



Cooking with Claire @TVInfants

How many ideas can we come up with?

Keralan Potato Curry

3 tbsp sunflower or groundnut oil
 2 large onions, finely chopped
 1 cinnamon stick
 Seeds from 8 cardamom pods
 Bay leaf
 5 cm chunk root ginger, peeled and very finely chopped
 2 green chillies, halved, deseeded and finely chopped
 4-5 plum tomatoes, chopped
 500 g potatoes, peeled and cut into cubes
 400 ml coconut milk
 Salt and pepper
 50 ml full-fat milk (optional)
 2 tbsp chopped coriander

Cost to make is £3.02 serves 4 people.

Method

1. Heat the oil in a medium-sized saucepan and sauté the onions over a medium heat, until they are soft and golden. Add the cinnamon stick, cardamom, bay leaf, ginger and chilli, and cook for another three minutes or so, then add the tomatoes and cook for another four minutes, stirring from time to time.

2. Meanwhile, boil the potatoes in the coconut milk and seasoning for 20 minutes, adding a bit of extra full-fat milk if it starts to look a little dry. Once the potatoes are soft to the point of a knife, add the rest of spicy onions, stir and heat through. Scatter with the coriander and serve.



Gujarati Vegetable Curry

400 g tinned chickpeas
 1 onion
 2 tbsp groundnut oil
 2.5 cm piece fresh root ginger
 6 garlic cloves
 4 tomatoes
 85 g cashew nuts
 2 tsp ground coriander
 1 tsp ground cumin
 1 tsp garam masala
 1/2 tsp chilli powder
 1/2 tsp turmeric
 3 carrots
 1 small cauliflower
 200 g green beans
 1 handful of coriander leaves
 Sea salt

Cost to make is £7.40 serves 4 people

Method:



1. Cook the rice in boiling water for 10 to 12 minutes until soft, or as directed on the packet. Drain and rinse the chickpeas in a colander. In the same colander, drain the rice then tip the rice and chickpeas back into the pan. Cover the pan with a clean tea towel and then the lid. Leave to one side so that the rice can fluff up ready to eat.

2. Meanwhile, peel and finely chop the onion. Heat the oil in a large saucepan over a medium heat and add the onion. Cook for four to five minutes, stirring occasionally, until golden.

3. Peel the ginger and garlic, then chuck both into a blender or food processor with the tomatoes, 55 grams of the cashew nuts, the ground coriander, cumin, garam masala, chilli powder, turmeric and a good pinch of salt. Blend until smooth. Pour this mixture over the cooked onion, mix well and bring to the boil.

4. Cover, reduce the heat to low and simmer for 20 minutes, stirring occasionally.

5. Cut the potatoes into quarters while the sauce cooks. Cook them in a saucepan of boiling water for eight minutes. Peel the carrots, then cut them, with the cauliflower, into small pieces. Cut the beans in half. Add the vegetables to the potatoes and cook for five to six minutes until tender, then drain. Roughly chop the coriander. Mix the vegetables into the sauce. Serve the curry and rice, sprinkled with coriander and cashew nuts. This magnificent curry can be made well in advance. Simply make the sauce and cook it without adding any of the vegetables. Cook the vegetables, then refresh them under cold water. When you want to eat, reheat the sauce and add the vegetables. Cook until the veg have warmed through, then serve.

