

Punjabi Curry

2 pints yoghurt ) whisked  
1/2 cup gram flour ) together  
1 tablespoon oil  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
Small stick cinnamon  
2 cloves  
1 large cardamom pod – seeds crushed  
1 teaspoon turmeric powder  
1 ½ teaspoons salt  
½ teaspoon red chilli powder  
2 tablespoons lemon juice  
3 pints warm water  
1 inch knot of fresh ginger - grated

Method

1. Whisk gram flour & yoghurt in a big mixing bowl
2. In a saucepan, heat oil & add mustard & cumin seeds
3. When they begin popping add cinnamon, cloves & cardamom
4. Stir in turmeric powder, salt & red chilli powder
5. Add the lemon & water, mixing well - Bring to the boil stirring constantly to prevent the flour sticking to the bottom of the pan
6. As its coming to the boil drop the heat to a slow simmer – this is to prevent the curry boiling over
7. Add grated ginger
8. Keep at a simmer stirring continually – for ½ hour
9. Add the onion bhajis & simmer for 5 minutes
10. Serve hot with rice

Allergen – milk, mustard seeds

Accompaniment: Plain boiled rice

Onion Bhaji

3 cups gram flour -sifted  
2 teaspoons cumin seeds  
1 teaspoon carom seeds  
1 ½ teaspoons salt  
½ teaspoon red chilli powder  
2 tablespoons lemon juice  
1 tablespoon oil  
2 cups warm water added a bit at a time

(Mix all of the above to a thick paste & put aside)

2 onions – ½ inch squares  
2 potatoes – ½ inch square  
2 hand full of spinach leaves – coarsely cut

Method

1. Sift gram flour in a big mixing bowl
2. Add the spices & salt
3. Whisk the oil & 1 cup of water, & stir into the flour to form a thick paste
4. Chop the onions, potatoes & spinach leaves & add to the gram flour paste
5. If more water is required, add more water a little at a time to evenly mix & coat the cut vegetables
6. Heat the oil - to a medium heat
7. Drop small mounds of the coated vegetables
8. Fry to golden brown & drain on to paper towel covered plate
9. Serve hot & enjoy

Allergen - milk,