

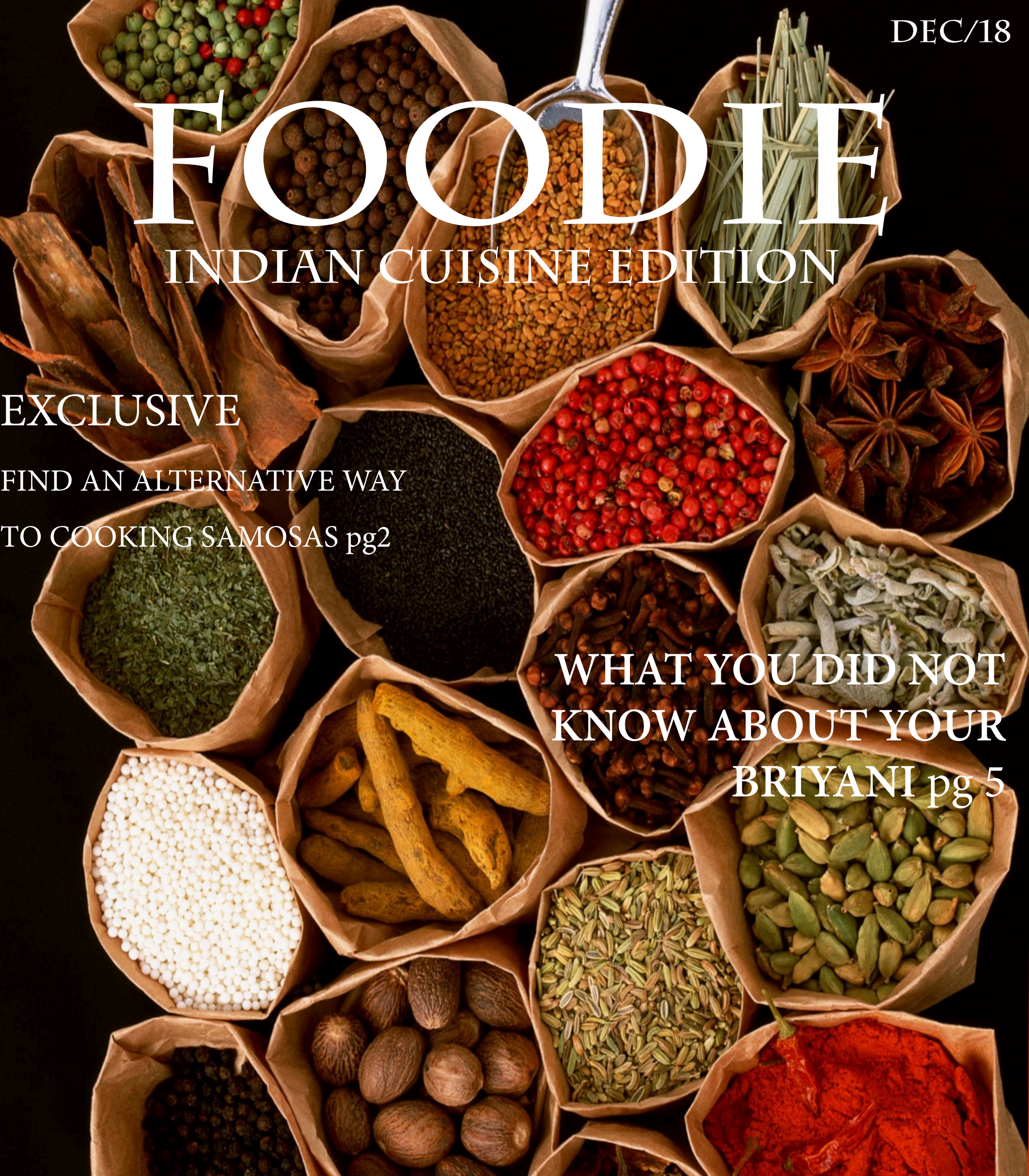
FOODIE

INDIAN CUISINE EDITION

EXCLUSIVE

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AN ALTERNATIVE TO COOKING SAMOSAS

BY: JAMIE OLIVER

SAMOSAS ARE TYPICALLY FRIED AND THAT IS PARTIALLY WHAT MAKES THEM SO DELICIOUS. AS THAT MAY NOT BE THE HEALTHIEST OPTION FOR EVERYONE, HERE IS AN ALTERNATIVE THAT INVOLVES BAKING INSTEAD.

