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Episode Three, Simple Suppers:

Harjinder's Recipes

Curried Salmon

Ingredients

1kg Salmon Steaks/Salmon Fillet – de-scaled, washed in salty water and rinsed in cold water, drained well and cut into big chunks.

Spice Mix

- 2 ½ teasp Salt
- 1 teasp Ground peppercorns and coriander seeds
- 1 teasp Paprika
- ½ teasp Garam Masala
- 2 teasp Cumin seeds
- 2 teasp Lovage seeds
- ½ teasp flaked red chillies (according to taste)
- 2 teasp Turmeric
- 5 cloves Garlic – chopped finely
- 1 ½ inches Ginger, finely chopped
- Small tin of chopped tomatoes
- 2 fresh tomatoes
- 1 or 2 green chilli – deseeded - chopped (optional)

Tarka

- 4 cloves Garlic – chopped finely
- 1 teaspoon lovage seeds
- 1 teasp cumin seeds
- 3 Tbspoons vegetable oil
- 1 cup of freshly boiled water

Garnish

- ½ bunch of chopped coriander

Method

1. Cut salmon into large chunks, place in a bowl,
2. Add all the spice mix to the fish as well as 5 cloves of garlic and ginger.
3. Pick the bowl up and gently toss the fish to cover with spices, then add the 4 cloves of chopped garlic, ginger, tomatoes, sliced tomatoes and chillies (optional).
4. Again toss gently to mix all the ingredients together. Leave aside for 10 mins.
5. Heat the oil and add lovage seeds .

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6. Fry the lovage seeds until almost black add the cumin and fry for 5 seconds.
7. Add the remaining 4 cloves of chopped garlic until slightly golden.
8. Add the fish and cook on medium heat moving the fish around by moving the pan until oil begins to separate from spices.
9. Add the hot water and bring to the boil.
10. Simmer for 2 mins.
11. Add the chopped coriander, remove from heat.
12. Serve with boiled rice, or for a celebration serve with Kedgeree.

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Episode Three, Simple Suppers:

Harjinder's Recipes

Chicken Curry

Ingredients

- 1 kg chicken breast – cut into big chunks
- 1 ½ teasp Salt
- 1 ½ tsp Ground Black peppercorns/coriander seeds
- $\frac{3}{4}$ tsp Garam masala (Ground Black cardamoms/Cinnamon/Cloves)
- 1 tsp Paprika
- 2 tsp Cumin
- 1 ½ teasp Turmeric
- $\frac{1}{2}$ teasp Red Chillies flakes
- $\frac{1}{2}$ bunch washed/chopped coriander
- 3 Bay Leaves
- 2 cups boiled water
- Tarka Masala Sauce**
- 2 medium size onions – chopped
- 2 inches fresh ginger – chopped
- Small tin of chopped tomatoes
- 2 fresh tomatoes
- 1 head of garlic – chopped
- 2 whole green chillies
- 3 tbspoon Sunflower oil/ghee/Olive oil

Method

1. Wash chicken and drain.
2. **For the Tarka Masala Sauce** (sauce base for majority of Punjabi cooking): Heat oil until fairly hot, add cumin and fry for 10 seconds.
3. Add onions and fry until golden brown.
4. Add garlic and fry until slightly golden.
5. Drain tomatoes (keep juice) add and cook until oil begins to separate.
6. Add ginger and chillies cook further until oil begins to separate.
7. Add chicken and spices and cook on fairly high heat continually turning the meat until water content has dried, meat has sealed and browned.

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8. Add water, bring to boil and simmer on medium heat - cook for about 15 until tender and add fresh coriander and bay leaves.
9. Serve with chappatties (see below)/puris (see below)/boiled rice/pilao.

