



FRESH & SIMPLE RECIPES – EPISODE SIX

Theme: “Indian Indulgence”

Tandoori chicken

Aromatic basmati rice with caramelised onions & pine nuts

Accompaniments: Pineapple Chutney, Cucumber and mint raita,

bananas with milk and cinnamon

Lychee & Almond Kulfi

Tandoori chicken

- 4-6 chicken breasts on the bone (with skin)
- 3 cloves garlic, finely grated
- 2 cm piece ginger, finely grated
- 2 tsp garam masala
- 2 tbsp lemon juice
- 1 tsp paprika
- Salt
- 2 pinches saffron threads
 - * soaked in 2tbsp warm water for 10 minutes*
- 4 tbsp natural yoghurt
- Red food colouring



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Preparation:

In a large bowl, mix the ginger & garlic, lemon juice, garam masala, paprika and yoghurt. Then add the saffron & red food colouring and mix well. Using a sharp knife, make 3 slashes across each of the chicken breasts, place in the bowl and rub the marinade over them and into cervices . Cover and refrigerate (if possible) for 30 minutes. Roast at 230 degrees for 15-20 minutes, turning once halfway.

Make your rice and accompaniments then griddle on a hot griddle pan (2 minutes on each side) pouring some of the juices over as they brown.

To serve, plate up with the rice and some freshly made poppadums.

Aromatic basmati rice with caramelized onions and pine nuts

2 cups basmati rice,
** washed in lukewarm water and left in cold water to soak*
2 cups water
2tbsp vegetable oil or ghee
50g pine nuts
4 cardamom pods
2-3 cinnamon sticks
pinch of cumin seeds
Salt
1 medium onion, finely sliced
700ml hot water

Preparation

Melt the ghee in a wide, heavy bottomed saucepan until very hot, add the onions, pine nuts, cumin seeds and cardamom pods. Break the cinnamon pieces into the mixture and let it all sizzle for a few minutes. Rinse the rice in hot water and drain. Add to the pan and stir to mix. Pour in the water, cover and simmer for 20 minutes.

Pineapple chutney

1 pineapple, peeled
1 teaspoon dried chilli flakes
1 red onion, finely sliced
a small bunch of coriander leaves, coarsely chopped
2 tablespoons prepared sweet chutney
Salt and pepper
Touch of sugar



Preparation

Chop the pineapple into cubes, add the rest of the ingredients and combine well. Chill in the refrigerator until you are ready to serve.

Cucumber and mint raita

½ a cucumber
1 tsp ground cumin
1 tsp grated ginger
5 tablespoons of thick plain yoghurt
Salt and pepper
Small bunch of fresh mint leaves (chopped, no stalks)

Preparation

Grate the whole cucumber coarsely and squeeze out any excess moisture. In a bowl, combine cucumber, mint, ground cumin and ginger. Then add the yoghurt, mix well and chill until ready to serve.

Bananas with milk and cinnamon

3 bananas, sliced
Milk to cover
1 teaspoon cinnamon powder

Preparation

Place bananas in serving dish. Pour in enough milk to almost cover the bananas and sprinkle with the cinnamon. Combine gently and chill until ready to serve.



Lychee and Almond Kulfi

410 g Evaporated Milk
** chilled for at least 8 hours*
250 ml double cream
1 cup (250ml) Caster sugar
2 Green Cardamoms , crushed
¼ cup lychees chopped
¼ cup ground almonds
¼ cup Pistachios , chopped

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Preparation

Whisk the evaporated milk in a bowl until you have double the quantity. In a separate bowl, whip the cream and sugar until light and fluffy. Fold in the evaporated milk gently. Add the almonds, lychees, pistachios and cardamom and fold together. Pour the mixture into a container or into individual serving glasses and freeze until semi-set. Serve garnished with a little extra cardamom and some crushed pistachios.

Table décor ideas

