

Curry

A family recipe book

Pranab Roy and Mair Roy



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Preface

A book of Roy family curry recipes. Compiled from recipes cooked, eaten, and loved by two generations of Roys.



Mair and Pranab Roy met at Cardiff University in 1963, were married in 1967, and have been cooking curry together ever since!

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Chapter 1

Meat

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1.1 Lamb Curry

This is a family favourite. A hearty warming curry that's perfect comfort food.



- 500 g lamb neck or lean lamb
- 1 large onion
- 2 medium potatoes
- 1 tomato
- 2.5 cm ginger
- 2 cloves garlic
- 2 pieces cinnamon
- 5 cloves
- 2 cardamoms
- 2 tsp paprika
- 1/2 tsp chilli powder
- 1/2 tsp turmeric
- 1/2 tsp garam masala

Method

Fry the chopped onion in a little oil until lightly brown. Add the cinnamon, cloves and cardamom. Next, add the grated ginger and garlic and fry well, stirring continuously.

Add the lamb, turn up the heat and brown the meat. Next, add all the powdered spices and fry for a minute, stirring well.

Add the chopped tomato, a little water and salt to taste, then cook for at least an hour. Finally, add the potatoes and cook for another half an hour or until the meat and potatoes are cooked.

Tips - Using lamb on the bone helps thicken the sauce.

1.2 Beef Curry

A rich meaty curry perfect for those winter months. Beef isn't often used in curry, but good stewing steak (or, even better, beef shin) works really well. Cook long and slow until the meat is melt-in-your-mouth and the beef and potatoes are infused with all the curry flavour.



- 500 g stewing steak
- 2 onions
- 2 potatoes
- 2 tomatoes
- 2.5 cm ginger
- 3 cloves garlic
- 2 tsp paprika
- 1 tsp turmeric
- 1/2 tsp chilli powder
- 1 tsp garam masala
- coriander leaves

Method

Chop the beef into cubes then fry with the chopped onions until browned.

Add the grated ginger and garlic and cook for a few minutes. Next add the powdered spices. Fry for two minutes.

Add the chopped tomatoes, water and salt then simmer for at least 1.5 hrs.

Finally, add the potatoes and simmer for another hour until the sauce is nice and thick. Garnish with chopped fresh coriander leaves.

Tips - Try using beef shin instead of stewing steak for an even richer, meatier curry.

1.3 Chicken Curry

Yum yum yum!



- 1 chicken
- 1 large onion
- 1 tomato
- 3 cloves garlic
- 2.5 cm ginger
- 1 tsp cumin seeds (jeera)
- 1 heaped tsp ground cumin
- 2 tsp paprika
- 1 tsp turmeric
- 1/2 tsp chilli powder
- coriander leaves

Method

Joint and skin the chicken then put the pieces to one side.

Chop the onions and fry until lightly browned. Add the cumin seeds, grated ginger and garlic, and fry for a few minutes.

Add the chicken pieces to the pan and brown. Then add the rest of the spices and fry for a few minutes.

Add salt, the chopped tomato and some water then bring to the boil and simmer for at least 1 hour. Garnish with fresh coriander leaves.

Tips - You can add potatoes to this curry, or even bulk it out with a couple of hard boiled eggs.

1.4 Spicy Chicken Number 1

Spiced chicken is great cold with salads and crunchy bread (definitely a favourite on picnics or at cricket tea!) It's also good hot with some dahl and naan bread.



- 3 tbsp olive oil
- 2 tsp ground cumin
- 3 tsp ground coriander
- 1/2 tsp black pepper
- 1 tsp chilli powder
- 1/2 lemon (juiced)
- 3 cloves garlic
- 4 chicken pieces

Method

Cut the chicken into pieces (the recipe works equally well with large or small pieces, or chicken on or off the bone).

Next, make a paste of all ingredients then marinade the chicken in the paste for as long as possible. Store in fridge.

Cook in a hot oven at 210 °C for 30 minutes (or until cooked).

Tips - *The chicken pieces can also be cooked under the grill.*

1.5 Spicy Chicken Number 2

You can never have too much spicy chicken. This is slightly more effort than the previous recipe, but equally good. Serve with flat bread, raita and salad.



- 6 chicken pieces
- 4 tbsp natural yoghurt
- 2 tbsp single cream
- 1 onion
- 2.5 cm ginger
- 2 cloves garlic
- 1 tsp ground cumin
- 2 tsp ground coriander
- black pepper
- paprika

Method

To make the marinade mix the yoghurt and cream in a bowl with the grated ginger, crushed garlic, ground cumin, ground coriander, finely chopped onion and salt and pepper.

Skin the chicken pieces (legs or thighs) and put a couple of slashes into each leg. Then, place in the bowl with the marinade and rub the mix into the chicken. Leave in the refrigerator for at least 3 hours.

Finally, sprinkle the chicken with olive oil and a pinch of paprika. Then cook on a rack in a pre-heated oven at 180 °C for about 30 to 40 mins.

Tips - Try using a whole jointed chicken instead of separate chicken pieces.

1.6 Minced Beef Curry

A quick and easy curry. It literally takes only 20 minutes to prepare and cook and it's excellent with naan, pitta bread or rice. Serve with mango chutney and a little chopped salad.



