

MONTHLY

FREE SEEDS!



Worth **£3.10!**

Cook Vegetarian!

2010, £3.25

meat-free food made easy

7 family feasts
good to share!

E & EASY

foolproof
 meals

FAST FOOD

5-minute
 recipes in minutes

HAPPY EASTER

Stunning pud
 £1.45 a slice

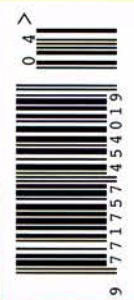
THE Food Life!

From pot to plate... we show you how

Exclusive!

Rose Elliot

Be the first to try her
 new recipes - inside!



20

Veggie Indian Feasts

Add a wealth of flavour to your cooking with these gorgeously spicy recipes that'll transport you to sunnier climes. From alluring appetisers to tasty mains, we've got curry night well and truly covered!



Some Lovely Light Bites...



1 Onion, Chickpea and Chilli Bhajis

Serves 4

- 1 potato, peeled and cooked
- 2 onions, finely sliced
- 2 green chillies
- 1 tbsp coriander leaves
- 2 garlic cloves
- 150g gram (chickpea) flour
- 1/2 tsp salt
- 1/2 tsp bicarbonate of soda
- 1/2 tsp turmeric

■ Grate the potato and mix with the onions. Place the chillies, coriander and garlic in a food processor with a little water and purée to form a paste. Stir into the potatoes.

■ Place the remaining ingredients in a separate bowl and pour in 100ml to make a smooth batter, then stir in the potato mixture.

■ Heat enough vegetable oil in a pan to deep fry. Drop spoonfuls of the mixture into the oil and fry in batches for 3-5 minutes until golden. Serve with chutney.

2 Griddled Courgettes with Tamarind Cream

Serves 4

- 4 courgettes, thinly sliced lengthways
- olive oil for brushing

- smoked paprika
- freshly ground black pepper
- 75g crème fraîche
- 125g Greek yoghurt
- 1 tbsp lemon juice
- 2 tbsp tamarind paste

■ Brush the courgette slices with olive oil and sprinkle with paprika and black pepper. Cook in batches on a griddle pan for 2-3 minutes on each side until lightly charred.

■ Mix together the remaining ingredients and season to taste. Serve the courgettes with a spoonful of the cream.

3 Spicy Potato Cakes

Serves 4

- 400g potatoes, peeled and quartered
- 1 tsp cumin seeds
- 1 tsp coriander seeds, crushed
- 1 tbsp root ginger, grated
- 2 tbsp coriander leaves, chopped
- 1 garlic clove, crushed
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 2 tsp olive oil or ghee

■ Parboil the potatoes, drain and grate. Add the spices to the potato and season.

■ Shape the mixture into cakes and chill for 30 minutes to firm up. Heat a non-stick frying pan with the oil.

■ Fry the cakes for five minutes on each side until crisp and brown. Serve with chutney or yoghurt.

4 Coconut Dahl

Serves 4

- 225g red lentils
- 400ml can coconut milk
- 2 fresh curry leaves
- 1 tsp turmeric
- 1 red onion, chopped
- 1 tomato, chopped
- 2 tsp black mustard seeds
- 1 tsp cumin seeds
- handful of chopped fresh coriander leaves

■ Place the lentils, coconut, curry leaves and turmeric in a pan with 200ml water. Bring to the boil, then simmer for 20 minutes until tender.

■ Heat a little oil in a pan and fry the onion and tomato with the spices until brown. Stir into the dahl with the coriander leaves and serve.

5 Scrambled Egg

Serves 4

- 6 large free-range eggs
- 2 tbsp sunflower oil
- 1/2 tsp cumin seeds
- 1 small onion, finely chopped
- 2 green chillies, finely chopped
- 2 ripe tomatoes, roughly chopped
- handful fresh coriander leaves, washed and finely chopped
- 2 tsp pumpkin seeds

■ Beat the eggs in a large bowl and season. Heat the oil in a saucepan over a high heat and fry the cumin seeds until they start to darken.

■ Add the onions and cook until soft, then stir in the chillies. Add the tomatoes and fresh coriander and cook until well blended.

■ Pour in the beaten eggs and cook over a low heat, stirring all the time to scramble them. Once they are nearly set, take the eggs off the heat and continue stirring until they are soft and glossy. Serve hot, sprinkled with the pumpkin seeds.