<p>Tikka Masala Sauce: <i>(to which you can add vegetables or meat or meat free ingredients).</i></p> <p>Low calorie cooking spray 3 garlic cloves, peeled and crushed ½ tsp cardamom seeds, crushed ½ tsp ground turmeric 1 tbsp ground coriander 1 tsp each of ground ginger and ground cumin 1-2 tsp chilli powder 1 tbsp tomato purée 1 onion, peeled and grated 100 g fat free natural fromage frais 1 tbsp freshly chopped coriander 1 tbsp fresh lemon juice</p> <p>Cost to make is £5.19 Serves 4.</p>	<p>Method:</p> <ol style="list-style-type: none"> 1. Heat a pan sprayed with low calorie cooking spray over a medium heat. Add the garlic, cardamom seeds, turmeric, coriander, ginger, cumin and chilli powder and fry for one minute. 2. Stir in the tomato purée and onion and continue to cook for three to four minutes. Add 150ml of water, bring to the boil, reduce to a simmer and cook for five minutes. Stir in the fromage frais, fresh coriander and lemon juice, heat until hot (do not boil or the fromage frais will curdle) and serve straight away. Little Book of Sauces
<p>Home Style chicken Curry (We are using Frozen Cauliflower)</p> <p>1 large onion 6 garlic cloves, roughly chopped 50g ginger, roughly chopped 4 tbsp vegetable oil 2 tsp cumin seeds 1 tsp fennel seed 5cm cinnamon stick 1 tsp chilli flakes 1 tsp garam masala 1 tsp turmeric 1 tsp caster sugar 400g can chopped tomatoes 8 chicken thighs, skinned, boneless (about 800g) 250ml hot chicken stock 2 tbsp chopped coriander</p>  <p>Cost to make is £6.76 Serves 4.</p>	<p>Method:</p> <ol style="list-style-type: none"> 1: Roughly chop the onion, transfer to a small food processor, and add 3 tablespoons of water - process to a slack paste. You could use a stick blender for this or coarsely grate the onion into a bowl - there's no need to add any water if you are grating the onion. Tip into a small bowl and leave on one side. 2: Put the chopped garlic and ginger into the same food processor and add 4 tbsp water - process until smooth and spoon into another small bowl. Alternatively, crush the garlic to a paste with a knife or garlic press and finely grate the ginger. 3: Heat the oil in a wok or sturdy pan set over a medium heat. Combine the cumin and fennel seeds with the cinnamon and chilli flakes and add to the pan in one go. Swirl everything around for about 30 secs until the spices release a fragrant aroma. 4: Add the onion paste - it will splutter in the beginning. Fry until the water evaporates and the onions turn a lovely dark golden - this should take about 7-8 mins. Add the garlic and ginger paste and cook for another 2 mins - stirring all the time. 5: Stir in the garam masala, turmeric, and sugar and continue cooking for 20 secs before tipping in the tomatoes. Continue cooking on a medium heat for about 10 mins without a lid until the tomatoes reduce and darken. 6: Cut the chicken thighs into 3cm chunks and add to the pan once the tomatoes have thickened to a paste. Cook for 5 mins to coat the chicken in the masala and seal in the juices, and then pour over the hot chicken stock. Simmer for 8-10 mins without a lid until the chicken is tender and the masala lightly thickened - you might need to add an extra ladleful of stock or water if the curry needs it. Sprinkle with chopped coriander and serve with Indian flatbreads or fluffy basmati rice and a pot of yogurt on the side.
<p>Curried Rice</p> <p>2 tablespoons olive oil 6 cloves garlic, minced black pepper to taste 1 tablespoon ground cumin, or to taste 1 tablespoon curry powder, or to taste 1 tablespoon chilli powder, or to taste 1 vegetable stock cube 400ml (14 fl oz) water 1 tablespoon soy sauce 200g (7 oz) basmati rice</p> <p>Cost to make is £2.96 serves 4.</p>	<p>Method:</p> <ol style="list-style-type: none"> 1: Heat olive oil in a medium saucepan over low heat. Sweat the garlic; when the garlic becomes aromatic, slowly stir in pepper, cumin, curry powder and chilli powder. When spices begin to fry and become fragrant, stir in the stock cube and a little water. 2. Increase heat to high and add the rest of the water and the soy sauce. Just before the mixture comes to the boil, stir in rice. Bring to a rolling boil; reduce heat to low, cover, and simmer 15 to 20 minutes, or until all liquid is absorbed 3. Remove from heat and let stand 5 minutes. 



Easy Potato and Pea Samosas

3 tbsp vegetable oil
1/4 tsp mustard seeds
60g/2 1/2 oz chopped onion
1 tsp finely chopped ginger
60g/2 1/2 oz frozen peas
1 tbsp ground coriander
1 tsp ground cumin
1/4 tsp red chilli powder
1/2 tsp garam masala
1-2 tsp dried mango powder, to taste (alternatively, use juice of 1/2 a lemon)
salt, to taste
splash water
600g/1lb 5oz potatoes, peeled, boiled until soft and crushed into large lumps
4 tbsp chopped fresh coriander leaves
packet ready-made filo pastry
5 tbsp melted butter, for brushing
2 tbsp sesame seeds (optional) (you can also use poppy or nigella seeds)

Cost to make is £2.38 makes about 20.

Method:

1. Heat the oil in a small non-stick pan and fry the mustard seeds for about ten seconds, or until they begin to splutter.
2. Add the onion and ginger and cook for 2-3 minutes over a high heat. Add the peas, stir well and add the spices, mango powder, salt and a splash of water. (If using lemon juice, add this instead of the water.) Cook for 1-2 minutes, then add the potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.
3. Preheat the oven to 200C/400F/Gas 6.
4. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.
5. Place one rounded teaspoon of the filling mixture at one end of the strip, leaving a 2cm/1 in border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds, if using.
6. Bake in the centre of the oven for 30-35 minutes, or until golden and crisp, turning halfway through the cooking time.
7. To serve, place the samosas onto a large serving plate with a bowlful of chutney.