

# RED CHORI AND MINCE CURRY

*(Mince with red lentil-type seeds)*

*Serves 4.*

*Preparation and cooking time: 10 hrs 30 mins.*

If you do not like beans but would like to try something similar to chilli con carne, then this is the dish for you. This mince curry is usually served with rice or chapattis. It can also be served with chips. For this recipe you need a liquidizer.

**NB** The chori must be boiled for about 45 minutes as indicated in the recipe otherwise it could cause indigestion.

**55g (2oz) red chori**  
**450ml (15fl oz) water for boiling red chori**  
**10g (½ oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**2 green chillies**  
**30ml (1fl oz) cooking oil**  
**1 large onion, finely chopped**  
**1 tsp tomato purée**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp tandoori masala**  
**1 tsp garam masala**  
**½ tsp salt**  
**4 tsp soy sauce**  
**225g (8oz) minced beef**  
**300ml (10fl oz) water for cooking**  
**Small amount green dhanyia (coriander), chopped**

*Method*

1. Wash the red chori, like all dhals, and leave to soak in about 600ml (20fl oz) of cold water for about 8 hours. (See [here](#) on how to wash dhals.)
2. Strain the chori and put in a pan. Add the 450ml (15fl oz) of water. Place the pan on a hot ring, and bring the water to the boil. When the water has started to boil, cover the pan, lower the heat and simmer for a further 45 minutes.
3. Place the garlic, ginger and green chillies into a liquidizer and chop very finely.
4. Heat the cooking oil in a large pan to a high temperature. Add the onion and cook until it is golden brown.
5. Add the contents of the liquidizer, tomato purée, turmeric powder, chilli powder, tandoori masala, garam masala, salt and soy sauce. Cook this mixture for about 2 minutes.
6. Now add the boiled chori and the mince. Simmer gently for another 15 minutes stirring every 5 minutes.
7. Add the 300ml (10fl oz) of water, cover the pan and let it simmer for a further 45 minutes. Stir every 5 minutes.
8. Transfer the curry into a serving dish and garnish with fresh coriander. Serve while hot.

# MINCED LAMB CURRY

*Serves 4.*

*Preparation and cooking time: 50 mins.*

This is a dry curry usually served with chapattis or pitta bread. It also makes excellent filling for toasted sandwiches. Bay leaves may be added to give the curry a nice fragrance and a slightly sharper taste. For this recipe you need a liquidizer.

**10g (½ oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**3 green chillies**  
**60ml (2fl oz) cooking oil**  
**1 large onion, finely chopped**  
**2 tsp tomato purée**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**2 tsp tandoori masala**  
**1 tsp garam masala**  
**1 tsp salt**  
**2 bay leaves (optional)**  
**340g (12oz) minced lamb**  
**600ml (20fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Place the garlic, ginger, and green chillies into a liquidizer and chop finely.
2. Heat the oil in a pan and add the chopped onion. Cook the onion until it is golden brown. Now add the liquidizer contents, tomato purée, turmeric powder, chilli powder, tandoori masala, garam masala, salt (and bay leaves if used). Cook for a further 5 minutes, stirring continuously.
3. Add the mince, and cook for a further 5 minutes, stirring continuously.

4. Add the water, cover the pan, reduce the heat and simmer gently for a further 30 minutes, stirring every 5 to 7 minutes.
5. Transfer the contents to a serving dish and garnish with fresh green coriander. Serve while hot.
6. The bay leaves (if used) are discarded while eating and left on the plate.

# LAMB'S LIVER CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 10 mins.*

This liver curry is usually eaten on its own, or served with chapattis or bread but is not served with rice. It is normally very mild but fresh green chillies can be added to make it slightly hot. For this recipe you need a liquidizer.

**10g (½ oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**3 green chillies (optional for hot curry)**  
**55g (2oz) tinned tomatoes**  
**30ml (1fl oz) cooking oil**  
**1 large onion, finely chopped**  
**450g (1lb) lamb's liver, cut into small pieces**  
**½ tsp turmeric powder**  
**1 tsp tomato purée**  
**½ tsp chilli powder**  
**1 tsp tandoori masala**  
**1 tsp salt**  
**½ tsp garam masala**  
**300ml (10fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Preheat the oven to mark 5 (375°F or 190°C). Place the garlic, ginger, green chillies (if used), and tomatoes in a liquidizer and blend them into a thick paste.
2. Place the oil in a pan. When hot, add the chopped onion. Cook the onion until it is golden brown. Add the contents of the liquidizer, liver pieces, turmeric powder, tomato purée, chilli powder, tandoori masala, salt and garam masala. Cook for about 10 minutes, stirring constantly. Place the

curry in a casserole. Add water and stir.

3. Cover the casserole, and cook on the middle shelf of the preheated oven for about 45 to 50 minutes.
4. Garnish with green dhanyia (coriander) and serve while hot.

# DRY BHOONA LAMB CHOPS

*Serves 4.*

*Preparation and cooking time: 1 hr.*

This is a very dry and mild curry which can be served with fried rice, or even mashed potatoes or chips. For this recipe you need a wok or deep frying pan.

**8 lamb chops**

**90ml (3fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**225g (8oz) onions, finely chopped**

**2 green chillies, finely chopped**

**110g (4oz) tinned tomatoes, finely chopped**

**1½ tsp salt**

**1 tsp turmeric powder**

**1½ tsp garam masala**

**½ tsp chilli powder**

**120ml (4fl oz) water**

**Small amount green dhania (coriander), chopped**

## *Method*

1. Cut the fat from the lamb chops.
2. In a wok, or deep frying pan, heat the oil to a high temperature. Add the jeera and rai and let it cook for a few seconds. Add the chopped onions and the green chillies. Stir continuously and cook until the onions are golden brown. Add the tomatoes and cook for about a minute. Add the salt, turmeric powder, garam masala and chilli powder. Cook this spicy mixture for about another minute.
3. Add the lamb chops. Mix well, cover the pan, lower the heat and let it simmer for about 10 minutes, stirring every 3 to 4 minutes.
4. Add the water, mix well and simmer for another 40 minutes stirring every

8 to 10 minutes.

5. Transfer the contents to a serving dish and garnish with the green dhanyia (coriander).



# **LAMB VINDALOO**

*(Hot lamb and potato curry)*

*Serves 4.*

*Preparation and cooking time: 1 hr.*

This is a very hot curry usually served with rice, chapattis or parothas.

**450g (1lb) potatoes**  
**60ml (2fl oz) cooking oil**  
**1 large onion, finely chopped**  
**6 green chillies, finely chopped**  
**3 tsp tomato purée**  
**2 tsp turmeric powder**  
**2 tsp chilli powder**  
**1 tsp garlic powder**  
**1 tsp ginger powder**  
**2 tsp salt**  
**2 tsp garam masala**  
**450g (1lb) diced lamb**  
**450ml (15fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut into largish pieces (about 2.5cm/1 inch cubes).
2. Heat the oil to a high temperature in a large pan. Add the onion and chillies, and cook, stirring continuously, until the onion is golden brown.
3. Add the tomato purée, turmeric powder, chilli powder, garlic powder, ginger powder, salt, garam masala and the diced lamb. Mix well, lower the heat and simmer gently for about 5 minutes, stirring every 2 to 3 minutes.
4. Add the water and let the lamb simmer for about 35 minutes, stirring every 5 to 7 minutes.
5. Add the potatoes and simmer for another 20 minutes, stirring every 5 to 7

minutes.

6. Transfer the contents to a serving dish and garnish with green dhanyia (coriander).

# CHICKEN VINDALOO

*(Hot chicken and potato curry)*

*Serves 4.*

*Preparation and cooking time: 50 mins.*

This is a very hot curry usually served with rice, chapattis or parothas. For this recipe you need a liquidizer and a chopper.

**450g (1lb) potatoes**

**900g (2lb) fresh chicken**

**1 large onion**

**6 green chillies**

**10g (½ oz) fresh ginger**

**10g (½ oz) fresh garlic**

**60ml (2fl oz) cooking oil**

**3 tsp tomato purée**

**2 tsp turmeric powder**

**2 tsp chilli powder**

**1 tsp garlic powder**

**1 tsp ginger powder**

**2 tsp salt**

**2 tsp garam masala**

**2 tsp tandoori powder**

**150ml (5fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut into largish pieces (about 2.5cm/1 inch cubes).
2. Remove the skin from the chicken pieces and chop the chicken into small (about 8cm/3 inch long) pieces.
3. Place the onion, chillies, ginger and garlic in a liquidizer and process until finely chopped.

4. Heat the oil to a high temperature in a large pan. Add the processed onions, chillies, ginger and garlic and cook, stirring continuously, until the onion is golden brown.
5. Add the tomato purée, turmeric powder, chilli powder, garlic powder, ginger powder, salt, garam masala, tandoori powder and the chicken. Mix well, lower the heat and simmer gently for about 10 minutes, stirring every 2 to 3 minutes.
6. Add the water and let the chicken simmer for about 20 minutes, stirring every 5 to 7 minutes.
7. Add the potatoes and simmer for another 20 minutes, stirring every 5 to 7 minutes.
8. Transfer the contents to a serving dish and garnish with green dhanyia (coriander).
9. The bones are discarded while eating and left on the plate.

