



Cooking with Claire @TVInfants

Curry Week!





Cooking with @ClaireTVI

Tikka Masala Sauce

Ingredients

Cooking oil spray (frylight)
3 garlic cloves, peeled and crushed
½ tsp cardamom seeds, crushed
½ tsp ground turmeric
1 tbsp ground coriander
1 tsp each of ground ginger and ground cumin
1-2 tsp chilli powder
1 tbsp tomato purée
1 onion, peeled and grated
100 g fat free natural fromage frais/full fat yoghurt
1 tbsp freshly chopped coriander
1 tbsp fresh lemon juice



Method

Heat a pan with some oil over a medium heat.

Add the garlic, cardamom seeds, turmeric, coriander, ginger, cumin and chilli powder and fry for one minute.

Stir in the tomato purée and onion and continue to cook for three to four minutes.

Add 150ml of water, bring to the boil, reduce to a simmer and cook for five minutes.

Stir in the fromage frais or yoghurt, fresh coriander and lemon juice, heat until hot (do not boil or the fromage frais will curdle) and serve straight away.

Please note, fat free is slimming world and works great, BUT, it splits really easily if the liquid is too hot. You still have to be gentle but low or full fat is best.

Top Tips!

This is a really flexible recipe. You can:

- Eat the sauce with rice by itself
- Add meat, chicken or fish
- Add Quorn and keep it meat free
- Add more chilli to make it really hot
- Add less chilli and make it very mild
- Adjust the ingredients to suit your **family's** tastes.

If you are adding meat, chicken or Quorn/Soya into the recipe add it before you put the water in. Fry until it is brown and has soaked up the flavours. Add the rest of the ingredients up to the fromage frais, which you add at the end and cook for longer.

If you want a really well developed flavour pop it in your slow cooker and leave on low or try the oven for about 40 mins. Leave to rest for 5/10 mins and then add the fromage frais, coriander and lemon juice. Then serve.

Recipe is from:
An old slimming World book called "Little Book of Sauces".

Top Tips are my own!



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Curried Rice

Ingredients

2 tablespoons olive oil
6 cloves garlic, minced
black pepper to taste
1 tablespoon ground cumin, or to taste
1 tablespoon curry powder, or to taste
1 tablespoon chilli powder, or to taste
1 vegetable stock cube
400ml (14 fl oz) water
1 tablespoon soy sauce
200g (7 oz) basmati rice



Method

Heat olive oil in a medium saucepan over low heat. Sweat the garlic; when the garlic becomes aromatic, slowly stir in pepper, cumin, curry powder and chilli powder. When spices begin to fry and become fragrant, stir in the stock cube and a little water.

Increase heat to high and add the rest of the water and the soy sauce. Just before the mixture comes to the boil, stir in rice. Bring to a rolling boil; reduce heat to low, cover, and simmer 15 to 20 minutes, or until all liquid is absorbed

Remove from heat and let stand 5 minutes.

Top Tips!

As with all recipes that have lots of herb and spices you have to play around a little to find what you and your family really like.

There are lots of different ways of cooking rice, some say wash **it, some say don't**, some microwave, boil again, trial and error will teach you best (in the privacy of your own home where no one can smell the burning)!

What I do know is that the more you stir it the worse it will be, once it boils you pop the lid on, turn it down a little and leave it.

Enjoy.



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Home Style chicken Curry

Ingredients

1 large onion
6 garlic cloves, roughly chopped
50g ginger, roughly chopped
4 tbsp vegetable oil
2 tsp cumin seeds
1 tsp fennel seed
5cm cinnamon stick
1 tsp chilli flakes
1 tsp garam masala
1 tsp turmeric
1 tsp caster sugar
400g can chopped tomatoes

8 chicken thighs, skinned, boneless
(about 800g)
250ml hot chicken stock
2 tbsp chopped coriander



Method

Roughly chop the onion, transfer to a small food processor, and add 3 tablespoons of water - process to a slack paste. You could use a stick blender for this or coarsely grate the onion into a bowl – **there's no need to add any water** if you are grating the onion. Tip into a small bowl and leave on one side.

2: Put the chopped garlic and ginger into the same food processor and add 4 tbsp water – process until smooth and spoon into another small bowl. Alternatively, crush the garlic to a paste with a knife or garlic press and finely grate the ginger.

3: Heat the oil in a wok or sturdy pan set over a medium heat. Combine the cumin and fennel seeds with the cinnamon and chilli flakes and add to the pan in one go. Swirl everything around for about 30 secs until the spices release a fragrant aroma.

