

# Changing the lives of families who suffer from hunger



Food writer and cookbook author Mallika Basu has put together an easy-to-follow menu to help at-home cooks of any ability put on an Indian inspired feast!

## Mallika's Non- Veggie Menu:



Mahi Kebab  
Saag Gosht  
Cheat's Paneer Makhani  
Peas Pulao  
Mango kulfi



Mallika Basu is the author of 'Miss Masala: Real Indian Cooking for Busy Living' (Harper Collins)

## STARTER: MAHI KEBAB



'Fish kebabs are a fantastic way to make an impression without a huge amount of actual hard graft. I use frozen fish fillets for these, which I always have in abundance in my freezer for rainy days and Mondays.

My recipe uses one tablespoon of oil and the grill for the entire batch.

My advice would be keep these ready prepared on the baking tray, waiting to be freshly cooked and served when you're ready to eat'.

1. First cook the fish according to pack instructions. Leave this to sit, taking the skin off when it can be handled.
2. Next, boil the potatoes, and peel and finely grate the ginger and garlic and finely chop the green chilli and coriander. In a large mixing bowl, add all the ingredients bar the oil. Going in with your hands, combine the whole lot together well. Place in the fridge for 20 minutes.
3. When the time is up, take the kebab mix out of the fridge and turn the grill on to 200 degree centigrade. Line with foil a baking tray and smother the tablespoon of oil all over it.
4. Then grease your palms with the teaspoon of oil. Take a ping-pong ball size amount of fish in your palms, roll into a ball and then flatten to get a disc shape and place on the tray. Continue until all are done, then place under the hot grill for 20 minutes, turning over carefully using a flat wooden spoon half way through cooking. Don't worry if it falls apart a bit – just pat it back in place with the spoon or your fingers.
5. Serve this hot with tomato ketchup spiked with chilli powder.

## Ingredients - makes 12

- ◇ 1 handful fresh coriander
- ◇ 1 inch ginger
- ◇ 4 garlic cloves
- ◇ 4 small potatoes (about 300gm)
- ◇ 1 green chilli
- ◇ 1 tsp salt
- ◇ 4 boneless fish fillets (I used haddock and cod)
- ◇ 1 tbs oil + 1 tsp

## MAIN: SAAG GOSHT



'Spinach and anything is a match made in heaven. But combine spinach, lamb and deep and dark spices and the result is a restaurant classic that you have every reason to lick off a plate. Saag Gosht, translates literally to 'meat in leafy vegetables', but is commonly used to mean a pureed spinach and lamb curry.

I'd highly recommend lamb on the bone for this recipe and supermarket friendly fore shanks are a good bet. If you're heading to the butcher, diced shoulder is more purse friendly than leg for party cooking. The key things here are to puree the spinach yourself, blended with the green chilli for that added zing, and don't overcook it so it develops a bitter taste. Squirt a lemon all over the curry before eating it'.

### Ingredients:

- ◇ 1.5kg lamb
- ◇ 6 tbsp Greek yogurt
- ◇ 2 large onions
- ◇ 8 green cardamoms [BUY NOW](#)
- ◇ 8 cloves [BUY NOW](#)
- ◇ 2 inches cinnamon [BUY NOW](#)
- ◇ 2 bay leaves
- ◇ 4 cloves garlic
- ◇ 2 inches ginger
- ◇ Half tsp turmeric powder [BUY NOW](#)
- ◇ 2 tsp cumin powder [BUY NOW](#)
- ◇ 1 tsp coriander powder [BUY NOW](#)
- ◇ 500gm frozen spinach cubes
- ◇ 2 green finger chillies
- ◇ 2 tbsp fresh coriander
- ◇ Half tsp garam masala [BUY NOW](#)
- ◇ 2 tbsp oil
- ◇ Salt to taste
- ◇ Lemon wedges to serve

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1. Peel and slice the onions finely. Bring the oil to heat on high in a large saucepan, and when it's hot sauté the onions for 10 minutes. Peel and mince, grate or puree the ginger and garlic and add to the onions, stirring for another five minutes until it's golden. If the ingredients get stuck to the bottom of the pan, add a tablespoon or two of hot water and scrape it off.
2. Next mix in the turmeric, cumin and coriander powders and sauté for another two to three minutes until their pungent aroma goes. Now mix in the yoghurt and the lamb pieces and brown the meat for five minutes until it's sealed all over.
3. Then add four cups of hot water, lower the heat to medium and cook covered for an hour until tender. You will need to stir the lot from time to time to make sure the meat cooks evenly.
4. When the hour is up, lower the heat to a high simmer. Cook the frozen spinach according to pack instructions and then puree in a blender with the green chilli and coriander. Stir this into the meat curry along with the garam masala.
5. Add salt to taste, and simmer for 10 minutes until you see oil oozing through pores on the top of the curry. Serve with a squirt of lemon.

### Timings - top tips from Mallika

'My tip for this non-veggie menu is to make the Saag Gosht, Paneer Makhani and Kulfi the day before the party. On the day, make the rice before your guests arrive, and keep the Mahi Kebabs ready and on a baking tray to cook as you're getting ready to eat. Warm the Saag Gosht on the hob, and the Paneer in the microwave before you serve them. The rice should still be warm, but you could give it a blast in the microwave before you serve it'.