# **BEEF KOFTAS**

*(Beef meatballs)*

*Serves 4.*

*Preparation and cooking time: 1 hr 50 mins.*

Beef koftas are particularly good if you like mince dishes. They can be served with rice or chapattis. They can also be served with ‘English side dishes’ such as boiled potatoes, cabbage or cauliflower. For this recipe you need a liquidizer.

**25g (1oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**3 green chillies**  
**450g (1lb) minced beef**  
**1 tsp salt**  
**½ tsp chilli powder**  
**2 tsp tandoori masala**  
**1 tsp garam masala**  
**2 tsp tomato purée**  
**Small amount green dhanyia (coriander), chopped**  
**30ml (1fl oz) cooking oil**  
**2 medium sized onions, finely chopped**  
**55g (2oz) plum peeled tomatoes**  
**300ml (10fl oz) water**

## *Method*

1. Place the garlic, ginger and green chillies into a liquidizer and process until finely chopped.
2. Mix the contents of the liquidizer with the mince, salt, chilli powder, tandoori masala, garam masala, tomato purée and fresh dhanyia and mix well. Shape the mixture into small meatballs approximately 5cm (2 inches) in diameter, and place them on a tray. Cover the tray.
3. Heat the oil in a large cooking pan. Add the onions and fry until they are golden brown. Now add the tomatoes and cook for a further 2 minutes.

4. Gently place 6 to 8 meatballs in the pan. Cover the pan, lower the heat and simmer for about 20 minutes. The meatballs will shrink in size and become golden brown. Carefully remove these balls from the onion and tomato mixture and place them on one side. Add another 6 to 8 fresh mince balls to the onion and tomato mixture, cover and simmer again for about the same period. Repeat this process until all the meatballs are done.
5. Now add all the meatballs to the onion and tomato mixture. Stir very gently and simmer for a further 50 minutes. Add the water, bring it to the boil, and simmer for a further 45 minutes, stirring every 10 minutes.
6. Transfer the contents to a serving dish and serve while hot.

# BEEF CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 40 mins.*

This is a hot curry. It can be eaten on its own, but is usually served with boiled noodles, rice, chapattis, bread, puris, parothas, mashed potatoes, or pitta bread. For this recipe you need a liquidizer.

**450g (1lb) shin or stewing beef**  
**10g (½ oz) fresh garlic, peeled**  
**10g (½ oz) fresh ginger, peeled**  
**2 green chillies**  
**55g (2oz) plum peeled tomatoes**  
**30ml (1fl oz) cooking oil**  
**1 large onion, finely chopped**  
**½ tsp turmeric powder**  
**1 tsp tomato purée**  
**½ tsp chilli powder**  
**1 tsp garam masala**  
**1 tsp salt**  
**1 tsp tandoori masala**  
**4 tsp soy sauce**  
**600ml (20fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Cut the beef into about 2.5cm (1 inch) cubes.
2. Place the garlic, ginger, green chillies, and tomatoes into a liquidizer, and blend them into a thick paste.
3. Heat the oil in a pan to a high temperature. Add the chopped onion and cook until it is golden brown. Add the beef cubes, blended paste, turmeric powder, tomato purée, chilli powder, garam masala, salt, tandoori masala,

and soy sauce. Stir continuously for about 2 minutes. Reduce the heat, cover the pan and let it cook for about 20 minutes, stirring every few minutes. Add the water and stir. Simmer gently for a further hour.

4. Transfer the curry into a serving dish, and garnish with the fresh dhanyia (coriander).



# SPINACH LAMB

*Serves 4.*

*Preparation and cooking time: 1 hr 10 mins.*

Spinach is frequently used in Indian dishes, and spinach and lamb do make an excellent combination. This dish is quite mild, and can be served with chapattis, pitta bread, parothas or even bread. For this recipe you need a meat cleaver, or get your butcher to chop a leg of lamb up for you.

**670g (1½ lb) leg of lamb**  
**340g (12oz) spinach**  
**60ml (2fl oz) cooking oil**  
**1 large onion, finely chopped**  
**3 tsp tomato purée**  
**1 tsp salt**  
**1 tsp turmeric powder**  
**½ tsp chilli powder**  
**1 tsp garam masala**  
**120ml (4fl oz) water**

## *Method*

1. Chop the leg of lamb into small pieces, about 2.5cm (1 inch) in length. There is no need to remove the bones.
2. Cut the spinach into small pieces and wash well.
3. Heat the oil to a high temperature in a large pan. Add the onion and cook until the onion is golden brown. Add the tomato purée, salt, turmeric powder, chilli powder and garam masala. Stir well and let the mixture cook for about 1 minute.
4. Add the lamb, spinach and the water. Mix well, lower the heat and simmer gently for about 40 minutes stirring every 5 to 7 minutes.
5. Transfer the contents to a serving dish and serve hot.

6. While eating, the bones are discarded and left on the plate.

# MADRAS BUTTER BHOONA BEEF CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 20 mins.*

This is a medium dry beef curry, usually served with rice or chapattis.

**450g (1lb) stewing beef**

**25g (1oz) butter**

**1 large onion, finely chopped**

**55g (2oz) plum peeled tomatoes, finely chopped**

**1 tsp tomato purée**

**1 tsp salt**

**1 tsp turmeric powder**

**1 tsp chilli powder**

**2 tsp madras curry powder**

**1 tsp garlic powder**

**450ml (15fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Cut the beef into 2.5cm (1 inch) cubes.
2. Melt the butter in a large pan; add the onion and cook until golden brown, stirring continuously.
3. Add tomatoes, tomato purée, salt, turmeric powder, chilli powder, madras curry powder, garlic powder and the cubes of beef, and mix well. Stir continuously and cook for about 5 minutes.
4. Add the water, reduce the heat and simmer for about 1 hour stirring every 8 to 10 minutes.
5. Transfer the contents to a serving dish and garnish with the dhanyia (coriander).

# FROZEN CHICKEN CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 20 mins.*

This is a mild to medium hot chicken curry. It is usually served with a rice dish, or chapattis. You can either use fresh green chillies (if you like curry dishes hot) or a fresh green pepper for milder taste. Parsley or coriander can be used for garnishing. For this recipe you need a liquidizer.

**900g (2lb) frozen chicken pieces, thawed**  
**25g (1oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**3 green chillies or 1 green pepper, chopped (dependent on taste)**  
**60ml (2fl oz) cooking oil**  
**3 large onions, finely chopped**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**2 tsp garam masala**  
**1 tsp tandoori masala**  
**3 tsp tomato purée**  
**170g (6oz) plum peeled tomatoes**  
**2 tsp salt Parsley or green fresh dhanyia (coriander), chopped**

## *Method*

1. Remove the skin from the chicken pieces.
2. Place the garlic, ginger and green chillies (or green pepper) in a liquidizer and process until finely chopped.
3. Heat the oil to a high temperature in a pan. Add the chopped onions and cook until they are golden brown. Add the chicken pieces, the contents of the liquidizer, turmeric powder, chilli powder, garam masala, tandoori masala, tomato purée, tomatoes and salt. Stir continuously for a few minutes.

4. Reduce the heat and simmer for about 1 hour, stirring every 5 to 7 minutes, keeping the pan covered all the time.
5. Garnish with chopped parsley or fresh dhanyia (coriander).
6. The bones are discarded while eating and left on the plate.

# FRESH CHICKEN CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 50 mins.*

This is a very popular curry, usually served with rice or chapattis. It takes longer to cook than the frozen chicken curry, and tastes quite different.

**60ml (2fl oz) cooking oil**

**2 large onions, finely chopped**

**900g (2lb) fresh chicken, skinned and cut into small pieces**

**8oz (225g) plum peeled tomatoes**

**1 tsp salt**

**1 tsp chilli powder**

**1 tsp turmeric powder**

**2 tsp garam masala**

**1 tsp garlic powder**

**1 tsp ginger powder**

**3 green chillies, finely chopped**

**600ml (20fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Heat the oil in a large pan to a high temperature. Add the onions and cook until they are golden brown.
2. Add the chicken, tomatoes, salt, chilli powder, turmeric powder, garam masala, garlic powder, ginger powder and the green chillies. Stir continuously for about 5 minutes.
3. Cover the pan, reduce the heat and simmer gently for about 25 minutes.
4. Add half of the water (300ml/10fl oz) to the curry and bring the mixture to the boil. Reduce the heat, cover the pan, and cook for a further 35 minutes, stirring every 10 minutes. Add the remaining water, and simmer for a further 45 minutes, stirring every 15 minutes.

5. Transfer the contents to a serving dish, and garnish with the dhanyia (coriander). Serve while hot.
6. The bones are discarded while eating and left on the plate.

# FRIED CHICKEN CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 20 mins.*

This is a mouth-watering chicken curry, and is fairly simple to cook. It is usually served with chapattis, rice, noodles or even with chips or mashed potatoes. For this recipe you need either a meat cleaver or a very sharp knife, and a wok or deep frying pan.

**900g (2lb) chicken pieces**  
**600ml (20fl oz) cooking oil, for deep frying**  
**60ml (2fl oz) cooking oil**  
**3 large onions, finely chopped**  
**1 tsp chilli powder**  
**1 tsp garam masala**  
**6 green chillies, finely chopped**  
**1 tsp garlic powder**  
**2 tsp tandoori masala**  
**1 tsp turmeric powder**  
**1 tsp salt**  
**4 tsp soy sauce**  
**2 tsp tomato purée**  
**300ml (10fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Remove the skin from the chicken pieces, and chop the chicken into smaller pieces, about 7cm (3 inches) long. The bones are left in the chicken pieces.
2. Heat the 600ml (20fl oz) of cooking oil in a wok or deep frying pan to a high temperature. Deep fry all the chicken pieces, about 4 to 5 at a time, until they are golden brown.