Scrambled Egg recipe adapted from *Healthy Indian in Minutes* by Monisha Bharadwaj (£14.99, Kyle Cathie). All other recipes by Christine Bailey

Indian Essentials

FOX'S SPICES CHAAT MASALA £1.90
01789 266420

Chaat Masala is a tangy spice mix made from fragrant herbs, spices and fruit powders. Sprinkle on your Indian dishes for added zest, treat as a dry dip or use it to liven up almost any dish



THE COMPLETE FLAVOURS AND SPICES
COOKERY SET £42 FROM
WWW.FLAVOURSANDSPICES.CO.UK

This handy spice wheel not only comes with 13 essential flavourings for really authentic Indian cooking, but also a fab free recipe book!



More tasty ideas...

MANGO AND GREEN LENTIL SALAD

Fry 1 tsp cumin and mustard seeds and pinch of chilli flakes in some oil. Add 3 tbsp flaked coconut, a chopped red chilli and a can of green lentils, then heat through. Stir in fresh mango and coriander. Serve over salad leaves

POPPADUMS WITH PINEAPPLE CHUTNEY

Sauté a chopped onion with 1 tsp each mustard and cumin seeds, a pinch of salt and 1/2 tsp chilli powder. Add a chopped fresh pineapple, 6 tbsp water and 4 tbsp brown sugar and cook gently until soft. Serve with poppadums

CURRIED ROOT SOUP

Heat oil in a large pan and add a chopped onion, 2 carrots, 1 parsnip, 1 turnip and a small sweet potato. Cook for 5 minutes then stir in 2 tbsp curry paste and 1 tbsp plain flour. Pour over 750ml vegetable stock and simmer for 20 minutes

PAN-FRIED PANEER WITH A ZESTY DIP

Slice 250g vegetarian paneer cheese into cubes and dust in chilli powder. Fry for 1 minute each side until nice and golden. Mix together 4 tbsp mango chutney and 3 tbsp each lime juice and coriander leaves for the dip

CURRIED TAMARIND CHICKPEAS

Sauté 1 chopped onion with 1 tsp nigella seeds until soft. Add a tin of chopped tomatoes, a can of chickpeas, 1 tsp each of paprika, turmeric, sugar and 1 tbsp tamarind paste. Simmer for 10 minutes before serving



Some Great Main Ideas...



1 Spicy Lentil and Mango Chapattis

Serves 4

- 200g red lentils
- 1/2 tsp turmeric
- 1 tsp dried mango powder
- 1 red chilli, chopped
- 1 garlic clove, crushed
- 1 tsp cumin seeds
- 1 fresh mango, chopped
- handful of coriander leaves
- 4 chapattis

■ Place the lentils in a pan with 700ml water. Add the turmeric, mango powder and a pinch of salt and simmer for 20 minutes until tender.

■ Heat a little oil in a pan and sauté the chilli, garlic and cumin seeds for two minutes. Add the mango and heat through. Stir into the lentils and spoon over chapattis to serve.

2 Paneer Samosas

Serves 4

- 1 spring onion, finely chopped
- 1/2 tsp ground cinnamon
- pinch of paprika
- 250g vegetarian paneer or feta cheese, cubed
- 1 tbsp chopped mint
- 60g frozen peas
- olive oil for greasing
- 16 sheets of filo pastry, about 16x12cm

■ Heat 1 tbsp oil in a pan. Sauté the onions with the spices for one minute. Add the cheese, mint and peas and combine.

■ Preheat the oven to 190C/375F/Gas 5. Brush each sheet of filo pastry with olive oil and fold in half lengthways. Place a spoonful of the mixture at the bottom of the pastry.

■ Carefully bring the bottom corner of the pastry over the mixture to form a triangle. Continue to fold up the pastry into triangles. Repeat with the remaining filo pastry.

■ Place the samosas on a baking tray. Brush with olive oil. Bake in the oven for 20-30 minutes until golden brown.

3 Cauliflower Curry

Serves 4

- 2 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 cinnamon stick
- 1 tsp turmeric
- 1/2 tsp chilli powder
- 1 medium potato cut into cubes
- 1 small cauliflower, cut into florets
- 250ml vegetable stock
- 100g green beans
- 225g Greek yoghurt
- 2 chopped tomatoes

■ Heat 1 tbsp oil in a pan and fry the spices for two minutes. Add the rest of the oil and stir in the remaining ingredients except the beans.

