

DHAL MAKHANI

INGREDIENTS

1 cup lentils
1/4 cup dry kidney beans (optional)
water to cover
5 cups water
2 tablespoons salt
2 tablespoons vegetable oil
1 tablespoon cumin seeds
4 cardamom pods
1 cinnamon stick, broken
4 bay leaves
6 whole cloves
1 1/2 tablespoons ginger paste
1 1/2 tablespoons garlic paste
1/2 teaspoon ground turmeric
1 pinch cayenne pepper, or more to taste
1 cup canned tomato puree, or more to taste
1 tablespoon chili powder
2 tablespoons ground coriander
1/4 cup butter
2 tablespoons dried fenugreek leaves (optional)
1/2 cup cream (optional)

METHOD

Step 1

Place lentils and kidney beans in a large bowl; cover with plenty of water. Soak for at least 2 hours or overnight. Drain.

Cook lentils, kidney beans, 5 cups water, and salt in a pot over medium heat until tender, stirring occasionally, about 1 hour. Remove from heat and set aside. Keep the lentils, kidney beans, and any excess cooking water in the pot.

Step 2

Heat vegetable oil in a saucepan over medium-high heat. Cook cumin seeds in the hot oil until they begin to pop, 1 to 2 minutes. Add cardamom pods, cinnamon stick, bay leaves, and cloves; cook until bay leaves turn brown, about 1 minute

Step 3

Reduce heat to medium-low; add ginger paste, garlic paste, turmeric, and cayenne pepper. Stir to coat.

Step 4

Stir tomato puree into spice mixture; cook over medium heat until slightly reduced, about 5 minutes. Add chili powder, coriander, and butter; cook and stir until butter is melted.

Step 5

Stir lentils, kidney beans and any leftover cooking water into tomato mixture; bring to a boil, reduce heat to low. Stir fenugreek into lentil mixture.

Step 6

Cover saucepan and simmer until heated through, stirring occasionally, about 45 minutes. Add cream and cook until heated through, 2 to 4 minutes.

THE
COOKERY

by The Secret Jozi Chef

CUCUMBER RAITA & TOMATO SAMBALIS

Cucumber Raita

500ml natural yoghurt
1 cucumber, grated or finely chopped
large handful mint leaves, chopped
large pinch salt
2 green chilli, de-seeded and finely chopped
(optional)

Method

Wrap the grated cucumber in a tea towel and squeeze out any excess water.
Mix together all the ingredients and serve chilled as an accompaniment to any curry or as a dip for poppadoms.

Tomato Sambals

4 large tomato, de-seeded and roughly diced
1 onion, diced
3 spring onion, finely chopped
4 teaspoon lemon juice
A few sprigs of freshly chopped coriander
3 green chillies, sliced
Salt to taste

Method

Combine the diced tomato into a large salad bowl. Add in the finely chopped onion.

Stir in the sliced spring onion.

Toss in the thinly chopped chives, coriander and green chillies.

Stir in the salt and lemon juice

Mix well to ensure an even distribution of seasoning.

THE
COOKERY

by The Secret Jozi Chef

BHUJIA

INGREDIENTS

1 1/2 cups Chickpea flour
1/2 cup self raising flour
1 tsp baking powder
1 tsp coriander powder
1 tsp cumin powder
1/4 tsp tumeric
1 tsp salt
1-2 tsp red chilli flakes(depending how hot you like it)
1 large potato, coarsely grated
1 large onion, coarsely grated
2 handfuls finely shredded spinach leaves
Oil for frying

METHOD

Step 1

Sift all the dry ingredients into a large mixing bowl.

Step 2

Add the remaining ingredients to the above.

Step 3

Mix in enough water to make a thick batter.

Step 4

Heat some oil in a large frying pan; add a heaped teaspoonful of this mix to the oil.

Step 5

Turn over when they are golden brown.

Step 6

Once the other side is golden brown, remove and drain on absorbent paper.