3. Heat the 60ml (2fl oz) of oil in another pan and fry the chopped onions until they are golden brown. Add the chilli powder, garam masala, green chillies, garlic powder, tandoori masala, turmeric powder, salt, soy sauce, and tomato purée. Mix well and cook for about 1 to 2 minutes.
4. Add the fried chicken, mix well and cook for a further 2 to 3 minutes, stirring continuously. Add the water, stir, and bring the mixture to the boil. Reduce the heat, cover the pan and simmer gently for a further 15 minutes.
5. Transfer the curry to a serving dish and garnish with the green dhanyia (coriander).
6. The bones are discarded while eating and left on the plate.

# PORK CURRY

*Serves 4.*

*Preparation and cooking time: 1 hr 10 mins.*

This is a dry hot curry. It can be eaten as a snack on its own, or served with mashed potatoes, chapattis, pitta bread or parothas. For this recipe you need a liquidizer.

**900g (2lb) boneless pork**  
**10g (½ oz) fresh garlic, peeled**  
**10g (½ oz) fresh ginger, peeled**  
**2 green chillies**  
**225g (8oz) fresh tomatoes**  
**30ml (1fl oz) cooking oil**  
**1 large onion, finely chopped**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp tandoori masala**  
**1 tsp salt**  
**1 tsp garam masala**  
**120ml (4fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Cut the pork pieces into about 2.5cm (1 inch) cubes.
2. Blend the garlic, ginger and green chillies in a liquidizer until finely chopped.
3. Cut the tomatoes into small pieces.
4. Heat the oil in a pan to a high temperature; add the chopped onion and cook until it is golden brown.
5. Add the contents of the liquidizer, tomatoes, pork cubes, turmeric powder, chilli powder, tandoori masala, salt and garam masala. Stir continuously for

about 2 minutes.

6. Reduce the heat, cover the pan and simmer gently for about 20 minutes, stirring every 5 to 7 minutes.
7. Add the water, stir and simmer gently for a further 30 minutes, again stirring every 5 to 7 minutes.
8. Transfer the curry to a serving dish. Garnish with fresh green dhanyia (coriander) and serve while hot.

# STUFFED MACKEREL CURRY

*Serves 4.*

*Preparation and cooking time: 8 hrs 30 mins.*

Spiced and stuffed mackerel is tasty and makes a good change from meat curries. It is usually served with fried rice and can be served with salad as a starter. For this recipe you need a liquidizer.

**25g (1oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**6 green chillies**  
**2 tsp tomato purée**  
**30ml (1fl oz) yoghurt**  
**½ tsp salt**  
**½ tsp turmeric powder**  
**½ tsp dhanyia powder (coriander)**  
**½ tsp jeera powder (cumin)**  
**1 tsp lemon juice**  
**4 small fresh mackerel – about 450g (1lb) in total**  
**60ml (2fl oz) cooking oil**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Place the garlic, ginger, chillies, tomato purée, yoghurt, salt, turmeric powder, dhanyia powder, jeera powder, and lemon juice in a liquidizer and blend into a thickish paste.
2. Cut the heads off the mackerel and slice the fish along their tops, on one side only, so as to enable you to remove the bones from their centres. Make sure that you do not cut completely through, and the mackerel are still whole.
3. Place the mackerel under cold running water for about one minute.
4. Carefully lay the four mackerel out in a large pan and pour the thick paste

in the space left by the bones of each of the mackerel. Lift the other half and fold it back so that the blended liquid is in the middle of each of the mackerel.

5. Now leave the fish for about 8 hours.
6. Heat the oil to a high temperature, in a large flat pan. Transfer the fish very carefully to this pan with the hot oil, lower the heat and let it simmer for about 5 minutes. While simmering cover the pan. Turn the fish over carefully, still folded, and cook the other sides by simmering for a further 5 minutes.
7. Transfer the contents to a serving dish and garnish with the dhanyia (coriander). Serve while hot.

# COD FISH CURRY

*Serves 4.*

*Preparation and cooking time: 40 mins.*

Cod curry is unusual but makes an excellent alternative to meat curries. It can be served with mashed potatoes, chapattis or fried rice. For this recipe you need a liquidizer.

**10g (½ oz) fresh garlic, peeled**  
**10g (½ oz) fresh ginger, peeled**  
**1 green chilli**  
**225g (8oz) plum peeled tomatoes**  
**60ml (2fl oz) cooking oil**  
**1 large onion, finely chopped**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp garam masala**  
**½ tsp salt**  
**670g (1½ lb) cod steaks**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Blend the garlic, ginger, chilli and tomatoes in a liquidizer, to a thickish paste.
2. Heat the oil to a high temperature in a pan; add the onion and cook until it is golden brown.
3. Add the contents of the liquidizer, turmeric powder, chilli powder, garam masala and salt, and stir continuously for about 2 minutes. Cook this mixture for a further 3 minutes.
4. Arrange the fish steaks in a large casserole and spread the spiced mixture on top of the steaks.
5. Bake the fish and the mixture in a pre-heated oven at mark 4 (350°F or

180°C), for about 20 minutes.

6. Garnish the fish with fresh green dhanyia (coriander) and serve hot.

# DRY BHOONA MUSHROOM AND PRAWN CURRY

*Serves 4.*

*Preparation and cooking time: 20 mins.*

This is a very mild prawn curry usually served as a side dish with meat curry. For this recipe you need a liquidizer.

**10g (½ oz) fresh garlic**  
**10g (½ oz) fresh ginger**  
**4 green chillies**  
**60ml (2fl oz) cooking oil**  
**1 large onion, finely chopped**  
**1 tsp tomato purée**  
**½ tsp salt**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp dhanyia powder (coriander)**  
**½ tsp jeera powder (cumin)**  
**225g (8oz) mushrooms, cut into halves**  
**110g (4oz) peeled prawns**  
**Small amount green dhanyia (coriander), chopped**  
**2 oz (55g) fresh tomatoes, cut into rings**

## *Method*

1. Place the garlic, ginger and green chillies in a liquidizer, and chop finely.
2. Heat the oil to a high temperature, in a pan. Add the onion, stir continuously and cook until golden brown. Add the contents of the liquidizer, tomato purée, salt, turmeric powder, chilli powder, dhanyia powder and jeera powder. Cook the mixture for a further minute, stirring continuously.
3. Add the mushrooms and prawns. Mix well, lower the heat, cover the pan



and simmer gently for about 8 minutes, stirring every 2 to 3 minutes.

4. Transfer the contents to a serving dish and garnish with the green dhanyia and tomatoes.

# EGG AND POTATO CURRY

*Serves 4.*

*Preparation and cooking time: 45 mins.*

This is a mild curry not usually served in restaurants. It can be served with rice or chapattis.

**6 eggs**  
**225g (8oz) potatoes**  
**30ml (1fl oz) cooking oil**  
**1 onion, finely chopped**  
**110g (4oz) plum peeled tomatoes**  
**1 tsp salt**  
**1 tsp turmeric powder**  
**1 tsp garam masala**  
**½ tsp chilli powder**  
**½ tsp tandoori masala**  
**1 tsp cumin powder**  
**150ml (5fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Hard boil the eggs and remove the shells. Cut the eggs into halves.
2. Peel the potatoes and cut into small pieces, about 1cm (½ inch) cubes.
3. Heat the oil to a high temperature in a pan. Add the onion and cook until the onion is golden brown, stirring continuously.
4. Add the tomatoes and cook for about a further 2 minutes stirring continuously. Now add the salt, turmeric powder, garam masala, chilli powder, tandoori masala and cumin powder. Cook for a further 1 minute.
5. Add the potatoes, mix well, and cook for about 2 minutes stirring continuously. Now add the eggs and cook for about 3 to 4 minutes.

6. Add the water; bring it to the boil; lower the heat and let it simmer for about 20 minutes, stirring every 5 to 7 minutes.
7. Transfer the contents to a serving dish and garnish with the coriander.

# PRAWN AND PEPPER CURRY

*Serves 4.*

*Preparation and cooking time: 25 mins.*

Prawns are rare in Indian homes, but prawn curries do taste good, and are always worth a try. For this recipe you need a deep frying pan or wok.

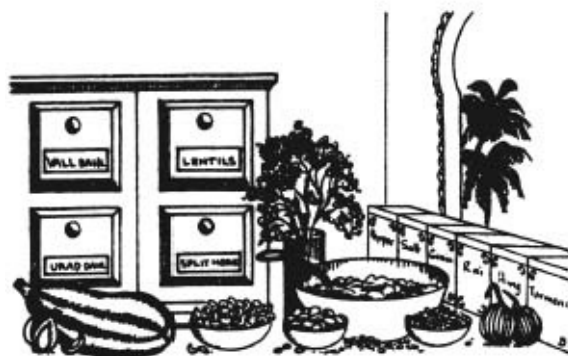
**340g (12oz) green peppers**  
**60ml (2fl oz) cooking oil**  
**2 medium size onions, finely chopped**  
**2 ripe tomatoes cut into small pieces**  
**1 tsp salt**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp garam masala**  
**340g (12oz) peeled prawns**

## *Method*

1. Chop the peppers lengthways into pieces about 2.5cm (1 inch) long and 1cm (½ inch) wide.
2. Heat the oil in a large wok, add the onions and fry them until they are golden brown. Add the tomatoes, salt, turmeric powder, chilli powder and garam masala. Cook for a further 2 minutes.
3. Add the peppers and prawns and stir well. Reduce the heat, cover the wok and cook on a very low heat for a further 15 minutes, stirring every 3 to 4 minutes.
4. Transfer the contents to a serving dish and serve hot.

