

Time for tiffin

Curry is one of the nation's favourite foods. Now we've turned its exotic flavours into mouthwatering tea-time treats

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Mathi Makes 18-20

A tea-time favourite in north Indian households, Mathi is a savoury biscuit spiced with carom seeds. Delicious served with cheese and chutney or pickle. Traditionally fried, we baked ours, giving a denser, crisper texture.

INGREDIENTS

- 200g plain flour ■ 1 tsp carom seeds
- ½ tsp garam masala ■ 1 tsp salt
- 1 tsp black pepper ■ 4 tbsp sunflower oil
- 5-6 tbsp (or as required) warm water

- 1 Preheat oven to 180°C/fan 160°C/gas mark 4. Sift the flour into a mixing bowl; add the carom seeds, garam masala, salt and pepper, and mix well. Rub the oil evenly into the flour mixture with your fingertips until it resembles breadcrumbs.
- 2 Gradually add 1-2 tbsp of water at a time and mix so that it comes together to form a stiff dough. Shape into a ball, cover and rest for 10 minutes.
- 3 Roll out the dough to about 1in thickness, then use a small biscuit or cookie cutter to

cut the discs. Prick each of them with a fork.

- 4 Lightly brush the biscuits with oil. Bake for 20-30 minutes or until they turn golden. To ensure an even bake turn the biscuits over after 10 minutes.
- 5 Once cooled, store the biscuits in an airtight container.

Spice corner: Carom (or ajwain) seeds are light brown – they look like smaller cumin seeds. Highly fragrant, they taste rather like thyme and are available from Indian stores, and large branches of Tesco and Asda.

Hari Mirchi Chutney

This is a delicious, spicy green chutney for topping cheese sandwiches, or serving with the Mathi biscuits.

INGREDIENTS

- 50g fresh coriander ■ 50g fresh mint
- 1 red or white onion, peeled and quartered ■ 1 green chilli, chopped
- 1 tsp ground pomegranate powder
- 1 tsp sugar ■ 1 tsp salt ■ ½ tsp black ground pepper ■ 1-2 tbsp cold water

- 1 Wash the coriander and mint leaves, drain, then roughly chop the leaves and stems. Place them, along with all the other ingredients, into a blender, add 1-2 tablespoons of water and pulse to make a smooth chutney. Add more water if required, but don't make it too watery.
- 2 Decant into a sterilised jar and store for up to four days in the fridge. It freezes well.

Cheese, Chilli and Lime Scones

Makes 8 scones

INGREDIENTS

- 50g butter ■ 225g self-raising flour
- pinch of salt ■ pinch of black pepper
- 125g cheese, grated: we used a chilli with lime cheddar from The Old Cheese Shop in Hartington, Derbyshire – but you can use any strong cheddar and add half a tsp of dried chilli flakes and zest of 1 lime
- 150ml milk ■ 25g strong cheddar, grated (optional, for sprinkling on top)

- 1 Preheat the oven to 220°C/fan 200°C/gas mark 7.
- 2 Rub the butter into the flour to make fine breadcrumbs; add a pinch of salt and pepper and the grated cheese. Add the milk.
- 3 Roll the mixture into a ball with your hands, (it's quite a wet consistency). Sprinkle flour onto the worktop, then press the mixture into a rectangle; cut rounds with a scone cutter.
- 4 Brush each scone with milk and place on a greased baking tray. Stand the scones near each other, but not quite touching, so that when they cook they join together, which gives a more even bake. Leave in the oven for 15 mins, or until golden brown.

Apple, Date, Ginger and Tamarind Chutney

INGREDIENTS

- 25g tamarind block ■ 300ml boiling water ■ 50g butter ■ 1 small onion, chopped ■ 25g fresh ginger, peeled and finely chopped ■ 12 fresh dates (stones removed), finely chopped ■ 1 apple, peeled and cubed ■ ½ tsp salt ■ ½ tsp black pepper

- 1 Break the tamarind block (available in large supermarkets) into small pieces, place in a bowl and pour over boiling water; stir, then set aside and soak for 20 minutes. Pour the liquid through a fine sieve, press the fibrous pulp to release more liquid and set aside.
- 2 In a medium-sized saucepan, on a low heat, melt the butter, add the onion and cook until softened. Add the ginger and cook for a further 5 minutes, constantly stirring.
- 3 Add the dates, the apple and salt and pepper. Pour in the tamarind liquid, mix well and simmer on a low heat, stirring occasionally. If it starts to stick, just add more water.
- 4 Cook until the apple begins to collapse, but not lose its shape. Once cooked, decant into a sterilised jar and store for up to two weeks in the fridge.



