



Ingredients, Equipment, Adaptations

Friday Night Indian

Onion Bhajis

2 large onions
sea salt
1 tsp coriander seed
1 tsp cumin seed
½ mugful gram flour
about 6 tbsp water
500ml cooking oil

Alternatives and Adaptations

Gram flour is made from chickpeas, also called besan or chickpea flour. Plain flour is an alternative but won't be gluten free.

Ground cumin & coriander are fine.

3 to 4 small onions if you don't have large ones, or 1 Spanish onion.

Cucumber Raita

¼ cucumber
125ml Greek yogurt
¼ tsp cumin seed
pinch sugar
Salt & pepper to taste

Alternatives and Adaptations

Greek yogurt gives a creamy consistency, but any natural yogurt will be fine.

Use ground cumin if you don't have seed.

Fragrant Rice

½ mugful basmati rice either white or brown
½ mugful water
1 bay leaf
1 small cinnamon stick
3 cardamom pods
4 cloves
1 tsp mustard seed

Alternatives & Adaptations

Spices can be left out or a tiny amount of ground spice used.

Nutmeg, coriander seed, cumin seed could be used instead.

Bay leaf on it's own with a few peppercorns will also be good.

Long grain rice is fine, use twice as much water.

Bengali Fishcake Curry

300g fish
30g breadcrumbs
1 small onion, finely chopped
1 clove garlic, finely chopped
15g parsley, chopped
15g coriander, chopped
2 tsp ground cumin
¾ tsp salt
1 egg
½ tin coconut milk
1 clove garlic
2cm piece of ginger
1 small onion
¼ tsp chilli powder (optional)
1 tbsp oil
½ tsp ground turmeric
Small cinnamon stick
2 cloves
2 cardamom pods
1 bay leaf
3 peppercorns

Equipment

Chopping board
Knife
Small pot with a lid
Ordinary 300ml mug for measuring
Large mixing bowl
Small mixing bowl
Colander or sieve
Measuring jug
Mortar & pestle (optional)
Wide, shallow pan with a lid
Large frying pan or deep fat fryer (extra oil if using a deep fat fryer)
Kitchen paper
Serving bowls/dishes

Alternatives and Adaptations

Any fish can be used.
Any soft herbs are good, mint, tarragon, chives, parsley, coriander, dill, chervil etc. Frozen herbs will also work.
Gluten Free – use gluten free breadcrumbs.
Coconut milk powder or creamed coconut block can be used.
Ground ginger instead of fresh
Ground cinnamon instead of a stick
Cloves & cardamom – tricky one! Garam masala & allspice.
Chilli – fresh, powder, flakes, whole dried are all fine, leave it out if you don't like chilli