



INDIAN theme of the month

Do you like cooking, eating and socialising with friends, and raising money for a good cause?
Here's an opportunity to do all of those with our brilliant new fundraising initiative.

Take part and you could win a meal for two!

The idea is simple and everyone can join in. Follow the themes we suggest or come up with your own, invite your friends round and ask them to make a donation.
We are asking for a minimum £5.00 donation from all the diner's guests.

If you don't want to cook you can host a picnic or BBQ anytime you like!

Make sure you **Like** and **Share** our Facebook page:

www.facebook.com/DineForMindOut



Butter Chicken

Ingredients

(Serves 8)
700g raw chicken

Marinade:

1 tsp red chilli powder
1 tsp ginger and garlic paste
Salt to taste
500g plain Greek style yogurt

Method

For marinating the chicken:

- 1 Mix red chilli powder, ginger garlic paste, salt and yogurt together. Marinade is ready.
- 2 Choose a roasting dish that you will use to cook the chicken later. Mix the raw chicken in the marinade and keep it in the refrigerator overnight.
- 3 Preheat traditional oven to 180C/350F/Gas mark 4. Then partially roast the marinated chicken in the oven for about 10 minutes (2-3 minutes less if boneless). We will complete the cooking after adding the gravy.

For the chicken gravy:

- 1 Heat white butter in pan.
- 2 Add black cumin seeds, tomato puree, sugar, red chilli powder and salt. Mix it well.
- 3 Now add the partially cooked chicken, white butter, fresh cream, sliced green chillies and crushed fenugreek leaves.
- 4 Cook till chicken is done (make sure there is no pink meat in the middle)
- 5 Butter Chicken is ready to eat. Serve hot with rice or naan.



South Indian Fish Curry

Ingredients

(Serves 4)
1 onion
3tbsp sunflower oil
1 red pepper
2 garlic cloves
1tsp black mustard seeds
1tsp ground coriander
1/2tsp turmeric

Method

- 1 Slice 1 onion into thin wedges, then fry in 2 tbsp sunflower oil until just turning golden. Add in 1 thinly sliced red pepper, 2-3 fresh red chillies (or more depending how hot you like your curry), 2 sliced garlic cloves, 1 tsp black or brown mustard seeds and fry for 2-3 more minutes.
- 2 Add 1 tsp ground coriander, 1/4 tsp turmeric, 1/4 tsp chilli powder, 1 tsp grated root ginger and stir-fry for 1 minute. Pour in a 400ml can coconut milk and 175ml (6fl oz) water and simmer for 8-10 mins, until slightly thickened.
- 3 Season, then add 500g (1lb) cod (or any other firm, white-fleshed fish) cut into big chunks, and simmer gently, covered, for 4-5 minutes, or until just cooked.
- 4 Meanwhile, fry 4 thinly sliced shallots in 1 tbsp sunflower oil until golden and crispy. Scatter over the shallots and coriander leaves. Serve with lime wedges and cooked basmati rice.

Fish curry is freezable, so you can make this in advance and cook the rice fresh. Defrost at room temperature for 1 hour and reheat in a saucepan, covered under a gentle heat for about 30 minutes or until cooked through.





Dahl

Vegan Ingredients

(Serves 6)

- 400g mung dal (skinned yellow split mung beans) or red lentils
- 4 cloves garlic, peeled and crushed
- 4cm piece of root ginger, peeled and cut into 4
- 1 tbsp turmeric
- 4 small green chillies, 2 finely chopped, 2 left whole
- 2 tbsp ghee or vegetable oil
- 2 shallots (or onions), finely sliced
- 1 tbsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp crushed chilli
- Fresh coriander, chopped to serve

Method

- 1 Wash the dal until the water runs clear, then drain and put in a large pan and cover with 2 litres of cold water. Bring to the boil and skim off any scum that rises to the surface.
- 2 Add the garlic, ginger, turmeric and chopped chillies to the pan with a pinch of salt, turn down the heat, cover, leaving the lid slightly ajar, and simmer very gently for about 1½ hours (red lentils don't take so long), stirring occasionally, until the dal has broken down completely and become creamy.
- 3 Add boiling water or reduce the dal further to achieve your preferred consistency if necessary, and season to taste – I add about 1 tsp salt – then add the whole chillies and simmer for 15 minutes.
- 4 Meanwhile, heat the ghee or oil in a frying pan over a medium high heat and add the shallots. Stir until golden and beginning to crisp, then add the dried spices and cook for a couple of minutes until the mustard seeds are beginning to pop. Tip over the dal, stir in, and top with chopped coriander. Serve with plain rice or flatbreads.

Indian Spices

(most commonly used)



Saffron

Saffron is the most expensive of all spices, but fortunately a little goes a long way. A small pinch brings a rich yellow colour to dishes as well as a characteristic aroma and flavour.



