

Coriander Dahl (SERVES 4 – 6)

2 cups of mung dahl washed well

4 cups of water

2 dried red chillis

1 tsp small black mustard seed

1 tsp cumin seeds

1 tsp garam masala

½ tsp salt

½ tsp turmeric

One small bunch of coriander – leaves only. Washed well.

- Wash the dahl well and pour the water over it.
- Leave it to soak for 20 minutes and then put over a medium heat, bring to the boil and simmer until the dahl is soft – about 20 mins. You can add extra water if needed and you can adjust the thickness of the dahl by adding extra water if desired.
- Once the dahl is cooked, add the salt, turmeric and garam masala to it and stir well.
- In a separate pan, heat some oil and when hot, put in the dried red chilli, cumin and mustard seeds and cover. When the mustard begins to pop, lift the lid and throw in the coriander, covering the pan quickly as it will spit.
- Allow it to splutter until the coriander has wilted and then pour the contents of the pan into the dahl mixture. Stir well.
- Adjust the thickness by adding some water if required and heat through gently before serving.

Chicken Korma (serves 4 – 6)

4 chicken breasts chopped into strips

2 tbsp oil

10 peppercorns

10 green cardamom pods

10 cloves

1 shard of cinnamon

1 green chilli left whole

Salt and pepper

1 medium onion peeled and chopped

200ml water

70g creamed coconut

3 tbsp ground almonds

$\frac{3}{4}$ tsp garam masala

Good pinch of sugar

Handful of coriander leaves and stalks chopped

Marinade:

200ml plain yoghurt

1 heaped tbsp. of garlic paste

1 heaped tbsp. of ginger paste

2 tsp of ground coriander

- Mix the marinade in a non-metallic bowl, add the chicken, stir well, cover and marinate for at least 30 minutes or for as long as possible in the fridge.
- Heat the oil in a non-stick pan and add the whole spices. Give the pan a good stir and then add the onion, green chilli and salt.
- Fry for about 6 mins until the onions are golden.

- Add the chicken together with the marinate and the water.
- Turn up the heat and bring to the boil and then simmer, covered, over a lowish heat for about 25 minutes until the chicken is tender and add an extra splash of water if the pan is getting dry at any stage.
- Stir in the coconut and almonds and cook for another 3 minutes until the gravy is creamy.
- Add the garam masala, sugar and fresh coriander, taste and adjust seasoning.
- Serve with rice or roti.

Simple Chicken or Vegetable Biriane

serves about 5

¼ kg tomatoes chopped small

¼ kg onions chopped finely

2 cups basmati rice, washed well

4 cups of water (chicken cooking stock if making chicken biriane)

A piece of cinnamon stick

4 cardamom pods

4 cloves

2 handfuls of mint leaves (no stalks)

2 handfuls of coriander leaves (no stalks)

1 green chilli

1 tsp Turmeric powder

2 tbsp Ginger-garlic paste

About 4 cooked chicken breasts, sliced or a selection of finely chopped vegetables (you can use frozen mixed veg which are ready chopped – about 3 cups)

2 tbsp lemon juice

- Heat the oil in a large, heavy bottomed pan and add the cinnamon, cardamom and cloves.
- Fry for about 20 seconds and then add the onion and ginger-garlic paste.
- When the onion has softened, add the turmeric powder, tomatoes, mint and coriander leaves and stir well.
- Once the leaves have wilted well, stir in the rice and then add the water (or stock) and salt and cover. Bring to the boil and then simmer until the rice is almost cooked.
- Remove the lid, add the chicken or vegetables, re-cover and bring back to boil and simmer until the rice is cooked and all the water has been absorbed.
- Sprinkle with the lemon juice and stir gently.
- Check the seasoning and then move into a large shallow dish so that the rice doesn't continue to cook.
- Serve with a raita made with plain yoghurt and cucumber, tomato and onion or a chutney or pickle.