THE
COOKERY

by The Secret Jozi Chef

YELLOW DHAL CURRY

INGREDIENTS

4tbsp butter
1tsp black mustard seed
4 tsp cumin seed
4 dried red chilli
10-15 curry leaf
2 bay leaf
2 cinnamon sticks
2 tsp crushed garlic
2 medium onions chopped
2 medium tomatoes chopped
1 tsp turmeric
2 tsp curry powder
2 tbsp chopped coriander
800gms cooked dhal

METHOD

Step 1

Heat the butter in the pan, now add the chopped onion and cook until softened

Step 2

Now add the mustard seed, cumin seeds, chili, garlic, curry leaf, cinnamon and bay leaf and cook until fragrant

Step 3

Now add the turmeric powder and masala - cook for 1 minute

Step 4

Now add the finely chopped tomato and a splash of boiling water - cook for 2-minutes

Step 5

Stir in the dhal and add salt to taste

Step 6

Bring to boil and simmer for 5-minutes on a low heat

Step 7

Once ready add chopped coriander to garnish

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PILAU RICE

INGREDIENTS

60gms butter
2 cup basmati rice
2 teaspoon turmeric
2 bay leaf
6 green cardamom pods
8 cloves
1 teaspoon fennel seed
2 teaspoon salt
3 cups boiling water

METHOD

- Step 1
Melt the butter in a saucepan.
- Step 2
Add the spices and toast
- Step 3
Stir in the rice and salt, stir until it is coated in the butter.
- Step 4
Add the boiling water.
- Step 5
Cover with a tight fitting lid, and simmer on the lowest heat for 15 minutes--do not stir in the meantime

THE
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ONION PAKORA

INGREDIENTS

2 cups (250g / 8.8 oz) Besan (also known as: Chickpea Flour or Gram Flour)
1 tablespoon crushed red chili flakes
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
1 green chili pepper, sliced
 $\frac{1}{2}$ cup Cilantro leaves, chopped
1 yellow onion, sliced into 1/8-inch half moons
1 cup luke-warm water

Sunflower oil (or any neutral oil like vegetable, safflower, canola, etc.), for deep frying

METHOD

Step 1

Fill an 8-inch cast-iron skillet half-way up with oil. Heat the oil to 360-375°F.

Step 2

In a large bowl, mix together the besan, red chili flakes, salt, baking powder, sliced chilli pepper, cilantro, and sliced onion.

Step 3

Slowly add in the water, while mixing with a wooden spoon or your hands. Vigorously mix for a couple of seconds. The batter should be thick, almost like heavy (double) cream and there should be air bubbles throughout.

Step 4

Once the oil is heated, carefully place in heaping tablespoonfuls of batter into the hot oil. Try not to overcrowd the oil because it will result in greasy pakoras. Fry until the pakoras are a pecan-brown. Drain on a cooling rack placed over a cookie sheet.

THE
COOKERY

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CUCUMBER SALAD WITH CHILIS

INGREDIENTS

2 cucumbers
1 small red onion finely sliced
1 tbsp white vinegar
3 green chillis, finely chopped
1 tbsp light olive oil
Salt to taste

METHOD

Step 1

Peel skin off cucumber

Step 2

Cut cucumber in half and remove the seeds

Step 3

Finely slice the halves into a bowl

Step 4

Finely slice the chillis and onion and add to a separate bowl.

Step 5

To the bowl with the onion and chili add the oil and vinegar, as well as salt and pepper

Step 6

Now add the finely sliced cucumber and mix well, - set aside for at least 10-minutes

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TOMATO & ONION SAMBALS

INGREDIENTS

4 large tomato, de-seeded and roughly diced
2 onion, diced
3 sprig spring onion, finely chopped
4 teaspoons chives, finely chopped
4 teaspoon lemon juice
A few sprigs of freshly chopped coriander
3 green chillies, sliced
Salt to taste

METHOD

- Step 1:
Combine the diced tomato into a large salad bowl. Add in the finely chopped onion.
- Step 2:
Stir in the sliced spring onion.
- Step 3:
Toss in the thinly chopped chives, coriander and green chillies.
- Step 4:
Stir in the salt and lemon juice
- Step 5:
Mix well to ensure an even distribution of seasoning.

