Delicious and Healthy Curries

THE BRADFORD CURRY CAPITAL 2014
HEALTHY CURRY RECIPE BOOK
Bradford Curry Capital
FOUR YEARS IN A ROW!

The Curry Capital of Britain is an annual competition which sees cities from all over the UK compete to be crowned the nation’s Curry Capital. Bradford has won the title Curry Capital of Britain for four years in a row and is proud to be part of the competition.

The Curry Capital Team 2014 were an exceptional team which included Aakash, Kipling’s, Shimla Spice, and Zaara’s, Lishman’s of Ilkley and Keelham Farm Shop.
The Curry Tree is a charitable fund, raising and allocating money to deserving causes concerned with poverty, disaster and malnutrition. Causes supported are chosen by the trustees of the charity which include some of the most prominent people in the Indian cuisine sector.

All donations raised from the Delicious and Healthy Recipe Book will contribute to the Curry Tree Charitable Fund.
Chapter One

The 2014 Curry Capital of Britain team has worked hard to put together a number of recipes which are not only delicious but healthy too.

These simple dishes can be for a quick midweek treat or you can show off your skills to your family and friends. All these recipes are authentic and delicious and have been handpicked our team.
Mughlai Chicken Grill

The 5-star chefs at Aakash have put together a fantastic healthy recipe which maintains the original texture and taste of our traditional Asian starter.

METHOD

Take a pan and add the olive oil. Let it heat until it starts sizzling, then add in the cumin seeds with the ginger and garlic paste.

Reduce the heat and add the single cream, stirring continuously ensuring the mixture doesn’t split.

Now keep the mixture aside and let it cool to room temperature.

Once it has cooled to room temperature, marinate the chicken breasts thoroughly with the mixture.

Whilst the chicken breast is left to set for 10 minutes, let’s make the garnish.

Put all the dry ingredients: tandoori masala, amchoor powder, red chilli powder, ajwain seeds and gram flour in a bowl and mix.

Place the chicken breasts on the grill and cook for 7-8 minutes or slightly brown, then sprinkle the dried seasoning equally on both sides of the chicken breasts and grill for 1-2 minutes until golden brown.

Serve hot, topped with rocket leaves and sun dried tomatoes.

INGREDIENTS

(serves 2)
2 chicken breasts
½ teaspoon of cumin seeds
½ teaspoon of fresh ginger paste
½ teaspoon of garlic paste
Salt (max ½ teaspoon)
½ teaspoon tandoori masala
½ teaspoon amchoor (mango) powder
A pinch of red chilli powder (to taste)
½ teaspoon of ajwain (carom) seeds
½ teaspoon of gram flour
Few drops of olive oil
1 tablespoon of fresh single cream
Rocket leaves (100g)
2-3 sun dried tomatoes
### Murgh Shashlick

**INGREDIENTS**

8 fillets of chicken breast

**Marinate**

- 2 tbsp natural low fat yoghurt
- 1 tbsp olive oil
- 1 tsp ground
- ¼ tsp red crushed chillies
- 1 tsp ground garam masala
- a pinch of salt & pepper

**Hot Platter Base**

- 1 fresh tomato
- 2 button mushrooms
- ¼ green pepper
- ½ spring onion
- ¼ of lemon juice

**Mutter Sauce**

- 1 tbsp fresh garden peas
- 1 tbsp olive oil
- ½ cup water
- ½ tsp coriander seed
- 1 tsp whole cumin seeds
- ½ tsp garam masala
- pinch chopped fresh coriander leaves

**Roasted Almond Nut Basmati Brown Rice**

- 1 tsp olive oil
- 1 cup basmati brown rice
- ½ chopped Spanish onion
- 2 crushed garlic cloves
- 1 tsp turmeric
- 1 bay leaf
- 1 green cardamom pods
- 1 clove
- ½ tsp fennel seed
- 1 cup full dry roasted almond nuts

**METHOD**

Succulent pieces of chicken fillets are marinated in natural yogurt, with a Kiplings chef’s special blend of ground dry roasted selection of spices. The chicken fillets are char in tandoor oven or grill and served with char-grilled pieces of onions, peppers, vegetables and tomatoes with a twist of fresh lemon to “tantalise” those taste buds.

