

# Tasty Recipes

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## **Balti Stir Fry**

This delicious concept originates from northern Pakistan. Balti means a 'WOK' or a wok like bowl in which curries are cooked. It is also known as 'KARHAI' in India. It is said that the proximity of northern Pakistan to china evolved Balti. The combination of spices blended with meat and vegetables makes Balti dishes a unique experience.



## **Preparation**

You will require;

- 1 kilo diced meat (beef, lamb, chicken or even seafood)
- 200 gms. assorted diced vegetables
- 1 jar Curry Creations Balti stir fry sauce
- 2 medium chopped tomatoes
- 2 tblsp oil
- 250 ml water
- 5-7 sticks chopped fresh coriander
- juice of 1/2 a lemon

## **Method**

- Heat oil in a wok and fry the meat until the meat is well seared.
- Add vegetables and further fry for 3.5 minutes.
- Add contents of the jar and water. mix well.
- Cook on medium heat until the meat is tender.
- Add tomatoes and half the coriander and simmer for 5-7 minutes more.
- Add lemon juice and check for salt.
- Garnish with chopped coriander and a wedge of a tomato.
- Enjoy with Roti or Naan.

## **Beef Vindaloo**

Vindaloo is a chilli and vinegar based pickly dish from Goa, the west coast of India. Goa until 1961 was occupied by Portuguese until Indian armed forces liberated this territory. Naturally, having the presence for about 400 years, Portuguese also had their influence of chilli and vinegar on local foods. Vindaloo is one of the very popular dishes. It can be made with any type of meat or sea food.



Serves 4-5

### **Preparation**

You will require;

- 1 kilo diced beef
- 1 jar Curry Creations Vindaloo sauce
- 1 sprig fresh curry leaves
- 2 tblsp vegetable oil
- 400 ml. water
- ½ can coconut milk (optional)

### **Method**

- Heat oil in a pan and crackle fresh curry leaves until discolored.
- Add diced beef and fry until the meat is seared well (high flame)
- Add the contents of the jar and fry for 5 more minutes.
- Add water and coconut milk.
- Simmer till the beef is tender (stirring well) and the curry is thicker.
- Serve with Basmati rice.

## Chicken Makhani

Chicken Makhani is also popular as Chicken Butter Masala or as Butter Chicken. In restaurants it is made with either Tandoori Chicken or Chicken Tikka. Tikka means boneless piece of meat. This dish has a beautiful flavour of sweet fenugreek. The main ingredients are always tomato and butter along with other spices. This dish hails from North India.



Serves 4-5

### Preparation

You will require;

- 1 kilo chicken fillets on the bone or boneless (We prefer thigh fillets to breast fillets because the meat is juicier and less fibrous)
- 1 jar of Curry Creations Chicken Makhani simmer sauce
- 2 tablespoons of Tandoori paste
- 500 gms Natural Yoghurt
- 4 tablespoons of fresh cream
- Fresh coriander for garnish

### Method

- Mix Tandoori paste with yoghurt well. Marinate chicken fillets with the paste for 4 hours to overnight in the fridge.
- Pre-heat oven to 400 degrees f. Arrange marinated fillets on a baking dish and cook for 10 minutes. Remove from oven and cut the same in bite size pieces
- Empty contents of the Makhani sauce jar in a thick bottom pan. Add equal amount of water and bring to boil.
- Add chicken pieces and simmer on low heat for 7-8 minutes. Add fresh cream and stir well.
- Simmer for another 5 minutes and remove.
- Garnish with fresh coriander and swirl of fresh cream
- Serve with Basmati Rice

## **Biryani** (Lamb or Chicken)

Biryani is a combination of meats, seafood or veggies and Basmati rice. These ingredients are cooked together in a layered manner. This dish can be eaten as a meal in itself. This fabulous Indian dish was originated in Iran or Persia in olden days. It was brought to India by the Moghul emperors when they invaded India and settled to rule. Biryani can be made very rich with all types of nuts and dry fruits. It also has a rich flavour of whole spices.