THE
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ALOO JEERA

INGREDIENTS

Jeera Aloo Spice Mix

2 tsp turmeric powder divided

1.5 tsp red chili powder I use Kashmiri chili powder, which is potent; adjust to taste!

4 tbsp chickpea flour

2 tsp salt

4 tsp water to form slurry with chickpea flour

Jeera Aloo Subzi (Dry Curry)

2 tbsp vegetable oil you can add extra if you like

1 tsp mustard seeds skip if unavailable

1.5 tsp cumin seeds can substitute with cumin powder - check recipe notes

6 potatoes medium, Yukon Gold

METHOD

Step 1: Bring a pot of water to boil along with 1 tsp of turmeric powder. Quarter the potatoes (no need to peel) and drop them into the water once you start to see bubbles appear in the water. Boil for about 10-15 minutes

Note: At the 10 minute mark, take a fork and poke your potatoes. If the fork goes through cleanly, you're good to go. If they don't, let them cook a bit more, checking every minute using the same technique. You don't want to over boil them.

Prep Spice Mix

Step 1: In a medium sized bowl (that can hold all the potatoes) add the chickpea flour, remaining turmeric, salt, and red chili powder and give it a good whisk.

Make Jeera Aloo (aka Bombay Potatoes)

Step 1: Once the potatoes are done boiling, remove from heat using a colander or slotted spoon. Rinse the potatoes under cold water to stop them from further cooking and peel the potatoes (the peels should come right off)

Step 2: Drop the peeled potatoes into the bowl with the spice mix and give it a good toss to coat them evenly. Now, add about 4 teaspoons of water to make sure the spices stick to the potatoes. Don't add too much water!

Step 3: In a skillet, heat vegetable oil on medium heat.

Once the oil starts to glisten, add mustard seeds. Then, once the mustard seeds starts sputtering, add cumin seeds. Toast for about 20 seconds taking care not to burn the seeds.

(Note: You can skip the mustard seeds if you don't have them, and add the cumin seeds straight to the oil. If you plan to use cumin powder, skip this step entirely and add the cumin powder after you add the potatoes.)

Step 4: Toss the potatoes into the skillet, taking care not to overcrowd them. Give them a good stir and let them cook for about 3 to 4 minutes. Then give them one more good stir and let them cook another 3 to 4 minutes. Your potatoes should be golden brown by this time. If not, give it a few more minutes until they are.

Once they are golden brown, turn the heat off, garnish with some curry leaves or cilantro if you wish, and serve hot with naan, rice or any other main dish of choice.

THE
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ALOO GOBI MATAR

INGREDIENTS

2 cup cauliflower florets
2 cups potatoes, peeled and chopped
1 or 1.5 cups peas, fresh or frozen
2 small tej patta or 1 large tej patta (indian bay leaf)
1 or 2 green chilies, slit
 $\frac{1}{2}$ teaspoon cumin seeds
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{2}$ teaspoon turmeric powder
 $\frac{1}{2}$ teaspoon red chili powder
 $\frac{1}{2}$ teaspoon Garam Masala Powder
1 teaspoon coriander powder (ground coriander)
1 teaspoon dry fenugreek leaves, crushed (kasuri methi)
2 tablespoon oil
few coriander leaves for garnishing (cilantro leaves)
salt as required

For The Masala Paste

$\frac{1}{2}$ cup chopped onion
3 medium size tomatoes, chopped
 $\frac{1}{2}$ inch ginger
3 to 4 garlic

METHOD

Step 1:

Preparation

Firstly, rinse and chop all the veggies.
Keep the cauliflower florets in salted water for 15-20 minutes.
Then drain the florets and keep aside.