- 500 g minced beef
- 1 onion
- 1.5 cm ginger
- 3 cloves garlic
- 1/2 tsp chilli powder
- 1/2 tsp turmeric
- 1 tsp paprika
- 1 tsp ground cumin
- 2 potatoes
- 1 dsp tomato puree
- 1 tsp sugar
- 1/2 cup peas
- 1/2 tsp garam masala
- coriander leaves

Method

Fry chopped onion in a little oil. Add the minced beef in batches and fry until the meat is brown.

Next, add the grated ginger and garlic, and continue frying. Add the red chilli, turmeric, paprika and cumin, then stir. Fry for a few minutes.

Chop the potatoes into small cubes. Add to the pan, and fry for a few minutes stirring well. Add tomato puree and sugar, then salt to taste. Add the peas and a little water. Boil for about 15 minutes or until the potatoes are cooked.

To finish, add the garam masala and stir. Garnish with coriander.

Tips - This should be quite a dry curry; boil until the sauce is as thick as required.

1.7 Minced Beef Cutlet

These cutlets are a bit like a beefy fish cake. Good with chopped salad and plenty of raita.



- 500 g minced beef
- 2 large potatoes
- 1 onion
- 1 egg
- 2 green chillies
- 4 cloves garlic
- 2 cm ginger
- bread crumbs

Method

Boil the potatoes until cooked, then mash them.

Fry the grated ginger, garlic and chopped chillies then add the minced beef a bit at a time and fry until cooked, stirring continuously. Salt to taste.

Finely chop the onions. Fry in oil then mix with the mashed potatoes, onions and meat.

Divide the mixture into 10 portions. Form into fat sausage or beefburger shapes, dip in the beaten egg and bread crumbs, and then refrigerate for a few hours.

Finally, fry until golden brown.

1.8 Minced Beef Kebab

The kebabs are good as a starter, or drizzle with yogurt and eat wrapped in a flat bread with plenty of salad.



- 250 g minced beef
- 1/2 onion
- 1 green chilli
- 1/2 tsp chilli powder
- 1 clove garlic
- 1 cm ginger
- 1 tsp garam masala
- bread crumbs

Method

Grate the ginger and garlic then chop and deseed the chilli. Finely chop the onion.

Next, mix the ginger, garlic, chilli and onion with the minced beef, the powdered spices and a handful of breadcrumbs. Salt to taste.

Form into fat sausage shapes around wooden skewers and chill for at least one hour.

Cook in the oven at 160 °C for about 30 mins.

1.9 Liver Curry

If you like liver you should love this curry. If not, then... The curry sauce should work well with venison or other strong flavoured game.



- 250 g chicken liver
- 1 onion
- 1 tomato
- 1 clove garlic
- 3 cm ginger
- 1.5 tsp paprika
- 1/2 tsp chilli powder
- 1 tsp cumin powder
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp garam masala
- 1/2 tsp sugar
- coriander leaves

Method

Finely chop the onion and fry on a low heat until soft.

Add the grated ginger and garlic and fry well, stirring continuously. Add the powdered spices and fry for a few minutes.

Next add the chicken livers and fry lightly then add salt, the sugar and a chopped tomato. Add a little water and boil until cooked. Garnish with fresh coriander.

1.10 Minced Lamb and Puy Lentil Pilau

A tasty meal in itself! The ingredients below should make a pilau for about 6. Serve with chutney or pickles.

- 250 g minced lamb
- 70 g puy lentils
- 300 g rice
- 2 onions
- 1 tomato
- 2 cloves garlic
- 2.5 cm ginger
- 1 tbsp yoghurt
- 3/4 tsp cumin powder
- 3/4 tsp garam masala
- 1/4 tsp chilli powder
- 1/4 tsp turmeric
- 1 cinnamon stick
- 10 peppercorns
- 2 cloves
- 1 cardamom
- coriander leaves

Method

Wash the rice and leave to soak in cold water. Next cook the lentils. Wash them then simmer in 200 ml water for 30 minutes. Add a little salt.

Finely slice one of the onions and fry until brown. Then drain on kitchen paper and leave to one side.

Roughly chop the second onion and fry until soft. Add the grated ginger and crushed garlic and fry, stirring continuously. Next, add the minced lamb a little at a time until brown.

Add the chopped tomato, cumin, garam masala, chilli powder and turmeric to the minced lamb and cook for about 15 mins.

Stir in the yoghurt and a pinch of salt then cook for another 15 minutes. When the meat is cooked, add half of the coriander (chopped) and stir it in. Add a little water if too dry.

In a separate pan bring about 750ml water to the boil, add the drained rice, cardamom, cinnamon stick, peppercorns, cloves and a pinch of turmeric. Simmer for about 7 minutes.

Remove the whole spices from the rice. Then start to assemble the pilau.

Melt some butter in a large saucepan or stock pot. Add a layer of rice, then half the fried onions and all the puy lentils (drained). Cover this with a thick layer of rice and then the cooked minced lamb. Put the remaining rice on top and finish off with the rest of the fried onions. Add about 100 ml of water.

Cook on a low heat with the lid on for about 20 minutes then, when the rice is completely cooked, sprinkle the remaining chopped coriander on the top.

1.11 Biryani (Recipe from Lucknow)

This is a truly authentic Biryani recipe. The kewra can be difficult to find in the UK. Kewra water is distilled from the male flowers of pandanus odoratissimus. It has a sweet perfumed odour similar to rose petals, but more fruity.

