



Indian Cookery Workshop
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Chicken Makhani

Ingredients

Serves 4

400g chicken breasts or
chopped chicken pieces.
1 medium onion chopped
2 tbsp sunflower oil
¼ can of chopped tomatoes
1½ tsp salt (to your taste)

2 tsp Coriander and Cumin
powder
½ tsp Turmeric
¼ tsp Red Chilli
1½ tsp Crushed Garlic
3 fl oz Double Cream
Handful of fresh coriander

How to cook

1. Place oil in a cooking pan and heat
2. Add onions and cook until they turn golden.
3. Add the chopped tomatoes and spices except the fresh coriander, stir.
4. Simmer for 5-10 minutes with the lid on. The masala will be ready when the oil appears on the surface.
5. Place the chicken into the pan and stir. Cook for a while until the meat turns white and the masala is well mixed into the meat.
6. Cook on a medium/low heat for 15 minutes or until chicken is cooked.
7. Add the cream and coriander and cook for a further 5 minutes.
8. Serve with basmati rice or Chapattis.

Chapattis

Ingredients

400g Chapatti flour
3 tbsp sunflower oil
300ml hot water
(Should make 20 chapattis)

Serve 4

Make the dough

1. Add flour and oil and rub together.
2. Gradually add the hot water to form pliable dough. Soft enough to roll.
3. Cook
4. Break the dough up into small balls (fist full, 20))
5. Place chapatti pan or frying pan onto a medium heat.
6. Flour surface and roll out into a circle, approx 14-16cm diameter. Size of a side plate.
7. Toss into the pan, cook on one side, see bubbles appear underneath. Turn over.
8. Turn over again and gently aid the bread to rise by pressing with the chapatti stamp. (30 seconds to a minute)
9. Take off the heat and place on a side plate. Butter if required.
10. Serve with any main meal.

Cardamom and Saffron Cheesecake

Ingredients

Serves 12

250g Digestive biscuits
100g butter, melted
600g Soft Cheese
284ml Double Cream
100g Icing sugar
1 tsp crushed green cardamom seeds
Pinch Saffron Optional
Seasonal fruit for garnish

How to prepare:

1. Make the base: Butter and line a 23cm loose bottomed tin with baking parchment. Crush the biscuits in a bag. Transfer to a bowl and add the melted butter.
2. Mix thoroughly and tip into the tin and press firmly to ensure an even layer. Chill in the fridge for an hour.
3. Mix the sugar and soft cheese in a bowl. Beat with an electric whisk until the mix is combined.
4. In a small bowl add the saffron and 1 tbsp warm water. Then add to the cream and mix.
5. Stir in the ground cardamom.
6. Spoon over the biscuit base, and smooth the top with the back of a spoon. Leave to set in the fridge overnight.
7. Serve with the fruit.