Coconut Barfi Makes 20

Barfi is a popular Indian coconut fudge.

INGREDIENTS

- 75g butter ■ 397g can condensed milk ■ 250g sugar
- 250g desiccated coconut ■ 1 tsp cardamom powder or 6 green cardamom seeds, crushed ■ 150g white chocolate, broken into small pieces ■ Silver leaf vark* to decorate (optional)

- 1 Place the butter, condensed milk and sugar into a medium to large non-stick saucepan. Over a low heat melt the butter and, using a wooden spoon, stir until all the sugar dissolves.
- 2 Bring to the boil. Continue to stir really well (scraping the sides and bottom of the pan) for about 10 minutes or until the mixture begins to thicken. Take care at this point as it will be very hot. If using a sugar thermometer, aim for 118°C.
- 3 Remove from the heat; stir in the coconut, cardamom and white chocolate and beat until the mixture thickens. Pour the mixture into a 20cm square tin, either well greased or lined with baking parchment.
- 4 Leave to set and completely cool. If using the silver leaf vark, decorate the fudge before cutting it into squares.

* Silver leaf vark is edible silver leaf, which is used to decorate Indian sweets; it is available online.



Chai Tea Loaf

This squidgy fruit loaf can be served as sweet or savoury.

INGREDIENTS

- 225ml water ■ 4 black tea bags ■ 1 tsp ground cardamom
 - 1 tsp ground fennel ■ 1 tsp ground cinnamon ■ 1 tsp ground ginger ■ 250g dried fruit ■ juice 1 orange (about 75ml)
 - zest 1 orange ■ 50g butter ■ 100g demerara sugar ■ 1 egg
 - 225g self-raising flour, sieved
- For the topping:** ■ 1 tbsp ground fennel ■ 2 tbsp demerara sugar

- 1 Heat the oven to 180°C/fan 160°C/gas mark 4. Grease and line a 2lb loaf tin with baking parchment.
- 2 Place the water and tea bags in a pan, bring to the boil, add the cardamom, fennel, cinnamon and ginger, and simmer for 5 minutes. Take off the heat and add the dried fruit, orange juice and zest. Cover and leave overnight.
- 3 Cream the butter and sugar, add the egg, then fold the flour into the mix. Fold in the fruit mixture. Spoon into the tin, then smooth the top.
- 4 Mix the fennel with the demerara sugar and sprinkle over the cake.
- 5 Bake for 1 hour 15 minutes or until a skewer inserted into the centre comes out clean. Leave to cool in the tin, then turn out, cut into slices. Serve it on its own or buttered, or with a strong cheddar.

Mango Sandwich Cake

A variation on a theme. Jazz up this classic with mango curd and cream.

INGREDIENTS

- 170g caster sugar ■ 170g butter, softened ■ 4 large eggs ■ 170g self-raising flour, sieved ■ 1 tsp baking powder, sieved
- For the filling:**
- 150g mango curd (see right)
 - 150ml double cream, whipped

- 1 Preheat the oven to 180°C/fan 160°C/gas mark 4. Grease and base-line two 20cm sandwich cake tins with baking parchment.
- 2 In a large bowl, cream the sugar and butter together until light and fluffy.
- 3 Whisk the eggs and gradually add to the mixture; beat well after each addition.
- 4 Gently fold the flour and the baking powder into the mixture, then divide equally between the two tins.
- 5 Bake for 25 minutes in the middle of the oven. Remove from the oven, allow to cool for five minutes before turning out onto a rack to cool completely.
- 6 Spread mango curd on one half of the cake, whipped cream on the other and sandwich together. Dust with icing sugar.



Mango Curd

Mango curd makes the perfect filling for our sandwich cake.