■ Simmer for 15 minutes then add the beans and cook for a further five minutes. Stir in the yoghurt and tomatoes and cook for a further five minutes.

4 Okra Chickpeas

Serves 4

- 1 red onion, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp garam masala
- 400g okra, trimmed
- 1 tbsp tamarind paste
- 1 tsp Dijon mustard
- 400g can chickpeas, drained
- 2 tomatoes, chopped

■ Heat 1 tbsp oil in a pan and add the onion and spices. Stir for 2-3 minutes until softened. Add the okra and cook for 10 minutes until tender.

■ Stir in the rest of the ingredients with a little water to make a sauce. Cook gently for five minutes until the tomatoes have softened.

5 Stuffed Aubergines

Serves 4

- 75g freshly grated or desiccated coconut
- small handful fresh coriander leaves
- 1/2 tsp chilli powder
- 1 tsp turmeric powder
- 8 small aubergines
- 2 tbsp sunflower oil
- 1 tsp black mustard seeds
- 8 new potatoes, pricked with a fork

■ Combine the coconut, chopped coriander, chilli, turmeric and some salt in a bowl. Slit each aubergine lengthways into four, keeping the stem end intact so that the vegetable stays together.

■ Fill the aubergines with the coconut mixture and place on one side. Heat the oil over a high heat and add the mustard seeds. Wait for them to pop, and then add the cumin seeds.

■ Place the aubergines in the pan and arrange the potatoes in the gaps in between. Sprinkle any remaining stuffing over the top.

■ Add 100ml water to the pan and bring to the boil. Reduce the heat, cover and cook for 15 minutes until the vegetables are tender.

Stuffed Aubergines recipe adapted from *Healthy Indian in Minutes* by Monisha Bharadwaj (£14.99, Kyle Cathie). All other recipes by Christine Bailey

Indian Essentials

CHIMAN'S ORGANIC DAL £1.40
WWW.CHIMANS.CO.UK

Create an authentic version of this veggie favourite with this handy spice mix that's suitable for vegans also. With a medium level of heat, enjoy solo with naan bread or as a starter to an Indian feast.



VEETEE WHOLEGRAIN
BASMATI RICE £1.69

Considering healthier wholegrain rice can involve pre-soaking and a far longer cooking time overall, the fact that this rice is ready in just two minutes in the microwave makes it a fab time saver.



More tasty ideas...

MUSHROOM AND LEMON PILAFF

Sauté a chopped onion and add about 200g sliced mushrooms, 1 tsp each garam masala and cumin seeds and a cinnamon stick. Stir in 250g basmati rice, 450ml vegan stock and the zest of 1 lemon. Cover and simmer for 15 mins until tender. Stir in spinach and lemon juice

EGG CURRY

Slice 4 boiled eggs in half lengthways. Sauté a red onion with 1 tsp mustard seeds, a crushed garlic clove, grated ginger and 1 tsp each turmeric, cumin and coriander. Stir in 4 chopped tomatoes, 4 tbsp desiccated coconut and simmer until tender. Add the eggs, Greek yoghurt and chopped coriander

FRESH PEA, TOFU AND TOMATO CURRY

Fry a block of cubed firm tofu in oil until golden. Remove from the pan and sauté a chopped onion with 1 tbsp curry paste, 4 chopped tomatoes and a little vegan stock. Simmer for 10 minutes, then add frozen peas and the tofu and cook for a further 5 mins or so

ROASTED TURMERIC VEGETABLES

Parboil 1 potato sliced into wedges, then drain. Place in a roasting tin with chopped green and red peppers and courgettes. Mix together 1 tsp turmeric, a pinch of chilli flakes, 3 crushed garlic cloves and 3 tbsp olive oil. Toss into the vegetables and roast for 30 mins

TOFU CURRY SKEWERS

Marinate cubes of tofu, red onion chunks, button mushrooms and slices of red and green pepper if you like in a mixture of veggie curry paste, honey and yoghurt. Thread onto skewers and grill for about 10-15 minutes or until charred. Serve with onion salad and pilaff