Step 2:

Blend the the onion, tomatoes, ginger and garlic till smooth in a blender with no water or very little water.

Making Aloo Gobi Matar

Step 1:

Heat oil in a pan. Fry the cumin first with the bay leaves.
Add the chopped onions and fry till light brown. Add the ground onion-tomato paste

Step 2:

Stir and then add the following spice powders, one by one - $\frac{1}{2}$ teaspoon turmeric powder, $\frac{1}{2}$ teaspoon red chili powder, 1 teaspoon coriander powder and $\frac{1}{2}$ teaspoon garam masala powder.

Step 3:

Fry the masala till the oil starts to leave the sides. Keep on stirring so that the masala does not stick to the pan. This might take around 7-9 minutes.

Step 4:

Now add the cauliflower florets, potatoes and peas. Then add 3 cups of water and stir the curry.

Step 5:

Finally add the slit green chilies and salt. Let the whole curry come to a boil.

Then cover with a lid and let curry simmer till the veggies are cooked. Finally, add crushed kasuri methi leaves

Step 6:

Garnish with coriander leaves and serve aloo gobi matar hot with some chapatis or steamed rice.

THE
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Roasted Tandoori Pumpkin

Ingredients:

6 Tbsp vegetable oil
2 teaspoon ground coriander
2 teaspoon ground cumin
2 teaspoon ground turmeric
2 teaspoon Kashmiri chili powder
2 Tbsp garam masala
2 Tbsp sweet (not hot) paprika
2 cup plain yogurt (can sub buttermilk)
4 Tbsp lemon juice
8 minced garlic cloves
4 Tbsp minced fresh ginger
2 teaspoon salt
750g, cleaned, and trimmed pumkin, cut into large chunks

Method:

1. Preheat the over to 200C, fan on.
2. Heat the oil in a small pan over medium heat, then cook the coriander, cumin, turmeric, cayenne, garam masala and paprika, stirring often, until fragrant (approximately 2-3 minutes). Let cool.
3. Mix the spice mixture into the yogurt, add lemon juice, garlic, salt, ginger and stir till combined.
4. Coat the pumpkin pieces with the marinade, and place in a large roasting dish
5. Roast in the hot oven till cooked through and slightly charred. Don't overcrowd the roasting tray and turn once during cooking.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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Kheer Rice Pudding

Ingredients

1/2 cup basmati rice
2 cups milk
3 tablespoons sugar
1/4 cup raisins
2 tablespoons roughly chopped almond
1/2 teaspoon cardamom powder
1/2 teaspoon fennel powder
Water

Method

Step 1

Soak rice in water for 1 hour

Step 2

Bring the milk, sugar, cardamom and fennel powder to a boil

Step 3

Add the rice and cook over low heat with occasional stirring

Step 4

Simmer for about 15-20 minutes until the rice is tender

Step 5

Add raisins and chopped almonds (You can add some more milk if needed)

Step 6

Allow to simmer for another 5 minutes

Enjoy warm or cold

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KERALA PAROTTA

INGREDIENTS

3 cups All Purpose Flour
1 tbsp Sugar
1 tsp Salt
1 Egg
1 tbsp Oil
 $\frac{1}{4}$ cup Milk (warm)
Ghee for fryingg)

METHOD

STEP 1

Mix flour, sugar, salt, egg, and 1 tbsp oil in a bowl.
Add milk and mix well.

STEP 2

Make a soft dough using water. Knead the dough for 5-6 minutes until it becomes soft.

STEP 3

Cover and keep the dough aside for 20 minutes.
Knead it again for 3-4 minutes. Cover and keep aside for another 20 minutes.

STEP 4

Divide the dough into 8-10 pieces. Make small balls from each piece. Roll the ball to make 6-7 inch circle.

STEP 5

Apply oil generously over the rolled dough.

STEP 6

Using a sharp knife, cut the circle into thin stripes. Gather the stripes together and roll to make a spiral.