- 750 g mutton
- 2 large onions
- 3 cloves garlic
- 2.5 cm ginger
- 5 or 6 cloves
- 5 or 6 cardamoms
- 12 cm cinnamon
- 10 to 12 pepper corns
- 2 small pieces mace
- 1 cup natural yogurt
- 1 mug basmati rice
- 1/2 tsp nutmeg
- 6 or 7 drops kewra

Method

Wash the rice in cold water and spread it on kitchen towel to dry.

Put all the ingredients except the rice and the nutmeg in a pan, add water and boil. When the meat is cooked (be careful not to overcook the mutton), take it out of the pan then strain and use the stock to cook the rice.

Fry 3 more cloves and 3 to 4 sticks of cinnamon in oil. Add

the rice and fry for 3 to 4 minutes. Add the meat and fry for another 3 minutes.

Next, add 2 mugs of stock. When it has boiled, lower the temperature and simmer.

When the rice is half cooked add 1/2 teaspoon of powdered Nutmeg mixed with a little milk, stir. When the rice is fully cooked, add 6 to 7 drops of kewra. Stir just before serving.

Tips - Serve this dish with the Lucknow version of raita: mix a small carton of natural yoghurt with liquidised coriander leaves, 1/4 finely diced onion, 1 finely chopped green chilli and 1/2 tsp sugar. Salt to taste.

1.12 Chicken Biryani

Another version of biryani, this time with chicken. This recipe splits into three sections, the meat, the rice and the finish.

- 700 g chicken
- 1 onion
- 150 ml natural yoghurt
- 2 bay leaves
- 8 cm cinnamon sticks
- 4 green cardamoms
- 5 cloves
- 3 cm ginger
- 4 cloves garlic
- 1/2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/4 tsp chilli powder

Method

Fry chopped onion with bay leaves, cinnamon, cardamoms and cloves until the onion is soft. Add the grated ginger and garlic and fry a little. Next add the chicken pieces and fry then add the powdered spices and salt. Fry, stirring well. Stir in the yoghurt then cook on a low heat for about 45 minutes.

- 1.5 cups basmati rice
- 1 bay leaf
- 3 cm cinnamon stick
- 1 tsp cumin seeds (jeera)

Method

Wash rice and leave to dry on some kitchen towel. Fry the bay leaf, the cinnamon, cumin seeds and rice. Add 2.5 cups of water and bring to the boil. Lower the heat and simmer for 12 mins.

- 2 onions
- 4 sprigs coriander
- 2 green chillies
- pinch saffron
- 2 tsp butter

Method

Finely slice the onions and fry until cooked.

Dissolve the saffron in a little water. Then, in a large pan put a thin layer of the cooked rice, then a layer of cooked meat (without the sauce) followed by some fried onion, chopped coriander leaves and chilli. Repeat the layers once or twice then finish with a layer of rice.

Sprinkle the surface with chopped coriander and fried onion. With a wooden spoon handle make 3 or 4 holes in the rice then pour the remaining sauce from the meat, the melted butter, and the saffron water onto the rice.

Place the pan on a medium heat and, as soon as steam is visible, lower the heat and cook gently for 5 minutes. Serve.

Chapter 2

Fish

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2.1 Prawn Malai Curry

This hot sweet curry with coconut is a southern Indian style favourite.



- 500 g prawns
- 3 oz creamed coconut
- 3 tsps ginger
- 1 tsp chilli powder
- 1 tsp garam masala
- 1/2 tsp turmeric
- 3 bay leaves
- 1 tsp ghee
- 1 tsp sugar

Method

Make up creamed coconut milk to 180 ml with boiling water. Mix the prawns with turmeric powder.

Heat a little oil in a pan. Put 3 bay leaves in the hot oil and then add the grated ginger, red chilli powder, sugar and turmeric. Fry on a low heat for 3 to 4 minutes.

Place the prawns in the pan and fry for a further 2 minutes.

Next, add the coconut milk. Bring to the boil then simmer for 5 minutes until the sauce has thickened. Remove the pan from heat, add the garam masala and ghee, then bring back to the boil. Remove from heat and serve.

***Tips** - Take care not to catch the spices on the bottom of the pan. You can substitute melted butter for the ghee.*

2.2 Bhoona Prawn

This is a fresh and zingy prawn curry. Very different to the prawn malai but equally delicious. The sauce makes a good base for a fish curry with any firm white fish.



- 450 g peeled prawns
- 1 onion
- 3 cloves garlic
- 1/2 tsp garam masala
- 1 tsp chilli powder
- 1/2 tsp turmeric
- 1 tomato
- coriander leaves

Method

Heat the oil in a pan. Dice the onion and gently fry it until tender.

Add the garlic, garam masala, chilli powder and turmeric, stir well and fry for 30 seconds. Add the prawns and fry gently for two minutes.

Next add the chopped tomato and half a cup of water to the pan. Cover and simmer gently until dry. Garnish with chopped coriander leaves.

2.3 Spicy Prawns

The spicy prawns make excellent buffet food. Good served as part of a cold buffet with plenty of crunchy bread and chopped salad.



- 400 g cooked prawns
- 2.5 cm ginger
- 2 cloves garlic
- 1/2 tsp chilli powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- coriander leaves

Method

Finely chop a handful of fresh coriander.

