



# Cooking with @ClaireTVI

## Home Made Takeaways!



## Peri Peri Chicken and Spicy Rice aka Nandos!

### Ingredients for the chicken:

2 tablespoons olive oil  
 2 teaspoons chilli flakes (or to taste)  
 4 cloves garlic  
 Juice of 2 limes  
 2 teaspoons smoked paprika  
 2 teaspoons oregano  
 ½ teaspoon salt (or to taste)  
 Black pepper to taste  
 8 chicken legs (or thighs or a mixture)

### Ingredients for the spicy rice:

2 cups of rice  
 1/2 finely chopped onion (or a handful of frozen chopped onion)  
 1/2 finely chopped red pepper  
 2 chicken stock cubes  
 A handful of frozen peas  
 1/2 tsp cumin  
 1/2 tsp turmeric  
 1/2 tsp paprika  
 Chilli powder – to your taste



### Method for the chicken:

Preheat your oven to 220C / 200C / gas mark 7 / 425F. (Save this step till later if you plan to marinate your chicken first)

Mix together all of the Peri Peri Chicken ingredients (apart from the corn on the cobs and the actual chicken!) in a large bowl. Score the skin of the chicken with the point of a sharp knife and place the chicken in the bowl of marinade, turning to coat each piece of chicken with marinade.

Marinate the chicken for 1 hour in the fridge or up to 24 hours if you have the time. Alternatively just continue with the recipe.

Place all the chicken pieces on a roasting tray and place the tray in your preheated oven.

Roast the chicken for 30 minutes, remove the tray from the oven, add the corn on the cobs turning them in the juices, then return the tray to the oven for a further 10 minutes.

### Recipe is from:

Easy Peasy Foodie Online the link [here](#)

### Method for the spicy rice:

Add some oil (or frylight), chopped onion and chopped red pepper to a large frying pan / wok along with one chicken stock cube, cumin, chilli powder and paprika and heat on high for 2-3 minutes.

Add 2 cups of rice (you can use normal **coffee cups if you like, it's just so you know** how much water to add in) and 4 cups of boiling water along with the other chicken stock cube and the tumeric.

Bring to the boil and then simmer until all of the water is absorbed which is usually **around 20 minutes. You'll need to stir it regularly at first and in the latter stage, you'll need to** pretty much stay with it as it sticks to the bottom of the pan and burns very easily. You might find you need to add more water to make sure the rice is cooked through.

**I then put a lid on the pan and leave it for a couple of minutes to 'dry' it out a little.**

### Recipe is from:

Frugal Family Online the link [here](#)

### Top Tips:

Serve with grilled corn on the cob, see the recipe later on for homemade chips if you **don't want spicy rice!**

## Southern Fried Chicken aka Kentucky Fried Chicken!

### Ingredients:

#### For the coating

200g flour

1 tsp mustard powder

1 tsp ginger powder

3 tsp salt

1 tsp white pepper

2 tsp black pepper

2 tsp thyme

½ tsp smoked paprika

1 tsp garlic powder

1 tsp onion powder

### For dredging

200ml milk

2 tbsp lemon juice

Some chicken!



### Method for the chicken:

Preheat oven to 180°C/Gas mark 4 and heat a pan on medium-high with 1cm oil in it

Put milk into small bowl and add the lemon juice - stir and leave

Mix all the dry ingredients in the large bowl

Toss the chicken in the dry flour mix one at a time, place on the rack

Dip the chicken into the milk/lemon mix (it should be nice and thick now, like cream)

Shake off the excess liquid and place into the flour mix again - shake the bowl, flip over the chicken piece and shake again, take it out and place it back onto the rack

Do this until all of the pieces are coated completely

Fry the chicken 2-3 pieces at a time (don't crowd the pan) until they start to colour (about 2-3 mins each side) and place back onto the rack

When all the pieces are done place the baking tray in the oven for 30 minutes to finish them off, turning over halfway through.

### Recipe is from:

Net Mums Online the link [here](#)

### Top Tips:

**It says "some" chicken, what chicken you use is up to your family.** Cheaper packs like a mixture of thighs, wings, drumsticks are best.

You can leave the skin on as they do in the takeaways, or you can skin **them yourselves, it's up to you.** If you are a bit squeamish about skinning chicken then just buy the ones that are already done, it will cost you more though.

If you want hot wings, add some chilli powder to taste, the paprika adds some spice but for a real hit **you'll need some chilli!**

Serve with corn on the cob, chips (see homemade ones later on), baked beans or whatever you want. If you use chicken breast you can make a burger or wrap!

## Chicken Tikka Masala, Rice and a Roti aka Indian Takeaway!

### How to make the curry paste:

In a small food processor, whizz together 5 garlic cloves, 1 large knob of fresh root ginger, roughly chopped, 1 red chilli, deseeded and roughly chopped, 2 tsp each ground cumin and coriander, 1 tsp each turmeric, paprika and garam masala, and the seeds from 4 cardamom pods. Add a little water or vegetable oil to bring the paste together. Can be stored in the fridge for up to 1 week or frozen for up to 1 month.