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Episode Three, Simple Suppers:

Harjinder's Recipes

Pakorras

Ingredients

350g Potatoes, boiled and sliced
1 lb gram flour
2 inches grated Root Ginger
Chopped fresh Coriander
1 bunch Spring onions (chopped)
3 thinly sliced Onions
2 Green chillies (chopped and de seeded if preferred)

Spices

1 and ½ teasp Salt
1 and ½ teasp Black Pepper and Coriander (ground)
2 teasp Cumin seeds
2 teasp Lovage Seeds
1 and ½ teasp Paprika
½ teasp homemade garam masala(ground cinnamon, cloves, large cardamon pods) optional
Oil to deep fry
Cold water

Method

1. Boil two large potatoes in their skins, cool and de skin, slice into thick slices, or dice.
2. Mix the gram flour and spices together in a bowl, add the other ingredients, slowly add enough water to make the batter, it should be of dropping consistency. Add the potatoes.
3. Heat the oil to moderately hot, spoon the mixture gently into the oil. Fry gently for 7-8 minutes turning them over from time to time.

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Episode Three, Simple Suppers:

Harjinder's Recipes

Mint Chutney

Ingredients

- 2 onions
- 1 tsp salt
- 1 tsp paprika
- 2 green chillies
- 3 tomatoes
- 2 inches fresh root ginger
- half bunch of coriander
- 3 Tablespoons shop made mint sauce
- 3 tbsp lemon juice

Method

1. Mix together in food processors to consistency required.

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Episode Three, Red Button:

Harjinder's Recipes

Lamb Curry with Tindas

Ingredients

- 1 kg Lamb – cut into chunks
 - 1 ½ teasp Salt
 - 1 ½ tsp Ground Black peppercorns/coriander seeds
 - ¾ tsp Garam masala (Ground Black cardamoms/Cinnamon/Cloves)
 - 1 tsp Paprika
 - 2 tsp Cumin
 - 1 ½ teasp Turmeric
 - ½ teasp Red Chillies flakes
 - ½ bunch washed/chopped coriander
 - 3 Bay Leaves
 - 2 / 3 cups boiled water
 - 1 can of Tindas (Turnip like Vegetable)
- For the Tarka Masala Sauce:** (see above in Chicken Curry recipe)

Method

1. Wash Lamb and drain.
2. **For the Tarka Masala Sauce:** see above in Chicken Curry recipe.
3. Add diced lamb and spices and cook on fairly high heat continually turning the meat until water content has dried, meat has sealed and browned.
4. Add water, bring to boil and simmer on medium heat - cook for about 20 - 25 until nearly tender
5. Add bay leaves and drain the can of tindas.
6. Add tindas to the lamb and cook for a further 7-8 mins or until lamb is tender
7. Add fresh coriander. Serve with chappatties/puris/ Boiled rice/Pilao.

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Episode Three, Red Button:

Harjinder's Recipes

Tandoori Chicken

Ingredients

- 4 chicken breasts
- For the marinade:
 - 1 tps shop made tandoori paste
 - 1 inch fresh Ginger
 - 1 medium Onion
 - 1 ½ teasp Salt
 - 1 ½ teasp Black Pepper and Coriander seeds
 - 1 teasp Paprika
 - ¼ teasp Garam Masala
 - ½ lemon juice

Method

1. Wash and drain the chicken, putting small slits in the breast.
2. Put all the ingredients into a food processor and blend together.
3. Marinade the chicken and leave in the fridge overnight.
4. Put in a slow cooker and cook on a high heat for 3 hours. Serves 4.

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Episode Three, Red Button:

Harjinder's Recipes

Rice Pudding with Carrots

Ingredients

- 1 litre milk
- 6 green cardamom pods
- 2 oz green raisins
- 2oz basmati rice
- 3 dessert spoons of Brown Sugar
- 1 lb Carrots – grated
- Condensed milk
- 2 oz Almonds, blanched in hot water and peeled

Method

1. Put milk, cardamom seeds, green raisins into a pan under a medium heat and stir.
2. When milk comes to the boil add washed rice and continue to stir regularly insuring the rice doesn't stick to the pan.
3. Add brown sugar and bring to the boil.
4. When the rice has fluffed up add the grated carrots.
5. Add a small can of condensed milk.
6. Add the almonds.
7. Bring to the boil and let it simmer for 10-12 mins. Serves 4.