Cardamom

Use whole cardamom pods to add a subtle flavour to food, or lightly crush or split them to extract the aromatic seeds. Green cardamom is used in sweet dishes or more delicate curries, while brown cardamom has a stronger taste.



Fennel seeds

These little ridged seeds have a mild anise flavour which works well in dishes such as spiced fish curry. You can buy the seeds whole or ground.



Nutmeg

Nutmeg can be bought whole or ground and its mild, aromatic spiciness is popular for many sweet dishes, particularly custards.



Cumin

This spice has a lovely warm flavour and it is one of the ingredients in the mixture known as garam masala. You can buy ground cumin, but grind the seeds yourself for best results.



Asafoetida

The strong, not very attractive smell of this spice disappears once it is cooked. A small pinch makes all the difference to vegetable dishes such as masala potatoes.



Turmeric

This spice adds a vibrant yellow colour to dishes as well as a spicy tang. It's usually available ground and is one of the ingredients in ready-made curry powders; good in fish dishes.

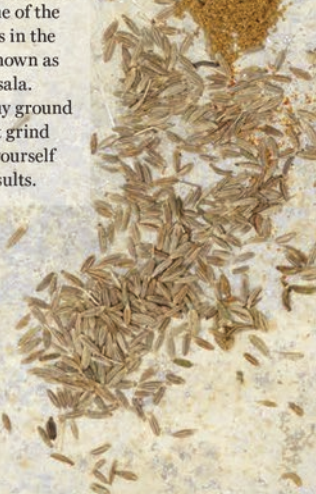


Yellow mustard seeds



Cayenne

A hot spice, this is made from the dried and ground seeds of the chilli pepper plant. Best used in small quantities, it adds a touch of fire to curries and other savoury dishes.



Coriander

You can buy ground coriander or crush or grind the seeds yourself for a fresher flavour. Coriander has a very fragrant, citrusy aroma and is used in Asian cookery for everything from chutneys to curries.



Black mustard seeds



Did You Know That...

...traditional Indian cooking almost always uses fresh ingredients and involves making dishes from scratch. This means less preservatives and healthier food.

...Indian cooking uses spices like turmeric, ginger, garlic, green chillies...all of which have medicinal and healing properties.

...a traditional Indian meal includes carbohydrates, proteins, fats, fiber...all the elements you need to make a balanced meal.

Super Spice: TURMERIC

Turmeric contains bioactive compounds with powerful medicinal properties and it's the spice that gives curry its yellow color.

It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to back up what the Indians have known for a long time; it really does contain compounds with medicinal properties. Curcumin has also shown some promise in treating depression.

These compounds are called curcuminoids, the most important of which is curcumin. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

Myth Buster

Common misconceptions of Indian food

All Indian food is hot and spicy

This is not true! While spices are used in Indian cooking, they are not what makes food spicy. As for chillies (which add the heat to a dish), they are a matter of preference and can be easily omitted when cooking most foods.

Secondly, not all Indian foods contain 10 (or even 3, 4 or 5) different spices! Years of culinary evolution has created dishes where the main ingredient is beautifully enhanced by just one key spice!

All Indian food is fatty and unhealthy

This too is wrong and is like saying that all Italian food contains pasta or all Chinese food has soy sauce in it.

Indian food is what you choose to make of it in the fat department. You can cook a dish with 6 tablespoons of oil or make do with 2 if that's what you like. There is a host of dishes that don't need any oil at all! These are prepared by roasting, steaming, grilling, boiling...the ingredients. That said, like any other cuisine, Indian food also has its more calorific dishes.

Medicinal, healing spices like turmeric, ginger, garlic and green chillies are among the most commonly used ingredients in Indian cooking. That's eating your medicine for you! Most good Indian cooks will advocate using fresh produce and preparing a dish from scratch

All Indian food is difficult to cook

Not true again. Look at recipes for foods like Tandoori Chicken, Mutter Paneer, Bhindi Ki Subji... They are hugely popular but ever so easy to prepare. This is just the tip of the iceberg as far as delicious-yet-quick-and-easy-to-cook Indian food is concerned!

All Indian food contains curry powder

'Curry' is synonymous with Indian food and 'curry powder' is thought of as the key ingredient in every dish. This couldn't be further from the truth!

This all-important powder is actually a mix of spices collectively known as garam masala. It is added to some dishes along with other spices to enhance their flavor and aroma. Most Indians still prefer to prepare their own garam masala just prior to cooking. Making your own can seem intimidating if you're just starting out with Indian cooking, but the recipe and a good coffee grinder is all it takes! There's nothing to beat the flavor of fresh garam masala!

So, don't go by hearsay and common opinion. Dive in and discover for yourself, the amazing world of Indian cuisine. It is a journey you will never regret!