



**Mike & Farhana's Cook Along Supper Club
Session 3: Saturday 5pm, May 2nd, 2020**

This third session we are going to make:

- **Stuffed naans and chapatis; please make the dough for one or both ahead of the start of the class! Recipes & ideas for stuffings are below! But it's all to do with what you have to hand)**
- **Vegetable pakora (onion & potato bhaji)**
- **Fresh Green and cooked Chutneys, raitas and relishes/pickles (you don't have to make them all, just choose some)**
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Together these dishes provide a fantastic, nutritious & filling vegan dinner in their own right. But you can make a side dish of daal or saag aloo if you want to eat more).

Naans/Chapatis stuffed with Potato and spinach

Ingredients (suggestion: you double this quantity to eat extra as a side dish)

- Naan/chapati ingredients listed separately (see below)
- 1 tbsp (15ml) oil
- 1/2 onion, diced
- 2 cloves of garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp each: garam masala, chili
- 1/4 tsp turmeric
- 1/4 tsp salt

- 2 small (about 300g) potato (boiled), diced into 1/2-inch cubes
- 1/2 cup (80g) spinach (chopped, or use frozen spinach defrosted, or any other greens like kale/spring cabbage or even cauliflower cut into very small pieces or made blitzed in a blender into cauliflower “rice”)
- 2 tbsp freshly chopped coriander
- 1 tsp lime juice (or lemon juice)
- Butter/oils for brushing

Method for filling:

1. Heat the oil in a skillet over medium heat. Once hot, add the diced onion and garlic, and cook for 3-5 minutes or until golden. Add the ginger and cook for another minute.
2. Next, add a splash of water, cumin, garam masala, chili, turmeric, salt, diced potatoes, and cook for about 5 minutes, stirring regularly to prevent sticking.
3. Add the spinach, stir in, bring to the boil, cover and reduce to low simmer. Cook for 15 mins, making sure the potatoes are well cooked and mushy.
4. Stir in the chopped cilantro and lime juice. Taste and adjust spiciness/saltiness to your liking
5. Let the filling cool for a few minutes, then c 1.5 or 2 tbsp max to the centre of the naan. Fold the naan around it and gently flatten the naan. Don't overfill.
6. Dry fry the naan in the heated skillet as before. And brush over with oil/butter to keep soft and add more flavour. You can also sprinkle over more seeds and a bit of finely chopped garlic if you like.

Other Suggestions for fillings for Naans/Chapatis

7. Any leftover bit of vegetable curry (or bit of minced up lamb/chicken will do too if eat these)
8. Any leftover cooked daal to hand; or other kind of cooked lentils (e.g. in a packet or jar flavoured with 1-2 teaspoons of gram masala (or curry powder) and lightly sautéed with one small diced onion for 10 mins and then cooled down;
9. Raw grated vegetables. Try grating 1 onion or a bunch of spring onions, 1 large carrots and a handful radishes and seasoned simply with a bit of salt/pepper and 1 teaspoon of cumin power; You can use just one of these or a mix.
10. Capers & diced up seedless olives with a bit of grated lemon zest and add a sprinkle of raisons /nuts. Omit what you hate or don't have. Add a few chilli flakes to jazz it up or one finely diced red chilli.

11. Any hard cheese grated, or soft cheese mixed into any of the above or on its own is great too. Basically -experiment with whatever you like or have to hand!
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Vegetables Pakoras (potatoes & onion bhajis) serves 4-6 people but make double if you want to eat lots and are not making a curry!

Pakoras are a type of vegetable fritter but the batter is made from a very healthy source, gram flour (also called besan or chickpea flour). Gram flour is naturally gluten free and it is also high in protein, iron and fibre. All it is, is ground-up chickpeas that are either raw or roasted. It can be found in all Indian shops and most supermarkets. All pakoras dishes are vegan and can be enjoyed as a snack or made more filling if you eat them chutneys/raita and a fresh stuffed naan (or two). The most popular pakoras use just onions or potatoes with onions but you can make them with just about any vegetable. They are especially nice with spinach, small cauliflower florets, strips of green pepper or aubergine slices. Just try out different things and see what you like. Great to make these to use up bits and bobs too. Double the quantities if making a main meal of this but these are best eaten as soon as they are made and don't store well the next day.

