



**Mike & Farhana's Cook Along Supper Club
Session 2: Saturday 5pm, April 26th, 2020**

Chicken Karahi (and Chicken Jalfrezi)

Serves 6 people, Prep time: 10 minutes, Cooking time: 30-40 minutes

A karahi is a large, cast iron pot, shaped a bit like a wok. You can use any heavy saucepan. We use a 26cm pan with a 5 litre capacity for most of the curries/rice we make. There are no Indian spices in this karahi dish whatsoever. All the flavours come from vegetables so please get the freshest.

TRY TO MAKE THE NAAN OR THE CHAPATI DOUGH AN HOUR BEFORE THE CLASS STARTS!

Ingredients:

- 2 tablespoons of vegetable or sunflower or rapeseed oil (not olive oil)
- One medium chicken cut into 8-10 pieces OR 750g boneless chicken, cut into 2" cube pieces (not too small as smaller pieces will disintegrate)
- 2 large onions, roughly chopped
- 6 large cloves of garlic, crushed /minced*
- 3" piece of fresh ginger (2" minced and 1" cut into matchsticks for decoration)
- 3 long thin green chillies (not red ones) – 2 of these crushed, save 1 for decoration
- 5-6 large tomatoes, weighing around 600gram total (or use one 400g tins of chopped tomatoes plus 2 big fresh tomatoes or 1.5 x 400g tinned tomatoes)
- 3 tablespoons of plain live yoghurt
- 1-2 teaspoons of salt (or less according to your taste)
- 1 lemon, juiced,
- 1 tablespoon of garam masala and 1 teaspoon of black pepper (optional)
- a whole bunch of coriander, leaves and finer stalks chopped finely
- For Jalfrezi, an extra onion & half a red and half green pepper

Method:

Use a small electric chopper (or a Nutribullet or blender), combine the all the garlic, 1 big tomato or a big tablespoon from your tinned ones, 2 inches of ginger & 2 of the 3 green chillies and pulse quickly until everything is finely chopped. Don't add any water. If you don't have an electric chopper, you can grate the ginger, crush the garlic and finely chop the chillies. Set aside this paste like mixture.

Heat the oil until hot. Add the chicken pieces & fry the chicken pieces for around 3-5 minutes until they take on a little bit of brown colour. Turn the heat down to medium.

Now add all onions and fry for a couple of 3 minutes.

Next add the paste of minced garlic/ginger/chillies/ to the chicken & onions. Fry for a couple of minutes. Keep stirring occasionally and don't let the mixture stick to the bottom. While this is going on, start cutting up your tomatoes.

Add the tomatoes as you chop them one at a time (not all at once) which means they are going to cook down at different speeds and keep your chicken moist. If you are using tinned tomatoes, add them in 3 batches rather than at once.

Stir in the salt and yoghurt. Also add the gram masala if you want it spicier.

Turn up the heat a little bit and give everything a good stir to combine. Don't cover the mixture with a lid and leave to cook, stirring every now and then. Basically, the tomatoes will release a lot of liquid & this is what makes the chicken cook & taste great along with water in the onions & yoghurt too. You absolutely should not need to add any water!

After about 10-15 minutes everything should be cooked down into a gloopy sauce that is rich & thick and will stick to the bottom of your pan unless you are vigilant! You can decide how wet or dry to make this dish by boiling off more of the liquid from the tomatoes.

After 35 -40 minutes of cooking time, check if the chicken is cooked through (the exact timing will depend on the size of your chicken pieces and how tender/tough it was).

Once your chicken is cooked, turn off the heat. Add in the lemon juice & give it all a good mix once it cools a bit.

Adjust to your taste by adding more salt/pepper and more lemon juice if you want it tangier. If it is not spicy enough you can also now add some fresh black pepper. This recipe is actually very mild!

Finish off by adding the garnishes: scatter over the chopped coriander, the remaining thinly sliced green chilli and the one-inch piece of ginger cut into matchsticks. Enjoy with pilau rice or chapatis/naan and raita.

For chicken jalfrezi, follow the recipe below. Then, at the very end of the cooking when your karahi is almost ready, use a separate small frying pan to gently fry one sliced onion and half a sliced red & half a sliced green pepper until the onions & peppers are soft but still have some bite (about 5-6 minutes on medium heat). Add the lightly fried onion/pepper mix it to your finished Karahi when its already all cooked.

Saag Aloo (or saag paneer)

Serves c 6 people, Prep time 10 mins; Cooking time c 35 mins

Ingredients:

- 3 medium Onions
- 2 tablespoons of vegetable Oil
- Fresh (or frozen spinach) around 450g
- 400g Tinned Tomatoes
- Garlic – 6-8 cloves
- Ginger – 2-inch piece
- 1 tsp Salt
- 1 tsp Red Chilli Powder (to choice)
- 1 ½ tsp Ground Cumin
- 2 tsp Ground Coriander
- ½ tsp Turmeric
- At least 10 small Potatoes, around 450g cut into 1-inch cubes (floury preferred but whichever you have) **OR Paneer around 300g or one packet**
- 25g Butter (or coconut oil if you are vegan)

Method:

1. If using fresh spinach, wash, and cut up roughly. Set aside.
2. Chop 3 medium onions quite finely and add them to 3 tablespoons of vegetable oil over medium low heat. Fry until browned (about 10 mins)
3. In the meantime, pour into a blender 400g of tinned (or fresh) tomatoes, a splash of water, 6 or 8 garlic cloves, two-inch piece of peeled ginger. Blend until smooth.
4. When onions are browned, pour tomatoes into the pan with the onions. Stir and keep heat on medium.
5. To the pan add the salt, red chilli powder, ground cumin, ground coriander, turmeric and stir them in. Fry for a couple of minutes.
6. Add the spinach, stir in, bring to the boil, cover and reduce to low simmer. Cook for 15 mins.
7. Add 10 peeled baby potatoes cut into roughly 1-inch cubes, cover and simmer on low heat until potatoes cooked. About 15 - 30 mins. If making saag paneer, ignore this step! Instead, cut the paneer into 1inch cubes. Pat dry with a kitchen towel and fry in a tablespoon of oil until golden. Remove from oil and drain on kitchen roll and then add to finished saag.
8. If curry is too wet, turn heat to medium and dry out. To choice. Adjust seasoning if necessary. Finally stir through 25g of butter (or coconut oil) for a richer, creamier taste and serve with chapatis or rice!

Chapatis, makes 10-12

Ingredients

- 2 cups whole wheat flour or drum-wheat “Atta” from Indian shops– if you don’t have this you can use half plain white flour and half wholemeal flour;
- 1 teaspoon salt
- 1 cup water (approximate, you may need a bit more or a bit less)
- 2-3 tablespoons wheat flour, for rolling and dusting
- A griddle or heavy duty frying pan (cast iron & non-stick are ideal)
- Optional: A tablespoon of ghee/melted butter or coconut oil

Method:

9. Sieve the flour, add salt to it and mix well. Place the flour in a large bowl and add 3/4 cup of the water. Stir gently with fingers in a circular motion until the flour starts to gather. Add 1-2 tablespoons more flour if the dough looks too sticky. Add more water if it looks too dry and firm. You can add a tablespoon of oil if you like to make the dough more pliable & softer but most Pakistani don’t do this.
10. Knead the flour until it becomes soft and pliable and doesn't stick to your fingers. You can put a little oil on your hand while kneading the dough to help with kneading. Cover the dough with plastic wrap and let the dough rest for at least 30mins, ideally 1 hour. Most families make enough 3 time the above dough and store it for a couple of days in a lidded container in the fridge so its always ready to use.
11. Divide the dough into 10-12 equal-sized dough balls and create a nice round shape. Keep on a flour dusted plate. Now you are ready to make chapatis! Heat the griddle over medium-high heat till its slightly smoky. No need to put anything on it like oil etc,
12. Working on one dough ball at a time. Roll a dough ball in the flour and flatten it a bit with your hands. Transfer the flatten ball to a clean flat surface, roll it with a rolling pin into a 6-7 inch disc. If the dough sticks to the surface, dust the surface with more flour.
13. Place the chapati on the hot griddle and cook for 30 seconds or until tiny golden dots appear on the surface, flip over and cook the other side. Flip over again and soon the chapati will start to puff up. Use a folded kitchen towel and press gently on the puffy chapati to push the air to the flatten part of the chapati. The whole bread should puff up into a round ball.
14. Wrap the cooked chapatis in a clean tea towel until you finished. You could brush each chapati with a little butter or ghee if you like. Serve immediately.
15. If your chapati doesn’t puff up like a ball, it will still taste delicious. It may take a little practice to get puffy chapatis. You can also puff up the chapati on direct flame.
16. The same dough can also be used to make parathas & stuffed rotis.

Naans, Makes 6

Ingredients

- 1 x 7g sachet dried yeast
- 2 tsp sugar (granulated or any kind will do)
- 300g strong white bread flour, plus extra for dusting
- ½ tsp baking powder
- Warm (hand hot) for mixing dough
- 25g butter, or ghee, melted, plus extra 2-3 tbsp for greasing and brushing (or use coconut oil /olive oil if you like)
- 150ml natural plain bio live yogurt
- 1 tbsp nigella seeds

Method

1. Put 125ml warm water into a bowl and sprinkle over the yeast and 1 tsp of the sugar. Leave for 10-15 mins or until frothy. In a larger bowl put the flour, remaining sugar, ½ tsp salt and baking powder. Mix together then make a well in the centre in which to pour the melted butter, yogurt, nigella seeds and yeast mixture. Stir well, then start to bring the mixture together with your hands. If it's very wet add a spoonful of flour but if it's dry add a splash more warm water. It should be a very soft dough but not so wet that it won't come together into a ball of dough. When you're happy with the consistency, start kneading, first in the bowl then transfer the mixture onto a well floured surface and continue to knead for up to 10 minutes or until smooth and elastic but still soft. Grease a large bowl with extra melted butter or oil then shape the dough into a ball and place in the prepared bowl.
 2. Cover and leave in a warm place for about 1 hr or until doubled in size. *You can also put everything into a food mixer and knead it electrically!*
 3. Divide the dough into 6 balls and put them on a baking tray dusted with flour, then cover the tray with a damp tea towel. Heat a large non-stick frying pan over a high heat. Take one of the balls of dough and roll it out to form a teardrop shape that's approximately 21cm long and around 13cm at the widest part.
 4. When the pan is very hot, carefully lay the naan bread into it. Let it dry fry and puff up for about 3 mins, then turn over and cook on the other side for another 3-4 mins or until cooked through and charred in patches. Layer up the cooked naans one on top of each other as you make them, brushing each one with melted butter or ghee as you go. Keep wrapped in a clean tea towel.
 5. If making ahead, keep warm by heating oven to its lowest setting and put the cooked naans on a baking sheet. Serve warm with your curry.
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