# 4

## DHALS



# VALL DHAL

*Serves 4.*

*Preparation and cooking time: 2 hrs 40 mins.*

This is a dhal curry usually served with chapattis, bread, rice or pitta bread.

**225g (8oz) vall dhal**  
**900ml (30fl oz) water**  
**30ml (1fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**¼ tsp hing (asafoetida)**  
**2 tsp tomato purée**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp garlic powder**  
**1 tsp ginger powder**  
**1 tsp salt**  
**1 tsp garam masala**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the vall dhal as described in the introduction (page [here](#)). Then leave the dhal to soak in the 900ml (30fl oz) of water for 2 hours.
2. Heat the oil to a high temperature, in a pan. Add the jeera to the hot oil, and then a few seconds later add the rai and asafoetida. Leave for a few more seconds and add the tomato purée, turmeric powder, chilli powder, garlic powder, ginger powder, salt and garam masala. Cook for a further 2 minutes, stirring continuously.
3. Drain the dhal, and save the water in which it was soaking, in another pan. Add the dhal to the spiced mixture. Cook for a further 2 minutes, stirring continuously.

4. Add the water in which the dhal was soaked to the above mixture. Bring the water to the boil and simmer gently for a further 30 minutes, stirring every 5 minutes.
5. Place the dhal in a serving dish and garnish with fresh dhanyia (coriander).

# SPLIT URAD DHAL

*Serves 4.*

*Preparation and cooking time: 1 hr 25 mins.*

This dhal curry is usually served with chapattis or bread. It can also be served with hot pitta bread. It is very popular with vegetarians. Green chillies can be used if you like hot curries, but otherwise a pepper can be used for a milder taste. For this recipe you need a liquidizer.

**170g (6oz) skinless split urad dhal**  
**1 large onion, finely chopped**  
**1200ml (40fl oz) water**  
**1 tsp salt**  
**85g (3oz) plum peeled tomatoes**  
**3 green chillies or 1 green pepper, chopped**  
**25g (1oz) fresh garlic, peeled**  
**25g (1oz) fresh ginger, peeled**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp garam masala**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the dhal as described in the introduction (page [here](#)).
2. Place the washed dhal, chopped onion and the 1200ml (40fl oz) of water in a large pan.
3. Add the salt.
4. Bring the water to the boil, reduce the heat, and simmer gently for about 1 hour, stirring every 5 to 7 minutes.



5. Place the tomatoes, green chillies, garlic and ginger in a liquidizer and blend into a thickish paste.
6. Heat the oil to a high temperature, in a separate pan. Add the jeera and rai and let it cook for a few seconds. Add the contents of the liquidizer, turmeric powder, chilli powder and garam masala. Stir continuously and cook for 2 to 3 minutes.
7. Add this spicy mixture to the boiled dhal, and boil for another 5 minutes.
8. Place the dhal in a serving dish and garnish with fresh dhanyia (coriander).

# RED KIDNEY BEANS (WHOLE) DHAL

*Serves 4.*

*Preparation and cooking time: 2 hrs 20 mins.*

This is a very popular curry all over India. It is usually served with chapattis, bread, pitta bread, puris, parothas, or simply rice. If you like sweet and sour dishes then sugar can be added to give it a slightly sweeter taste. This makes it very versatile. For this recipe you need a liquidizer.

**NB** Red kidney beans must be boiled for at least 1 hour as indicated in this recipe, otherwise they could be poisonous.

**170g (6oz) red kidney beans**  
**1200ml (40fl oz) water**  
**1 tsp salt**  
**55g (2oz) plum peeled tomatoes**  
**2 green chillies**  
**25g (1oz) fresh garlic, peeled**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**1 large onion, finely chopped**  
**1 tsp tandoori masala**  
**1 tsp turmeric powder**  
**1 tsp garam masala**  
**1 tsp sugar (optional)**  
**30ml (1fl oz) lemon juice**  
**1 tsp tomato purée**  
**½ tsp chilli powder**  
**Small amount green dhanyia (coriander), chopped**

*Method*

1. Boil the beans in the 1200ml (40fl oz) of salted water for about 1 hour and 15 minutes. This will make the beans soft, and this can be tested by being able to pulp the bean easily, with your fingers.
2. Place the tomatoes, green chillies, and garlic in a liquidizer, and blend to a thickish paste.
3. Heat the oil to a high temperature in a large pan. Add the whole jeera and rai and cook for a few seconds. Add the onion and cook until it is golden brown.
4. Add the contents of the liquidizer, tandoori masala, turmeric powder, garam masala, sugar (if required), lemon juice, tomato purée and chilli powder. Cook together for a further 1 minute.
5. Add the beans with the water. Lower the heat, and simmer gently for a further 30 minutes, stirring every 5 to 7 minutes.
6. Transfer the contents to a serving dish and garnish with fresh dhanyia (coriander). Serve hot.

# WHOLE URAD AND RED KIDNEY BEANS DHAL

*Serves 4.*

*Preparation and cooking time: 2 hrs 40 mins.*

This is a rather mild dhal. Like all dhals, it is usually served with boiled rice or chapattis but can be served with bread. If you like hot curries then green chillies should be used, but otherwise a green pepper can be used instead.

**NB** The urad and red kidney beans must be boiled for at least 2 hours as indicated in the recipe, otherwise the beans are poisonous.

**85g (3oz) whole urad**

**25g (1oz) red kidney beans**

**1800ml (60fl oz) water**

**1 large onion, finely chopped**

**2 green chillies, finely chopped, or 1 green pepper, finely chopped**

**1 tsp salt**

**30ml (1fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**2 tsp tomato purée**

**½ tsp turmeric powder**

**1 tsp chilli powder**

**1 tsp garam masala**

**Some fresh green dhanyia (coriander), finely chopped**

## *Method*

1. Mix the urad and red kidney beans. Wash the beans and urad as described in the introduction (page [here](#)).
2. Place the washed, mixed dhal in the 1800ml (60fl oz) of water.
3. Add the chopped onion, the chopped chillies (or green pepper), and the salt, and bring to the boil.
4. Reduce the heat, cover the pan and boil gently, stirring every 15 minutes,

until the consistency is like thin porridge. This usually takes about two and a half hours.

5. Heat the oil to a high temperature, in a separate pan. Add the jeera, tomato purée, turmeric powder, chilli powder, and garam masala. Stir continuously and simmer the mixture for about 1 minute. Add the mixture to the dhal and simmer the dhal gently for another 3 to 5 minutes.
6. Transfer the cooked dhal to a serving dish and garnish with the fresh dhanyia (coriander).

# SPLIT MOONG AND SPLIT LENTIL DHAL

*Serves 4.*

*Preparation and cooking time: 45 mins.*

This is a mixed dhal, usually served with chapattis, bread, puris (deep fried chapattis – see recipe on 186), parothas, rice or pitta bread. It can also be used like a soup, as a starter. It is very popular with vegetarians.

**85g (3oz) skinless, split moong dhal**

**85g (3oz) skinless, split lentil dhal**

**900ml (30fl oz) water**

**1 large onion, finely chopped**

**1 tsp salt**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**2 tsp tomato purée**

**1 tsp turmeric powder**

**1 tsp garam masala**

**6 bay leaves**

**1 tsp chilli powder**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Mix the moong and lentil dhals. Wash the dhal as described in the introduction (page [here](#)).
2. Place the washed dhal, the chopped onion and the 900ml (30fl oz) of water in a large pan and add the salt.
3. Bring the water to the boil, reduce the heat and simmer gently for about 30 minutes, stirring every 5 to 7 minutes.
4. Heat the oil to a high temperature in a separate pan. Add the jeera and rai and leave it to cook for a few seconds. Add the tomato purée, turmeric

powder, garam masala, bay leaves and chilli powder. Stir continuously and cook for a few seconds. Pour the boiled dhal into the mixture, and simmer for a further 5 minutes.

5. Transfer the dhal to a serving dish and garnish with fresh dhanyia (coriander).
6. The bay leaves are discarded and left on the plate, while eating.

# WHOLE LENTIL DHAL

*Serves 4.*

*Preparation and cooking time: 55 mins.*

This is a rather mild dhal. It is usually served with boiled rice, chapattis or bread. Chilli powder can be used for making a hot dhal, otherwise paprika powder can be used for a milder taste. Fresh parsley or green fresh coriander can be used for garnishing.

**170g (6oz) whole lentils**

**900ml (30fl oz) water**

**1½ tsp salt**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**1 large onion, finely chopped**

**2 tsp tomato purée**

**1 tsp turmeric powder**

**1 tsp chilli powder, or paprika powder for mild taste**

**2 tsp garam masala**

**1 tsp tandoori masala**

**Some fresh parsley or green fresh dhanyia (coriander), finely chopped**

## *Method*

1. Wash the whole lentils, as described in the introduction (page [here](#)).
2. Place the washed lentils in the 900ml (30fl oz) of water, add the salt and bring to the boil.
3. Reduce the heat, cover the pan and simmer gently for about 45 minutes, stirring every 5 to 7 minutes.
4. Heat the oil to a high temperature in a separate pan. When it is hot, add the jeera and the chopped onion. Cook together until the onion is golden brown. Add the tomato purée, turmeric powder, chilli powder (or paprika powder), garam masala and tandoori masala. Stir continuously and simmer



the mixture for about 1 minute.