Serves 4-5

### **Preparation**

You will require;

- 1 kg diced lean lamb or chicken (on the bone or boneless)
- 1 jar Curry Creations Biryani Masala
- 600 gms. Basmati Rice
- 300 gms. Natural Yoghurt
- 2 tablespoons butter or ghee
- 200 gms. slivered almonds, cashewnuts and sultanas
- 1/4 cup fried onions (Fried Onion Recipe)

### **Method**

- Marinate lamb or chicken with yohurt for 4 hours - overnight.
- Heat butter or ghee in a medium pot and fry diced lamb for about 5-7 minutes to seal the juices (high flame).
- Add the contents of the Biryani Masala to the meat and fry for another 5-7 minutes (medium flame).
- Add 2 cups of water and simmer till the lamb or chicken is tender and the sauce is thick (we don't want a runny sauce).
- Wash the rice and add to the pot (don't mix).
- Add 1.2 lt water and simmer till the water has evaporated.
- Cover the pot with a lid.
- Preheat oven to 180 deg. celcius. Place the pot in the oven and cook for 10-12 minutes.
- Garnish with dry fruits and nuts and fried onions.
- Enjoy Biryani with onion, tomato and yohurt dip.

## **Thai Green Curry with Chicken**

Obviously a curry from Thailand. Thai curries have an Indian spice blend, which makes them even more flavorsome. This happy Indian and Thai marriage may have been the result of Hindu and Buddhist religions spreading in to Thailand. The end result has been a culmination of grand flavors and divine tastes. Green curry paste can be used in the preparation of pork, chicken or seafood as well !

### **Preparation**

You will require;

- 1.5 Kilo cleaned chicken breast or thigh fillets
- 1 tub of Curry Creations green curry paste
- 1 carrot, ½ red capsicum and ½ bamboo shoot
- 2 cans of coconut milk coconut cream
- 2 tblsp. peanut or vegetable oil
- 6 leaves of holy basil or sweet basil
- 1 dessert spoon sugar

### **Method**

- Cut chicken in 1 inch pieces.
- Thinly slice carrot, capsicum and bamboo shoot.
- Heat oil in a pan or wok and fry the curry paste for about 3-5 minutes or until fragrant.
- Add coconut milk and bring to boil. Simmer on medium heat for 5-7 minutes.
- Add chicken and vegetables. Cook until chicken is tender and vegetables are crisp.
- Add basil leaves and sugar.
- Simmer for just 5 more minutes and remove.
- Enjoy this delicious green curry with Jasmine rice.

## **Chicken Korma**

Korma or Khurma as it is known is actually a method of cooking the dish. Originates from north India. Korma is rather delicate in flavor and rich in taste. It has an under lying flavor of sweet cardamom. Korma can be made with lamb or chicken or vegetables.

### **Preparation**

You will require;

- 1 kg. Diced chicken (breast or thigh)
- 1 jar Curry Creations Korma curry sauce
- 1 tblsp oil or butter
- 400 ml. water
- 3-4 tblsp. thickened cream
- 2 tblsp. chopped fresh coriander

### **Method**

- Heat butter or oil in a pan and fry the chicken on high flame for 5 minutes.
- Add contents of the jar and water.
- Simmer for 10 minutes or until the chicken is tender.
- Stir in thickened cream and rest for 5-7 minutes.
- Garnish with chopped coriander.
- This dish can be enjoyed with Naan, roti or Basmati rice.
- Note: Vegetables can be added and cooked with meat in korma sauce.

## **Tikka Makhani Jalfrezi**

Jalfrezi is a Balti or what we call, a Karhai preparation cooked with chicken or lamb. Chicken or lamb is usually cooked first and then stir fried with vegetables. Obviously the consistency of the dish is little on the dry side. Jalfrezi originates from north India.

### **Preparation**

You will require;

- 1 kilo chicken breast or leg
- 2 tblsp. Tandoori paste
- 4 tblsp. natural yoghurt
- 2 tblsp. vegetable oil
- 1/2 Jar of Curry Creations Makhani sauce
- 1/2 tsp. Garam masala
- 1 tsp. Chopped ginger
- 1 tsp. Chopped garlic
- 3 tblsp. chopped onions
- 1 green pepper, seeded and diced
- 2 tsp. Dried methi.
- 1 tblsp. chopped fresh coriander.
- 2 Tblsp. fresh cream.