4: Add the onion paste – it will splutter in the beginning. Fry until the water evaporates and the onions turn a lovely dark golden - this should take about 7-8 mins. Add the garlic and ginger paste and cook for another 2 mins – stirring all the time.

5: Stir in the garam masala, turmeric, and sugar and continue cooking for 20 secs before tipping in the tomatoes. Continue cooking on a medium heat for about 10 mins without a lid until the tomatoes reduce and darken.

6: Cut the chicken thighs into 3cm chunks and add to the pan once the tomatoes have thickened to a paste. Cook for 5 mins to coat the chicken in the masala and seal in the juices, and then pour over the hot chicken stock. Simmer for 8-10 mins without a lid until the chicken is tender and the masala lightly thickened – you might need to add an extra ladleful of stock or water if the curry needs it. Sprinkle with chopped coriander and serve with Indian flatbreads or fluffy basmati rice and a pot of yogurt on the side.



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Easy Potato and Pea Samosas

Ingredients

3 tbsp vegetable oil	1-2 tsp dried mango powder, to taste (alternatively, use juice of 1/2 a lemon)
½ tsp mustard seeds	splash water
60g/2½oz chopped onion	600g/1lb 5oz potatoes, peeled, boiled until soft and crushed into large lumps
1 tsp finely chopped ginger	4 tbsp chopped fresh coriander leaves
60g/2½oz frozen peas	packet ready-made filo pastry
1 tbsp ground coriander	5 tbsp melted butter, for brushing
1 tsp ground cumin	2 tbsp sesame seeds (optional) (you can also use poppy or nigella seeds)
¼ tsp red chilli powder	
½-¾ tsp garam masala	
salt, to taste	

Method

Heat the oil in a small non-stick pan and fry the mustard seeds for about ten seconds, or until they begin to splutter.

Add the onion and ginger and cook for 2-3 minutes over a high heat. Add the peas, stir well and add the spices, mango powder, salt and a splash of water. (If using lemon juice, add this instead of the water.) Cook for 1-2 minutes, then add the potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.

Preheat the oven to 200C/400F/Gas 6.

Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.

Place one rounded teaspoon of the filling mixture at one end of the strip, leaving a 2cm/1in border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds, if using.

Bake in the centre of the oven for 30-35 minutes, or until golden and crisp, turning halfway through the cooking time.

To serve, place the samosas onto a large serving plate with a bowlful of chutney.



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Additional Recipe for Meat Samosa Filling

Ingredients

30g butter
1 small onion, chopped
2 cloves garlic, chopped
2 green chillies, chopped
1 tablespoon fresh root ginger, chopped
1/2 teaspoon ground turmeric
1/2 teaspoon chilli powder
350g minced lamb
1 teaspoon salt
2 teaspoons garam masala
1 1/2 tablespoons fresh lemon juice



To make the filling:

Melt butter in a medium saucepan over medium high heat. Stir in onion, garlic, green chillies and ginger. Cook 5 minutes, or until onions are golden brown. Stir in turmeric, chilli powder, lamb and salt. Cook until the lamb is evenly brown, about 10 minutes. Stir in garam masala and lemon juice. Continue cooking 5 minutes, then remove from heat. Then follow the steps to make the samosas using filo pastry from the previous Pea and Potato recipe.

Recipe From [All Recipes](#)

Fi's Daal Recipe:

She won't tell me, so someone watch her cook it and write it down here!



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Naan dippers with fresh mint & coriander raita

Ingredients

half a cucumber
500g tub Greek yogurt
a handful of fresh mint leaves
2 handfuls of fresh coriander

To serve

4 large naan bread
olive oil for brushing
ground paprika for sprinkling
sea salt flakes, for sprinkling
1 tbsp lemon juice



Method

Up to a day ahead, coarsely grate the cucumber into a bowl then squeeze it with your hands to remove as much juice as possible.

In a food processor, whizz the yogurt, mint and coriander together until well blended. Tip into a bowl and stir in the cucumber. Cover with cling film and chill until you are ready to serve.

To serve, preheat the oven to 200C/gas 6/fan 180C. Cut the naan into long triangles and arrange on 2 large baking sheets. Brush them with oil on one side and sprinkle over a little paprika and salt. Bake for 8-10 minutes until crisp and golden. Season the raita with up to 1 teaspoon of salt (see tip) and lemon juice to taste. Serve on a platter with fresh tomato chutney and dippers.

Recipe From [BBC Good Food](#)

Here's a space to write down any top tips you hear or think of!