### Now Make the Curry:

4 tbsp vegetable oil  
 25g butter  
 4 onions, roughly chopped  
 6 tbsp chicken tikka masala paste  
 2 red peppers, deseeded and cut into chunks  
 8 boneless, skinless chicken breasts, cut into 2½ cm cubes  
 2 x 400g cans chopped tomatoes  
 4 tbsp tomato purée  
 2-3 tbsp mango chutney  
 150ml double cream  
 150ml natural yogurt  
 chopped coriander leaves, to serve

### Method for the Curry:

Heat the oil and butter in a large, lidded **casserole** on the hob, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden. Add the paste and peppers, then cook for 5 mins more to cook out the rawness of the spices.

Add the chicken and stir well to coat in the paste. Cook for 2 mins, then tip in the tomatoes, purée and 200ml water. Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.

Remove the lid, stir through the mango chutney, cream and yogurt, then gently warm through. Season, then set aside whatever you want to freeze (see tips, below). Scatter the rest with coriander leaves and serve with rice and roti bread



Recipe is from: BBC Good Food Online the link [here](#)

## Roti to go with your Indian Takeaway!

### Ingredients for the Roti:

4 cups cake flour  
 1/2 cup oil  
 1 tsp salt  
 1 1/2 cups lukewarm water  
 125g butter/margarine or ghee (clarified butter)

For frying:

1/2 cup oil  
 3 Tbsp butter/margarine

NB: instead of the above you could just fry **your roti's with ghee**

### Method for the Roti:

Combine flour, salt and oil and rub together to form breadcrumb consistency. Add water gradually until a soft pliable dough forms.

Dough will be soft but after allowing to stand covered for a while (approximately 30 minutes) the moisture will be absorbed.

Make balls and roll into a circle to approximately a saucer size. Spread rolled out ball with butter/margarine/ghee and sprinkle with flour.

From the centre of the circle, make a slit using a knife.

Using both hands, pick up the two sides of the cut circle and roll into a long **'sausage'**

Roll up both ends of the sausage, one side clockwise and the opposite end anti clockwise (two circles will meet in centre)  
 Flip one circle on top of the other and press lightly

Repeat this procedure with each of the dough balls.

Melt butter and oil together if not using ghee to fry

Allow the finished roti balls to rest or refrigerate for about 10-15 minutes before frying.

Roll out roti on lightly floured surface  
 Heat an appropriately sized pan to fry roti

Use about 2-3 tablespoons butter-oil mixture to fry roti until it is golden on each side



Recipe is from: **Sadie's Bubble of Yum**  
 Online the link [here](#)

## Mushroom Rice to go with your Indian Takeaway!

### Ingredients

1 tablespoon ghee or vegetable oil  
1 teaspoon cumin seeds  
4 - 6 mushrooms finely sliced  
1 red pepper (capsicum) - finely chopped  
500ml (2 cups) cold cooked basmati rice  
a pinch of turmeric  
3 chives - finely chopped  
Salt



### Method

Heat the ghee/oil in a large pan or wok.

When the fat is very hot, throw in the cumin seeds followed immediately by the sliced mushrooms.

Stir quickly to coat the mushroom slices with the cumin seeds and then add the chopped red pepper.

Continue stirring briskly while you add the cold rice.

Now the real work starts!

Stir the rice in the pan continuously and quickly for about three minutes coating the rice with the oil.

Add the turmeric. Just a pinch will do.

The rice needs to be piping hot before serving. This is done to ensure any bacteria on the rice is killed but also because it tastes much better very hot.

Season with salt and top with the chopped chives to serve. #

Recipe is from: Great Curry Recipes Online the link [here](#)

### Top Tips for a delicious Indian Takeaway at home:

You can buy **poppadum's and other bits and pieces**, but you'll find that making these 3 items at home will probably be enough! How many left overs do you have at the end of a takeaway? We order when we are hungry and that can

make us order too much!

## Sweet and Sour chicken with Chow Mein – aka Chinese Takeaway!

### Ingredients for Chow Mein

250g (9oz) medium egg noodles  
 2 tablespoons oil  
 1 tablespoon sesame oil  
 2 garlic cloves, peeled and finely chopped  
 1 large red pepper, thinly sliced  
 110g (4 oz) tinned sweetcorn  
 8 spring onions, trimmed and cut into thin strips  
 3 tablespoons light soy sauce

### Method for the Chow Mein:

Put a large pan of water on to boil, then add the noodles. Boil for 4 minutes or until just tender. Heat both of the oils in a large saucepan or wok, add the garlic and stir-fry for about 30 seconds. Add the pepper and stir-fry for 4 minutes, then add the sweetcorn and stir-fry for 1 minute. Add the spring onions and stir-fry for 1 minute. Return the noodles to the pan. Add the soy sauce and heat through, tossing to mix for 2 minutes.



