

INDIAN COOKING LESSON

We'll be making a simple meal – chicken curry, pilau rice and naan.

SERVES 4 PEOPLE. LESSON DURATION: 1 hour 15 mins

RECOMMENDED INDIAN SPICE SHOPS IN MODENA

- (1) La Primizia d'Oriente, via Benedetto Bacchini 11 (near Modena bus station).
Tel. 059 226265

- (2) Ashfic Alimentari, via Fonteraso 16 (near Piazza Roma)

You can also find the spices in other small convenience stores run mostly by Bangladeshis.

SHOPPING LIST FOR INDIAN NUTS AND SPICES

Note: Buy the smallest packets available because we'll only be using a spoonful of each spice powder.

Coriander powder

Cumin powder

Garam masala powder

Turmeric powder

Red chili powder (OPTIONAL)

Whole cumin seeds

Green cardamom pods

150g plain unsalted cashew nuts (OPTIONAL, can use pine nuts or blanched almonds)

250g basmati rice

SHOPPING LIST FOR OTHER INGREDIENTS

500 g chicken breast

500 g Greek yoghurt or plain yoghurt

250 g all-purpose plain "0" flour

2 medium onions

1 small carrot

1 medium potato

100g or one small bowlful frozen peas

1 fresh green chili (OPTIONAL)

Small piece (approx. 2x2 cm) of fresh ginger

Fresh coriander leaves (OPTIONAL, as a garnish)

4 small cloves of garlic

3 bay leaves

4 cloves

1 cinnamon stick

1 star anise (OPTIONAL)

Half teaspoon baking soda (sodium bicarbonate)

200 ml tin of tomato puree (or chopped tomatoes or passata)

750 ml chicken, veggie or beef stock – carton of STAR brodo or any stock cube (OPTIONAL, can use water)

Olive oil, butter, water, salt, sugar, milk

KITCHEN EQUIPMENT

1 small frying pan (to toast spices and then cashew nuts)

1 medium flat-bottomed frying pan (to cook naan)

1 large mixing bowl (to make naan dough)

1 bowl (to marinate chicken)

1 large pan with lid (to make chicken curry)

1 large pot with lid (to make rice)

Food processor (to mince ginger/garlic and to grind cashew nuts)

Large board (to roll out naan)

Spatula, mixing spoons, rolling pin, basting brush, cling film

TO DO BEFORE LESSON

Chop chicken into bite-size pieces

Finely slice one onion

Finely dice half an onion

Finely chop ginger

Finely chop garlic

Dice carrot

Roughly chop handful of coriander leaves

Thaw peas

Chop potato into cubes and boil

Wash rice until water runs clear, then add water to rice until just covered

Take yoghurt and butter out of fridge 1 hour before

ORDER OF LESSON

Marinate chicken

Make naan dough

Make chicken curry

Make rice

Make naan

CHICKEN CURRY

Vegetarian option ideas: potatoes and chickpeas or cubes of green pepper, potato, carrot, courgette with borlotti beans and spinach.

MARINADE:

250 g yoghurt

Half the amount of finely chopped ginger-garlic

1 tsp salt

500 g chicken pieces

SPICE (OR MASALA) PASTE:

Half tsp turmeric powder

Half tsp garam masala powder

1 tsp cumin powder

2 tsp coriander powder

Half tsp red chili powder (OPTIONAL)

10 ml water

GRAVY:

4 tbsp olive oil

1 bay leaf

1 thinly sliced medium onion

Spice paste from above

Other half of finely chopped ginger-garlic

200 ml tomato puree or chopped tomatoes or passata

1 medium potato, boiled pieces

Half cup or 100 g cashew nut powder (if using pine nut powder or blanched almond powder, use half the quantity)

2 cups water

1 slit green chili (OPTIONAL)

Salt to taste

Chopped coriander leaves

TIP: If the flavor is too intense, you can mix in some yoghurt or cream to the chicken curry just before serving. You can also dilute the flavor by cooking the chicken with 200 ml of coconut milk.

COOKING TIME: 40 mins

PILAU RICE

TIP FOR PERFECT FLUFFY RICE: Proportion is 1 cup basmati rice to 1 and three quarters cup of water

50 g broken cashew nuts, toasted (garnish)

2 tbsp olive oil

Half tsp cumin seeds

2 bay leaves

1 cinnamon stick

4 cloves

4 green cardamom pods

1 star anise (OPTIONAL)

Half an onion, finely diced

1 small carrot, diced

250 g basmati rice, rinsed and drained

450 ml stock or water

100 g peas

Half tsp cumin powder

Half tsp salt (OPTIONAL)

Knob of butter (OPTIONAL)

COOKING TIME: 25 mins

NAAN (flatbread)

TIP FOR GARLIC NAAN: in a small bowl mix melted butter, grated fresh garlic to taste, pinch of rock salt and roughly chopped fresh coriander leaves. Brush the cooked naan with the garlic butter mix when hot.

250 g all-purpose plain "0" flour

Half tsp salt

1 tsp sugar

80 g Greek yoghurt or plain yoghurt

Half tsp sodium bicarbonate

3 generous tbsp olive oil

50 ml warm milk, poured in a little at a time to reach desired consistency

20g melted butter

Extra flour for dusting dough while rolling it out

COOKING TIME: 2 mins per naan