5. Add the spiced mixture to the cooked lentil dhal.
6. Simmer gently for about 3 to 5 minutes. Transfer the contents to a serving dish and garnish with the dhanyia or parsley.

# SPLIT LENTIL DHAL

*Serves 4.*

*Preparation and cooking time: 40 mins.*

This dhal tastes very different from whole lentil and is usually served with plain boiled rice, or sometimes like soup, as a starter.

**170g (6oz) skinless split lentils**  
**1200ml (40fl oz) water**  
**1 large onion, finely chopped**  
**1 tsp salt**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**55g (2oz) plum peeled tomatoes**  
**1 tsp turmeric powder**  
**½ tsp garam masala**  
**½ tsp chilli powder**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the dhal as described in the introduction (page [here](#)).
2. Place the dhal, the 1200ml (40fl oz) of water and the chopped onion in a large pan. Add the salt and stir well.
3. Bring the water to the boil, reduce the heat and simmer gently for about 30 minutes, stirring every 5 to 7 minutes. This boiled dhal can be served as soup if desired.
4. Heat the oil to a high temperature in a separate pan or wok. Add the jeera and rai and leave it to cook for a few seconds. Add the tomatoes, turmeric powder, garam masala, and chilli powder. Stir continuously and cook until the tomatoes have reduced to a pulp. This will usually take about 2 to 3 minutes.

5. Add the boiled dhal to this spice mixture, reduce the heat and simmer gently for a further 5 minutes.
6. Transfer the contents to a serving dish and garnish with the fresh green dhanyia (coriander). Serve hot.

# WHOLE MOONG, DRY

*Serves 4.*

*Preparation and cooking time: 10 hrs 30 mins.*

This is one of the many dhal curries usually served with chapattis. It also makes a good filling for toasted sandwiches. It may also be served with rice and a meat curry dish.

**170g (6oz) whole moong**  
**1200ml (40fl oz) water for soaking moong**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**1 tsp turmeric powder**  
**1 tsp garam masala**  
**1 tsp chilli powder**  
**2 tsp tomato purée 1 tsp salt 4 tsp soy sauce**  
**450ml (15fl oz) water for cooking**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Soak the moong overnight in the 1200ml (40fl oz) of water.
2. Wash the whole moong as described in the introduction (page [here](#)).
3. Heat the oil to a high temperature in a separate pan. Add the jeera and rai, and leave it to cook for a few seconds. Add the washed moong, turmeric powder, garam masala, chilli powder, tomato purée, salt and soy sauce. Stir continuously and cook for about 3 minutes. Add the 450ml (15fl oz) of water and bring it to the boil.
4. Reduce the heat, cover the pan and simmer gently for about 30 minutes, stirring every 5 to 7 minutes.
5. Transfer the contents to a serving dish and garnish with fresh green dhanyia (coriander).

# TOOVAR DHAL

Serves 4.

*Preparation and cooking time: 40 mins.*

This is one of the popular dhals of southern India, and has a sweet and sour taste. It is usually served with chapattis, bread, puris (deep fried chapattis – see recipe on page [here](#)), parothas or rice. It is a dish which pleases vegetarians. For this recipe you need a pressure cooker.

**170g (6oz) toovar dhal**

**900ml (30fl oz) water**

**1 tsp salt**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**4 whole cloves**

**4 whole black peppercorns**

**¼ tsp hing (asafoetida)**

**1 tsp tomato purée**

**1 tsp turmeric powder**

**6 bay leaves**

**1 tsp chilli powder**

**2 green chillies, sliced into halves**

**½ tsp sugar**

**10g (½oz) peanuts**

**15ml (½fl oz) lemon juice**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the dhal as described in the introduction (page [here](#)).
2. Place the washed dhal in a pressure cooker, add the 900ml (30fl oz) of water and salt, and cook on high pressure for about 15 minutes after the

initial boil whistle. Switch off the heat, but leave the dhal cooking in the pressure cooker.

3. Heat the oil to a high temperature in a separate pan and add the jeera, rai, cloves, peppercorns, and asafoetida. Cook for a few seconds. Add the tomato purée, turmeric powder, bay leaves, chilli powder, green chillies, sugar, peanuts, and lemon juice. Stir continuously for a few seconds. Pour the boiled dhal into the mixture and simmer gently together for a further 10 minutes, stirring every 2 minutes.
4. Transfer the dhal into a serving dish and garnish with the dhanyia (coriander). Serve hot.
5. The bay leaves and peppercorns are discarded and left on the plate while eating.

# BLACK CHANA DHAL

*Serves 4.*

*Preparation and cooking time: 11 hrs 20 mins.*

Black chana are more common in southern India than in the north, and taste somewhat like chick peas. They are not usually served in restaurants, and therefore are worth trying at home.

**340g (12oz) black chana**  
**900ml (30fl oz) water for soaking the chana**  
**900ml (30fl oz) water for boiling the chana**  
**1 tsp salt**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**¼ tsp hing (asafoetida)**  
**½ tsp whole rai (black mustard seeds)**  
**2 tsp tomato purée**  
**½ tsp chilli powder**  
**1 tsp tandoori masala**  
**½ tsp turmeric powder**  
**4 green chillies, finely chopped**  
**1 tsp garam masala**  
**30ml (1fl oz) lemon juice**  
**450ml (15fl oz) water for cooking**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the chana as described in the introduction (page [here](#)).
2. Soak the chana overnight in the 900ml (30fl oz) of water.
3. Next day, drain the water. Add the fresh 900ml (30fl oz) of water and the salt and bring the mixture to the boil. Reduce the heat, cover the pan and simmer gently for about 1 hour.

4. Heat the oil to a high temperature in a separate pan or wok. Add the jeera, asafoetida, and the rai. Cook for a few seconds. Add the tomato purée, chilli powder, tandoori masala, turmeric powder, green chillies, garam masala and lemon juice. Stir well and cook for a further few seconds.
5. Now add the chana and the 450ml (15fl oz) of water for cooking. Bring the water to the boil; lower the heat and then simmer gently for a further 15 minutes.
6. Transfer the contents to a serving dish and garnish with fresh green dhanyia (coriander).



# WHITE CHANA DHAL

*Serves 4.*

*Preparation and cooking time: 11 hrs 40 mins.*

White chana curry is a traditional dish in the Punjab and northern parts of India. It is a very special dish for dinner parties, wedding parties, picnics, etc. It is usually served with bhaturas, puris, chapattis, or even pitta bread. It also makes a good filling for toasted sandwiches.

**340g (12oz) white chana**  
**900ml (30fl oz) water for soaking chana**  
**900ml (30fl oz) water for boiling chana**  
**1 tsp salt**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**2 large onions, finely chopped**  
**3 green chillies, finely chopped**  
**2 tsp tomato purée**  
**½ tsp chilli powder**  
**1½ tsp tandoori masala**  
**1 tsp turmeric powder**  
**½ tsp garlic powder**  
**1½ tsp garam masala**  
**30ml (1fl oz) lemon juice**

*For garnishing*

**Small tomato, cut into rings**  
**1 onion, cut into small rings**  
**Small amount green dhanyia (coriander), chopped**

*Method*

1. Wash the chana as described in the introduction (page [here](#)).
2. Soak the chana overnight in the 900ml (30fl oz) of water.
3. Next day, drain the water. Place the chana in a large cooking pot, add the fresh 900ml (30fl oz) water and the salt, and bring the mixture to the boil. Reduce the heat, cover the pan and simmer gently for about 1 hour.
4. In a separate pan, heat the oil to a high temperature. Add the jeera and rai; cook for a few seconds until they are slightly brown. Add the onions and green chillies, and cook until the onions are golden brown. Add the tomato purée, chilli powder, tandoori masala, turmeric powder, garlic powder, garam masala and lemon juice. Stir continuously and cook for a further 2 minutes.
5. Drain the chana, but save the water. Add the drained chana to the spice mixture. Cook for a further 2 minutes, stirring continuously. Add the water which was drained from the chana, reduce the heat, cover the pan and simmer for about 5 minutes.
6. Place the cooked chana in a serving dish and garnish with tomatoes, onion and dhanyia. Serve while hot, or allow to cool and use as filling for toasted sandwiches.

# BLACK EYE BEANS DHAL

*Serves 4.*

*Preparation and cooking time: 11 hrs.*

Black eye beans taste similar to chick peas, and are usually served with rice.

**NB** The beans must be cooked for at least 20 minutes, otherwise they could cause indigestion.

**225g (8oz) black eye beans**  
**900ml (30fl oz) water for soaking**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**1 tsp salt**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp dhanyia powder (coriander)**  
**1 tsp jeera powder (cumin)**  
**2 tsp tomato purée**  
**600ml (20fl oz) water for cooking**  
**Small amount of dhanyia (coriander)**

## *Method*

1. Soak the beans overnight in the 900ml (30fl oz) of water.
2. Wash the beans as described in the introduction (page [here](#)).
3. Heat the oil to a high temperature in a large pan. Add the jeera and rai and let it cook for a few seconds. Add the washed beans, salt, turmeric powder, chilli powder, dhanyia powder, jeera powder and tomato purée. Mix well and cook for about 2 minutes stirring continuously.
4. Add the 600ml (20fl oz) of water, bring to the boil, lower the heat, cover the pan and simmer for about 25 minutes, stirring every 5 to 7 minutes.