INGREDIENTS

- 1 fresh mango ■ 4 large egg yolks
- 100g caster sugar ■ juice 3 lemons
- juice 3 limes ■ 50g butter

- 1 Peel and pit the mango, then purée until smooth.
- 2 In a metal bowl mix the mango, the egg yolks, sugar, and the lemon and lime juice together.
- 3 Place the bowl over a saucepan of hot, simmering water. Ensure the bottom does not touch the water. Whisk the mixture with a balloon whisk.
- 4 After 15 to 20 minutes the curd should start to thicken; once it does, keep whisking until it reaches 77°C, or coats the back of a wooden spoon.
- 5 Take the saucepan off the heat and whisk in the butter, divided into pieces, one piece at a time until it melts and has been completely incorporated.
- 6 Pour into a sterilised jar and cool before using. Keep in the fridge. For the tastiest serving, bring the curd to room temperature before using.



Salmon Marinated in Garam Masala, Lime Juice and Cracked Black Pepper

This sandwich has a subtle tangy flavour from the lime; the black pepper and garam masala adds a gentle kick.

INGREDIENTS

- 2 salmon fillets ■ 1 lime, juiced ■ ½ tsp garam masala
- A twist of black pepper ■ 4 slices of bread

- 1 Marinate the salmon in the lime juice with the garam masala and pepper. Leave in the fridge for four hours, or overnight, to let the flavours develop.
- 2 Wrap the salmon in foil or baking parchment and place on a baking tray. Bake for 18-20 minutes at 180°C/fan 160°C/gas mark 4. When cooked, allow to cool slightly and flake the salmon onto the buttered bread. Discard the silvery skin. If you want to up the tanginess, butter the bread with lime butter. *To make:* beat 25g of butter, together with the zest of one lime.

Cheese and Chutney

Vintage cheddar served with our spicy green chutney is a piquant treat.

INGREDIENTS

- 100g cheddar, thinly sliced
- 4 slices of bread ■ Hari Mirchi chutney (see page 44)

Slice cheddar thinly, place onto the lightly buttered bread, top with the chutney and cut into your desired shape.

Cucumber and Coriander Cream Cheese

Fragrant coriander gives a fresh taste, and onion adds texture – perfect with crisp cucumber.

INGREDIENTS

- ½ a white onion ■ 75g coriander ■ 90g cream cheese
- twist of black pepper ■ ½ a cucumber ■ 4 slices of bread

Chop the onion and coriander finely and blend with the cream cheese until smooth. Season with black pepper. Spread onto lightly buttered bread and top with thinly sliced cucumber. We served ours as open, round sandwiches, as the shape of the cucumber lends itself to this, but it works just as well served as fingers or traditional triangles.

Chai Tea

Chai tea is a delicately spiced, soothing drink. It's made with various spices, milk and tea boiled together. Although optional, the addition of sugar brings out the robustness of the spices.

INGREDIENTS

- 2 cups of water ■ 1 tsp fennel seeds ■ 4-6 split cardamom pods
- 1 black tea bag/1 scoop loose black tea ■ ¼ cup of milk
- Sugar to taste (optional)

Heat two cups of water in a saucepan, then add the fennel seeds, cardamom pods and tea bag/loose tea. Simmer for five minutes, then add the milk and sugar to taste (optional). Bring to the boil, strain and serve.

SANDWICHES

Use both wholemeal and white bread, cut into fingers, triangles and circles. Butter thinly to the edge of each slice and add filling, before slicing off the crusts and cutting into shape – you will need a sharp round cutter to create circles. The denser the bread, the easier it is to cut. Each of the variations (shown right) are for two rounds of sandwiches, cut to your chosen shape.

Curry On Cooking

Veena Josh (shown right) and her sister Nilam Wright are the creators of Curry On Cooking. They produce six pre-packed spice kits – from Korma to Madras – which are gluten, dairy and sugar-free. Born and bred in Derbyshire, they are on a mission to change people's misconceptions that Indian food is spicy, greasy and unhealthy. When the sisters were developing the recipes to accompany the kits they sent Nilam's son Josh into the kitchen to cook them. 'We tell people we

don't send kids up chimneys any more, we send them into the kitchen instead. If a 10-year old can cook these dishes then anybody can.' Their sense of humour shines through in messages printed on the bags of spices, such as: 'Tikka a chance on me' for Tikka Masala, or 'Some like it hot' for Jalfrezi.

For more details and to find stockists visit: www.curryoncooking.com or @Curry_Kits on Twitter.

