

# Rohan - Cooking Demo 1

## **Aloo papdi chat (potato & Indian taco salad with spiced yogurt, tamarind & mint chutney)**

### **Ingredients**

200g of tamarind paste

100g of dates, seedless

1 tbsp. of cumin seeds

1 tbsp. of fennel seeds

300ml of warm water

100g of jaggery, coarsely crumbled (unrefined sugar made from sugar cane or palm)

1 tsp. ground ginger

1 tsp. Kashmiri chilli powder

1/2 cinnamon sticks

4 cloves

2 green cardamom pods

1 tbsp. of chaat masala

Salt

1 Begin by preparing the tamarind chutney. In a small frying pan, dry-roast the cumin and fennel seeds on a low flame for 2 minutes then crush to form a coarse powder. Roughly chop the dates and add to a large saucepan, pouring in the fennel and cumin powder

1 tbsp. of cumin seeds

1 tbsp. of fennel seeds

100g of dates, seedless

## **MINT CHUTNEY**

1 1/2 bunches of mint leaves  
1 bunch of coriander  
50g of baby spinach  
2 tbsp. of natural yoghurt  
Ginger, 1/2 inch piece finely chopped  
1 green chilli  
1/2 mango, peeled and finely sliced  
1/2 lime, juice only  
salt

Add all the remaining chutney ingredients to the pan and bring the mixture to the boil, stirring occasionally. Simmer for 30 minutes, then remove from the heat and leave to cool

300ml of warm water  
1 tsp. ground ginger  
1 tsp. Kashmiri chilli powder  
1/2 cinnamon sticks  
4 cloves  
2 green cardamom pods  
1 tbsp. of chaat masala  
100g of jaggery, coarsely crumbled  
200g of tamarind paste  
Salt

Once the mixture has cooled, blend until smooth and pass through a sieve. Pour the strained chutney into a bottle and refrigerate – this can be kept for up to one month

For the mint chutney, roughly chop the mint leaves along with the coriander and spinach. Wash the leaves in a large bowl of cold water and leave to stand for a few minutes before draining carefully

1 1/2 bunches of mint leaves

1 bunch of coriander

50g of baby spinach

### **SWEETENED YOGHURT**

- 2 tbsp. of icing sugar
- 200ml of natural yoghurt

### GARNISH

- 2 tbsp. of pomegranate seeds
- fresh coriander
- shiso leaves
- 1 handful of sev

Place the yoghurt into a blender followed by the ginger, green chilli, raw mango and handful of the chopped leaves. Blitz until thoroughly mixed, then add more of the chopped leaves along with lime juice, salt and blitz again

2 tbsp. of natural yoghurt

Ginger, 1/2 inch piece finely chopped

1 green chilli

1/2 mango, peeled and finely sliced

1/2 lime, juice only

Salt

Scrape down the excess from the sides and blitz for a final time until smooth, then transfer to a chilled bowl. Cover the bowl with Clingfilm, ensuring the Clingfilm is in contact with the surface of the chutney to prevent discolouration. Refrigerate until ready to serve

For the chaat, wash the chickpeas thoroughly, drain and transfer to a mixing bowl. Add the onion, green chillies, ginger, chopped coriander, chilli powder, cumin powder, chaat masala, lemon juice and salt and mix well to thoroughly combine.

250g of chickpeas, drained  
1 red onion, finely chopped  
2 green chillies, deseeded and finely chopped  
1 tsp. ginger, finely chopped  
1 tbsp. of coriander leaves, finely chopped  
1/4 tsp. Kashmiri chilli powder  
1 tsp. cumin powder  
1 tsp. chat masala  
1 lemon, juice only  
Salt

Prepare the sweetened yoghurt just before serving. Whisk together the icing sugar and yoghurt until fully combined and set to one side

2 tbsp. of icing sugar

200ml of natural yoghurt

To serve, arrange the papdis across a large serving plate with a pile of sev in the middle and top the papdi and sev with the chickpea chaat. Drizzle over the mint and tamarind chutneys and top with a spoon of yoghurt. Finish with a sprinkling of pomegranate seeds and garnish with coriander and shiso leaves

- 1 handful of sev
- 2 tbsp of pomegranate seeds
- fresh coriander
- shiso leave

#### CHAAT

- 250g of chickpeas, drained
- 1 red onion, finely chopped
- 2 green chillies, deseeded and finely chopped
- 1 tsp ginger, finely chopped
- 1 tbsp of coriander leaves, finely chopped
- 1/4 tsp Kashmiri chilli powder
- 1 tsp cumin powder
- 1 tsp chaat masala
- 1 lemon, juice only & salt to taste

# Rohan - Cooking Demo 2

## Szechuan style chicken wings

Chicken wings 6

Rice vinegar 20ml

Salt 5gm

Grated ginger & garlic 20gm

Potato starch 100gm

- Marinate chicken wings for 6-7 hrs in ginger, garlic, salt & vinegar
- Drain excess liquid before putting through potato starch or cornflour
- Before dusting & shallow fry in oil

10 Kashmiri red chilli soaked

1 white onion

Celery 10gm optional

Garlic 10 cloves

Ginger 10gm

Tomato ketchup 100gm

Light Soya sauce 10ml

Oil 150 ml

- Soaked red chilli vinegar or hot water for 7-8/hrs
- Drain & make paste
  
- Chopped onion, celery, garlic
- Heat oil in pan Add garlic sauté for 5 min not to colour garlic, then add ginger, onion together cook for further 5min.
- At this stage add chilli paste cook for at least 20min on low heat then add tomato ketchup & soy sauce cook further 2 min before take out from flame
- Store sauce in air-tight container for 10 -12 days