



A TASTE OF SPICE – HOMEMADE PUNJABI COOKING

Neelam Dungarwalla



Bombay Aloo

Accompaniment as a side dish

Ingredients

4 medium sized potatoes peeled and diced into 1/2-inch cubes

Teaspoon mustard seeds

Teaspoon cumin seeds

1/4 teaspoon Hing (asafoetida)

Tablespoon sunflower oil

4 curry leaves

Teaspoon salt

1/2 teaspoon haldi (turmeric)

Teaspoon garam masala

Coriander (fresh and chopped)

Spring onions (sliced) optional



Method

Heat oil in a medium sized pan.

Add curry leaves, mustard seeds, cumin seeds, hing. Let it sizzle for 30 seconds.

Add potatoes.

Add salt, turmeric, garam masala.

Stir all the ingredients together gently until all the potatoes are coated.

Cover the pan with a lid and let the potatoes cook gently over a low heat.

Potatoes are cooked once they are nice and soft.

Sprinkle coriander before serving.

Homemade Chicken Punjabi Style

Serves 6 people

Ingredients

750g medium sized chicken breasts(diced)

2 medium sized onions (chopped)

1 tin of tomato (blitzed) plus 3 small fresh tomatoes

10 cloves garlic

15g ginger

2 green chilli

Coriander (fresh and chopped)

4tbsp vegetable oil

1 teaspoon salt

1 teaspoon garam masala

3/4 teaspoon haldi (turmeric)

4 cloves

4 whole black pepper

4 black cardamom pods

1 tbsp cumin seeds



Method

Heat oil in a large pan.

Add cumin seeds, cloves, cardamom pods, cloves, black pepper, chopped chillies.

Let it sizzle for 2 mins.

Add onions and brown (about 10 mins).

Add the blended ginger and garlic (2-4 mins).

Add tomatoes and stir.

Add salt, turmeric, garam masala.

Cook gently for a while until the oil separates from all the mixed ingredients as above (approx 15 minutes).

Add the diced chicken.

Stir until all the chicken is coated in the mixture.

Allow the chicken to cook gently until the colour changes from pink to white.

Add a glass of water and cover the pan with a lid.

Cook gently, then uncover the pan and continue cooking until the sauce thickens.

Add coriander both for flavour and as a garnish and serve.

Green Chicken Curry

Serves 4-6 people

Ingredients

950 g of chicken thighs and breast (in total)

1 bunch of coriander

Half a bunch of mint leaves

Green chillies to taste (blitzed)

2 medium onions (blitzed)

1 tsp of ginger (optional)

1 tsp of garlic (optional)

1 tsp salt

1 tsp garam masala

1 tsp jeera/cumin seeds

3 tsp of Greek yogurt

2 lemons

Method

Make a green paste using all the ingredients except for the chicken.

Check for the seasoning and add more salt and garam masala if necessary.

Wash the chicken pieces

Place in a bowl and add the green paste

Coat the chicken in the paste and massage into the chicken

Leave overnight to allow the chicken to marinate.

The next day transfer to an oven dish

Place in the oven set at 200 degrees.

Leave for 15 minutes and check if further time is required.

The excess juices can be reduced in a pan and then poured over the chicken

Add lemon wedges and coriander to garnish the cooked chicken.

Serve with a fresh green salad and a hot naan.

Enjoy!