Heat a knob of butter with some oil in a pan.

Grate the ginger and finely dice the garlic. Next add to the pan, together with the dry spices and fry for a minute or so.

Add the fresh coriander and prawns. Heat until warmed through.

Serve dry.

2.4 Sardine and Aubergine Curry

This is very quick to make, very tasty, and probably very good for you as well!



- 125g tinned sardines (in olive oil)
- 1 aubergine
- 1 tsp kalonji (onion seed)
- 1/2 tsp turmeric
- 1/4 tsp chilli powder
- coriander leaves

Method

Drain and break up the sardines and slice the aubergine lengthways into pieces of about the same size as the fish.

Heat some oil in a pan and fry the kalonji. Then add the turmeric, chilli and aubergine, and fry lightly.

Next add a little water and boil for a few minutes. Then mix the fish into the aubergine mixture and heat gently. Check the seasoning and salt to taste.

After the fish are warmed through add some fresh chopped coriander and it's ready to serve!

Tips - Try substituting the sardines for tinned mackerel fillets. Or use fresh mackerel fillets: sprinkle the fish with turmeric, fry gently, then add to the aubergine mixture as above.

2.5 Fish Fry

These fish fry are rather like delicious spicy fish fingers!



- 3 small fillets white fish
- 3 large cloves garlic
- 1 onion
- 1/2 lemon
- 2.5 cm ginger
- breadcrumbs

Method

Put the chopped onion, ginger, garlic, lemon juice and salt in a blender and liquidise to make the marinade. Cut the fish into slices and marinade in the fridge for at least an hour.

Next, dip the fish in beaten egg and coat in breadcrumbs. Refrigerate the breaded fish for 30 minutes.

Shallow fry the fish in hot oil till golden brown.

2.6 Fish Chop

The fish chops are breadcrumbed spicy fish balls. Traditionally served as balls, they should look a bit like scotch eggs (but it can be easier to form them into fish cake shapes). Nice for afternoon tea, as a starter, or simply as part of a larger meal.



- 200 g haddock
- 1/2 tsp garam masala
- 1 potato
- 1/2 tsp turmeric
- 1/2 onion
- 1 egg
- 2.5 cm ginger
- breadcrumbs
- 1 tsp ground cumin
- lemon juice
- 1/4 tsp chilli powder

Method

Cook the fish in the microwave with a little lemon juice. Mash the fish.

Boil the potato and then mash it.

Heat some oil in a pan and fry the chopped onion and grated ginger until soft. Add the mashed fish and fry. Next, add the chilli, cumin, turmeric and garam masala. Stir, then add the mashed potato, mix well and fry for about 2 minutes. Take off the heat and allow to cool.

Divide the mixture into 6 portions. Shape into balls (or flat patties as in the picture) and dip first in the beaten egg and then into the breadcrumbs. Refrigerate for at least an hour, then deep fry until golden brown.

Serve hot or cold with sweet chilli sauce.

Tips - You can substitute any other white fish for the haddock.

Chapter 3

Vegetables

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3.1 Pea and Potato (Samosa Filling)

This makes an excellent, healthy, side dish. The samosas are great hot or cold. They're not at all authentic, more of a curry pasty, but delicious nevertheless.



- 1/2 cauliflower
- 2 potatoes
- peas
- sultanas
- 2 - 3 fresh chillies
- 1 tsp turmeric
- 1 heaped tsp ground cumin
- 1 tsp cumin seeds (jeera)
- 1 tsp garam masala
- 2.5 cm ginger
- 4 tsp sugar

Method

Cut the potato and cauliflower into small pieces. If making samosas you will need to cut the vegetables into roughly pea sized cubes, but if eating the potato and pea as a curry you can keep the vegetables slightly larger.

Heat some oil in a pan, then add the cumin seeds and stir for a few seconds until brown. Add the potatoes, cauliflower, chopped chillies, grated ginger and powdered spices, stirring continuously.

Next add a little water and cook slowly on low heat stirring occasionally until the vegetables are cooked. Finally, add a handful of peas and sultanas and cook for a couple of minutes more.

To make the samosas Roll out a packet of puff pastry. Cut into square shapes and fill each square with cold samosa filling. Seal the edges by pinching then cook for about 15 minutes at 200 °C until golden brown.

3.2 Mushroom Masala

This is a really tasty, filling, vegetarian dish. Add more or less chilli powder to control the heat, or substitute for fresh chillies. Perfect for when vegetarian friends come to visit!



- 200 g mushrooms
- 1 onion
- 1 tomato
- 2 large cloves garlic
- coriander leaves
- 1/2 tsp garam masala
- 1/2 tsp chilli powder
- 1/2 tsp turmeric

Method

First cut the mushrooms into slices. Heat some oil and fry the onions until golden in colour.

Add the crushed garlic and chopped tomatoes, mix well. Stir in the turmeric, garam masala, chilli powder and salt, then fry for 3-4 minutes.

Next, stir in the mushrooms and simmer on a low heat until the mushrooms are tender, adding a little water if necessary. Garnish with coriander and serve hot.

3.3 Begoon Pora

Begoon pora, literally burnt aubergine, is an extremely quick and easy curry to prepare. After just a few minutes you'll have a delicious, fresh and healthy curry ready to eat.



