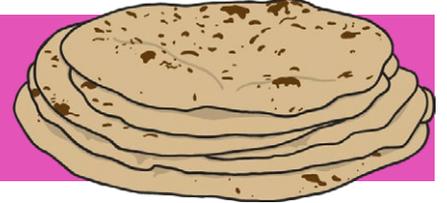




Chapattis



Ingredients

- 100g whole wheat flour
- 4 tablespoons of cold water
- 1 tablespoon of vegetable oil

Equipment

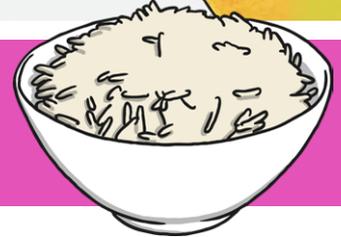
- Mixing bowl
- Wooden spoon
- Fridge
- Rolling pin
- Frying pan
- Hob

Method

1. Put the flour in the mixing bowl and create a well in the centre.
2. Add the oil into the centre of the flour well.
3. Bit by bit, add the water and mix everything together until you have a soft dough. Add a little more water if it is too dry, and a bit more flour if it is too wet.
4. Knead the mixture together for around 10 minutes and then pop the dough in the fridge for about 45 minutes.
5. Take the dough out of the fridge and divide into 6 equal balls.
6. Dust the table with a little bit of flour and roll each ball of dough into a thin circle.
7. Heat a frying pan on the hob. Once hot, carefully place a dough circle in the pan.
8. Once the chapatti starts to bubble, turn and cook the other side. The chapatti is cooked when the second side bubbles.
9. Repeat steps 7 and 8 until you have cooked all 6 circles.
10. Serve the chapattis warm.



Spicy Rice



Ingredients

- 225g of basmati rice
- 2 tablespoons of vegetable oil
- 1 onion
- 2 cloves
- 3 cardamom pods
- 1 cinnamon stick
- Half a teaspoon of cumin seeds

Equipment

- Large pan
- Hob
- Wooden spoon
- Measuring jug
- Bowl
- Sieve
- Chopping knife and board

Method

1. Wash the rice under cold running water and put to one side for later.
2. Cook the onions until they are soft and golden brown. Make sure you keep stirring so that the onions do not burn! Once cooked, tip the onions into a bowl and put to one side.
3. Keep the pan on the hob and add the cloves, cardamom, cinnamon stick and cumin seeds. Cook for 1 to 2 minutes.
4. After you have cooked off the spices, add the rinsed rice you put to one side earlier with 550ml of water. Cover the pan with a lid and bring to the boil.
5. Once the pan is boiling, add the cooked onions back into the pan and turn the heat to low. Cook for a further 10 to 15 minutes until the rice is cooked. The rice should be soft and fluffy.
6. Remove the cinnamon stick once the rice has cooled a little and serve!



Chicken Curry



Ingredients

- 2 onions
- 1 clove of garlic
- A handful of mushrooms
- 1 tablespoon of curry powder
- 1 apple
- 1 tablespoon of mango chutney
- 1 tin of tomatoes
- 2 chicken breasts
- 1 tablespoon of vegetable oil

Equipment

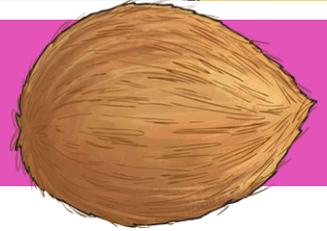
- Large pan
- Hob
- Wooden spoon
- Bowl
- Chopping knife and board

Method

1. Chop the apple, garlic, onions and mushrooms into thumbnail sized chunks.
2. Add the oil to the pan and heat. Once the oil is hot, carefully add the chopped garlic, onions and mushrooms. Keep the apple to one side for later.
3. Cook the vegetables until they are soft. Make sure you keep stirring so that they do not burn! Once cooked, tip the vegetables into a bowl and put to one side.
4. Chop the chicken into bite sized chunks and add to the hot pan.
5. Cook until the chicken is browned and cooked all the way through. To test, chop a piece of chicken in half. If it is still pink in the middle it needs to be cooked for longer.
6. Add the cooked vegetables back into the pan along with the curry powder, apple, mango chutney and tomatoes. Stir all the ingredients together.
7. Serve the chicken curry warm. It is great eaten with spicy rice and chappatis!



Coconut Squares



Ingredients

- 250g sweetened condensed milk
- 250g icing sugar plus a little extra for dusting
- 200g desiccated coconut
- Pink edible food colouring

Equipment

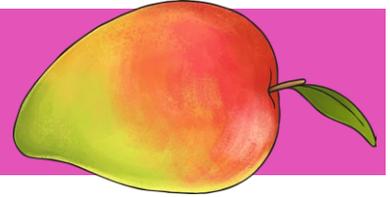
- Wooden spoon
- Bowl
- Chopping board and knife
- Rolling pin
- Sieve

Method

1. In the bowl, mix the condensed milk and icing sugar together. The mixture will start to get very stiff but keep going until it is completely combined.
2. Add the coconut into the mixture. Use your hands to really blend the mixture together.
3. Split the mix into two equal halves. Put one half to one side and keep one half in the bowl.
4. Add two drops of pink food colouring to the half of the mixture in the bowl. Work this into the mixture (put on gloves or use a spoon to avoid staining your hands).
5. Put a little icing sugar in the sieve and dust your chopping board. This stops the mixture sticking.
6. Roll the half of the mixture without the food colouring into a smooth rectangle. Put this to one side and repeat with the pink half.
7. Place the half of the mixture without the food colouring on top of the pink half. Then roll the two mixtures together until you have a rectangle of two-tone coconut icing, about 3cm thick.
8. Leave the mixture uncovered for at least 3 hours to set. If you have time, leave the mixture over night.
9. Once set, cut the rectangle into bite sized squares. Serve and enjoy!



Mango Lassi



Ingredients

255ml of plain yoghurt

130ml of semi-skimmed milk

3 ripe fresh mangoes

4 teaspoons of caster sugar

Equipment

Chopping board and knife

Blender

Glasses

Method

1. Hold the mango on its side and slice downwards to remove one side of the mango. The knife should slide past the stone inside the mango. Turn the mango around and repeat on the other side.
2. Score along the length of the mango into the flesh, taking care not to cut through the skin.
3. Turn the mango 90 degrees and score along the flesh again to make a criss-cross pattern.
4. Turn the mango over and push the skin to pop the flesh out like a hedgehog.
5. Cut the mango flesh away from the skin and place in the blender with the yoghurt, milk and sugar.
6. Blend the ingredients until completely smooth.
7. Pour into individual glasses and serve!