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Episode Three, Red Button:

Harjinder's Recipes

Aloo Saag

Ingredients

- 2 lb Fresh Spinach – roughly chopped
- 1 lb Potatoes, either Red Rooster or New Potatoes – peeled
- 2 tps Sunflower oil
- 2 tps cumin seeds
- 1 Onion – sliced thinly
- 1½ tps Salt
- 1½ tps Paprika
- ½ tps flaked chilli
- ½ cup Water
- 1 Green Chilli

Method

1. Put sunflower oil in the pan over a gentle heat and add the cumin seeds. Sizzle for 5 secs.
2. Chop the onion and brown in the pan
3. Add the potatoes
4. Add the salt, paprika and flaked chilli.
5. Brown the ingredients until the spices get sticky at the bottom of the pan.
6. Add the roughly chopped spinach - don't mix in too well as you want the potatoes to sit at the bottom.
7. Add the water – this will help the potatoes to cook.
8. Cook on medium heat for 3-4 mins.
9. Chop the green chilli into the mix.
10. Leave to simmer gently until all the liquid has dried up and potatoes are cooked. Serves 4.

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Episode Three, Red Button:

Harjinder's Recipes

Chapattis

Ingredients

1 lb Chapatti Flour
125mls / 2/3 cups of Cold Water
Butter (optional)
Flour for dusting

Method

1. Put flour and slowly add water into a bowl and mix into a stiffish dough.
2. Leave to rest for 30 mins.
3. Dust with flour and knead into a ball in the palm of your hand.
4. Shape into a thick pancake.
5. Roll out with a rolling pin and place on palm of your hand and pat to get rid of excess flour.
6. Place on a tawa or a heavy frying pan and press gently with a tea towel until both sides are cooked.
7. Glaze one side of the chapatti with melted butter.

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Episode Three, Extra Recipe:

Harjinder's Recipes

Potato and Chickpea Curry with Puris

Ingredients

1lb Potatoes
2 ½ cups Water
1 tin chickpeas – rinsed and drained
Some coriander – chopped OR some dried Fenugreek leaves

For the Tarka Masala:

1 ½ tsp cumin seeds
1 ½ tsp salt
1 ½ tsp turmeric
1 tsp paprika
¼ tsp flaked chillies (optional)
1 chopped / whole green chilli (optional)
½ teasp garam masala
1 tsp ground black pepper and coriander seeds (just black pepper can suffice)
1 heaped tablespoon dried fenugreek leaves (soaked in glass of water for 2 mins)
handful of coriander finely chopped (stalks and all)
2 and half cups hot water

For the puris:

1 Kg of Chappatti Flour(Atta)
Cold water
Vegetable oil for frying

Method

1. Add a pound of potatoes cut into quarters and add spices accordingly.
2. Seal and brown for a couple of minutes and then add about two and half cups of water and bring to the boil and simmer until just nearly cooked.
3. Add a tin of rinsed and drained chickpeas.
4. Cook for a further 3-4 minutes and add some chopped coriander (and if you have it some dried fenugreek leaves, put a heaped tblspn into a glass of water for a couple of minutes , scoop them off the surface of the water - this will add a really aromatic flavour)!
5. Ensure that there is enough liquid that resembles a stew.
6. Serve with puris.

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7. **For the puris:** Place the flour in a large bowl, and make a well in the centre.
8. Slowly add the water to make a stiffish dough and knead well by make fists and pressing and turning the dough until smooth. Leave it to rest for 20 minutes.
9. Make small balls the size of a plum and roll them out into rounds - or use a special puri press to save time (tip -always oil the press to prevent sticking).
10. Heat the oil in a heavy pan or karai. Drop in a few puris at a time and fry until golden, turning the puris gently over to ensure even cooking.
11. Drain on kitchen paper and serve warm.
12. Other accompaniments - Aloo saag, (see above) Cucumber Raita (see below), Lime Pickle.

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Episode Three, Red Button:

Harjinder's Recipes

Cucumber Raita

Ingredients

500 ml live yoghurt
½ cucumber grated
Quarter of white onion finely chopped
1 tsp salt
½ tsp paprika
1 tsp cumin
1 tsp lovage seeds
Garnish with fresh coriander

Method

1. Add all the ingredients in a bowl, mix and chill before serving.

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