5. Transfer the contents to a serving dish and garnish with the dhanyia. Serve while hot.

# CHANA AND MARROW DHAL

*Serves 4.*

*Preparation and cooking time: 1 hr 20 mins.*

Dhals are sometimes cooked mixed with other dhals or vegetables. Marrow makes a very good addition to the chana dhal and is well worth a try. For this recipe you need a pressure cooker.

**110g (4oz) chana dhal**  
**225g (8oz) marrow, peeled and diced into small cubes**  
**900ml (30fl oz) water**  
**1 tsp salt**  
**60ml (2fl oz) cooking oil**  
**110g (4oz) onions, finely chopped**  
**85g (3oz) tomatoes, finely chopped**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp garam masala**  
**3 green chillies, finely chopped**  
**2 tsp lemon juice**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the dhal as described in the introduction (page [here](#)).
2. Place the washed dhal and marrow in a pressure cooker. Add the water and salt, cover the lid and cook for about 30 minutes on high pressure. Switch off the heat after this time but leave the dhal cooking in the pressure cooker for another 30 minutes.
3. Heat the oil to a high temperature in another pan. Add the onions and cook them until they are golden brown. Add the tomatoes, turmeric powder, chilli powder, garam masala, green chillies and the lemon juice. Cook this spice mixture for about another 2 minutes.

4. Add the spice mixture to the dhal, stir well and cook together for about 5 minutes, stirring every 2 to 3 minutes.
5. Transfer the dhal to a serving dish and garnish with the dhanyia. Serve hot.

# SPLIT MOONG DHAL

*Serves 4.*

*Preparation and cooking time: 40 mins.*

This is one of the many dhal curries usually served with chapattis, bread or rice. Like most dhals it is popular with vegetarians.

**170g (6oz) skinless split moong dhal**  
**1 tsp salt**  
**1 large onion, finely chopped**  
**900ml (30fl oz) water**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**25g (1oz) fresh garlic, peeled and finely chopped**  
**85g (3oz) plum peeled tomatoes**  
**1 tsp turmeric powder**  
**1 tsp garam masala**  
**1 tsp chilli powder**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Wash the dhal as described in the introduction (page [here](#)).
2. Add the salt, chopped onion and the water to the washed dhal. Boil the water, lower the heat and simmer gently for about 30 minutes stirring every 5 to 7 minutes.
3. Heat the oil to a high temperature, in a separate pan and add the jeera, rai and chopped garlic. Cook for a few seconds. Add the tomatoes, turmeric powder, garam masala and chilli powder and cook for a further 3 to 4 minutes, stirring continuously.
4. Add this spice mixture to the boiled dhal, and simmer gently for a further 5 to 7 minutes.

5. Transfer the dhal to a serving dish and garnish with the fresh green dhanyia (coriander).



# 5

## VEGETABLE CURRIES



# CUT OKRA CURRY

*Serves 4.*

*Preparation and cooking time: 45 mins.*

Okra, also sometimes called ladies' fingers, is a very popular vegetable in India. Like most vegetable curries, this is usually served with dhal and rice, or meat curry and rice. It may also be served with chapattis alone. For this recipe you need a liquidizer.

**25g (1oz) fresh garlic, peeled**  
**2 green chillies**  
**55g (2oz) fresh ginger, peeled**  
**340g (12oz) fresh okra**  
**90ml (3fl oz) cooking oil**  
**340g (12oz) onions, chopped into large pieces**  
**2 tsp tomato purée**  
**1 tsp salt**  
**½ tsp chilli powder**  
**½ tsp turmeric powder**  
**1 tsp garam masala**  
**1 fresh tomato, cut into small pieces, for garnish**

## *Method*

1. Place the garlic, green chillies, and ginger into a liquidizer and chop finely.
2. Wash the okra and then dry each piece individually with kitchen roll paper. This is very important as okra should be as dry as possible.
3. Cut the okra into 1cm (½ inch) long pieces, lengthways.
4. Heat the oil to a high temperature in a pan, add the contents of the liquidizer, and cook for a few seconds. Add the onions and cook together, stirring continuously, until the onions are very light brown. Add the tomato purée, salt, chilli powder, turmeric powder, and garam masala. Cook for a few seconds, and add the okra. Stir continuously for 2 to 3 minutes.

5. Reduce the heat, cover the pan and simmer gently for about 25 minutes. The heat must be kept very low, and the mixture needs to be stirred every 5 to 7 minutes.
6. Transfer the okra curry into a serving dish and garnish with the fresh tomato pieces.

# OKRA AND CHIPS CURRY

*Serves 4.*

*Preparation and cooking time: 25 mins.*

Okra, or ladies' fingers, is a very popular vegetable in Indian homes, and since most people like potatoes, okra and chips make an attractive combination.

**225g (8oz) fresh okra**  
**60ml (2fl oz) cooking oil**  
**3 large onions, finely chopped**  
**½ tsp salt**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp garam masala**  
**½ tsp tomato purée**  
**110g (4oz) fried potato chips**  
**1 fresh tomato, cut into small pieces**

## *Method*

1. Wash the okra and then dry each piece individually with kitchen roll paper. This is extremely important as okra must be as dry as possible.
2. Cut the okra into 1cm (½ inch) long pieces lengthways.
3. Heat the oil to a high temperature in a wok or deep frying pan. Add the onions and the okra. Stir, reduce the heat, cover the pan and let the okra and onions cook for about 10 minutes, stirring every 3 to 4 minutes.
4. Now add the salt, turmeric powder, chilli powder, garam masala and tomato purée. Mix well and let it cook for a further 3 to 4 minutes.
5. Add the chips, mix well and let it cook for another 3 to 4 minutes.
6. Transfer the contents to a serving dish and garnish with the tomato.

# FROZEN MIXED VEGETABLE CURRY

*Serves 4.*

*Preparation and cooking time: 30 mins.*

If you are in a hurry, then this curry is ideal. It does not take too long to cook, and can be served with plain boiled rice. It is also good served with bread, or chapattis.

**45ml (1½fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**1 large onion, finely chopped**  
**2 tsp tomato purée**  
**1 tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp garam masala 1 tsp salt**  
**1 tsp garlic powder**  
**450g (1lb) frozen, mixed vegetables**  
**2 small potatoes, chopped into very small pieces**  
**300ml (10fl oz) water**

## *Method*

1. Heat the oil to a high temperature in a pan, and add the jeera, rai and chopped onion. Cook together until the onion is golden brown.
2. Add the tomato purée, turmeric powder, chilli powder, garam masala, salt, garlic powder, mixed vegetables and potatoes. Stir continuously and cook for a further 5 minutes.
3. Add the water to the vegetables, and bring to the boil. Reduce the heat and simmer gently for about 20 minutes.
4. Serve hot.

# MADRAS POTATO AND PEA CURRY

*Serves 4.*

*Preparation and cooking time: 30 mins.*

This is one of the many vegetable dishes served with another main dish and rice.

**340g (12oz) potatoes**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**2 large onions, finely chopped**

**170g (6oz) frozen peas**

**½ tsp chilli powder**

**½ tsp turmeric powder**

**1 tsp madras curry powder**

**1 tsp salt**

**2 tsp tomato purée**

**300ml (10fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut them into about 2.5cm (1 inch) cubes.
2. Heat the oil to a high temperature in a large pan. Add jeera, rai and onions. Stir continuously and cook until the onions are golden brown. Add potatoes, peas, chilli powder, turmeric powder, madras curry powder, salt and tomato purée. Stir continuously for 2 minutes. Add the water and bring to the boil. Lower the heat and simmer gently for about 20 minutes.
3. Transfer the curry to a serving dish and garnish with fresh green dhanyia.

# GUJARATI POTATO CURRY

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a very popular curry in a part of India which is well known for its vegetable dishes. It is usually served with some other curry (such as dhal or meat) and rice.

**450g (1lb) potatoes**

**30ml (1fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**¼ tsp hing (asafoetida)**

**½ tsp turmeric powder**

**½ tsp jeera powder (cumin powder)**

**½ tsp dhanyia powder (coriander powder)**

**1 tsp salt**

**1 tsp red chilli powder**

**55g (2oz) tinned tomatoes or 2 tsp tomato purée**

**450ml (15fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut into about 2.5cm (1 inch) cubes.
2. Heat the oil to a high temperature in a large pan and add the jeera, rai and asafoetida. Leave to cook for a few seconds. Add the potatoes, turmeric powder, jeera powder, dhanyia powder, salt, chilli powder, and tomatoes (or purée). Stir continuously and cook for about 5 minutes.
3. Add the water and bring it to the boil. Lower the heat and simmer gently for about 20 minutes.
4. Place the curry in a serving dish and garnish with fresh dhanyia.

# PUNJABI POTATO CURRY

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a popular curry in northern parts of India. It is usually served with parothas or puris (deep fried chapattis – see recipe on page [here](#)).

