

Lamb curry

Serves 4

Ingredients:

- 450g lean lamb, cubed
 - 2 green chillies, chopped, or 1 teaspoon chilli powder
 - 2 onions thinly sliced
 - 1 garlic clove, crushed
 - 1 large tomato/half tin tomatoes, drained
 - ½ teaspoon turmeric powder
 - 1 teaspoon coriander powder
 - 1 teaspoon garam masala
 - ½ teaspoon ground cloves
 - 1 teaspoon cumin powder
 - ¼ teaspoon ground cinnamon
 - Sprig coriander leaves, chopped
 - 2 small cartons yoghurt
 - Salt to taste
 - Oil or ghee for frying
- Stock to use if curry becomes too dry

Method:

1. Heat oil or ghee
 2. Fry onion, garlic and green chillies for a few minutes on gentle heat.
 3. Add the lamb and fry for about 10 minutes.
 4. Add the tomatoes and cook for a further 10-15 minutes on low heat.
 5. Add the spices, herbs and yoghurt.
 6. Cook uncovered on moderate heat until meat is cooked and the yoghurt evaporated.
- If juices evaporate before meat is cooked, or a moister curry is required, add stock made with chicken cube, according to requirements.

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Samosas

Ingredients for the pastry

- 450g plain flour
- ½ teaspoon baking powder
- 1 teaspoon salt
- 25g melted butter or ghee
- 4 tablespoons yoghurt

And for the filling:

- 1 medium sized onion, copped
- 2 cloves garlic, finely chopped or crushed
- 25g butter or ghee
- 350g minced meat
- 2 teaspoons coriander powder
- ½ teaspoon ground ginger
- ½ teaspoon chilli powder
- 1 teaspoon garam masala
- Salt to taste

Method:

1. Sieve the flour, baking powder and salt into a bowl.
2. Add 25g melted butter or ghee and the yoghurt and make into pliable dough. Set on one side.
3. Heat butter; fry the onion and garlic until golden.
4. Add mince, spices and salt, fry for about 5 minutes.
6. Cover, cook over gentle heat until meat is cooked.
7. Knead the dough again.
8. Take walnut-sized pieces of dough and make into round balls.
9. Flatten and roll out on a floured board to the size of a saucer, then cut in half.
10. Make into a cone, seal with water and fill with meat mixture, wet open edges with water and press together.
11. Fry all samosas in deep fat until crisp and golden.

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Mint or coriander leaf chutney

Ingredients

- 2 cups mint or coriander leaves
- 1 green chilli
- 2 cloves garlic
- 1 teaspoon lime juice
- Pinch brown sugar
- Pinch Cayenne pepper
- Few drops water if necessary

Method:

1. Put all ingredients into a blender and crush until you have an even consistency.
2. Serve with samosas.

Tomato chutney : serve with samosas

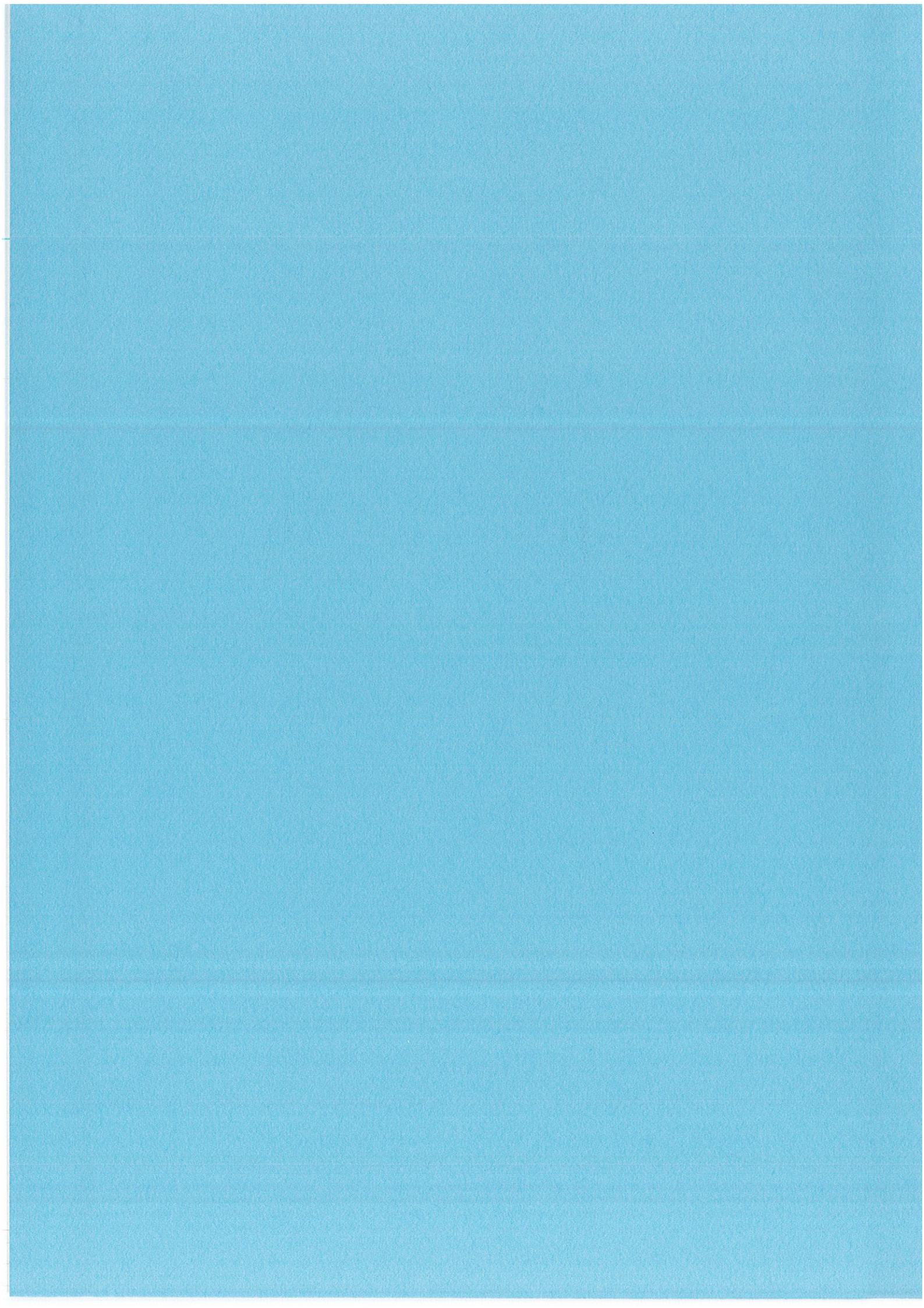
Ingredients

- 450g tomatoes
- 2 tablespoons sultanas
- 1 tablespoon lime juice
- ¾ tablespoon dark brown sugar
- ¾ teaspoon finely grated root ginger
- A little cumin seed

Method:

1. Peel and grate the ginger
2. Heat a dry empty saucepan, when it is hot put in the cumin seed and continue to heat the saucepan until you smell the rich scent of cumin roasting; let it roast but not burn and then remove it from the saucepan and grind it with a pestle and mortar.
3. Meanwhile soften the tomatoes by cooking them at boiling point for 5-8 minutes.
4. To the tomatoes add the sultanas, lime juice, sugar, ginger and finally the cumin.

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Red lentil and tomato stew

Serves 2

Ingredients:

- 1 medium onion
- 3 cloves garlic
- 225g tomatoes
- 120g red lentils
- Salt to taste
- 30g oil
- ¼ teaspoon cumin powder
- ½ teaspoon ground ginger
- ¼ teaspoon turmeric
- pinch dry mustard seed
- 1 tablespoon coriander leaves or watercress leaves or
- 2 teaspoons coriander powder
- 2 bay leaves

Method:

1. Chop onion and garlic. Cut up the tomatoes
2. Boil lentils and tomatoes in a saucepan, with water to cover and salt, until the lentils are really soft.
3. Heat the oil in a large frying pan.
4. Add the onions and garlic and fry until golden
5. Add ginger, turmeric, cumin, mustard seed and coriander powder, if used and fry very gently for five minutes.
6. Add in the tomato and lentil mixture, the bay leaves and watercress (if used)
7. Boil for one minute. Serve hot with rice.

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Bhurta

Serves 3

Ingredients:

- 400g aubergines
- 100g tomatoes
- 100g peas
- 1 cup natural yoghurt
- 50g onions
- 35-50g butter or oil
- 2 cloves garlic
- Seeds from 1 cardamom pod
- Pinch cinnamon
- 1 clove
- Pinch cumin seed
- Salt and pepper to taste

Method:

1. Boil aubergines for about 10 minutes and take off skin.
2. Boil peas in salted water for about 5 minutes.
3. Fry thinly sliced onions and spices.
4. Add skinned tomatoes and boiled aubergines and cook for 15 minutes mashing the aubergines and mixing all the ingredients very well together.
5. Add beaten yoghurt and cook until food is almost dry.
6. Add the cooked peas, and serve very hot, garnished with slices of hardboiled egg.

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Biryani

Serves 4

Spices for marinade mixture:

- ½ teaspoon each: ground cinnamon, ground cloves, ground cardamom seeds, chilli powder
- 1 teaspoon each turmeric powder, cumin, garlic powder (or 1 clove garlic crushed)
- 1 small carton plain yoghurt
- 450g lean meat (lamb or chicken) cubed
- 1 onion sliced
- 225g Basmati rice
- Oil or ghee for frying
- Salt to taste & water to cook

Method:

1. Mix together all the spices and yoghurt.
2. Add cubed meat to this mixture.
3. Marinade for at least three hours.
4. Wash the rice, soak for 30 minutes then parboil and drain.
5. Fry onions until golden brown.
6. Place two thirds of rice in a heavy pan and cover with fried onions and meat.
7. Cover fried onions and meat with remaining rice.
8. Make a few holes with a fork or spoon handle to allow steam to rise.
9. Make sure the pan is completely air tight by putting foil under the lid.
10. Cook on a very low heat or in a cool oven (R2 or 300 F) for about 2 hours.

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