### **Method**

- Mix tandoori paste with yoghurt and marinate chicken for 4 hours or over night.
- Half cook in the oven and cool.
- Cut chicken in to bite size pieces and keep aside.
- Heat oil in a wok over moderately high heat and fry onions until they are soft and turning colour.
- Add garlic, ginger, green peppers and fry for 5 minutes.
- Add chicken, Makhani sauce, dried methi and simmer on low heat until chicken is tender.
- Add fresh cream, chopped coriander and cook for another 5 minutes.
- Remove from fire and sprinkle garam masala.
- Serve with roti, paratha or naan.

## **Palak Gosht** (Lamb with Spinach)

A very popular dish with regular restaurant goers and Indian food lovers. Basically a North Indian delicacy, very simple in preparation but great flavour and taste. In India there are umpteen varieties of leafy vegetables but spinach is the favourite. It is prepared either on its own or combined with meats and vegetables or even Paneer (Indian cottage cheese) to enhance the taste.

Serves 4-5

### **Preparation**

You will require;

- 1 kilo diced lean lamb on the bone or boneless (on the bone will have more flavour because of bone marrow)
- 1 jar of Curry Creations Rogan Josh (380 gms) simmer sauce
- 1 bunch fresh spinach
- 2 tablespoons of butter or ghee
- 3 tablespoons fresh cream (optional)
- Few drops of lemon juice
- 2 cups of water

### **Method**

- Marinate the lamb with yohurt for 2 to 4 hours.
- Clean and wash spinach leaves.
- Boil little water with a pinch of salt and cook spinach for 5 minutes, remove and drain. Squeeze the water and chop finely.
- Heat butter or ghee in the pan and fry the lamb for 7-10 minutes (high flame)
- Add Rogan Josh sauce and fry for 5-7 minutes (medium flame)
- Add 2 cups water and simmer till the lamb is tender (low flame)
- Add chopped spinach and cook for another 5 minutes. Stir enough to mix well.
- Add fresh cream and mix well.
- Add a few drops of lemon juice. Check for salt.
- Enjoy this delectable Palak Gosht with Roti (Indian Bread) or Basmati Rice.
- Note: You can also prepare with spinach. Chicken with spinach, Aloo Palak (Aloo = Potato), Gobhi Palak (Gobhi = Cauliflower) and Paneer Palak

## **Pal Porial**

As the name suggests, this is a peculiar lamb curry from Kerala. Kerala is a South Indian state, rich in treasures of the ocean. They have lots of seafood delicacies, but their meat dishes have the flavour of the region too. Pal porial is a typical one. Rich meaty flavour complemented with spices is a treat with rice and hot pickles.

Serves 4-5

### **Preparation**

You will require;

- 1 kilo diced lamb
- 1 Jar of Curry Creations Rogan josh sauce
- 8-10 fresh curry leaves
- 1/2 can coconut milk
- 1 tsp. ground fennel
- 1/4 tsp. Clove powder
- 1/2 tsp. Turmeric
- 2 tblsp. vegetable oil

### **Method**

- Apply turmeric to the lamb and keep aside for 1/2 hour.
- Heat oil in a pan and crackle curry leaves until discolored.
- Add diced lamb and fry for 5-7 minutes on high heat.
- Add contents of Rogan josh jar and fry further for 5 minutes.
- Add fennel, clove powder and simmer on low heat until meat is tender.
- Add coconut milk and further simmer for 5 minutes stirring all the time.
- Remove from fire and rest for 1/2 hour.
- Enjoy with boiled Basmati rice.

## **Lamb or Mutton Pasanda**

Pasanda or Pasande as the dish is called is very rich in flavors and taste . The dominance is from Iran. Rather thick in concistency you can enjoy it even as an entrée.