STEP 7

Dust and roll the paratha to make a 7-8 inch disc. Heat a griddle.

STEP 8

Transfer the paratha on the hot griddle.

STEP 9

Cook till brown spots appear on the lower side. Flip the paratha.

STEP 10

Apply ghee on both the sides and cook till brown spots darken.

STEP 11

Apply little pressure while cooking using back of a ladle.
Remove the paratha from the griddle.

STEP 12

Press from both the sides to open the layers

STEP 13

Serve hot with any curry based dish.

THE
COOKERY

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SHRIKHAND

Ingredients

For the Shrikhand

1½ cups thick greek yogurt
1 pinch saffron strands
¼ to ½ tsp green cardamom powder
(3 to 4 cardamom pods)
¼ cup sugar - powdered (use as needed)
2 tbsps almonds, chopped
1 tbsps pistachios, chopped (optional)

Method

For the Yoghurt

1. Place a colander or strainer over a large tall bowl to collect the whey. Spread a clean muslin or cheese cloth over the strainer.
2. Add curd to the cloth. Bring all the edges together. Squeeze out the excess whey from the curd.
3. Wrap the curd in the cloth and tie it with one of the edges to make a knot.
4. Place the bundle of yogurt over the strainer/ colander with the tall bowl beneath. Place an heavy object over the yogurt so all of the whey drains to the bowl beneath. Ensure the colander does not touch the drained whey in the bowl.
5. Transfer this to the refrigerator. leave it in the fridge 15 to 18 hours.

For the Shrikhand

1. Drained super thick hung curd or chakka will be ready after the whey has been drained completely.
2. Soak saffron in 1 tbsp hot water or hot milk.
3. Powder the sugar and set aside. If you do not have cardamom powder, add the cardamom pods to the grinder along with sugar and grind to a fine powder.
4. Remove strained yogurt/ chakka from the cloth and transfer to a mixing bowl. Most of the whey would have been drained. Save this for later use, you can use it to make roti dough, bread dough or pancake batter.
5. Add saffron infused milk, powdered sugar and cardamom powder.
6. Whisk it well with a metal whisk until really smooth.
7. Serve shrikhand with puri or chill and enjoy as a dessert.
8. Garnish shrikhand with chopped nuts.

THE
COOKERY

by The Secret Jozi Chef

PALAK PANEER

INGREDIENTS

350 grams spinach
1 medium tomato
5 large garlic cloves divided, 3 whole and 2 finely chopped
1 inch ginger
1 green chili or more to taste
1 tablespoon oil
1 large onion finely chopped
1/2 cup water or as needed
3/4-1 teaspoon garam masala
1/4 teaspoon turmeric powder
1/4 teaspoon red chili powder or to taste
salt to taste
2-3 tablespoons heavy cream or adjust to taste
225 grams paneer cut into cubes
1/2 tablespoon kasuri methi crushed, dried fenugreek leaves
lemon juice to taste

METHOD

STEP 1

To a pot of boiling water, add little salt and then spinach leaves to it. Blanch the spinach leaves for 2 to 3 minutes until wilted. Take them out and put them in ice cold water. This helps the leaves in retaining their green color.

STEP 2

To a blender, add the blanched spinach along with tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.

STEP 3

Heat a pan on medium heat. Once hot, add the oil and then add the remaining 2 cloves of chopped garlic. Sauté for few minutes until it starts changing color. Then add the chopped onions. Cook the onion for 2 to 3 minutes until soft and translucent.

STEP 4

Add in the prepared spinach puree and mix. Also add around 1/2 cup water at the point.

Cover the pan and let it cook for 10 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.

STEP 5

Once the spinach is cooked, add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute. You may also add 1/2 teaspoon of sugar at this point if you like. Then add the heavy cream and mix.

STEP 6

Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes. Switch off the flame, add lemon juice and kasuri methi and mix.

STEP 7

Serve palak paneer hot with naan or roti or rice.