- 1 aubergine
- 1/2 tsp turmeric
- 1 onion
- 1 fresh green chilli
- 1 tomato
- coriander leaves

Method

First prepare the aubergine. Simply pop it in the microwave for a couple of minutes until the flesh is soft and can be pulped.

Next, finely chop the onion, tomato and green chilli, and fry gently in a pan with the turmeric.

Chop the softened aubergine into bite size pieces and add to the pan. Salt to taste.

Cook gently with a little water and add lots of chopped fresh coriander just before serving.

***Tips** - The aubergine can also be prepared in the oven. Bake the aubergine whole until the skin is blackened or burnt and the flesh is soft. This should take about 20 minutes at 180 °C.*

3.4 Shada Tarkari

This curry can be made with almost any vegetables you fancy. From exotic roots like moola to the more prosaic peas, beans and carrots.



- 1 potato
- 1 carrot
- 1 courgette
- peas
- a few green beans
- 1 tomato
- a few cauliflower stalks
- 6 cauliflower florets
- 1 heaped tsp kalonji (onion seed)
- 1/2 tsp turmeric
- 2 green chillies

Method

Heat some oil in a saucepan; chop and de-seed the green chillies then add to the pan with the kalonji and fry for 2 minutes.

Add the cauliflower stalks, potatoes and carrots and cook for a few minutes before adding the turmeric powder and the rest of the vegetables.

Fry lightly, then add salt and a little water and boil until the vegetables are cooked. This vegetable dish should be almost dry.

3.5 Cabbage Curry

Nice as a side dish, or as a meal with parathas or chappatis.



- 1/4 white cabbage
- 2 potatoes
- peas
- 1 tomato
- 1 tsp cumin seeds (jeera)
- 2 - 3 dried red chillies
- 1 tsp turmeric

Method

Finely shred the white cabbage and cut the potatoes into pieces.

Heat a little oil in a pan then fry 2 to 3 dried red chillies on a low heat until dark brown. Add the cumin seeds and stir for a few seconds till brown.

Next, add the turmeric, potatoes, chopped tomato and cabbage. Stir. Add a little water and salt then cook on a low heat until the potatoes are almost cooked.

Finally add a few peas and cook until almost all the water has evaporated.

3.6 Courgette Curry with Mung Dahl

This is a relatively new edition to the recipe book. A bit different and surprisingly good. It works equally well with courgettes, marrows or squash.



- 1 courgette
- 1/2 tsp fenugreek (methi)
- 1 tbsp dry roasted mung dahl
- 1/2 tsp turmeric
- 3 dried red chilli
- 1.5 tsp sugar
- 3 bay leaves

Method

First pan roast the dahl for a few minutes or until the dahl is brown. Wait until the dahl cools, then wash it and leave to dry.

Heat a little oil in a pan and gently fry the dried chillies and the bay leaves until light brown.

Add fenugreek. Add the courgette (marrow or squash), mung dahl, salt, sugar and turmeric. Fry a little on a low heat stirring continuously.

Finally, add a little water and cook with a lid on until the dahl and courgette are cooked. The sauce in this dish should be fairly thick.

***Tips** - Make sure not to burn the fenugreek otherwise it will taste bitter. You can use small prawns instead of mung dahl.*

3.7 Cauliflower Curry

This is similar to many restaurant versions of Aloo Gobi. Delicious as an accompaniment to a meat dish, or on its own as a simple lunch.



- 1/2 cauliflower
- 3 potatoes
- 1 heaped tsp cumin seeds (jeera)
- 1/2 tsp ground cumin
- 1 tsp chilli powder
- 1/2 tsp turmeric
- 1 tsp ground coriander

Method

Put a little oil in a pan on low heat. Fry the cumin seeds for a few seconds until brown.

Add the potatoes, cumin, chilli powder, turmeric and coriander then cook for a minute or so, stirring continuously.

Add the cauliflower and a little water. Salt to taste and simmer until cooked and the curry is almost dry.

3.8 Aubergine and Bean Curry

Simple but tasty. The aubergine can easily be swapped for courgette or marrow, although, if using courgette, add 1/2 tsp sugar to the curry spices.



- 1/2 aubergine
- a few beans
- 1 tsp kalonji (onion seed)
- 1/2 tsp turmeric
- 1/2 tsp chilli powder
- 1 green chilli

Method

Cut the aubergine into strips and the beans into squares.

Fry the kalonji and red chilli powder then add the aubergine and beans.

Add the green chilli, a little water and salt. Simmer until cooked and the curry is as dry as required.

3.9 Aloo Dom

Spicy potato curry, similar to the Bombay Aloo served in many Indian restaurants.



- 500g small new potatoes
- 1 onion
- 1 tomato
- 3.5 cm ginger
- 1 tsp turmeric
- 1 tsp ground cumin
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- coriander leaves

Method

Chop the onions, then fry lightly until browned. Grate the ginger and add to the pan with the onions. Add the potatoes, turmeric, ground cumin and chilli, then fry for a couple of minutes, stirring continuously. Next, chop the tomato and add to the pan with a little water. Salt to taste.

Cover the pan and cook at a low temperature until the potatoes are cooked. Add the garam masala and stir, then garnish with fresh coriander leaves. Serve.

3.10 Kichoori

Kichoori is very warming, extremely filling, cheap and easy to make, and probably extremely good for you! Its good served with pakoras and potato fry (small cubes or very thin strips of potato deep fried and sprinkled with kalonji and salt). The following should make enough for two.