RECIPE

1. To make the dough, combine the flour, baking powder, a good pinch of sea salt and the ajwain seeds (if using) in a large bowl.
2. Use your fingers to rub in 120ml of oil until the mixture resembles breadcrumbs. Stir in 150ml of cold water, then bring it together with your hands into a rough dough, adding a splash more water, if needed.
3. Place in a flour-dusted bowl, cover with a damp tea towel and leave to rest for 30 minutes.
4. Peel and chop the potatoes into rough 2.5cm chunks, then break the cauliflower into florets so they're roughly the same size.
5. Add the potatoes to a large pan of boiling salted water and cook for 10 to 12 minutes, or until tender, adding the cauliflower after 3 minutes. Add the peas for the final minute, then drain.
6. Peel and finely chop the onion and garlic, then peel and finely grate the ginger. Deseed and finely chop the chilli.
7. Drizzle a lug of oil into a large non-stick frying pan over a medium heat, add the cumin and onion and cook for 8 minutes, or until softened but not coloured. Stir in the garlic, ginger and chilli, then fry for a further few minutes.
8. Bash the fennel seeds to a fine powder and add to the pan along with the garam masala and ground coriander. Stir well.
9. Stir the cooked veg into the pan and crush gently with a potato masher – don't overdo it: you want a fairly chunky mixture. Squeeze in the lemon juice and season to taste. Leave to cool, then pick, finely chop and stir in the coriander leaves.
10. Preheat the oven to 180°C/350°F/gas 4. Lightly grease a large baking tray with oil.
11. On a flour-dusted surface, halve the dough and roll out each portion to about 3cm thick. Using a 7cm pastry cutter, stamp out as many circles as you can, then roll into rounds, roughly ½cm thick and 18cm in diameter.
12. Cut each round in half, then brush the straight edges with a little water. Roll into a cone shape, bringing the straight edges together and pressing lightly to seal.
13. Spoon in the filling, brush the exposed dough with a little water, then fold over and press to seal. Place onto the prepared baking tray, then repeat with the remaining ingredients, keeping the samosas covered with a damp tea towel as you go.
14. Brush the samosas with a little oil and bake for 45 minutes, or until golden and piping hot through. Serve straightaway with mango chutney.



serving suggestion

“Briyani has a lengthy preparation, but the work is definitely worth it.” -Nazia



HOW TO COOK BRIYANI

BY: NAZIA

1. In a large skillet, in 2 tablespoons vegetable oil (or ghee) fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the skillet and fry onion, garlic and ginger until onion is soft and golden. Add chili, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for 5 minutes. Add yogurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.

2. When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, approximately 35 to 45 minutes. There should only be a little very thick gravy left when chicken is finished cooking. If necessary cook uncovered for a few minutes to reduce the gravy.

3. Wash rice well and drain in colander for at least 30 minutes.

4. In a large skillet, heat vegetable oil (or ghee) and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.

5. In a medium-size pot, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking. Spoon biryani onto a warm serving dish.

Biryani Facts:

1. The origin of biryani is unknown
2. However, the word biryani is derived from the persian language
3. it was brought to the UK by South Asians, particularly the Bangals, but the flavour had to be watered down to match the taste of the locals there.



PHOTO BY ALLAUDDIN'S BRIYANI AT ROCHOR

BY: SHAFEEQAH ABDUL RAOOF

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