Served with Kipling’s special sauce of medium strength to combined chicken breast fillets and dry roasted almond nut pillao.
**INGREDIENTS**

**Chicken Marinade**
Marinade 500g boneless chicken in the following marinade:
- 150g low fat natural yoghurt
- 1 tsp cinnamon
- 2 cloves garlic chopped
- 1 tsp cumin
- 2 tsp ground ginger
- 2 chopped onion
- 1 large cup of basmati rice
- ½ tsp ground cardamom
- 1 tbsp vegetable oil
- 1 tsp turmeric
- 4 chopped garlic cloves
- 4 cloves
- 2 bay leaves
- ½ tsp salt
- 1 tsp garam masala
- 2 cups chicken stock

**METHOD**
Mix all the marinade ingredients with chicken and leave aside whilst you prepare the rest.

In a pan heat the oil and gently sauté the onions and garlic, till the onion has turned brown and soft. Add the spices, bay leaves and the marinated chicken, keep stirring until the chicken looks cooked.

Stir in the rice and stock and allow to simmer. When the liquid is simmering put the lid on and turn the heat down very low. Cook for around 20 mins without removing the lid. Make sure the rice and chicken are well mixed and stirred. Check to see if the rice is cooked.

This is a healthy version of the chicken biryani, which can be cooked with different meats, vegetables and seafood.
Mustard Aloo Gobi

INGREDIENTS

(serves 4)
1 small cauliflower, cut into small florets
2 medium potatoes, peeled and sliced or diced to the size of cauliflower
1” ginger, finely chopped or grated
4 green chillies, finely chopped
2 tbsp chopped fresh coriander
2 tsp ajwain (carom seeds)
1 tsp mustard seeds
¼ tsp turmeric powder
1 tsp garam masala
½ tsp lemon juice
salt to taste (max 1 tsp)
2 tbsp mustard oil

METHOD

Cut cauliflower and potato into equal size pieces and part boil the potato in salted water until half cooked. Remove them and keep aside.
Blanch the cauliflower florets in the same water and keep it separately. We even added a pinch of turmeric powder in the water while boiling the vegetables.

Heat mustard oil in a thick narrow bottomed karahi (Wok) until it really reaches the smoking point and you can see fumes coming out, the oil should literally burn to get the amazing and special flavour to this curry. (Very important step)
From now the real action begins and you should be really quick in adding the ingredients to the hot oil. Keep the flame in medium now.
Add turmeric to the burning oil and immediately add ajwain and mustard seeds and wait for the crackle. Add finely chopped and grated ginger to it and quickly sauté it. Be careful not too burn any of the spices.
Add finely chopped green chillies and again sauté for a minute.
Add the part boiled potatoes and fry them until you see the brown specks appear on them. You can do this part over the high flame.
Now add the cauliflower florets and continue frying on medium to high flame until you see the brown specks appear on all the vegetables and are cooked and yet crispy.
Now add garam masala and chopped coriander to it and mix well. Mix in the lemon juice and remove it from stove.
Serve it hot and fresh to enjoy the flavours and the crispiness of the vegetables. Best served with a seasoned tandoori roti!
Chapter Two

The Dietetic Department at Bradford Teaching Hospitals NHS Foundation Trust have worked with NHS Bradford City CCG’s Bradford Beating Diabetes team to put together a number of tasty recipes which highlight that eating healthily can still be exciting and tasty.

Balancing your diet when you are at risk of developing diabetes or when you have been diagnosed with diabetes can be challenging. The food choices you make and your eating habits are important in helping you manage your diabetes or your risk of developing the condition. However you are still able to continue to enjoy a wide variety of foods as part of healthy eating. This is highlighted with the following recipes which have all been modified to meet healthy eating guidelines and are suitable for people with diabetes, or those at risk of developing diabetes and show that you can still enjoy delicious meals.

Bradford Beating Diabetes (BBD) is a wonderful and potentially life changing campaign. To see the people of Bradford being so proactive about tackling Diabetes sets a great example.

By identifying those who are at high risk of developing Diabetes, it allows them to learn and adopt simple, effective health and lifestyle changes which will significantly reduce their chances of developing diabetes.

This support and awareness campaign has also allowed the correct care to be given to new diabetic patients whilst raising awareness of Diabetes in the community as a whole.

I wish everyone involved in BBD all the best and hope to see many more campaigns across the country raise awareness in managing a healthy active lifestyle.