- 1/3 cup rice
- 1/3 cup lentils
- 1 onion
- 2.5 cm ginger
- 1/2 tsp turmeric
- 2 bay leaves
- 1/2 tsp garam masala
- 2 dry red chilli
- 1/2 tsp sugar
- 1 dsp butter
- vegetables

Method

You can use whatever combination or permutation of vegetables you have available. A good mix might be: 1 potato, 1/2 courgette, 1 carrot, 1 tomato, a handful of beans and a couple of cauliflower florets.

First chop the onions and vegetables, grate the ginger then wash and drain the rice and lentils. Cut the vegetables so that, when cooked, the vegetables are soft but still whole.

To cook, put a little oil in a pan and heat. When the oil is hot add the dried red chillies, bay leaves and the chopped onion. Fry until the onion is soft.

Lower the heat then add the grated ginger and fry for a minute or so. Add the rice and lentils to the pan and fry a little.

Add 2.5 cups of water and the turmeric to the pan and stir well. Add the vegetables, salt to taste then simmer for 20 mins.

To finish, add the sugar, garam masala and butter. Stir gently then serve.

3.11 Bombay Spiced Potatoes

Very simple spicy roast potatoes. Nice as a side dish with ki-choori.

- 2 medium potatoes
- 1 tsp garam masala
- 2 tsp paprika
- 1 tsp ground coriander
- 1/4 tsp chilli powder
- ground black pepper

Method

Mix all the spices with a little oil.

Peel, wash and cut the potatoes into medium sized chunks. Coat the potatoes with the spicy marinade.

Bake in the oven at 180 °C for about 45 minutes.

3.12 Tahiri (Vegetable Biryani)

Veggie biryani!

- 1 cup rice
- 1 3/4 cups water
- 3 carrots
- 1/2 cauliflower
- 3/4 cups peas
- french beans
- 1 heaped tsp ground cumin
- 1/4 tsp cumin seeds (jeera)
- 2 bay leaves
- 3/4 tsp ground coriander
- 1/2 tsp garam masala
- 1/4 tsp turmeric
- 2 cm ginger
- 1/4 tsp sugar
- butter

Method

Wash and drain the rice, then leave to dry.

Heat oil in a big pan. When the oil is hot, add the jeera and bay leaves and fry a little. Next add the ground cumin, ground coriander, garam masala and turmeric. Turn the heat down to make sure the spices don't burn and fry for two minutes.

Add the rice to the pan, raise the heat, and cook for 5 minutes stirring continuously. Add the sugar and salt to taste.

Next chop the carrot lengthwise and add into the pan with the peas. Lower the heat again and add the grated ginger.

Cut the cauliflower into large pieces and stir it into the rice mixture in the pan.

Add the water and bring to the boil. The simmer gently for 15 to 20 minutes. Serve.

Tips - *Make sure you don't burn the ginger, or it will taste bitter.*

Chapter 4

Pulses and Eggs

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4.1 Black Eyed Bean and Mushroom Curry

This is really a fantastic curry. Well worth the effort. Can be eaten as part of a meal with rice - or just on its own with a spoon!



- 225 g black eyed beans
- 2 pts water
- 225 g mushrooms
- 1 tin chopped tomatoes
- 1 tsp cumin seeds (jeera)
- 1 stick cinnamon
- 1 onion
- 4 cloves garlic
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp turmeric
- 1/4 tsp chilli powder
- coriander leaves

Method

Put beans in water, boil. Simmer for 10 minutes, then leave to sit for at least a couple of hours (or even overnight).

Slice the mushrooms, then heat some oil in a pan. Sizzle the cumin seeds and cinnamon in the hot oil for a few seconds, then add the onions and garlic, and cook until the onions are brown.

Fry the mushrooms until they are cooked, then add the tin of tomatoes, coriander, cumin, turmeric and chilli. Boil for 1 minute then turn the heat down and simmer for 10 minutes.

Bring the beans to the boil again then cover and simmer for about 30 minutes until tender.

Add the cooked spicy tomato mixture, fresh coriander leaves, salt and black pepper to the beans then simmer for at least 45 minutes stirring continuously.

4.2 Dahl

This is a simple, basic dahl. Use red lentils and the dahl will be done in 10 to 20 minutes. Its also really nice with split peas, but they can take a long, long time to cook.



- 1 cup red lentils
- 1/4 tsp turmeric
- 2.5 cups water
- 1 tsp kalonji (onion seed)
- 1 tsp butter

Method

Wash the lentils well, then put in a pan with about 2.5 cups of water and the turmeric. Bring to the boil and simmer for about 15 minutes.

When the dahl is almost done, melt a knob of butter in a separate pan and fry the kalonji. Pour on top of the dahl. Stir and salt to taste.

4.3 Tarka Dahl

This recipe was intended to match the Tarka dahl at a local indian restaurant. Its not quite the same, but still very tasty. Change the proportions of garlic, and jeera or add some kalonji as desired.



- 1 cup red lentils
- 1 onion
- 1 clove garlic
- 1 tsp cumin seeds (jeera)
- 1/2 tsp turmeric
- 1 tomato
- 2 cups water

Method

Put the washed lentils in a pan with the water and the turmeric. Simmer for about 15 minutes until cooked, then salt to taste.

