

Indian Tasting Menu

Dahl with Homemade Naans

Chicken Biryani

Samosa Pie with Minted Yoghurt

Dahl

220g dried red lentils, rinsed, drained
1 cinnamon quill
2 tablespoons coconut oil
2 garlic cloves, finely chopped
3 shallots, finely chopped
¼ teaspoon chilli powder, plus extra to serve
¼ teaspoon garam masala (Indian spice mix)
¼ teaspoon ground turmeric
80ml coconut cream, plus extra to serve
Coriander leaves, to serve

Place the lentils, cinnamon and 750ml water in a large saucepan over a medium heat. Bring to the boil, then reduce heat to low and simmer for 10 minutes or until lentils are soft and the consistency of porridge. Remove from heat and discard the cinnamon quill. Heat coconut oil in a frying pan over medium-low heat. Add the garlic and shallots and cook, stirring, for 5 minutes or until softened and fragrant. Add the spices and cook for 20 seconds or until fragrant. Add the spice mixture and coconut cream to the lentil mixture and stir to combine.

Homemade Naan

250g plain flour
2 teaspoons sugar
½ teaspoon salt
½ teaspoon baking powder
110-130ml milk
2 tablespoons vegetable oil, plus extra for greasing

For the dough, sift the flour, sugar, salt and baking powder into a bowl. In another bowl, mix together the milk and oil. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into five balls. Roll out and cook in a little oil in a frying pan until puffed up on both sides. Brush with butter and serve hot.

Chicken Biryani

200g basmati rice
1 teaspoon salt
2 tablespoons vegetable oil
8 shallots, chopped
2 medium onions, chopped
4 garlic cloves, finely chopped
2 teaspoons fresh root ginger, grated
2 chicken breasts, thinly sliced into strips
1 teaspoon chilli powder
1 teaspoon ground cumin
2 teaspoons ground coriander
½ teaspoon ground cinnamon
½ teaspoon ground turmeric
Generous pinch freshly grated nutmeg
190g plain yoghurt
2 teaspoons caster sugar
4 or 5 handfuls raisins



Wash the rice in several changes of water until the water runs clear, then leave to soak in tepid water with the salt for 30 minutes. Drain the rice and place in a pan with enough cold water to come about 2cm above the top of the rice. Bring the water to the boil, then reduce the heat to as low as possible, cover and cook for about ten minutes, or until 'holes' begin to appear on the top of the rice and all the water has been absorbed.

Heat the oil in a frying pan, add the shallots, onions, garlic and ginger and fry for a couple of minutes, until golden-brown. Remove a tablespoonful and set aside for garnishing. Add the chicken and stir fry for four minutes. Add the spices and stir for one minute, then stir in the yoghurt and simmer for 1-2 minutes. Add the sugar, raisins and part-cooked rice. Cover the pan with a clean tea towel and cover with a lid (this will hold in all the steam). Place over a very low heat and cook for ten minutes. Remove from the heat and leave to rest for five minutes. Serve garnished with the reserved shallot and onion mixture.



Samosa Pie with Minted Yoghurt

300g strong white bread flour
180g cold butter, cut into pieces
400g potatoes, cut into 1cm pieces
150g frozen peas
1½ tablespoons coconut oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tablespoon grated ginger
1 red chilli, seeds removed, chopped
1 teaspoon Madras curry powder
1 teaspoon cumin seeds
1 tablespoon tomato paste
1 tablespoon mango chutney
1 egg
1 tablespoon caraway seeds
1 tablespoon nigella seeds

Minted Yoghurt

200g thick Greek-style yoghurt
30g mint leaves
1 shallot, chopped
1 garlic clove, chopped
2 teaspoons caster sugar

Place flour and butter in a bowl with ½ teaspoon salt. Rub together until it resembles large breadcrumbs. Add 165ml chilled water, 1 tablespoon at a time, stirring, until a rough dough forms. Shape into a ball, then turn onto a floured work surface. Roll to a 30cm x 20cm rectangle. Bring one short end into the centre, and fold the other on top to enclose and form 3 layers. Rotate 90 degrees. Repeat rolling, folding and turning five more times until smooth. Enclose in plastic wrap and chill for 1 hour.

Meanwhile, put the potato in a pan of cold salted water over medium heat. Cook for 15-20 minutes until tender, adding the peas for the final 2 minutes of cooking. Drain. Heat oil in a pan over medium heat. Add the onion and fry, stirring, for 5-6 minutes until soft. Add garlic, ginger, chilli, curry powder and cumin, and cook, stirring, for a further 1 minute or until fragrant. Add the peas and potatoes, season, then stir through tomato paste and mango chutney. Chill.

Pre-heat oven to 200C. Divide pastry in two. Roll out one piece on a floured work surface to 40cm x 25cm rectangle. Place on a baking tray lined with baking paper. Place filling in centre of the pastry, leaving a 3-4cm border. Roll out the remaining pastry to 30cm x 20cm. Beat egg with 2 tablespoons cold water, then brush a little over the edges of larger pastry. Lay the smaller pastry over the filling, using a fork to crimp edges. Brush with egg, and make a few incisions in the top. Sprinkle over the caraway and nigella seeds. Bake for 25 minutes, then increase heat to 220C and cook for a further 15 minutes or until golden.

For the minted yoghurt, place all the ingredients in a food processor. Whiz until smooth. Serve the pie with the minted yoghurt.