Sir Steve Redgrave, CBE
Samosas

INGREDIENTS

(serves 4)
Filo pastry
Egg – beaten (a pastry brush is useful)

Filling
1 tbsp oil
¼ tsp cumin seeds
1 green chilli (seeded & chopped)
¼ tsp turmeric (haldi)
2 cloves garlic crushed
2 inches ginger crushed
½ tsp salt
1 tsp garam masala
450g (1lb) mixed vegetables finely chopped
(or mix of lean mince and vegetables)

METHOD

Fry the cumin and chilli for 1 minute then add the remaining filling ingredients.
Cook until vegetables are tender.
Use the filo pastry as per the packet instructions, replacing the oil recommended with a beaten egg or a mixture of oil and water (7 parts water: 1 part oil).
Use the mixture to fill samosas.
Brush with beaten egg and place on a non-stick baking sheet or on baking parchment and bake in a pre-heated oven at 190°C - 375°F/ gas mark 5 for 15-20 minutes until puffy and golden brown. Use a shallow tray so that the heat can circulate and brown the samosas.

This recipe has been adapted from the Cookery Club recipes produced by Bedfordshire & Luton Community NHS Trust. It is designed for people from a South Asian background who have diabetes and has been modified to meet healthy eating guidelines by using less fat and salt.
Mixed Vegetable Curry

INGREDIENTS

(serves 4)
2 tbsp vegetable oil
2 small onions chopped or 1 medium
1 tomato chopped
2 tsp fresh garlic, crushed
2 tsp fresh ginger crushed
1 tsp chilli powder
1 tsp garam masala
1 tsp salt
500g mixed vegetables such as aubergines, cauliflower, pepper, peas, carrots
150ml water
1 green chilli chopped
Handful coriander chopped

METHOD

Heat the oil in a large saucepan over a medium heat and fry the onions for 7-8 minutes until soft and lightly brown, stirring occasionally. Add 1-2 tablespoons of water to stop it sticking if required.

Add the tomato, garlic, ginger, spices and salt and cook for a further 4-5 minutes so the tomatoes start to breakdown.

Add the mixed vegetables and the water and bring to a boil on a high heat.

Reduce the heat, cover and simmer for 20 minutes.

Garnish with green chillies and coriander.

Serve with chapatti or rice

These recipes have been adapted from a recipe on the Ismaili Nutrition Centre website. It is designed for people from a South Asian background who have diabetes and has been modified to meet healthy eating guidelines by using less fat and salt.
Muchhli – Fish Curry

INGREDIENTS

(serves 4)

2 tbsp. oil
¼ tsp fenugreek seeds
¼ tsp cumin seeds
2oz. (50g) onions finely chopped
½ tsp garam masala
½ tsp turmeric
½ tsp ground coriander
½ tsp chilli powder
2 cloves garlic crushed
2.5cm (1 inch) ginger crushed
pinch of salt
2 tbsp low fat natural yoghurt
450g (1lb) haddock or cod cut into chunks or oily fish e.g. salmon or mackerel
2 tbsp. coriander leaves
1-2 green chillies seeded & chopped
mint or chives, chopped to garnish (optional)

METHOD

Heat the oil in a medium sized heavy saucepan. Drop in the fenugreek and cumin seeds and fry them for 30 seconds over a medium heat.

Add the onion, ginger and garlic and cook until the onion turns golden, stirring it from time to time to make sure it does not burn. Add a tablespoon or two of water to stop it burning or sticking if required.

Blend the chilli powder, turmeric, garam masala, ground coriander and salt with the yoghurt and then add this spice mixture to the onion. Stir and cook for a minute or so.

Drop in the fish pieces, mixing them gently into the cooked masala. Add half the coriander leaves and the green chilli. Reduce the heat, shake the pan, cover then let it simmer in its own moisture for 20-25 minutes. Gently stirring or shaking the pan a couple of times during cooking.

Remove the pan from the heat and garnish with the remaining coriander leaves and mint or chives as required.

Serve with salad or vegetable curry and rice or chapatti.