While the dahl is cooking, fry the cumin seeds in a little butter, then add the chopped onion and soften. Add the crushed garlic and chopped tomato and fry for a minute.

Finally add the fried cumin, onion tomatoes and garlic to the dahl and serve.

4.4 Moong Dahl with Vegetables

A thick warming dahl dish. The dahl is flavoured with panch phoran, a Bengali spice mix made from fenugreek, kalonji, cumin seeds, radhuni and fennel seeds.



- 1/2 cup moong dahl
- 2 dry red chillies
- 2 bay leaves
- 1 tsp panch phoran
- 1/2 tsp turmeric
- 1 tbsp butter
- vegetables
- coriander leaves

Method

Select some vegetables: carrots, cauliflower, beans, potatoes etc. all work well. Chop into medium sized pieces.

Dry roast the moong dahl for about two minutes (until it just starts to colour). Let it cool, then wash in cold water. Put in a pan with 2 cups of water and simmer for about 40 minutes.

Heat some oil in a pan. Fry the dried chillies, bay leaves and panch phoran on a low heat stirring continuously. Add the vegetables, turmeric and a little salt, then fry for a couple of minutes. Add a little water to the pan, cover and cook for about 20 minutes.

When the vegetables are cooked add the moong dahl, and cook everything together for about 10 minutes. The finished dahl should be fairly thick.

Melt the butter in a pan then add to the hot dahl. Garnish with chopped fresh coriander leaves just before serving.

4.5 Spicy Scrambled Eggs

This curry makes a perfect lunch with some pitta bread. Very tasty and extremely quick to cook. You can also add coriander and chilli to eggs to make a great spicy omelette!



- 4 eggs
- 1 onion
- 1 cm ginger
- 1 green chilli
- 1 tomato
- 1/2 tsp ground cumin
- 1/4 tsp turmeric
- coriander leaves

Method

Finely chop the onion and fry on a low heat until soft.

Add the grated ginger, chilli, turmeric, cumin and chopped tomato. Stir and cook until the tomatoes are soft.

Beat the eggs and add to the pan with the chopped coriander. Salt and pepper lightly, and stir the eggs continuously until cooked.

4.6 Egg Chop

A bit like a croquette, or a spicy scotch egg these chops make a very nice snack or starter. This recipe makes 6.



- 4 eggs
- 250 g minced beef
- 500 g potato
- 1/2 onion
- 2 cloves garlic
- 1 green chilli
- 2 cm ginger
- 2 bay leaves
- 1/4 tsp garam masala
- coriander leaves
- breadcrumbs

Method

Wash, cut and boil the potatoes. When cooked, drain the water, mash and divide into 6 equal portions. Hard boil 3 of the eggs and leave to cool.

De-seed the chilli, then grate or liquidise the onion, chilli and garlic.

Heat some oil in a pan then add the bay leaves, onion, chilli and garlic. Fry gently for a few minutes.

Next, raise the heat and add the minced meat a little at a time. Fry until lightly browned. Lower the heat again and add the garam masala and grated ginger.

Add a little water, salt to taste, then cover the pan and cook on a low heat until the meat is done. Once cooked, boil off any excess liquid to make sure the preparation is completely dry, add chopped coriander leaves then allow to cool.

Shell the 3 hardboiled eggs, cut into halves lengthways and remove the yolk. Mix the yolk with the cooled minced meat and

divide into 6 portions.

Use half an egg to make each chop. Take half of one of the 6 portions of meat and fill the hole left by the yolk. Use the other half of the portion of meat to recreate the egg shape. Do this for all 6 chops.

Beat the remaining egg. Cover each egg chop with a portion of mashed potato, then dip into the beaten egg and coat evenly with breadcrumbs. Put the chops in the fridge for 2-3 hours.

Finally, fry in oil until golden brown. Drain on kitchen paper and serve hot.

Tips - *This is equally good with minced lamb, but add 1/2 tsp of vinegar to the pan when adding the garam masala.*

4.7 Egg and Potato Curry

A filling vegetarian dish - simple comfort food!

- 4-5 new potatoes
- 2 eggs
- 1 tomato
- 1 onion
- 1.5 cm ginger
- 1/4 tsp chilli powder
- 1 tsp turmeric
- 5 cloves
- 3 cardamoms
- 3 cinnamon sticks

Method

Boil the potatoes, boil the eggs and shell them. Toss the boiled potatoes and hard boiled eggs in the turmeric, then fry in a little oil until lightly browned.

Next, add chopped onion to a separate pan and soften on a low heat. Add cloves, cinnamon, cardamom and fry a little. Stir in the grated ginger, turmeric and chilli powder and fry for a minute.

Next, add the chopped tomato, potatoes and eggs. Finally, add a little water and salt and simmer for about 5 minutes until everything is cooked and the sauce is fairly thick.

Tips - You can replace the boiled eggs with omelette cut into strips.

Chapter 5

Sundries

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5.1 Rice

The key to cooking light fluffy rice is to use exactly 1.5 times the amount of water as rice.



- 1 cup basmati rice

- 1.5 cups water

Method

Wash the rice until the majority of the starch has run out. Rinse and drain.

Add 1.5 cups of water to the rice, bring to the boil, then simmer with the lid on for 12 to 15 minutes.

Remove the saucepan from the heat, leave it to stand for 5 minutes, then serve.