**450g (1lb) potatoes**  
**25g (1oz) butter**  
**1 large onion, finely chopped**  
**2 green chillies, finely chopped**  
**1 tsp turmeric powder**  
**1 tsp ginger powder**  
**½ tsp dhanyia powder (coriander powder)**  
**1 tsp salt**  
**½ tsp chilli powder**  
**4 tsp tomato purée**  
**240ml (8fl oz) water**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes.
2. Boil the potatoes, and cut them into 2.5cm (1 inch) cubes.
3. Melt the butter in a large pan and add the onion and chillies. Stir and cook the onion and chillies until the onion is light brown. Now add the turmeric powder, ginger powder, dhanyia powder, salt, chilli powder, and tomato purée. Stir continuously and cook for about 2 minutes. Add half of the water, stir, and add the potatoes. Mix well and let it cook for about 3 minutes.
4. Add the remaining water and bring it to the boil. Lower the heat and simmer gently for about 5 minutes. .
5. Place the curry in a serving dish and garnish with fresh dhanyia.



# BOMBAY POTATO CURRY

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a common curry in most Indian restaurants. It is very simple to cook and usually served with some other curry (such as dhal or meat) and rice.

**450g (1lb) potatoes**

**30ml (1fl oz) cooking oil**

**1 tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**½ tsp turmeric powder**

**1 tsp salt**

**½ tsp chilli powder**

**110g (4oz) fresh tomatoes, finely chopped**

**150ml (5fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut into 2.5cm (1 inch) cubes.
2. Heat the oil to a high temperature in a large pan and add the jeera, and rai. Leave to cook for a few seconds. Add the potatoes, turmeric powder, salt, chilli powder and tomatoes. Stir continuously and cook for about 5 minutes.
3. Add the water and bring to the boil. Lower the heat and simmer gently for about 20 minutes.
4. Place the curry in a serving dish and garnish with fresh dhanyia.

# GUJARATI GREEN BEAN CURRY

*Serves 4.*

*Preparation and cooking time: 15 mins.*

A large proportion of the residents of the Gujarat state of India are vegetarians and they have therefore improvised on many of the standard dhal and vegetable dishes. Green beans are one of their specialties.

**60ml (2fl oz) cooking oil**  
**½ tsp whole rai (black mustard seeds)**  
**½ tsp whole jeera (cumin seeds)**  
**¼ tsp hing (asafoetida)**  
**55g (2oz) fresh tomatoes, finely chopped**  
**½ tsp salt**  
**½ tsp turmeric powder**  
**½ tsp jeera powder (cumin)**  
**½ tsp dhanyia powder (coriander)**  
**½ tsp chilli powder**  
**340g (12oz) frozen green beans, thawed**  
**120ml (4fl oz) water**

## *Method*

1. Heat the oil to a high temperature in a large pan. Add the rai, jeera and asafoetida and let it cook for a few seconds. Add the tomatoes, salt, turmeric powder, jeera powder, dhanyia powder and chilli powder. Let this spice mixture cook for about 2 minutes.
2. Add the beans, mix well and then add the water. Bring the water to the boil, lower the heat and let the beans simmer for about 8 minutes, stirring every 2 to 3 minutes.
3. Transfer the contents to a serving dish and serve hot.

# FRESH MIXED VEGETABLE CURRY

*Serves 4.*

*Preparation and cooking time: 45 mins.*

This is a very hot vegetable curry usually served with rice. For this recipe you need a liquidizer.

**340g (12oz) potatoes**  
**1 large aubergine approx 225g (8oz)**  
**110g (4oz) plum peeled tomatoes**  
**25g (1oz) fresh garlic, peeled**  
**55g (2oz) fresh ginger, peeled**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**½ tsp turmeric powder**  
**1 tsp garam masala**  
**1½ tsp salt**  
**¾ tsp chilli powder**  
**8 green chillies**  
**170g (6oz) frozen peas, thawed**  
**600ml (20fl oz) water**  
**Small portion of fresh green dhanyia (coriander)**

## *Method*

1. Peel the potatoes and cut them into 2.5cm (1 inch) cubes.
2. Remove the stalk of the aubergine and cut into 2.5cm (1 inch) cubes.
3. Place the tomatoes, garlic, and ginger into a liquidizer and blend into a thickish paste.
4. Heat the oil to a high temperature in a pan. Add the jeera and rai and leave it cooking for a few seconds. Add the thick paste, turmeric powder, garam masala, salt, chilli powder, potatoes, aubergine, green chillies and peas. Stir

continuously and cook for about 5 minutes.

5. Add the water, bring it to the boil and simmer gently for about 30 minutes.
6. Place the curry in a serving dish and garnish with fresh dhanyia.

# AUBERGINE AND POTATO CURRY (DRY)

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a mild vegetable curry, especially – good when served with a meat dish. It is also excellent for vegetarians. It is usually served with rice or chapattis. Parsley or fresh coriander can be used for garnishing.

**450g (1lb) potatoes**

**1 large aubergine approx 225g (8oz)**

**2 large onions**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**2 tsp tomato purée 1 tsp salt**

**½ tsp turmeric powder**

**½ tsp chilli powder**

**1 tsp tandoori masala**

**1 tsp garam masala**

**90ml (3fl oz) water**

**Fresh parsley or green fresh dhanyia (coriander), finely chopped**

## *Method*

1. Peel the potatoes and cut them into large chips.
2. Remove the stalk and cut the aubergine into large chip type pieces also.
3. Chop the onions into small pieces.
4. Heat the oil to a high temperature in a large pan. Add the jeera and rai to the oil and cook until they are golden brown. This will only take a few seconds.
5. Add the chopped onions. Cook together until the onions are golden brown. Add the tomato purée, salt, turmeric powder, chilli powder, tandoori masala, garam masala, potatoes and aubergine pieces. Stir and cook for

another few minutes. Reduce the heat.

6. Add the water; bring to the boil, cover the pan and simmer gently for about 30 to 35 minutes, stirring every 5 to 7 minutes. Switch off the heat and place the cooked curry in a serving dish.
7. Garnish with parsley or fresh coriander.

# AUBERGINE AND PEA CURRY

*Serves 4.*

*Preparation and cooking time: 25 mins.*

This is a mild curry usually served with chapattis, parothas or another meat dish.

**450g (1lb) aubergines**  
**600ml (20fl oz) water for soaking**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole rai (black mustard seeds)**  
**½ tsp whole jeera (cumin seeds)**  
**2 tsp tomato purée**  
**1 tsp turmeric powder**  
**1 tsp salt**  
**1 tsp chilli powder**  
**1 tsp garam masala**  
**1 tsp garlic powder**  
**120ml (4fl oz) water**  
**225g (8oz) frozen peas**  
**2 tsp lemon juice**  
**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Remove the stalks from the aubergines and slice them lengthways, like large chips. Soak the aubergines in the 600ml (20fl oz) of water for about 5 minutes.
2. Heat the oil to a high temperature in a heavy-based saucepan. Add the whole rai and whole jeera and let it cook for a few seconds.
3. Remove the aubergines from the water and add them to the pot. Now add the tomato purée, turmeric powder, salt, chilli powder, garam masala and garlic powder. Mix well and cook for about 2 to 3 minutes.
4. Add the 120ml (4fl oz) of water, cover the pan, reduce the heat and let the

aubergines simmer for about 10 minutes, stirring every 4 to 5 minutes.

5. Add the peas and the lemon juice. Simmer for a further 7 minutes, stirring every 3 to 4 minutes.
6. Transfer the contents to a serving dish and serve while hot.



# AUBERGINE AND SPINACH BHARTHA

*(Mashed aubergine and spinach)*

*Serves 4.*

*Preparation and cooking time: 1 hr 10 mins.*

Bharthas are usually served with chapattis or as a side dish. This is a hot vegetable dish.

**450g (1lb) aubergines**

**450g (1lb) fresh spinach**

**60ml (2fl oz) cooking oil**

**1 large onion, finely chopped**

**110g (4oz) plum peeled tomatoes, finely chopped**

**1 tsp salt**

**1 tsp turmeric powder**

**1 tsp chilli powder**

**1 tsp dhanyia powder (coriander)**

**1 tsp jeera powder (cumin)**

**1 tsp garlic powder**

## *Method*

1. Prick the aubergines with a fork and then roast them under the grill for about 30 minutes, turning every 7 to 8 minutes. When the aubergines have been well roasted, remove the stalks, peel the aubergines and cut into very small pieces or mash them.
2. Wash the spinach, and chop finely.
3. Heat the oil to a high temperature in a large pan. Add the onion and cook, stirring continuously, until the onion is golden brown. Add the mashed aubergine, spinach, tomatoes, salt, turmeric powder, chilli powder, dhanyia powder, jeera powder, and garlic powder. Stir and mix well. Lower the heat, cover the pan and let it simmer for about 25 minutes, stirring every 5 to 7 minutes.

4. Transfer the contents to a serving dish and serve while hot.

# CAULIFLOWER AND POTATO CURRY (DRY)

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a mild vegetable curry, especially good when served with a meat and dhal dish. It is also very popular with vegetarians. It is usually served with rice, chapattis or bread.

**340g (12oz) potatoes**

**340g (12oz) cauliflower (1 medium cauliflower)**

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**½ tsp whole rai (black mustard seeds)**

**1 tsp turmeric powder**

**1 tsp garam masala**

**2 tsp tomato purée 1 tsp salt**

**½ tsp chilli powder**

**120ml (4fl oz) water**

**Small amount green dhanyia (coriander), chopped**

## *Method*

1. Peel the potatoes and cut them into 2.5cm (1 inch) cubes.
2. Cut the cauliflower into small florets.
3. Heat the oil to a high temperature in a pan. Add the jeera and rai and leave to cook for a few seconds. Add potatoes, cauliflower, turmeric powder, garam masala, tomato purée, salt and chilli powder. Stir continuously and cook for about 3 minutes.
4. Add the water, bring it to the boil and simmer gently for about 15 minutes.
5. Place the curry in a serving dish and garnish with fresh dhanyia.

