger, garlic, chilli powder, turmeric, salt, cardamom, cloves, peppercorns, cinnamon, coriander and cumin seeds with the vinegar into a blender and blend to a puree.
2. Scrape down the sides of the blender and blend for a further 30 seconds. Add more vinegar if necessary to form a smooth liquid paste.
3. Put the beef in a large bowl and pour over the spice paste. Cover and set aside to marinate for 1 hour.
4. Lay the curry leaves, if you are using them, on top. Re-cover and put the bowl into the refrigerator for 24 hours, turning the meat two or three times during the period.
5. Two hours before cooking time remove the bowl from the fridge and set aside.
6. Heat the oil in a large saucepan then add the mustard seeds and cover the pan.
7. Fry the seeds until they pop then add the beef, marinade and water. Bring to the boil stirring constantly. Reduce the heat to low then cover the saucepan and simmer for 30 minutes.
8. Uncover and simmer for a further 30 minutes or until the beef is cooked through and tender.
9. Transfer the vindaloo to a warmed serving dish and serve at once.