5.2 Vegetable Pilau Rice

You can spice this vegetable rice up a little by adding some chopped chilli.



- 1 cup basmati rice
- 1/4 red pepper
- 1 carrot
- peas
- 1 onion
- runner beans

Method

Wash and drain the rice then set aside to dry. Finely chop the onion and dice the carrot, pepper and beans.

Heat a little oil in a saucepan, fry the onions lightly, then add the carrots. Next add the rice and cook for a few minutes, stirring continuously to coat the rice in oil.

Add 2 cups of water, salt, and bring to the boil. Add the rest of the vegetables then simmer with the lid on for 12 to 15 minutes.

Remove the saucepan from the heat, leave to stand for 5 minutes then serve.

5.3 Spiced Rice

Delicately spiced rice.

- 1 cup basmati rice
- 1 onion
- 1 tsp ground cumin
- 1/4 tsp ground turmeric
- 1 green chilli
- 1.5 cups water

Method

Wash the rice well and leave to dry.

Melt a little butter in a saucepan with some oil. Chop the onion and fry it lightly until browned. Add the whole cumin, turmeric and chopped green chilli and fry for 2 minutes.

Next, add the rice and fry for a few minutes stirring continuously until the rice is coated in oil.

Add the water, bring to the boil, then simmer with the lid on for 12 to 15 minutes. Remove the saucepan from the heat, leave it to stand for 5 minutes, then serve.

5.4 Raita

Raita is a cooling yoghurt and cucumber mixture. Great with hot curries or as an accompaniment to spicy chicken and kebabs.

- natural yoghurt
- cucumber
- sugar

Method

Chop the cucumber into small chunks then mix with the yoghurt.

Add sugar to taste.

Tips - You can make a spicier raita (Lucknow recipe) by mixing a small carton of natural yoghurt with liquidised coriander leaves, 1/4 finely diced onion, 1 finely chopped green chilli and 1/2 tsp sugar.

5.5 Paratha

This fried flat bread is absolutely delicious. It really makes any Indian meal that it is served with! 1 cup of flour should make roughly 4 parathas.



- 2/3 cup white bread flour
- 1/3 cup brown flour
- water
- butter

Method

Mix the white flour, the brown flour and a pinch of salt in a large mixing bowl. Next, add some water and a small knob of butter. Mix to form a dough and knead for about 5 minutes until the dough is firm and not sticky. Leave the dough to rest for about 20 minutes.

Divide the dough into equal pieces and roll out into circles. Butter one half then fold in half. Next, butter one half again and fold in half again to make a triangle shape. Roll.

Cook the parathas in a dry pan at a medium heat. Cook each side for a couple of minutes until lightly browned then add a knob of butter and lightly fry both sides. They should puff up as you cook, normally just after you turn them. Keep warm in the oven until ready to serve.

5.6 Dahl Bara

Dahl Bara or lentil pakoras make an excellent starter or mid-afternoon snack. Serve hot, maybe with a nice glass of wine and a bit of mango chutney. The following recipe makes enough for ten pakoras.



- 1/3 cup lentils
- 1/2 onion
- 1 green chilli
- 1.25 tsp kalonji (onion seeds)
- coriander leaves

Method

Wash and soak lentils in cold water for about 3 hours. Drain the water then liquidise 2 thirds of the soaked lentils with the green chilli.

Finely chop the onion and a handful of fresh coriander leaves. Then mix the liquidised lentils with the whole lentils the chopped onion and coriander, onion seeds and salt.

Form into flat cakes and cook in hot oil over a moderate heat until brown and crispy.

5.7 Onion Pakora

The classic pakora! Serve hot with plenty of mango chutney.



- 1 onion
- gram flour
- kalonji

Method

Mix some gram flour, kalonji and water to make a batter that has roughly the consistency of double cream. Slice the onions.

Pre-heat some oil in a deep pan, or deep fat fryer.

Coat the onions in the batter, then drop into the oil. Cook until golden, drain on kitchen towel, and eat hot!

***Tips** - To make sure the oil is hot enough, drop a tiny portion of batter into the pan. If the oil is at the right temperature, the batter should rise to the top.*

5.8 Tomato Chutney (from Fulia)

A refreshing tomato chutney used to cleanse the palate between courses rather than as an accompaniment to a curry. The aam ada root used in the chutney (galingale in English) is very similar in appearance to ginger, but with it's own distinct taste.

- 500 g tomato
- 250 g granulated sugar
- 1/2 tsp mustard seed
- 30 g aam ada
- 1/2 tsp turmeric
- 1 tbsp oil

Method

Heat the oil in a pan. Add the mustard seeds and fry. Chop the tomatoes then add to the pan along with the turmeric and a little salt. Cover, and put on a low heat until the tomatoes are cooked.

Next add the sugar and a little water. Stir on a low heat until the sugar has desolved. Finally, peel and grate the aam ada, add it to the tomato mixture and stir thoroughly.

Store in the fridge and served chilled. The chutney should keep for about two weeks.

Editor's Afterword

I hope you enjoy cooking (and eating!) these curries as much as I have.

One thing I've learned with these recipes is that it's very hard to go wrong. If you don't have an ingredient just swap in something else, if you fancy changing something, do it! Experiment and make these recipes your own.

Good luck, and happy cooking!

Mervyn Roy, 2011