Recipe is from: All Recipes Online the link [here](#)

### Ingredients for the Sweet and Sour Chicken:

500g (1 1/4 lb) skinless, boneless chicken breast fillets - diced  
 2 tablespoons vegetable oil  
 1/2 green pepper, sliced  
 1/2 red pepper, sliced  
 2 carrots, julienned  
 1 clove garlic, minced  
 1 tablespoon cornflour  
 4 tablespoons soy sauce  
 1 small tin pineapple pieces, juice reserved  
 1 tablespoon rice vinegar  
 1 tablespoon light brown soft sugar  
 1/2 teaspoon ground ginger

### Method for the Sweet and Sour Chicken:

Brown chicken in oil in a large wok over medium high heat. Add green pepper, red pepper, carrot and garlic and stir-fry for 1 to 2 minutes. 2. In a small bowl, combine cornflour and soy sauce and mix together; pour mixture into the frying pan, along with the pineapple and juice, vinegar, sugar and ginger. Stir together and bring to a full boil. Serve over rice.

Recipe is from: All Recipes Online the link [here](#)



# Cooking with @ClaireTVI

## Home made baked chips many ways!

**Take "some" potatoes**, big ones, sweet potatoes. How many you need depends on your family.

Heat your oven to about 180/200c.

Chop the potatoes into the size you want – wedges, French fries, chunky chips. Put them in a bowl or plastic bag and add a little oil, some salt and pepper and mix or shake until all of them are coated evenly.

Spray or grease a metal tray with oil and spread the potatoes out evenly so none are covering each other  
**(they don't cook or go crispy)**

**Place in the oven for 20 mins, you'll** need to check them, turn them over about half way through and you may find they need a little longer if they are thicker or wedges or not as long  
**if they are thin and "French fry" style.**

These make a great healthy snack as well as an additional to a meal.

**So that's the basics for chips ...but** you can jazz them up!

If you find the wedges or bigger cut chips take a long time to cook and are still a bit hard, cut them and boil them for about 10 mins, you still want them firm otherwise they will fall apart when you add the oil and spices!

Nandos style peri peri chips – add some paprika and some garlic granules or powder to the coating.

Add some garlic granules or powder and mixed herbs, or oregano, thyme, depending on what your family like.

You can have them plain, just add a little oil if you have a fussy eater.

Chilli flakes, smoked paprika you name it you can add it to the spice mix.

You can try different spice rubs, spice mills with mixes of herbs, salt, chilli and garlic, check B&M who have some really good ones, my favourite at the moment is chilli, lime and garlic pepper, it has a real zing and is great on sweet potato.

Sweet Potato rarely goes crispy, but if you bake them low and slow, they come out quite firm.

**Dips...sour cream, yoghurt and mint,** garlic and herb all easy to make with a little yoghurt, tomato ketchup, mayo, experiment and see what you come up with.

Enjoy!





## Cooking with @ClaireTVI

There are lots of reasons to cook your own takeaway at home...

- It takes just as long to order and wait as it does to cook most of the time
- Saves arguments – **we are cooking this...we are eating this.**
- Less waste
- Cheaper (always cheaper options)
- You can use the flavours you like, it can be as spicy as you like or as mild
- So much healthier – you control the fat and the sugar that goes into your takeaway – **you'll be surprised at how healthy** you can make these
- Yes time and energy to cook, but think about the message you are giving to your family regarding health, tastes, flavours
- **You don't need fancy ingredients or equipment, just** use what you have in the house
- Get the children involved - teach them a new skill – how to chop vegetables, how to use chopsticks, have some fun with it.
- You can even buy takeaway cartons and serve it up in them for fun, each person gets their own carton **and then there's** no washing up (of dishes, just the pots and pans to cook them in).



# Cooking with @ClaireTVI

*Takeaways at home recipe notes:*

*More of this, less of that, add this, take that away...you decide what suits you best, note it here along with recipes and ideas that you share with the #cookingwithclaire group.*



# Cooking with @ClaireTVI

Making a list and checking it twice!

## Shopping List: @asda this week...

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food isle for cheaper versions of the same branded items, Paprika, something most people don't use everyday, is 35p a packet in the European section of the world food isle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of Sainsbury's. Which would you rather pay? It's all Paprika, made of the same pepper!

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates.

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Southern Fried Chicken</i>	<i>£4.32</i>
<i>Peri Peri Chicken and Spicy Rice</i>	<i>£1.30 rice £4.64 chicken</i>
<i>Chicken Tikka</i>	<i>£7.46 To make the tikka paste it costs £1.05</i>
<i>Roti</i>	<i>£1.14</i>
<i>Mushroom Rice</i>	<i>£1.20</i>
<i>Sweet and Sour chicken</i>	<i>£4.51</i>
<i>Chow Mein</i>	<i>£1.84</i>
<i>Chips lots of ways</i>	<i>Cost of a bag of potatoes and then what ever spices you like!</i>

*Costs are approximate and based on prices at the time of shopping and represent the cost of the recipe, not the cost of buying all the ingredients which is generally less than £5 per recipe.*

Please note that most of these recipes will serve 4 people depending on your portion size.