### **Preparation**

You will require;

- 1 kilo, diced lamb or mutton
- 3 tbs, natural yogurt
- 2 large tomatoes
- 50 gm, white poppy seeds
- 60 gm, cashew or almond meal
- 2 tbs, oil or butter or gee
- 1 jar, curry creations rogan josh sauce
- 10 gm, garam masala
- 1/4 bunch fresh coriander

### **Method**

- Marinate meat in yogurt for 2-4 hours.
- slice tomatoes.
- Fry meat in oil for 5-7 minutes on high heat.
- Add contents of curry creations rogan josh sauce and fry for another 5 minutes.
- Lower heat and add cashew or almond meal, sliced tomatoes and fresh chopped coriander.
- Add 1 cup water and simmer till meat is tender and the sauce is thick enough.
- Stir in garam masala.
- Remove after 5 minutes and serve with Indian bread.

## **Banana Leaf Baked Fish**

This particular dish is also known as 'PATRA NI MACCHI'. Parsi (originally Persians) community in India specialize in this dish. Fresh flavor of coriander leaves and sweet taste of coconut blend really well together. Traditionally the fish is baked in a Banana leaf but, if not handy then, you can use silver foil.

### **Preparation**

You will require;

- 1 kilo, fish fillets (Rockling, Gem, Sea perch or Dori)
- 1 jar, Curry Creations Nilgiri korma sauce
- 1 lg, Banana leaf
- 100 gm, fresh or dessicated coconut
- 1 tsp, sugar
- 60 ml, vinegar white.
- 50 ml, oil

### **Method**

- Empty contents of Nilgiri korma sauce in a bowl.
- Add fresh or dry dessicated coconut and sugar and mix well.
- Wash Banana leaf and cut in to appropriate size according to the size of your fish fillets. Brush with oil.
- Wipe dry fish fillets and coat with nilgiri mix on all sides.
- Place on Banana leaf and wrap it.
- Mix oil and vinegar well in a baking tray with sides.
- Place wrapped fish on the tray.
- Heat oven to 180\* and bake for about 10 minutes or till the fish is tender.
- Serve hot with rice, pickles or lime chutney.

## **Dhal**

Serves 4-5

### **Preparation**

You will require;

- Split red or yellow gram 225 gm.
- Onions 55 gm.
- Green chilies 10 gm.
- Turmeric 1/4 tsp.
- Fat or oil 40 gm.
- Salt to taste
- Curry leaves 1 sprig
- Mustard seeds 1/2 tsp.
- Whole red chilies 2-3
- Water 775 ml.

### **Method**

- Wash yellow or red lentils.
- Slice onions and slit green chilies.
- Heat about 30 gm. Oil. Fry lentils, onions, green chilies with turmeric.
- Add water and cook on medium heat until tender and mushy.
- Remove from fire and mash well. Add more water if necessary.
- Bring to boil again.
- In a small pan heat 10 gm. Oil.
- Add mustard seeds and crackle.
- Add curry leaves and red chilies.
- Fry until curry leaves are discolored.
- Add this and salt to dal
- Simmer for another 5 minutes.

## **Punjabi Samosa**

### **Preparation**

You will require;

### **Pastry**

- Plain flour 115 gm.
- Fat or oil 30 gm.
- Tymol seeds 1/4 tsp.
- Salt to taste
- Water to mix

### **Filling**

- Potato 120 gm.
- Green peas 70 gm.
- Salt to taste
- Oil 30 ml.
- Onions 50 gm.
- Green chilies 2
- Garlic 1 tsp.
- Ginger 1 tsp.
- Pomegranate seeds (crushed) 1 tsp.
- Cumin seeds 1 tsp.
- Coriander powder 1 tsp.
- Garam masala 1/4 tsp.

### **Method**

- Mix tymol seeds in flour with salt and rub in warm fat.
- Add enough water to make a semi hard dough. Keep aside.
- Parboil potato and peas. Cut potato in cubes.
- Chop onions, garlic, ginger and chilies.
- Heat oil in a pan and, crackle cumin seeds.
- Add chopped ingredients and fry till sandy in color.
- Add potato, peas, coriander powder, garam masala and pomegranate seeds.
- Cook the mixture on low heat until done.
- Divide the dough in equal portions.
- Roll out each portion in elongated round to 4 inch diameter.
- Cut in half and make a cone of each peace.
- Put in prepared filling and seal the edges with water.
- Fry in oil until golden brown.
- Serve with Mint chutney.