For even more recipes and top tips visit [www.curryforchange.org.uk](http://www.curryforchange.org.uk)

## SIDE DISH: CHEAT'S PANEER MAKHANI

'Paneer Makhani is that buttery, rich and decadent dish of cubes of Indian paneer nestled in a creamy tomato curry. I have a cheat's version that creates the sublime creamy texture with Greek Yoghurt and milk. Best of all, it uses ready tandoori masala as a spice base.

After all the hard work that's gone into the other recipes, this is one dish you can whizz up in a jiffy and no one will even notice. You're welcome!



1. Take the Greek Yoghurt out of the fridge, and mix it well with the milk in a jug. Peel and finely grate the ginger and garlic. You can also puree it with a tablespoon of water in a small food processor.
2. In a wide and shallow sauté pan, or frying pan, warm the butter on medium. When it's hot, mix in the ginger and garlic for two minutes, and as it starts to take on colour, stir through the tomato puree and the tandoori powder. Add a tablespoon or two of hot water and cook this for a couple of minutes until the pungent aroma of the spice powder goes.
3. Lower the heat to a high simmer and stir in the milky Greek yoghurt. Don't worry if this splits, it will all be okay in the end. When the mixture is stirred through well, add in the paneer cubes. I use a pack of ready cubed paneer for this, but they are often stuck together. So instead of separating the cubes individually, I let the warmth of the pan and a gentle flattening motion with a slotted spoon do the trick, mixing all the ingredients together without breaking the crumbly paneer.
4. Cover and simmer for five minutes. To finish, stir in the garam masala and salt to your taste. You could pour a tablespoon of single cream over the top if you fancy it.

### Ingredients:

- ◇ 500gm diced paneer
- ◇ 2 tbsp tandoori masala
- ◇ 2 tbsp tomato puree
- ◇ 4 tbsp milk
- ◇ 6 tbsp Greek-style yoghurt
- ◇ 4 cloves garlic
- ◇ 1 inch ginger
- ◇ 2 tbsp butter
- ◇ 1 tbsp single cream
- ◇ Half tsp garam masala [BUY NOW](#)

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## SIDE DISH: PEAS PULAO



An Indian dinner party is incomplete without a jazzed up rice dish as a centrepiece. Peas Pulao, or Mattar Pulao, is an easy one to whip up and you can simply add cubed carrots and beans to turn this into a vegetable pulao. I have used frozen peas for this, as shelling peas is never on the top of my priority list.



1. Wash the rice well, drain and leave to sit, so it retains its shape well when cooking later. Fill the kettle and bring it to boil.
2. In a pan, bring the ghee to heat on medium. As it sizzles on a wooden spoon, add the whole spices, and immediately add the ginger paste. Stir this for 30 seconds then spoon in the rice.
3. Stir the rice, mixing it well into the ingredients, for about a minute until it turns a brighter shade of opaque white.
4. Now, use the same tea mug to measure three and a half cups of hot water and add it to the rice. Also, stir through the peas and the salt gently. After this, you are not allowed to prod or poke the rice until it's cooked and ready!
5. Bring the rice back to the boil. When it does, lower the flame to a simmer, cover and cook for 10 minutes. When the time is up, leave the rice to sit covered for another two minutes on a cold hob to finish cooking in its own steam.

### Ingredients: Feeds 6

- ◇ 2 mugs of Basmati rice (about 500gm) [BUY NOW](#)
- ◇ 2 mug of frozen peas
- ◇ 4 inches cinnamon [BUY NOW](#)
- ◇ 2 star anise [BUY NOW](#)
- ◇ 4 tsp ginger paste [BUY NOW](#)
- ◇ 2 tbsp ghee [BUY NOW](#)
- ◇ 2 tsp salt

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## DESSERT: MANGO KULFI

'Kulfi is a frozen desert, a cross between an ice-lolly and ice cream. Traditionally it's cooked with freshly made mango pulp and slowly reduced milk, and served with falooda sev, vermicelli like noodles.

My version uses all weather mango pulp and a few shortcuts to create the same taste, and an added layer of mango pulp for wow factor. Look out for narrow, long plastic cups when you're in the shops next as they produce a very traditional shape. Or you could just go for a lolly mould instead! '



1. Place about two tablespoons into each cup of lolly mould and freeze for about an hour. Grind the cardamoms into powder using a pestle and mortar or spice grinder. In a large beaker, measure and pour in the mango pulp, double cream and condensed milk. Tip in the cardamom powder and whisk the mixture together fast until it is of a uniform colour and bubbles appear. This should take two minutes.
2. Now take the cups out of the freezer and pour the mixture into each equally. Wipe up any spillages and then re-freeze in a single row.
3. After two hours, take the semi frozen kulfis out three at a time and give the top layer a good stir with a metal spoon without disturbing the frozen pulp. This prevents the kulfis from being frosty later.
4. These take at least four hours to freeze solid. They are rock hard when out of the freezer so warm the cup in the palm of your hand before tipping it out on to plates and decorating with fresh mango or crushed cardamoms to serve.

### Ingredients

- ◇ 4 green cardamoms [BUY NOW](#)
- ◇ 200ml Kesari Mango Pulp (from a tin) [BUY NOW](#)
- ◇ 200ml double cream
- ◇ 150ml condensed milk
- ◇ 6 small plastic cups or lolly moulds
- ◇ Crushed cardamoms or chopped
- ◇ fresh mango to serve

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