

REVIVE 2020 - SEMINAR

REVIVE YOUR KITCHEN!

INGREDIENT LIST

Here is a shopping list of all the ingredients you will need for the 3 dishes.

| Rice | Dal | Lamb Curry |
|--------------|----------------------------|------------------|
| Basmati Rice | Split red lentils | Onion |
| | Asafoetida | Ginger paste |
| | Turmeric | Garlic paste |
| | Salt | Lamb |
| | Sunflower or Vegetable Oil | Ground Coriander |
| | Mustard seeds | Ground Cumin |
| | Cumin seeds | Turmeric |
| | Tomato | Chilli powder |
| | Garlic | Chillies |
| | Ginger | Garam masala |
| | Water | Cream |
| | Coriander leaves | Coriander leaves |
| | | |

RECIPES:

Perfect Basmati Rice

Ingredients:

1 Mug of Basmati Rice -if you use a mug that you drink tea in , (a regular to bigish one)to measure your rice it should easily feed 3 hungry people or 4 not ravenous people.

Method:

1. Put the rice in a big bowl and rinse it in lukewarm water. Change the water 2 or 3 times or until the water is clear.
2. Now let it soak in lukewarm water for a minimum of 10 minutes. It does not matter if you leave it to soak for longer.
3. When you are ready to start cooking, drain the rice.
4. Bring a big saucepan of water to the boil on the hob. Put the rice in the pan and bring it back to the boil.
5. Let it cook for 7 minutes. When done, turn the heat off.
6. Immediately drain all the water out and then put the lid back on. Let it stand for at least 10 minutes.

Serve with an amazing curry!

Dal

Ingredients:

For the dal:

- ½ cup Split red lentils
- 2 to 3 cups water (depending on the consistency you prefer)
- ¼ teaspoon turmeric
- ½ teaspoon salt (or to taste)
- ¼ teaspoon asafoetida

For the tadka: (means tempering)

- 2 tablespoons of oil or ghee
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds

2 tablespoons chopped coriander

Method:

1. Put all the ingredients for the dal in a saucepan and bring to the boil. Cover and lower the heat to a simmer.
2. Let the dal soften and cook for 20 minutes.
- 3 When the dal is cooked, prepare the tadka by taking a small saucepan and heating the ghee or oil.
4. When the oil is hot, add the mustards seeds. It will sputter, so beware!
5. Add the cumin seeds and let it sizzle for a few seconds.
6. Now add this seasoning to the dal and give it a good mix. Garnish with coriander.

Serve with rice.

Tadka means tempering. When you mix spices in the hot oil, the flavours seep into the oil and completely transform an average lentil dish into something that is absolutely delicious. This is a very basic dal recipe. If you want to be adventurous, you can try using other whole spices in the oil. You could add onions, ginger, garlic and tomatoes to the mustard seeds and cumin and then mix that in with the dal.

Lamb Curry

Ingredients:

Diced Lamb - 500gms
Oil/ghee - 2 tablespoons
Onions - 1 diced
Ginger paste - 1 tablespoon
Garlic Paste - 1 tablespoon

Masala:

Ground Cumin - 1 tablespoon
Ground Coriander - 1 tablespoon
Turmeric - 1 teaspoon
Chilli Powder - 1 teaspoon (or according to taste)

Chopped tinned tomatoes – 400 gram
Water - 100 ml
Salt - 1 teaspoon (or to taste)
Cream - to taste
Garam masala - 1 teaspoon
Coriander leaves - 2 tablespoons

Method:

1. Heat oil and fry onions till softened and golden brown.
2. Add ginger, garlic paste and fry for 3 minutes, stirring occasionally.
3. Add the lamb and fry.
4. Now turn down the heat and add the salt and the spices - cumin, coriander, chilli and turmeric. Stir for a couple of minutes so that all the meat is coated with the spices. Let it cook for 5 minutes.
5. Add the tinned tomatoes, salt and water and stir. Bring it to the boil and cover. Let it all simmer for 20 minutes so that the meat and tomatoes are cooked. You can cook it for longer on a small flame for upto 45 minutes to let the meat become tender.
6. Now heat a little oil in a small saucepan and then fry the garam masala for about 30 seconds and add it to the curry.
7. Stir in the cream and coriander leaves.
8. Serve hot with rice or chapattis.

Recipes courtesy of Jyothi Chapman