The Batter:

100 g Chickpea flour (gram flour)
¼ tsp salt
¼ tsp freshly ground pepper
¼ tsp ground turmeric
¼ or half tsp ground cumin
¼ baking soda (bicarbonate of soda); if you don't have this you can use baking powder instead
1 small green chilli finely chopped (optional but delicious)
1 tablespoon of lemon juice
Vegetable oil & a medium deep pan or wok for frying; about a 2/3 of 1 litre bottle but depends on your pan!

The vegetables to use with the batter(to choice)

3 medium potatoes, finely sliced, thickness of a 2 pence coin) & 1 onion sliced finely

You can also have to hand and try the following: a handful of spinach; a small aubergine sliced into one-pound coin thickness; red/green peppers sliced into long wide strips; 1-inch florets of a small cauliflowers)

Method:

Put all the batter ingredients together and mix together with water to form a thick batter like the consistency of thick double cream. Try using ice cold water for a smoother mix. Add the onions and potatoes and mix (if using other vegetables, keep them to one side and dip them in the batter one at a time rather than throwing them all in).

Heat up the oil in a deep-frying pan or wok (at least an inch or more) till hot but not too smoky. Put in a tiny bit of batter and if it sizzles, its ready. Now using a tablespoon to carefully put in one generous spoonful of the batter mixture in the hot oil at a time. Don't overfill the frying and basically never put in more than you pan can hold as a single layer. Fry slowly for about 6-7 minutes cos that is how long potatoes take to cook even in a deep fryer and turning the heat up/down so the pakoras turn a nice golden-brown colour. Remove with a slotted spoon onto a colander lined with kitchen paper to drain excess oil. Make other batches and serve with any of the chutneys especially the fresh green chutney below but you can also use sweet chilli sauce or ketchup! After the oil has cooled, sieve it and put into a jar for next time – it can be used several times over.

If you don't want to deep fry, you can also use an oven method: add 1-2 tablespoons of oil to the batter mix. Line a baking tray with foil and brush this generously with oil. Drop spoonfuls of batter mixture with the vegetables in it, leaving a bit of a gap between each dollop to allow for spreading. Bake for 25-30mins until pakoras are crisp and brown. Take out and use a slice to get them off. They won't taste the same of course as if you fry them, but this is less hassle and slightly less fattening.

Chutneys, relishes and raitas

These are an absolutely essential part of Indian food cooking. They add a buzz and zing and it is often another way to eat yet more vegetable. Fresh chutneys are basically spicy smoothies and most Indian families prefer these to leafy green salads (which would have wilted and not lasted long in a hot climate). There is no need to make all of them. Just select ones you like. Any leftovers can be put in a jar, refrigerated and eaten in a day or two. And if you don't feel like making any there are amazing shop bought chutneys in all the stores! Take it easy and get some.

Fresh Green Coriander Chutney

- One bunch of fresh coriander
- 1 – 2 Green Chillies
- 1-2 tablespoons lemon juice
- Salt (to taste)
- Sugar (or honey) – optional but a dessertspoon is very nice!

Method: Put all the ingredients into a blender/grinder with a few tablespoons of water till it's a paste. You don't need to remove all the stalks, just remove the thick ones. Basically, the entire bunch is edible, and we don't like food waste! Check seasonings and adjust to your taste.

Fresh Green Mint Chutney

- One bunch of mint (but take leaves of thicker stalks)
- A quarter bunch of coriander (yes, even though this is mint, we still have the coriander); leaves and stalks
- 2 green chillies
- 2 garlic cloves
- 1 inch piece of peeled fresh ginger
- Salt (to taste)
- 1 tbsp of lemon juice
- Sugar (or honey) – optional but nice!
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Method: Put in grinder till it turns into a paste. Adding in water to adjust to a thickness of paste you like.