This recipe has been adapted from the Cookery Club recipes produced by Bedfordshire & Luton Community NHS Trust. It is designed for people from a South Asian background who have diabetes and has been modified to meet healthy eating guidelines by using less fat and salt.
**Lamb Curry (Bhoona Gosht)**

**INGREDIENTS**

(serves 4)

- 450g (1lb) diced lean lamb
- 8 cloves garlic
- 2.5cm (1 inch) long piece ginger grated
- 2-3 fresh tomatoes chopped
- 1 large onion - finely chopped
- 300mls (½ pint) water
- 1 tsp red chilli powder
- 1 tsp cumin seeds
- 1 tsp coriander powder (optional)
- ¼ tsp turmeric powder (optional)
- 1 tsp garam masala
- 1 tsp salt
- 2 green chillies chopped
- 2 tablespoons oil

Garnish with 1 or 2 sliced tomatoes and 4 sprigs fresh coriander

**METHOD**

Place water, meat, garlic, tomatoes, ginger, onions and all spices except garam masala in a pan. Mix together.

Bring to the boil until onions and tomatoes have softened and most of the water has evaporated. Reduce heat and place lid on pan. Cook for 40-45 minutes, stirring occasionally and adding small amounts of water if necessary.

Stir in oil, add garam masala and green chillies. Cook on high heat and stir for further 3 minutes.

Add fresh tomatoes and fresh coriander.

This recipe is designed for people from a South Asian background who have diabetes and has been modified to meet healthy eating guidelines by using less fat and salt.
Our Ministry of Food centre on John Street, Bradford is a fantastic food hub where community groups and local people can get hands on experience and friendly advice on cooking skills, nutrition and money saving tips.

Once you are signed onto an eight week course, you will meet at the same time each week and learn a different recipe during each visit. Groups are usually between 6 – 8 people and are good fun with a ‘no pressure’ approach. The team are passionate about cooking and you will increase your cooking confidence with each visit. You’ll even get to take the recipe and your creations home to share with your family!

Cooking is one of the most important things we can ever learn in life, and with the right sort of information and teaching absolutely anyone can cook. It’s wonderful, it’s fun and once you know how, you’ve got control over your life and health

Jamie Oliver
Spinach, Aubergine & Chickpea Curry

INGREDIENTS
(serves 4)
- 2 medium potatoes
- Sea salt and freshly ground black pepper
- 1 large aubergine
- 2 level tsp ground cumin
- 2 level tsp ground coriander
- ½ level tsp ground turmeric
- 1 level tsp ground chilli powder
- 1 white onion
- A 2.5cm piece of fresh ginger
- 3 cloves of garlic
- 1 x 410g tin of chickpeas
- 500g fresh baby spinach
- A small bunch fresh coriander
- 2 tbsp vegetable oil
- 5 cardamom pods
- ½ tsp black mustard seeds
- ½ x 400g tin of coconut milk
- 7 level tbsp low-fat natural yoghurt

METHOD
Peel and slice the potatoes into 2cm chunks, then cook in salted boiling water on a medium heat for roughly 10 to 12 minutes, or until almost tender, then drain.

Slice the aubergine into 2cm chunks.
Add the dried spices to a bowl along with a small pinch of sea salt and freshly ground black pepper. Mix together, then add the aubergine chunks. Use your hands to toss everything together until evenly coated, then leave to one side to absorb the flavours.

Peel and slice the onion. Peel and finely grate the ginger. Peel and finely chop the garlic. Drain the chickpeas.
Wash and drain the spinach, then spin dry in a salad spinner. Pick and chop the coriander leaves, saving a few back to garnish. Finely chop the stalks.
Heat the oil in a large pan on a medium heat, then add the cardamom pods and mustard seeds. Give it a quick stir and after around 20 seconds add the ginger and garlic. Continue cooking and gently stirring for 1 to 2 minutes, or until the garlic starts to change colour.

Add the onion and chopped coriander stalks and continue frying for around 5 to 10 minutes, or until the onion is soft but not coloured.

At this point, add the aubergine and cook for a further 5 minutes, stirring every now and again to stop it from sticking.

Add the drained chickpeas, cooked potatoes and coconut milk. Give everything a good stir and cook on a low heat for around 10 minutes – feel free to add a splash of water if it starts to look a bit dry.

Add the spinach and chopped coriander leaves and stir well. Once the spinach has wilted, reduce to a low heat and stir through the yoghurt.

Have a taste and adjust the seasoning, if necessary. Sprinkle with reserved coriander before serving.