THE
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CORIANDER CHUTNEY

Ingredients

- 1 cup chopped coriander leaves (cilantro), tightly packed – 50 grams
- 2 teaspoons chopped green chillies or 2 to 3 green chillies or as needed
- 1 chopped ginger or 1 inch ginger
- ½ teaspoon roasted cumin powder or ground cumin – optional
- 1 teaspoon lemon juice or as required
- 2 to 3 pinches black salt – optional
- salt as required – pink salt, table salt or sea salt
- 1 to 2 tablespoons water

Method

In a blender or chutney grinder, add the chopped coriander leaves, chopped ginger and green chillies. If you add the full amount of chilli it makes for a spicy green chutney. If you cannot tolerate spicy food, add $\frac{1}{2}$ to 1 teaspoon of chopped green chillies.

Add lemon juice, roasted cumin powder or ground cumin, black salt and pink salt, table salt or sea salt as required.

Add water and blend or grind all the ingredients until smooth. Taste the chutney and add more salt or lemon juice if needed.

Store the cilantro chutney in a covered bowl or container in the refrigerator. Use the chutney as required.

MALAI KOFTA

For the Kofta

3 potato / aloo, boiled & mashed
¾ cup paneer / cottage cheese, grated
1 chilli, finely chopped
2 tbsp coriander, finely chopped
¼ tsp cumin powder
½ tsp salt
2 tbsp raisins
2 tbsp cashew / kaju, chopped
2 tbsp maida / plain flour
oil, for frying

for onion tomato puree:

2 tbsp oil
1 onion, sliced
1 tsp ginger garlic paste
2 tomato, sliced
2 tbsp cashew / kaju

for curry:

1 tbsp butter
2 tbsp oil
1 tsp cumin / jeera
2 pod cardamom
1 bay leaf
1 inch cinnamon
2 clove
1 tsp kashmiri red chilli powder
½ tsp turmeric
¾ tsp coriander powder
¼ tsp cumin powder
1 tsp salt
¼ cup cream / malai
½ cup water
1 tsp kasuri methi, crushed
¼ tsp garam masala

Kofta Preparation:

Step 1: In a large mixing bowl take 3 potato and ¾ cup paneer.
Step 2: Add 1 chilli, 2 tbsp fresh coriander, ¼ tsp cumin powder and ½ tsp salt.
Step 3: Add 2 tbsp raisins and 2 tbsp cashew to have crunchy bite in kofta.
Step 4: Mix well making sure all the spices are well combined
Step 5: Now add 2 tbsp flour and mix well forming a soft dough. maida helps to absorb moisture and bind the mixture well.
Step 6: prepare a small ball sized kofta by greasing hand with oil.
Step 7: deep fry on medium hot oil.
Step 8: stir occasionally, making sure the koftas are cooked uniformly.
Step 9: fry until the kofta turn golden brown and crisp. drain off the koftas and keep aside.

Curry preparation for malai kofta:

Step 1: Firstly, in a pan heat 2 tbsp oil and saute 1 onion, 1 tsp ginger garlic paste.
Step 2: saute until onions changes colour slightly.
Step 3: Now add 2 tomato and saute slightly.
Step 4: now add 2 tbsp cashew and continue to saute until tomatoes soften completely.
Step 5: cool completely and transfer to a blender.
Step 6: blend to smooth paste adding water if required.
Step 7: now sieve the mixture to get rid of skin and seeds.
Step 8: filter until silky smooth onion-tomato puree is attained. keep aside.

Step 1: in a large pan heat 1 tbsp butter and 2 tbsp oil.
Step 2: saute 1 tsp cumin, 2 pod cardamom, 1 bay leaf, 1 inch cinnamon, 2 clove until it turns aromatic.
Step 3: Now with the flame on low, add 1 tsp chilli powder, ½ tsp turmeric, ¾ tsp coriander powder and ¼ tsp cumin powder.
Step 4: saute until the spices turn aromatic.
Step 5: further add in the prepared onion tomato puree, 1 tsp salt and mix well.
Step 6: cover and cook until the mixture starts to thicken and oil separates from sides.
Step 7: now add ¼ cup cream and mix on low flame until it's well combined.
Step 8: Now add ½ cup water and mix well adjusting consistency as required.
Step 9: get the curry to a boil, add 1 tsp kasuri methi and ¼ tsp garam masala. mix well.
Step 10: finally, pour the curry over kofta and malai kofta is ready to enjoy.