Variations on the green chutneys above:

- Add yoghurt (about ½ to 1 cup) to make these milder but also to add more substance to your meal. OR
- Add a half a tart, peeled apple to the green chutneys to bulk them up & a mysterious zing. OR
- Add a peeled, flesh only of one small fresh green mango (little ones from Indian shops). Heavenly and authentic.
- Finally, you can also dry roast 2 tsp of cumin and add them to any of the chutneys to make them slightly spicier and more fragrant!

Fresh Peanut Chutney

- ½ cup roasted peanuts
- 1-2 green chillies
- 1 tbsn lemon juice
- 1" piece of fresh peeled ginger
- 1 tbsp of fresh coriander leaves
- Water to blend
- Salt (to taste, remember your peanuts may be salted already)

Method: put in blender and pulse to a paste adding water to get a nice consistency. This is also good made in a pestle and mortar which keeps some of the texture intact and rougher.

Cooked Punjabi Pickled Radish, Carrots and Cauliflower (from Meera Sodha!)

Makes 750g (2 jam jars worth and keeps for a month or so)

250g cauliflower florets – broken into very small florets;
200g radishes – topped/tailed & sliced thinly e.g. by mandolin or grated if you don't have one
2 medium carrots – topped/tailed & sliced thinly e.g. by a mandolin or grated
120 ml rapeseed or neutral oil
1 tablespoon mustard seeds (black or brown)
3 whole dried Kashmiri chillies (longish ones or just use what you can find, cut into identifiable chunks)
1 tsp turmeric powder
1 -2 tsp chilli powder
3 tsp salt
3 tsp sugar
350ml Sarson's distilled spiced pickling vinegar (or just malt vinegar if you can't get it)
A large casserole saucepan with lid

Method: Heat the oil in the casserole to medium hot. Put in mustard seeds so the seeds pop (about 20 seconds). Add dried Kashmiri chillies (they are in chunks to add flavour but can be seen and picked out by those who don't want to eat them). Fry for 20 more seconds. Add all the turmeric & chilli spices and fry for 30 seconds. Now turn down heat to low and add all the vinegar. Cook for 10- 15mins to make it slightly thicker. Add salt & sugar and then all sliced vegetables. Cook for a 5 mins or so but not too much. Take off the heat. The vegetables are thinly sliced so don't need long and anyway will "cure" cook in the oil over time. When mixture has cooled slightly, transfer carefully to one large or two smaller sterilised jars.

Cucumber Yoghurt Raita

Ingredients:

- Plain live yoghurt (dairy or vegan), about 200 – 300g, to your choice!
- Half a cucumber, grated or cut into small cubes,
- One tomato, chopped into small pieces;
- A handful of mint leaves, finely chopped
- A bit of salt, according to your taste
- Optional! one mashed garlic clove and one teaspoon of cumin powder & pinch of turmeric

Method: Beat the yoghurt in a mixing bowl; add a bit of water if you like it thinner or leave it if you like it thick! It's up to you! Then simply add all the other ingredients & mix together. Decorate with some sprigs of extra mint and sprinkle over a pinch of turmeric & cumin powder as it looks pretty, and you are adding extra spices that are good for you!

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 power
- 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 or Flora if you like)
- 150ml natural plain bio live yogurt (or vegan coconut yoghurt is nice)
- 1 tbsp nigella seeds (or use onion seeds, or omit if you don't like the zingy taste of either)

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 of 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. **If making stuffed naans, add your filling to the centre of each dough ball and close up and then proceed to step 4.**
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. Or lightly wrapped in foil in a very low oven to keep warm.

Chapatis, makes 10

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
- Stuffings as above plus extra ghee/melted butter or oil/plant-based butter.

Method:

- 1- 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.
- 2- 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 it’s always ready to use.
- 3- 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. If making stuffed chapatis, put one generous tablespoon of your filling into the dough ball and close up the ball and slightly flatten it; proceed as below.
- 4- 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.
- 5- 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.
- 6- 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.
- 7- 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.
- 8- The same dough can also be used to make **stuffed rotis**, just need to make use of leftovers and bits and pieces to put into the dough ball and learn to roll the chapatis slightly more carefully! You then have to add a bit of oil or ghee to fry the chapatis.