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Naan Breads

Ingredients

250g/9oz plain flour
2 tsp sugar
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp baking powder
110-130ml/ $3\frac{1}{2}$ - $4\frac{1}{2}$ fl oz milk
2 tbsp vegetable oil, plus extra for greasing

For the topping

nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander
1 tbsp butter, melted, to serve



Method

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.

Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.

Roll the dough balls out quite thinly, ideally in a teardrop shape, but really this is just aesthetic. Sprinkle over your chosen topping and press into the surface of the dough. Place the naans onto the hot baking sheet and grill for just 1-2 minutes, or until lightly browned. Brush with butter and serve hot.

Recipe is from:

BBC Good Food link [here](#)



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Cauliflower and Potato Curry

Ingredients

2 tbsp vegetable oil
1 large onion, chopped
large piece ginger, grated
3 garlic cloves, finely chopped
 $\frac{1}{2}$ tsp turmeric
1 tsp ground cumin
1 tsp curry powder, or to taste
227g can chopped tomatoes
 $\frac{1}{2}$ tsp sugar
1 cauliflower, cut into florets
2 potatoes, cut into chunks
1 small green chilli, halved lengthways
squeeze lemon juice
handful coriander, roughly chopped, to serve
naan bread and natural yogurt, to serve



Method

Heat the oil in a saucepan. Cook the onion for 10 mins until soft, then add the ginger, garlic, turmeric, cumin and curry powder. Cook for 1 min more. Stir in the tomatoes and sugar. Add the cauliflower, potatoes and split chilli, seasoning to taste. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender – add a drop of water if you need to, but it is meant to be a dry curry.

When the vegetables are cooked, remove the chilli, if you like, stir in a squeeze of lemon juice and scatter with coriander. Serve with your choice of Indian bread and a dollop of yogurt.



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Tandoori Fish Tikka

Ingredients

520gms monkfish fillets cut into 4cm chunks
1 tsp lemon juice
Pinch of salt
4-5 wooden skewers
Melted butter for basting (around 1-2tbsps)
Lemon juice or chaat masala for garnish
Mint chutney to serve
For the marinade;
3 garlic cloves roughly chopped
 $\frac{1}{2}$ " ginger roughly chopped
1 heaped tbsp thick greek yoghurt
1 tsp vegetable oil
Salt to taste

$\frac{1}{2}$ tsp mild chilli powder (mild paprika would be great or kashmiri chilli powder)
1 tsp cumin powder
 $\frac{1}{4}$ tsp coarsely ground white pepper powder
1 heaped tsp chick pea flour
1 tbsp fresh coriander finely chopped



Method

Add the monkfish to a mixing bowl along with the lemon juice and salt. Mix well and set aside.

In a blender add the garlic and ginger along with a splash of water to make a thick smooth paste.

Soak the wooden skewers in warm water until you make the marinade.

In a separate bowl add the blended garlic and ginger paste along with the rest of the marinade ingredients. Mix well and add the monkfish cubes to the marinade. Leave to marinate for 15-20minutes.

Preheat the grill to a medium to high setting. Skewer the fish onto the wooden skewers. Pat the extra marinade over the pieces and place under the grill. Grill for 10-12 mins or until just done. Baste with butter half way through cooking.

Serve the Tandoori fish tikka over roti with a sprinkle of lemon juice or chaat masala & serve with mint chutney.

Top Tip

We are using a Basa Fillet which is a lot cheaper than other white fish, use a fish you like, one **that is more cost effective**. If it's "frozen white fish" then make sure it's defrosted carefully and dry it before you use it.

Recipe is from:

Maunika Gowardhan the is link [here](#)



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What would you add?

How would you change it?

Curry Week Recipe Notes:

More chilli or less, extra garlic, more mint, less cardamom, you decide what suits you best, note it here along with recipes and ideas that you share with the #cookingwithclaire group.



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Making a list and checking it twice!

www.mysupermarket.co.uk

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 aisle 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 aisle, 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. They seem to be there

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Tandoori Fish Tikka</i>	<i>£2.75</i>
<i>Cauliflower & Potato Curry</i>	<i>£1.54</i>
<i>Naan Breads</i>	<i>20p</i>
<i>Mint and Coriander Raita</i>	<i>£1.85</i>
<i>Meat Samosa</i>	<i>£6.51 £4 for Lamb Mince (cheaper would be available)</i>
<i>Easy Potato & Pea Samosas</i>	<i>£2.74</i>
<i>Home Style Chicken Curry</i>	<i>£4.84 £4 for chicken (cheaper would be available)</i>
<i>Curried Rice</i>	<i>44p</i>
<i>Tikka Masala Sauce</i>	<i>38p</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.