# FRESH SPINACH CURRY

*Serves 4.*

*Preparation and cooking time: 25 mins.*

If you like spinach, then you must try this dish. It can be served instead of boiled spinach or, like other vegetable curries, with chapattis or a side dish.

**60ml (2fl oz) cooking oil**  
**1 small onion, finely chopped**  
**450g (1lb) fresh spinach, finely chopped**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**½ tsp salt**  
**½ tsp garam masala**  
**½ tsp garlic powder**  
**1 tsp tomato purée**  
**1 tomato, cut into small pieces**

## *Method*

1. Heat the oil to a high temperature in a large pan. Add the onion and cook until the onion is golden brown. Add the spinach, turmeric powder, chilli powder, salt, garam masala, garlic powder and tomato purée. Mix well, cover the pan, lower the heat, and let it simmer for about 15 minutes, stirring every 4 to 5 minutes.
2. Transfer the spinach to a serving dish and garnish with the tomato.

# WHITE CABBAGE CURRY

*Serves 4.*

*Preparation and cooking time: 40 mins.*

This is a hot vegetable curry usually served with a rice dish, or chapattis. It also makes an excellent filling for toasted sandwiches. For this recipe you need a liquidizer.

**25g (1oz) fresh garlic, peeled**  
**55g (2oz) fresh ginger, peeled**  
**6 whole green chillies**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**4 whole cloves**  
**4 whole black peppercorns**  
**¼ tsp hing (asafoetida)**  
**670g (1½lb) white cabbage, shredded**  
**2 tsp tomato purée**  
**½ tsp turmeric powder**  
**½ tsp chilli powder**  
**1 tsp garam masala**  
**1 tsp salt**  
**4 tsp soy sauce**  
**180ml (6fl oz) water**

## *Method*

1. Place the garlic, ginger, and green chillies in a liquidizer, and chop finely.
2. Heat the oil to a high temperature in a wok or large pan, and add the jeera, rai, whole cloves, whole peppercorns, and asafoetida. Cook for a few seconds.
3. Add the cabbage, tomato purée, turmeric powder, chilli powder, garam

masala, salt and soy sauce. Cook for a further few seconds.

4. Add the contents of the liquidizer and water to the cabbage.
5. Stir well and bring the mixture to the boil. Cover the pan, reduce the heat and simmer gently for about 20 minutes, stirring every 5 to 7 minutes.
6. Transfer the contents to a serving dish and serve hot.
7. The cloves are discarded and left at the side of the plate while eating.

# TINDORA CURRY

*Serves 4.*

*Preparation and cooking time: 20 mins.*

This is a very unusual curry, and tastes like courgettes or cucumber. If you are prepared to try something new, then this may be to your taste. It is usually served with rice or chapattis. For this recipe you need a liquidizer.

**85g (3oz) fresh garlic, peeled**  
**85g (3oz) fresh ginger, peeled**  
**4 whole green chillies**  
**450g (1lb) fresh tindora (see introduction, page [here](#))**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole jeera (cumin seeds)**  
**½ tsp whole rai (black mustard seeds)**  
**¼ tsp hing (asafoetida)**  
**2 tsp tomato purée**  
**1 tsp salt**  
**½ tsp turmeric powder**  
**1 tsp chilli powder**  
**1 tsp garam masala**  
**4 tsp soy sauce**  
**300ml (10fl oz) water**  
**1 fresh tomato, cut into small pieces for garnishing**

## *Method*

1. Place the garlic, ginger, and green chillies into a liquidizer and chop finely.
2. Cut each fresh tindora into four pieces.
3. Heat the oil to a high temperature in a large pan, and add the jeera, rai and asafoetida. Fry for a few seconds.
4. Add the cut tindora, contents of the liquidizer, tomato purée, salt, turmeric powder, chilli powder, garam masala and soy sauce. Stir and cook for

about 2 minutes. Add the water, and bring to the boil. Reduce the heat, cover the pan and simmer gently for about 7 minutes.

5. Transfer the contents to a serving dish and garnish with the tomato.



# VALLOUR VEGETABLE CURRY

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is an unusual vegetable curry and tastes very similar to courgettes. It is usually served with chapattis or with another dhal curry and rice.

**2 medium size potatoes**  
**340g (12oz) fresh vallour (see introduction, page [here](#))**  
**60ml (2fl oz) cooking oil**  
**1 tsp whole rai (black mustard seeds)**  
**1 tsp whole jeera (cumin seeds)**  
**¼ tsp hing (asafoetida)**  
**2 tsp tomato purée**  
**½ tsp chilli powder 1 tsp salt**  
**1½ tsp garam masala**  
**½ tsp turmeric powder**  
**1 tsp garlic powder**  
**1 tsp tandoori masala**  
**300ml (10fl oz) water**  
**1 fresh tomato, cut into small pieces for garnishing**

## *Method*

1. Peel the potatoes and cut into about 2.5cm (1 inch) cubes.
2. Top and tail the vallour and cut them lengthways into about 2.5cm (1 inch) long pieces.
3. Heat the oil in a wok or pan and add the rai, jeera and asafoetida. Cook for a few seconds. Add the potatoes, vallour, tomato purée, chilli powder, salt, garam masala, turmeric powder, garlic powder and tandoori masala. Stir continuously and cook for a further 5 minutes.
4. Add the water; bring it to the boil, reduce the heat and simmer gently for a further 20 minutes.

5. Transfer the contents to a serving dish and garnish with the tomato. Serve while hot.

# GREEN PEPPER WITH NEW POTATO CURRY

*Serves 4.*

*Preparation and cooking time: 35 mins.*

This is a very mild vegetable curry and can be served with chapattis, or dhal curries and rice. It tastes especially good with new potatoes, but ordinary potatoes can be used.

**60ml (2fl oz) cooking oil**

**½ tsp whole jeera (cumin seeds)**

**1 onion, finely chopped**

**225g (8oz) new potatoes, peeled and cut into very thin discs, like crisps**

**2 large green peppers, sliced in rings like crisps**

**1 tsp salt**

**½ tsp turmeric powder**

**½ tsp garam masala**

**90ml (3fl oz) water**

**1 tsp tomato purée**

**½ tsp chilli powder**

## *Method*

1. Heat the oil to a high temperature in a wok or a deep pan. Add the jeera, cook for a few seconds and add the onion. Cook until golden brown.
2. Add the potatoes, peppers, salt, turmeric powder, garam masala, water, tomato purée, and the chilli powder. Mix well.
3. Bring the water to the boil, lower the heat and cover the pan. Simmer gently for about 20 minutes, stirring every 5 to 7 minutes.
4. Transfer the contents to serving dish and serve while hot.

# GUAER CURRY

*Serves 4.*

*Preparation and cooking time: 45 mins.*

It is difficult to describe the flavour of guaer. The closest approximation is that it tastes similar to green beans.

**225g (8oz) guaer (see introduction, [here](#))**

**60ml (2fl oz) cooking oil**

**½ tsp whole rai (black mustard seeds)**

**½ tsp whole jeera (cumin seeds)**

**¼ tsp hing (asafoetida)**

**2 tsp tomato purée**

**1 tsp salt**

**1 tsp turmeric powder**

**1 tsp jeera powder (cumin)**

**1 tsp dhanyia powder (coriander)**

**1 tsp chilli powder**

**450ml (15fl oz) water**

## *Method*

1. Top and tail the guaer and then cut into about 2cm (1 inch) lengths.
2. Heat the oil to a high temperature in a large pan. Add the rai, jeera and asafoetida and let it cook for a few seconds. Add the tomato purée, salt, turmeric powder, jeera powder, dhanyia powder and chilli powder. Let this spice mixture cook for about 2 minutes.
3. Add the guaer, mix well and then add the water. Lower the heat and let the guaer simmer for about 30 minutes, stirring every 5 to 6 minutes.
4. Transfer the contents to a serving dish and serve hot.

# KADU AND TOMATO CURRY

*Serves 4.*

*Preparation and cooking time: 25 mins.*

Kadu tastes somewhat similar to marrow. This is a very mild curry usually served with chapattis.

**225g (8oz) kadu (see introduction, [here](#))**  
**60ml (2fl oz) cooking oil**  
**½ tsp whole rai (black mustard seeds)**  
**½ tsp whole jeera (cumin seeds)**  
**110g (4oz) fresh tomatoes, finely chopped**  
**½ tsp salt**  
**½ tsp turmeric powder**  
**½ tsp garam masala**  
**½ tsp chilli powder**

## *Method*

1. Peel the kadu and cut into about 2cm (1 inch) cubes.
2. Heat the oil to a high temperature in a large pan. Add the rai and jeera and let it cook for a few seconds. Add the tomatoes, salt, turmeric powder, garam masala and chilli powder. Let this spice mixture cook for about 1 minute.
3. Add the kadu. Lower the heat and let the kadu simmer for about 30 minutes, stirring every 5 to 7 minutes.
4. Transfer the contents to a serving dish. Serve hot.