THE
COOKERY

by The Secret Jozie Chef

GREEN BEANS FRY

250 grams Green beans (French Beans)
1/2 red onion finely chopped
1 clove garlic, finely minced
1/2 teaspoon Cumin seeds (Jeera)
1 Green Chilli , finely chopped
1 teaspoon Red Chilli powder
1/2 teaspoon Turmeric powder (Haldi)
1 teaspoon Coriander Powder (Dhaniya)
Oil , as required
Salt , as required

Step 1: To prepare Green Beans Fry Recipe, clean the beans and chop them finely, chop the red onion and garlic and set aside.

Step 2: Heat oil in a heavy bottomed pan and add the onion and cook until starting to colour and soften, now add the cumin seeds. Sauté it for 15 to 20 seconds.

Step 3: After 15 to 20 seconds, add green chillies and beans.

Step 4: Add salt and turmeric powder and let it cook for 3 to 5 minutes.

Step 5: After 3 to 5 minutes, add in the red chilli powder and coriander powder.

Step 6: Cover the lid and cook it till the beans becomes soft and cooked, if necessary add a tablespoon or two of water.

Step 7: Keep stirring in between so that the beans don't get burned.

Step 8: Once done, switch off the stove and the Green Beans Fry Recipe is ready to serve with boiled/steamed rice and Mixed Vegetable Sambar to make a wholesome meal.

THE
COOKERY

by The Secret Jozi Chef

LAMB ROGAN JOSH

Ingredients

3.5 tbsp ghee, substitute butter
1 cinnamon stick
6 green cardamom pods , lightly bruised
4 cloves
1 large onion , finely chopped
3 cloves garlic , finely minced
1 tbsp ginger , finely grated
5 tbsp tomato passata
1 tsp salt
750g/1.5lb boneless lamb shoulder , cut into
3cm/1.2" cubes
1.5 cups / 375ml chicken stock , salt reduced (broth)

SPICES:

2 tbsp paprika , normal or sweet
3/4 tsp chilli powder
4 tsp ground coriander
4 tsp ground cumin
2 tsp turmeric powder
1/4 tsp nutmeg
1 tsp garam marsala
1/2 tsp fennel powder

FINISHES

1/2 tsp extra garam masala
1/2 tsp extra fennel powder

SERVING/GARNISH

125g plain yoghurt (Greek yogurt fine)
Chopped coriander leaves, finely shredded ginger,
yogurt

INSTRUCTIONS

Step 1: In Melt ghee over medium heat in large heavy based pot. Add cinnamon, cardamom and cloves and cook for one minute.

Step 2: Add onion and cook for 7 minutes, stirring frequently, until pieces are golden and starting the brown on the edges.

Step 3: Add the garlic and ginger, cook for another minute.

Step 4: Stir in the Spices, cook for 30 seconds.

Step 5: Mix in the tomato puree and salt, then add stock and mix.

Step 6: Add lamb, stir, bring to simmer.

Step 7: Place lid on and adjust heat to low or medium low so it's simmering gently.

Step 8: Cook 1 hour 45 minutes, giving it an occasional stir, until lamb is quite tender - use 2 forks to check, it should pry apart pretty easily.

Step 9: Remove lid, and continue cooking for another 15 minutes (to reduce sauce slightly) - lamb should be very tender by this stage.

Step 10: Stir in the Yogurt, the Extra garam marsala and fennel. Cook for another few minutes.

THE
COOKERY

by The Secret Joz Chef